

Bachelor of Physical Education

(Two year Professional Degree Programme)

REGULATIONS, SCHEME AND SYLLABUS
(To be made effective from 2020 admission onwards)

As approved by the
University of Kerala, Thiruvananthapuram



Sports Authority of India
Lakshmibai National College of Physical Education
Kariavattom, Thiruvananthapuram-695581

**REGULATIONS, SCHEME AND
SYLLABUS OF B.P.Ed. (2year)
PROGRAMME**

Regulations

Introduction

Bachelor of Physical Education (B.P.Ed.) is a two year professional degree programme with the objective of preparing Physical Education teachers to impart Physical Education and sports activities up to High School level. The course will also facilitate employment for them as Trainers/ Instructors/ Coaches in fitness centers, health clubs, sports clubs, sports academy etc.

1. **Name of the Course:** The name of the course shall be Bachelor of Physical Education **(B.P.Ed.)**
2. **Nature of the Course:** The course shall be full time residential and co-educational.
3. **Duration:** The duration of the course shall be two academic years with four semesters.

A candidate must complete the course of study for the Bachelor of Physical Education (B.P.Ed.) and pass all papers in Part-A (Theory), Part-B (Practical Skills), Part-C (Teaching Ability) and Part – D (Coaching Ability) within a total period of Four Years commencing from his/her first admission to the B.P.Ed. Course.

4. **Eligibility for admission and reservation of seats.**

For admission to the B.P.Ed. Course the candidate shall fulfill the following conditions.

4.1

- a) Bachelor's degree in any discipline with 50% marks and having at least participation in the Inter-College/Inter-Zonal/District/School competition in sports and games as recognised by the AIU/IOA/SGFI/Government of India.
Or
- b) Bachelor's degree in Physical Education with 45%marks.
Or
- c) Bachelor's degree in any discipline with 45% marks and studied Physical Education as compulsory/ elective subject.
Or
- d) Bachelor's degree with 45% marks and having participated in National/Inter University/ State competitions or secured First, Second or third position in Inter Collegiate/ Inter Zonal/ District/School competition in sports and games as recognized by the AIU/IOA/SGFI/Government of India.
Or

- e) Bachelor's degree with participation in International competitions or secured first, second or third position in National/Inter university competitions in sports and games as recognised by respective federations/AIU/IOA/SGFI/Government of India.

Or

- f) Graduation with 45% marks and at least 3years of Teaching experience (for deputed in- service candidates ie, trained Physical Education Teachers/Coaches)

The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for SC/ST/OBC and other categories shall be as per the rules of the Central Government/State Government whichever is applicable.

4.2 Should be below the age of 25years as on 1stJuly of the year of admission. Age relaxation will be given as per University rules to eligible categories.

4.3 Should possess a high level of physical fitness to undertake daily heavy load of Physical exercises and should not have any Physical deformity or mental disability which prevents him/her from actively taking part in Physical Education programme.

5. If a woman student admitted to B.P.Ed. course gets married and is found medically unsuitable at any stage of the programme, she will have to discontinue the programme.

6. Number of Seats

Men	Women	Total
30	20	50

Note: Rank lists shall be published separately for men and women. Reservation of seats for SC/ST/OBC candidates shall be done as per rules of the State/Central Government whichever are applicable.

7. Selection Criteria

The candidates shall be selected to the B.P.Ed Course as per merit from the rank list, which will be prepared on the basis of the following four items of the selection criteria which shall follow the same order as given hereunder.

(i) Written test: 50Marks

(General English, General knowledge, Sports and Professional aptitude shall be tested)

(Candidates who do not score a minimum of 20 marks shall not be eligible for further testing)

(ii) Physical Fitness Test (AAPHER Youth Fitness Test - 6 Items): 30Marks

AAPHER Youth Fitness Test comprising the following items will be used to assess Physical fitness

1. Pull-ups (Boys)/ Flexed-arm Hang(Girls)
2. Flexed-leg Sit-Ups for one minute
3. Shuttle run (30 ft X 4)
4. Standing Broad Jump
5. 50-YardDash
6. 600-YardRun

AAPHER YOUTH FITNESS TEST Norms for Boys and Girls are enclosed as Appendix-I

(Candidates who do not score a minimum of 15 marks shall not be eligible for further testing)

(iii) Sports proficiency test (one game/sport): 10Marks

A test in the skills of one game/sport of the candidate's choice out of the games/sports included in the schedule of AIU (Sports Division).However, the college reserves the right to delete any game/sport from the list on administrative considerations and the games/sports selected shall be published in the prospectus for the respective year.

(iv) Sports achievement (should produce original Certificates):10Marks

Achievement rating in a Game/Sport as per the Rating Scale enclosed as Appendix-II

Total 100 Marks

A Candidate should score at least 45% in the selection tests (45 out of 100 marks) to find a place on the rank list.

8. Medium of Instruction and Examination

The medium of instruction and examination of the course shall be English.

9. Programme in the Choice based Semester System

The following are the important aspects of the B.P.Ed programme.

- A. Semesters
- B. Continuous Internal Assessment(CIA)
- C. End Semester Examination(ESE)

10. Semesters: An academic year is divided into two semesters.

The duration of each semester shall be five months inclusive of the days of examination. There shall be at least 90 working days and a minimum of 450 hours of instruction in a semester. There will be, to the extent possible, one-month break between semesters.

- 11. Working days:** There shall be at least 180 working days per year exclusive of admission and examination processes, etc.
- 12. Academic Week** is a unit of six working days in which distribution of work is organized from day one to day six, with seven contact hours which include tutoring on each day.
- 13. Choice Based Semester System** is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.
- 14. Core Course** means a subject that is compulsory as specified for all students undergoing the B.P.Ed. programme.
- 15. Elective Subject** means a subject which would enrich the B.P.Ed. programme where the students are allowed to choose from a category of subjects
- 16. Core Practical** means a Game or Sport discipline that comes under the category of Games which are compulsory as specified for all students undergoing the B.P.Ed. Degree programme.
- 17. Course:** The term course, usually referred to as ‘papers’ is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/ laboratory work/ field work/ outreach activities/ project work/ vocational training/ viva/ seminars/ term papers/ assignments/ presentations/ self-study etc. or a combination of some of these.
- The following are the various categories of courses suggested for the B.P.Ed. Programme.

A. Theory:

1. Core Course

2. Elective Course

B. Practicum

C. Teaching Practice

D. Coaching Ability

18. Structure of the B.P.Ed.Programme

SEMESTER	CODE	CORE COURSE	CODE	ELECTIVE COURSE
FIRST SEMESTER				
I-A (Theory)	BPEDCC-311	History And Foundations Of Physical Education	BPEDEC-314	Sociology
	BPEDCC-312	Anatomy And Physiology	BPEDEC-315	Research And Statistics In Physical Education
	BPEDCC-313	Environmental Studies		
I-B (Practicu m)	BPEDPC-316	Track & Field (Running Events)		
	BPEDPC-317	Aquatics		
	BPEDPC-318	Indigenous Sports (Kho-Kho, Kabaddi, Mass Demonstration)		
	BPEDPC-319	Basketball, Football, Volleyball		
SECOND SEMESTER				
II-A (Theory)	BPEDCC-321	Yoga Education	BPEDEC-324	Recreation
	BPEDCC-322	Health Education And Nutrition	BPEDEC-325	Exercise Physiology
	BPEDCC-323	Educational Psychology		
II-B (Practicu m)	BPEDPC-326	Track &Field (Jumping Events)		
	BPEDPC-327	Yoga		
	BPEDPC-328	Badminton, Table Tennis, Tennis		
II-C (Teaching Practice)	BPEDTP-329	Teaching Practice (10 Teaching Practice Lessons)		
THIRD SEMESTER				
III-A (Theory)	BPEDCC-331	Methods Of Teaching And ICT In Physical Education	BPEDEC-334	Adapted Physical Education
	BPEDCC-332	Sports Training	BPEDEC-335	Kinesiology And Biomechanics
	BPEDCC-333	Sports Injuries And Rehabilitation		
III-B (Practicu m)	BPEDPC-336	Track &Field (Throwing Events)		
	BPEDPC-337	Gymnastics		
	BPEDPC-338	Cricket, Handball, Hockey		
III-C (Teaching Practice)	BPEDTP-339	Teaching Practice (10 Teaching Practice Lessons)		
FOURTH SEMESTER				
	BPEDCC-341	Sports Management	BPEDEC-344	Curriculum Design

IV-A (Theory)	BPEDCC-342	Measurement And Evaluation In Physical Education	BPEDEC-345	Health And Fitness Management
	BPEDCC-343	Officiating And Coaching		
IV-B (Practicum)	BPEDPC-346	Track &Field (Organization And Management Of Athletic Meet)		
	BPEDPC-347	Softball, Wrestling, Wt. Lifting &Wt. Training, Taekwondo, Judo And Kalaripayattu (Any Three)		
IV-D (Coaching Ability)	BPEDCA-348	Sports Specialization: (Track & Field/Gymnastics/Swimming)		
	BPEDCA-349	Games Specialization: (One To Be Selected From The Games Offered)		

19. Pattern of Question Papers:

Question Papers shall have five questions corresponding to the number of units of each theory paper. Course that is three Essay types one short note type and one Multiple Choice Type questions.

B.P.Ed: Format of Question Paper

Question No. Description Marks	Question No. Description Marks	Question No. Description Marks
1	Essay Type questions 3 out of six questions	45 marks (15 marks each)
2	Short notes: any three out of six	15 marks (5 marks each)
3	Multiple Choice Type Questions (10 out of 12)	10 marks (1 mark each)
Total 70 marks		

20. Scheme of Evaluation

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done through Continuous Internal Assessment (CIA) by the course teacher concerned as well as by end semester examination and will be consolidated at the end of the course. The components for continuous internal assessment are:

Best out of three test	15 marks
Seminar / Quiz/ Assignments	10 marks
Attendance	5 marks
Total	30 marks

Attendance shall be taken as a component of continuous assessment, although the students should have at least 85% attendance in each of the theory papers and practical subjects to appear for the examination. Besides, the students should attend

leadership training camp (organized by the college for at least 10 days), complete the prescribed laboratory work, practical, project work etc. Condonation, if any, of attendance shall be granted for a maximum of 10 days in a semester. It can be availed of only once during the whole period of the programme. It may be granted by the university on valid grounds. This condonation shall not be counted for Continuous Internal Assessment. A student who is not eligible for condonation of attendance shall repeat the programme along with the next batch. Benefit of attendance may be granted to students attending Inter collegiate /University/ National sports programs, participation in co-curricular activities by treating them as present for the days of absence, by the Head of the institution and this benefit shall be considered for internal assessment also.

The marks for the attendance shall

be as under: 98% and above

- 5

marks

94 to 97% - 4 marks

90 to 93% - 3 marks

86 to 89% - 2 marks

85% - 1 mark

Below 85% - 0 mark.

In addition to continuous evaluation component, the end semester examination, which will be a written type examination of at least three hours' duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is **30:70**. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination. In case of theory courses the continuous internal assessment will be done by the faculty. Practical examinations shall be on the basis of skill tests, theory, officiating and record book in the activity concerned.

21. Conduct of the External Examination

There shall be examinations at the end of each semester. The End Semester examination for all semesters shall be conducted by the University. The Head of the Department shall submit a confidential panel of examiners to the University for Approval for the purpose of question paper setting, centralized valuation of theory papers and for practical examination.

A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent semester examinations to be held in November / December or May / June.

22. Minimum Passing Standard

Part-A: The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses.

Part-B: The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for practical courses.

Part-C: The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for teaching practice.

Part-D: The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for coaching ability.

23. Grading

As per Kerala University / NCTE grading system

24. Classification of Final Result

The division shall be assigned to the successful Candidate on the following basis.

Part - A Theory

Third Division: 40% and above but below 50% of the aggregate marks

Second division: 50% and above but below 60% of the

aggregate marks **First division:** 60% and above of the

aggregate marks

A student securing 75% and above in any course shall be declared to have obtained distinction in that course provided he/she clears all the courses in the first attempt.

Part B (Practical Skills)

Second division: 50% and above but below 60% of the aggregate marks **First division:** 60%

and above of the aggregate marks

A student securing 75% and above in any activity shall be declared to have obtained distinction in that course provided he/she clears all the courses in the first attempt.

Part C (Teaching Practice)

Second division: 50% and above but below 60% of the aggregate marks. **First division:** 60% and

above of the aggregate marks

A student securing 75% and above in Teaching Practice shall be declared to have obtained distinction in that course provided he/she clears it in the first attempt.

Part D (Coaching Ability)

Second division: 50% and above but below 60% of the aggregate marks **First division:** 60%

and above of the aggregate marks

A student securing 75% and above in Teaching Practice shall be declared to have obtained distinction in that course provided he/she clears it in the first attempt.

Award of the B.P.Ed. Degree

A candidate shall be eligible for the award of the degree of B.P.Ed. only if he/she has earned the minimum required marks prescribed above.

The award for ranks for the BPEd degree programme shall be given to BPEd graduates up to 10 positions by clubbing marks obtained by them in all the four semesters and in Parts A,B,C and D.

Grievance Redressal Mechanism

Grievance Redressal Committee:

The college/ department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as members. This Committee shall redress all grievances of the students.

25. Revision of Syllabi:

1. Syllabi of every course should be revised according to NCTE norms.
2. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
3. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
4. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of the revised syllabi.
5. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

SCHEME OF EXAMINATION

Semester – I

Part A: Theoretical Course						
Course code	Title of the papers	Total hours/Week	Credit	Internal marks	External marks	Total marks
Core Course						
BPEDCC-311	History and Foundations of Physical Education	4	4	30	70	100
BPEDCC-312	Anatomy and Physiology	4	4	30	70	100
BPEDCC-313	Environmental Studies	4	4	30	70	100
Elective Course (Anyone)						
BPEDCC-314	Sociology	4	4	30	70	100
BPEDCC-315	Research and Statistics in Physical Education					
Part B: Practical Course						
BPEDPC-316	Track and field (Running Events)	6	4	30	70	100
BPEDPC-317	Aquatics	6	4	30	70	100
BPEDPC-318	Indigenous sports (Kho-Kho, Kabaddi, Mass demonstration (Any of one out of these))	6	4	30	70	100
BPEDPC-319	Basketball, Football, Volleyball (Any of one out of these))	6	4	30	70	100
Total		40	32	240	560	800

Note: Total number of hours required to earn 4 credits for each theory course is 68-80 hours per semester and 102-120 hours for each Practicum Course.

Semester - II

Part A: Theoretical Course						
Course code	Title of the papers	Total hours/Week	Credit	Internal marks	External marks	Total marks
Core Course						
BPEDCC-321	Yoga Education	4	4	30	70	100
BPEDCC-322	Health Education and Nutrition	4	4	30	70	100
BPEDCC-323	Educational Psychology	4	4	30	70	100
Elective Course (Anyone)						
BPEDCC-324	Recreation	4	4	30	70	100
BPEDCC-325	Exercise Physiology					
Part B: Practical Course						
BPEDPC-326	Track and field (Jumping Events)	6	4	30	70	100
BPEDPC-327	YOGA	6	4	30	70	100
BPEDPC-328	Badminton, Table Tennis, Tennis, (Any of two out of these)	6	4	30	70	100
Part C: Teaching Practices						
BPEDTP-329	Teaching practice (10 teaching practice lessons out of which 5 lessons in classroom (theory) and 5 lessons for out-door activities (mass activities) within premises on the students of B.P.Ed course.)	6	4	30	70	100
<i>External University examination for teaching Theory and activity shall be conducted by one Internal examiner and one External examiner jointly</i>						
Total		40	32	240	560	800

Note: Total number of hours required to earn 4 credits for each theory course is 68-80 per semester and 102-120 hours for each Practicum Course.

Semester - III

Part A: Theoretical Course						
Course code	Title of the papers	Total hours/Week	Credit	Internal marks	External marks	Total marks
Core Course						
BPEDCC-331	Methods of Teaching and ICT in Physical Education	4	4	30	70	100
BPEDCC-332	Sports Training	4	4	30	70	100
BPEDCC-333	Sports Injuries and Rehabilitation	4	4	30	70	100
Elective Course (Anyone)						
BPEDEC-334	Adapted Physical Education	4	4	30	70	100
BPEDEC-335	Kinesiology and Biomechanics					
Part B: Practical Course						
BPEDPC-336	Track and field (Throwing Events)	6	4	30	70	100
BPEDPC-337	Gymnastics	6	4	30	70	100
BPEDPC-338	Cricket , Handball, Hockey (Any two of these)	6	4	30	70	100
Part C: Teaching Practices						
BPEDTP-339	Teaching practice (10 teaching lesson plans for Racket sport/ team games/ indigenous sports out of which 5 lessons internal and 5 lessons external at school.)	6	4	30	70	100
<i>External University examination for teaching Theory and activity shall be conducted by one Internal examiner and one External examiner jointly</i>						
Total		40	32	240	560	800

Note: Total number of hours required to earn 4 credits for each theory course is 68-80 per semester and 102-120 hours for each Practicum Course.

Semester - IV

Part A: Theoretical Course						
Course code	Title of the papers	Total hours/Week	Credit	Internal marks	External marks	Total marks
Core Course						
BPEDCC-341	Sports Management	4	4	30	70	100
BPEDCC-342	Measurement and Evaluation in Physical Education	4	4	30	70	100
BPEDCC-343	Officiating and Coaching	4	4	30	70	100
Elective Course (Anyone)						
BPEDCC-344	Curriculum Design	4	4	30	70	100
BPEDCC-345	Health and Fitness Management					
Part B: Practical Course						
BPEDPC-346	Track and field (organization and management of Athletic Meet)	6	4	30	70	100
BPEDPC-347	Softball, Wrestling, Weight Lifting & Weight Training, Taekwondo, Judo and Kalaripayattu (Any of one out of these)	6	4	30	70	100
Part D: Coaching Ability						
BPEDCA-348	Sports Specialization:(Track &Field/Gymnastics/Swimming) Coaching Lessons Plans (4 internal lesson and 1 final external lesson-one to be selected from above three)	6	4	30	70	100
<i>External University examination for coaching ability shall be conducted by one Internal and one External jointly</i>						
BPEDCA-349	Games Specialization: (one to be selected from the games offered) Coaching Lesson Plans (one for games 5 lessons)	6	4	30	70	100
<i>External University examination for coaching ability shall be conducted by one Internal examiner and one External examiner jointly</i>						
Total		40	32	240	560	800
		160	128	960	2240	3200

Note: Total number of hours required to earn 4 credits for each theory course is 68-80 per semester whereas 102-120 hours for each Practicum Course.

B.P.Ed- SYLLABUS

SEMESTER-I

THEORY

SEMESTER-I

THEORY COURSE CODE-BPEDCC 311

**COURSE NAME- HISTORY AND FOUNDATION OF PHYSICAL
EDUCATION (CORE) CREDITS- THEORY: 4**

Max.Marks=100

Time:3Hrs

Theory Examination = 70 Marks

Internal Assessment = 30 Marks

Objective: -To provide the knowledge and understanding of history and foundation of physical education.

Learning Outcome:

- ❖ The Students will be able to know about the scope of Physical Education.
- ❖ The students will be equipped with the knowledge regarding History & Development of Physical Education in the India &World.
- ❖ To understand the International Sports Movement.
- ❖ To acquire the knowledge about the Qualities and qualification of coach and official.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Nature, Meaning, Definition and scope of Physical Education, Aims and Objectives of Physical Education, Philosophy of Physical Education and sports, Physical Education – Its relationship to Education

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Physical Education in Greece, Rome, Athens, Sparta, Germany, Denmark, Sweden, Vedic and epic period, Pre Independence and Post-Independence, Central Advisory Board of Physical Education and Recreation (CABPR), National Physical Efficiency Drive, National Coaching Scheme – Rajkumari Amrit Kaur Coaching Scheme, LNCPE, NSNIS, NDS, NCC, SAI, YMCA,

After the Completion of Third Month:
National Sports Federations

After the Completion of Third Month:

The Students will gain knowledge of Ancient Olympics and Modern Olympics, Olympic flag, Olympic Torch, Olympic emblem, Olympic motto, Olympic oath, I.O.C, IOA, Commonwealth Games, Asian games and SAF games

After the Completion of Fourth Month:

The Students will gain knowledge of Foundations of Physical Education: Biological Foundations: Principles of Growth and development, Heredity and Environment, Sex and Age differences, Body Types, Psychological Foundations: Learning, Stages of learning, Domains of Learning, Laws of learning, Forces influencing learning, Theories of learning, Sociological Foundations: Nature and scope of sports, Contribution of sports to society

THEORY SYLLABUS:70Credits

UNIT-I -15 Lectures

Introduction & Scope of Physical Education: Nature, Meaning, Definition and scope of Physical Education, Aims and Objectives of Physical Education, Philosophy of Physical Education and sports, Physical Education – Its relationship to Education

UNIT-II

20 Lectures

History & Development of Physical Education in the India & World: Physical Education in Greece, Rome, Athens, Sparta, Germany, Denmark, Sweden, Vedic and epic period, Pre Independence and Post-Independence, Central Advisory Board of Physical Education and Recreation (CABPR), National Physical Efficiency Drive, National Coaching Scheme – Rajkumari Amrit Kaur Coaching Scheme, LNCPE, NSNIS, NDS, NCC, SAI, YMCA, National Sports Federations

UNIT-III

15 Lectures

International Sports Movement: Ancient Olympics and Modern Olympics, Olympic flag, Olympic Torch, Olympic emblem, Olympic motto, Olympic oath, I.O.C, IOA, Commonwealth Games, Asian games and SAF games

UNIT -IV

20 Lectures

Foundations of Physical Education: Biological Foundations: Principles of Growth and development, Heredity and Environment, Sex and Age differences, Body Types, Psychological Foundations: Learning, Stages of learning, Domains of Learning, Laws of learning, Forces influencing learning, Theories of learning, Sociological Foundations: Nature and scope of sports, Contribution of sports to society.

Note:

(a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hour duration.

(c) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).









SUGGESTED READINGS

1. M L Kamlesh, (2013) foundation Of Physical Education, sports publication

2. Kamlesh, M L (2004) Principles and History of Physical Education, New Delhi: Friends Publication.
3. Bucher, Charles A and Wuest Dehorah A (1992) Foundations of Physical Education and Sports: St. Louis, C.V. Mosby Company
4. Mojumdar, Ram Mohun (2009) History of Physical Education and Sport. New Delhi: Sports Publication
5. Mac Lucinda (1966) History of Physical Education New York: C WHeckensmith
6. Khan, Eraj Ahmed. History of Physical Education, Patna: Scientific Book Co. 7.

Facilitation to the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and Learning Activity	Assessment Task
First Month- UNIT-I	The Students will develop the understanding and knowledge regarding the Nature, Meaning, Definition and scope of Physical Education, Aims and Objectives of Physical Education, Philosophy of Physical Education and sports, Physical Education – Its relationship to Education	<ul style="list-style-type: none"> ➤LectureMethods➤D emonstration Methods ➤Assessment Methods ➤Presentation 	<ul style="list-style-type: none"> ❖ Evaluationof ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar
Second Month – UNIT-II	The Students will develop the understanding and knowledge of Physical Education in Greece, Rome, Athens, Sparta, Germany, Denmark, Sweden, Vedic and epic period, Pre Independence and Post-Independence, Central Advisory Board of Physical Education and Recreation (CABPR), National Physical Efficiency Drive, National Coaching Scheme – Rajkumari Amrit Kaur Coaching Scheme, LNCPE, NSNIS, NDS, NCC, SAI, YMCA, National Sports Federations	<ul style="list-style-type: none"> Lecture Methods Demonstration Methods Assessment Methods Presentation 	<ul style="list-style-type: none"> ➤Evaluationof➤Pr esentation➤Evalu ationof Assignment ➤MCQ/Class- test/viva/ seminar

Third Month – UNIT-III	The Students will gain knowledge of Ancient Olympics and Modern Olympics, Olympic flag, Olympic Torch, Olympic emblem, Olympic motto, Olympic oath, I.O.C, IOA, Commonwealth Games, Asian games and SAF games	<p>  Lecture Methods  Demonstration Methods  Assessment Methods  Presentation </p>	<ul style="list-style-type: none"> ❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar
Fourth Month – UNIT-IV	The Students will gain knowledge of Foundations of Physical Education: Biological Foundations: Principles of Growth and development, Heredity and Environment, Sex and Age differences, Body Types, Psychological Foundations: Learning, Stages of learning, Domains of Learning, Laws of learning, Forces influencing learning, Theories of learning, Sociological Foundations: Nature and scope of sports, Contribution of sports to society	<p>  Lecture Methods  Demonstration Methods  Assessment Methods  Presentation </p>	<ul style="list-style-type: none"> ❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar

SEMESTER-I

THEORY COURSE CODE

BPEDCC 312

COURSE NAME

ANATOMY AND PHYSIOLOGY(Core)

CREDITS- Theory: 4

Max.Marks=100

Time:3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30

Marks

Objective: -To provide the knowledge and understanding of human Anatomy and Physiology.

Learning Outcome:

- ❖ The Students will be able to know about the Brief Introduction to Anatomy, Physiology and Exercise Physiology.
- ❖ The students will be equipped with the knowledge regarding Muscular and Skeletal systems
- ❖ To understand the Cardiovascular and Respiratory Systems.
- ❖ To acquire the knowledge about the Nervous and Digestive systems.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Introduction: Brief Introduction to Anatomy, Physiology and Exercise Physiology, Importance of knowledge in Anatomy & Physiology in the field of physical education, Animal Cell: Structure and Functions, Tissue: Classification, Endocrine / Ductless Glands—Classification and functions of hormones (Pituitary, Pineal, Thyroid, Parathyroid, Adrenal, Pancreas & Sex glands)

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Muscular and Skeletal systems: The Muscular System-Types of muscles, Structure and functions of muscles,

Characteristics of the muscles, Bones-Classification of bones, Structure and function of bones, Joints-Types of joints,

Basic movements at Joint, Ligaments and Tendon, Effect of Exercise and Training on Muscular system and skeletal system

After the Completion of Third Month:

The Students will gain knowledge of Cardiovascular and Respiratory Systems: The Circulatory System-Structure of Heart and blood vessels, Blood - Constituents, Functions and Blood Groups, Blood Circulation, Cardiac cycle, Blood Pressure, The Respiratory System-Structure of Lungs, Exchange of gases in the lungs, Respiration Mechanism, Lung Capacity, Tidal Volume, Effect of Exercise and Training on Cardiovascular and Respiratory system

After the Completion of Fourth Month:

The Students will gain knowledge of Nervous and Digestive systems: The Nervous System (Central & Peripheral)-Structure and Functions of neuron, Nerve Control Activities (Neuromuscular Junction, Transmission of nerve impulses), Sensory organs, The Digestive System- Organs of Digestive system, Functions of stomach, small intestine and large intestine, Functions of liver, gall bladder and pancreas, The Excretory System- Structure and Functions of Kidney

THEORYSYLLABUS:

70Credits

UNIT-I

15 Lectures

Introduction: Brief Introduction to Anatomy, Physiology and Exercise Physiology, Importance of knowledge in Anatomy & Physiology in the field of physical education, Animal Cell: Structure and Functions, Tissue: Classification, Endocrine / Ductless Glands-Classification and functions of hormones (Pituitary, Pineal, Thyroid, Parathyroid, Adrenal, Pancreas & Sex glands)

UNIT-II

17 Lectures

Muscular and Skeletal systems: The Muscular System-Types of muscles, Structure and functions of muscles, Characteristics of the muscles, Bones-Classification of bones, Structure and function of bones, Joints-Types of joints, Basic movements at Joint,

Ligaments and Tendon, Effect of Exercise and Training on Muscular system and skeletal system

UNIT-III

18 Lectures

Cardiovascular and Respiratory Systems: The Circulatory System-Structure of Heart and blood vessels, Blood - Constituents, Functions and Blood Groups, Blood Circulation, Cardiac cycle, Blood Pressure, The Respiratory System-Structure of Lungs, Exchange of gases in the lungs, Respiration Mechanism, Lung Capacity, Tidal Volume, Effect of Exercise and Training on Cardiovascular and Respiratory system

UNIT-IV

20 Lectures

Nervous and Digestive systems: The Nervous System (Central & Peripheral)-Structure and Functions of neuron, Nerve Control Activities (Neuromuscular Junction, Transmission of nerve impulses), Sensory organs, The Digestive System- Organs of Digestive system, Functions of stomach, small intestine and large intestine, Functions of liver, gall bladder and pancreas, The Excretory System- Structure and Functions of Kidney

Note:

- (a) One Theory period is equal to 1 credit of 1 hour duration.
- (b) One Practical period is equal to 1 credit of 2 hour duration.
- (c) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Pears** evelyr C. Anatomy and Physiology for Nurses (London: Faber & Faber Ltd.1929).
2. **Perrot** J.W. Anatomy for Students and Physical Education (London: Adward Arnold and Co. 1967).
3. **St. John`s Ambulance**, First-Aid By Red-Cross Society of India.
4. **Waruida**, Roger and Williams, Peter L. GRAY`S ANATOMY (London: Longmans Group Ltd. 1973).
5. **Mathew**, D.K. and Fox E.L., Physiological Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company,1976).
6. **Astrend**, P.O. and Rodahl Karre, Text Book of Work Physiology, Tokye: McGraw- Hill Kogakusha Ltd.

Facilitation to the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and Learning Activity	Assessment Task
First Month- UNIT-I	The Students will develop the understanding and knowledge regarding the Introduction: Brief Introduction to Anatomy, Physiology and Exercise Physiology, Importance of knowledge in Anatomy & Physiology in the field of physical education, Animal Cell: Structure and Functions, Tissue: Classification, Endocrine / Ductless Glands-Classification and functions of hormones (Pituitary, Pineal, Thyroid, Parathyroid, Adrenal, Pancreas & Sex glands)	<ul style="list-style-type: none"> • Lecture <li style="padding-left: 20px;">Methods • Demonstration <li style="padding-left: 20px;">Methods • Assessment <li style="padding-left: 20px;">Methods • Presentation 	<ul style="list-style-type: none"> ❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar

Second Month – UNIT-II	The Students will develop the understanding and knowledge of Muscular and Skeletal systems: The Muscular System-Types of muscles,	Lecture Methods Demonstration Methods	Evaluation of Presentation Evaluation of Assignment
	Structure and functions of muscles, Characteristics of the muscles, Bones- Classification of bones, Structure and function of bones, Joints-Types of joints, Basic movements at Joint, Ligaments and Tendon, Effect of Exercise and Training on Muscular system and skeletal system	Assessment Methods Presentation	MCQ/Class-test/viva/ seminar
Third Month – UNIT-III	The Students will gain knowledge of Cardiovascular and Respiratory Systems: The Circulatory System-Structure of Heart and blood vessels, Blood - Constituents, Functions and Blood Groups, Blood Circulation, Cardiac cycle, Blood Pressure, The Respiratory System-Structure of Lungs, Exchange of gases in the lungs, Respiration Mechanism, Lung Capacity, Tidal Volume, Effect of Exercise and Training on Cardiovascular and Respiratory system	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar
Fourth Month – UNIT-IV	The Students will gain knowledge of Nervous and Digestive systems: The Nervous System (Central & Peripheral)- Structure and Functions of neuron, Nerve Control Activities (Neuromuscular Junction, Transmission of nerve impulses), Sensory organs, The Digestive System- Organs of Digestive system, Functions of stomach, small intestine and large intestine, Functions of liver, gall bladder and pancreas, The Excretory System-Structure and Function of Kidney	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar

B.P.Ed- SYLLABUS SEMESTER-I

THEORY COURSE CODE-BPEDCC313 COURSE NAME- ENVIRONMENTAL

STUDIES (Core)

CREDITS- Theory: 4

Max.Marks=100

Time:3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30

Marks

Objective: -To provide the knowledge and understanding of Environmental Science.

Learning Outcome:

- ❖ The Students will be able to know about the multidisciplinary nature of Environmental Science.
- ❖ The students will be equipped with the knowledge regarding Natural resources and associated problems
- ❖ To understand the Concept of anecosystem.
- ❖ To acquire the knowledge about the Environmental Pollution: Causes, effects and control measures.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Environmental Science: The multidisciplinary nature of Environmental Science, Scope, need and importance, Need for public awareness, Population growth, and variation among nations, population explosion and family welfare programmes, Environment and humanhealth.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Natural resources and associated problems: Forest resources, Water resources, Mineral resources, Food resources, Energy resources, Land resources

After the Completion of Third Month:

The Students will gain knowledge of Ecosystem: Concept of an ecosystem, Structure and function of an ecosystem, Producers, consumers and decomposers, Energy flow in the ecosystem, Food chains, food webs and ecological pyramids. Introduction, types, characteristic features, structure and function of the following ecosystems-Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystem, Water conservation, rain water harvesting and watershed management

After the Completion of Fourth Month:

The Students will gain knowledge of Environmental Pollution: Causes, effects and control measures of-Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, E-waste and its management, plastic recycling and prohibition of plastic bag/cover, Climate change, Global warming, acid rain, ozone layer depletion, nuclear accidents andholocaust

THEORYSYLLABUS:**70Credits****UNIT-I****15 Lectures**

Environmental Science: The multidisciplinary nature of Environmental Science, Scope, need and importance, Need for public awareness, Population growth, and variation among nations, population explosion and family welfare programmes, Environment and humanhealth.

UNIT-II**15Lectures**

Natural resources and associated problems: Forest resources, Water resources, Mineral resources, Food resources, Energy resources, Land resources

UNIT-III**20 Lectures**

Ecosystem: Concept of an ecosystem, Structure and function of an ecosystem, Producers, consumers and decomposers, Energy flow in the ecosystem, Food chains, food webs and ecological pyramids. Introduction, types, characteristic features, structure and function of the following ecosystems-Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystem, Water conservation, rain water harvesting and watershedmanagement.

UNIT-IV

20 Lectures

Environmental Pollution: Causes, effects and control measures of-Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, E-waste and its management, plastic recycling and prohibition of plastic bag/cover, Climate change, Global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust

Note:

(a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hour duration.

(c) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Michael L. Mc Kinnen**, Robert M Schoch, Logan Yanavjak, (2013), Environmental Science 5th Edn.
2. **Daniel B. Botkin**, Edward.A.Keller, (2010), Environmental Science, 7thEdn.
3. **Purnima Sethi**, V.S Kulkarni, (2011), Environmental Science.
4. **Agrawal**, K.C. (2001), Environmental Biology (Bikaner: Nidhi Publishers Ltd.).
5. **K. Park**, Preventive and Social Medicine, 24thEdn
6. **Heywood**, V.H. and Watson V.M., (1995), Global biodiversity Assessment (U.K.: Cambridge University Press),

Facilitation to the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and Learning Activity	Assessment Task
First Month- UNIT-I	The Students will develop the understanding and knowledge regarding the Environmental Science: The multidisciplinary nature of Environmental Science, Scope, need and importance, Need for public awareness, Population growth, and variation among nations, population explosion and family welfare programmes, Environment and human health.	<ul style="list-style-type: none"> ➤Lecture Methods ➤Demonstration Methods ➤Assessment Methods ➤Presentation 	<ul style="list-style-type: none"> ❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar
Second Month – UNIT-II	The Students will develop the understanding and knowledge of Natural resources and associated problems: Forest resources, Water resources, Mineral resources, Food resources, Energy resources, Land resources	<ul style="list-style-type: none"> Lecture Methods Demonstration Methods Assessment Methods Presentation 	<ul style="list-style-type: none"> ➤Evaluation of ➤Presentation ➤Evaluation of Assignment ➤MCQ/Class-test/viva/seminar

<p>Third Month – UNIT-III</p>	<p>The Students will gain knowledge of Ecosystem: Concept of an ecosystem, Structure and function of an ecosystem, Producers, consumers and decomposers, Energy flow in the ecosystem, Food chains, food webs and ecological pyramids.</p> <p>Introduction, types, characteristic features, structure and function of the following ecosystems-</p>	<p>📌 Lecture Methods</p> <p>📌 Demonstration Methods</p> <p>📌 Assessment Methods</p> <p>📌 Presentation</p>	<ul style="list-style-type: none"> ❖ Evaluation of Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar
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	Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystem, Water conservation, rain water harvesting and watershed management		
Fourth Month – UNIT-IV	The Students will gain knowledge of Environmental Pollution: Causes, effects and control measures of-Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, E-waste and its management, plastic recycling and prohibition of plastic bag/cover, Climate change, Global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust	<ul style="list-style-type: none"> 📌 Lecture Methods 📌 Demonstration Methods 📌 Assessment Methods 📌 Presentation 	<ul style="list-style-type: none"> ❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar

B.P.Ed- SYLLABUS

SEMESTER-I

THEORY COURSE CODE-

BPEDEC314 COURSE NAME-

SOCIOLOGY(ELECTIVE)

CREDITS- Theory: 4

Max.Marks=100

Time:3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30

Marks

Objective: -To provide the knowledge and understanding of Sociology.

Learning Outcome:

- ❖ The Students will be able to know about the Introduction, Meaning nature and scope of sociology.
- ❖ The students will be equipped with the knowledge regarding Social Structure and Organization
- ❖ To understand the Concept of Main Features of Indian Society
- ❖ To acquire the knowledge about the Sports and Society.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Introduction: Meaning nature and scope of sociology, Society, community, association and institutions, Meaning and definition of socialization, Meaning and need of social control, Role of teacher in changing society through physical education and sport

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Social Structure and Organization: Group (primary and secondary) crowds and public, Marriage family and

kinship, Social stratification, social class and caste, Social mobility, Culture-Definition, effect of culture on people's lifestyle

After the Completion of Third Month:

The Students will gain knowledge of Main Features of Indian Society: Religious pluralism (Hinduism, Islam and Christianity), Linguistic pluralism, Indian policy-secularism, democracy, social justice, Professional ethics-ethics and values related to sports,sportsmanship

After the Completion of Fourth Month:

The Students will gain knowledge of Sports and Society: Meaning and definition of sports sociology, Sports as a social phenomenon, Socialization through sports and games, Sports and mass media, Sports and politics, Relationship of culture to sports,Sociometry

THEORYSYLLABUS:

70Credits

UNIT-I

15 Lectures

Introduction: Meaning nature and scope of sociology, Society, community, association and institutions, Meaning and definition of socialization, Meaning and need of social control, Role of teacher in changing society through physical education and sport.

UNIT-II

15 Lectures

Social Structure and Organization: Group (primary and secondary) crowds and public, Marriage family and kinship, Social stratification, social class and caste, Social mobility, Culture- Definition, effect of culture on people's life style.

UNIT-III

15 Lectures

Main Features of Indian Society: Religious pluralism (Hinduism, Islam and Christianity), Linguistic pluralism, Indian policy- secularism, democracy, social justice, Professional ethics-ethics and values related to sports,sportsmanship.

UNIT-IV

15Lectures

Sports and Society: Meaning and definition of sports sociology, Sports as a social phenomenon, Socialization through sports and games, Sports and mass media, Sports and politics, Relationship of culture to sports, Sociometry.

Note:

- (a) One Theory period is equal to 1 credit of 1 hour duration.
- (b) One Practical period is equal to 1 credit of 2 hour duration.
- (c) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Kamlesh ML,**
(2002) Sociological Foundation in Physical Education (Delhi, Metropolitan Book Co Pvt Ltd)
2. **John Horne, Alan Tomlinson & Garry Whannel,** An Introduction to the sociological & cultural analysis of sports.
3. **Conrad C Vogler, Stephen E Schwartz,** Sociology of sports - An Introduction,

4. **SvsanLGreenDorfer&AndrewYiannakis**,Sociologyofsport:perspective.
5. **Sachdeva** and Gupta, A simple study of sociology (Delhi: Ajanta Prakashan1985-86)
6. **Mukherjee D.P** Sociology of Indian Culture (Jaipur: Rawa publications,1979)

Facilitation to the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and Learning Activity	Assessment Task
First Month- UNIT-I	The Students will develop the understanding and knowledge regarding the Introduction: Meaning nature and scope of sociology, Society, community, association and institutions, Meaning and definition of socialization, Meaning and need of social control, Role of teacher in changing society through physical education and sport	<ul style="list-style-type: none"> 📌Lecture Methods 📌Demonstration Methods 📌Assessment Methods 📌Presentation 	<ul style="list-style-type: none"> ❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar
Second Month – UNIT-II	The Students will develop the understanding and knowledge of Social Structure and Organization: Group (primary and secondary) crowds and public, Marriage family and kinship, Social stratification, social class and caste, Social mobility, Culture-Definition, effect of culture on people’s life style	<ul style="list-style-type: none"> Lecture Methods Demonstration Methods Assessment Methods Presentation 	<ul style="list-style-type: none"> 📌Evaluation of 📌Pr resentation 📌Evalu ation of Assignment 📌MCQ/Class-test/viva/ seminar
Third Month – UNIT-III	The Students will gain knowledge of Main Features of Indian Society: Religious pluralism (Hinduism, Islam and Christianity), Linguistic pluralism, Indian policy- secularism, democracy, social justice, Professional ethics-ethics and values related to sports,sportsmanship	<ul style="list-style-type: none"> 📌Lecture Methods 📌Demonstration Methods 📌Assessment Methods 📌Presentation 	<ul style="list-style-type: none"> ❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar
Fourth Month – UNIT-IV	The Students will gain knowledge of Sports and Society: Meaning and definition of sports sociology, Sports as a social phenomenon, Socialization through sports and games, Sports and mass media, Sports and politics, Relationship of culture to sports,Sociometry	<ul style="list-style-type: none"> 📌Lecture Methods 📌Demonstration Methods 📌Assessment Methods 📌Presentation 	<ul style="list-style-type: none"> ❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar

B.P.Ed- SYLLABUS

SEMESTER-I

THEORY COURSE CODE-BPEDEC315

COURSE NAME- RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

CREDITS- Theory: 4

Max.Marks=100

Time:3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30

Marks

Objective: -To provide the knowledge and understanding of Research and Statistics in Physical Education.

Learning Outcome:

- ❖ The Students will be able to know about the Introduction to Research.
- ❖ The students will be equipped with the knowledge regarding Population, data and sampling in research.
- ❖ To understand the Concept of Basic of Statistical Analysis in research.
- ❖ To acquire the knowledge about the Measures of variability and correlation in research statistics.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Introduction to Research: Research-Definition, Meaning and Characteristics of Research, Need, Importance and Scope in Physical Education and Sports, Classification, Methods of Research and Research Ethics, Research Problem and Related Literature: Criteria for selecting, locating research problem and Need of related literature in research, Sources, Hypothesis: Meaning, formulation of Hypothesis, Types of hypothesis, Sample: meaning of sample- sampling techniques

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Population and data: Normal, Ordinal & Interval, Frequency tables, Raw data, Grouped and ungrouped data, Dependent and independent variables, Tools of Research: Questionnaire, Construction of questionnaire, Interview: types of interview, Reliability, Validity, objectivity and testers competency:- Meaning, Need and Importance, Research Proposal: Meaning, Important aspects and Significance of Research Proposal, Research Reports: Format in Physical Education: Introduction, literature survey, Methodology, Analysis, Summary and Conclusions and Format of bibliography

After the Completion of Third Month:

The Students will gain knowledge of Basic of Statistical Analysis: Statistics: Meaning, Definition, and Importance of statistics in Physical education, Types of statistics: Descriptive, inferential Class Distribution: Histogram, Frequency Polygon, and Frequency Curve. Cumulative Frequency Polygon, Ogive, Measures of Central tendency: Mean-Median, Mode for group and ungrouped data, Merits and demerits of measures of central tendency

After the Completion of Fourth Month:

The Students will gain knowledge of Measures of variability: Meaning – range – mean deviation – standard deviation -calculation for group and ungrouped data, Merits and demerits of measures of variability, Percentiles and Quartiles: Meaning, Importance, Computing from Group and Ungrouped data, Probability – Meaning – Normal curve – properties of normal curve, Correlation – Karl Pearson product moment correlation and Karl Spearman Rank Order correlation, Graphical representation: Need and importance in research-Types: Bar diagram-line graph-Pie Diagram

THEORY SYLLABUS:

70 Credits

UNIT-I

15 Lectures

Introduction to Research: Research-Definition, Meaning and Characteristics of Research, Need, Importance and Scope in Physical Education and Sports, Classification, Methods of Research and Research Ethics, Research Problem and

Related Literature: Criteria for selecting, locating research problem and Need of related literature in research, Sources, Hypothesis: Meaning, formulation of Hypothesis, Types of hypothesis, Sample: meaning of sample- sampling techniques

UNIT-II

15 Lectures

Population and data: Normal, Ordinal & Interval, Frequency tables, Raw data, Grouped and ungrouped data, Dependent and independent variables, Tools of Research: Questionnaire, Construction of questionnaire, Interview: types of interview, Reliability, Validity, objectivity and testers competency:- Meaning, Need and Importance, Research Proposal: Meaning, Important aspects and Significance of Research Proposal, Research Reports: Format in Physical Education: Introduction, literature survey, Methodology, Analysis, Summary and Conclusions and Format of bibliography

UNIT-III

15 Lectures

Basic of Statistical Analysis: Statistics: Meaning, Definition, and Importance of statistics in Physical education, Types of statistics: Descriptive, inferential Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Measures of Central tendency: Mean-Median, Mode for group and ungroup data, Merits and demerits of measures of central tendency

UNIT-IV

15 Lectures

Measures of variability: Meaning – range – mean deviation – standard deviation -calculation for group and ungrouped data, Merits and demerits of measures of variability, Percentiles and Quartiles: Meaning, Importance, Computing from Group and Ungrouped data, Probability – Meaning – Normal curve – properties of normal curve, Correlation – Karl Pearson product moment correlation and Karl Spearman Rank Order correlation, Graphical representation: Need and importance in research- Types: Bar diagram- line graph - PieDiagram

Note:

- (a) One Theory period is equal to 1 credit of 1 hourduration.
- (b) One Practical period is equal to 1 credit of 2 hourduration.
- (c) One Tutorial period is equal to 1 credit of 1 hourduration.

12 Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70Marks

Internal Assessment – 30Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **J.P. Verma**, 2000 "A textbook on sports statistics" Venuspublication.
2. **Best, J.W.** (1963). Research in education. U.S.A.: Prenticehall.
3. **J.P Verma**, "Statistical methods in sports and physical education", Rediffsbook

Facilitation to the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and Learning Activity	Assessment Task
First Month- UNIT-I	The Students will develop the understanding and knowledge regarding the Introduction to Research: Research-Definition, Meaning and Characteristics of Research, Need, Importance and Scope in Physical Education and Sports, Classification, Methods of Research and Research Ethics, Research Problem and Related Literature: Criteria for selecting, locating research problem and Need of related literature in research, Sources, Hypothesis: Meaning, formulation of Hypothesis, Types of hypothesis, Sample meaning of sample- sampling techniques:	🚩Lecture Methods 🚩Demonstrati onMethods 🚩Assessment Methods 🚩Presentatio n	❖ Evaluationof ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class- test/viva/ Seminar
Second Month – UNIT-II	The Students will develop the understanding and knowledge of Population and data: Normal, Ordinal & Interval, Frequency tables, Raw data, Grouped and ungrouped data, Dependent and independent variables, Tools of Research: Questionnaire, Construction of questionnaire, Interview: types of interview, Reliability, Validity, objectivity and testers competency:– Meaning, Need and Importance, Research Proposal: Meaning, Important aspects and Significance of Research Proposal, Research Reports: Format in Physical Education: Introduction, literature survey, Methodology, Analysis, Summary and Conclusionsand Format of bibliography	Lecture Methods Demonstrat ion Methods Assessment Methods Presentatio n	🚩Evaluationof🚩Pr esentation🚩Evalu ationof Assignment 🚩MCQ/Class- test/viva/ seminar

Third Month – UNIT-III	<p>The Students will gain knowledge of Basic of Statistical Analysis: Statistics: Meaning, Definition, and Importance of statistics in Physical education, Types of statistics: Descriptive, inferential Class Distribution: Histogram, Frequency Polygon, and Frequency Curve. Cumulative Frequency Polygon, Ogive, Measures of Central tendency: Mean-Median, Mode for group and ungrouped data, Merits and demerits of measures of central tendency</p>	<ul style="list-style-type: none"> 📌 Lecture Methods 📌 Demonstration Methods 📌 Assessment Methods 📌 Presentation 	<ul style="list-style-type: none"> ❖ Evaluation of Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/Seminar
Fourth Month – UNIT-IV	<p>The Students will gain knowledge of Measures of variability: Meaning – range – mean deviation – standard deviation - calculation for group and ungrouped data, Merits and demerits of measures of variability, Percentiles and Quartiles: Meaning, Importance, Computing from Group and Ungrouped data, Probability – Meaning – Normal curve – properties of normal curve, Correlation – Karl Pearson</p>	<ul style="list-style-type: none"> 📌 Lecture Methods 📌 Demonstration Methods 📌 Assessment Methods 📌 Presentation 	<ul style="list-style-type: none"> ❖ Evaluation of Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/Seminar
	<p>product moment correlation and Karl Spearman Rank Order correlation, Graphical representation: Need and importance in research- Types: Bar diagram- line graph- Pie Diagram</p>		

B.P.Ed- SYLLABUS SEMESTER-I

PART – B -PRACTICAL COURSES

B.P.Ed- SYLLABUS

SEMESTER – 1

Part – B -Practical Courses

Practical Course Programme Specific Learning Outcomes:

- ❖ The Students will be able to understand and obtain the proficiency in the skill of various sportstaught.
- ❖ The students will gain the knowledge about understanding of the rules & regulations of the sports and its appropriate interpretation and implementation during officiating of a competition.
- ❖ The students after going through the sports will be able to execute the teaching and coaching of the sportsskills.
- ❖ The students acquire the skill of organizing & conduct of sports competition at various levels.
- ❖ The students are able to understand and implement the knowledge of construction and marking of various sports fields and itsmaintenance.
- ❖ The students gain knowledge about the maintaining of various sports equipments and their purchase from themarket.
- ❖ The students will be able to design a plan for display of mass demonstration activity which helps in various programs beingorganized.

BPEDPC – 316- TRACK AND FIELD

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Running Event: Running technique and starting techniques: running ABC, Standing start, Crouch start and its variations, Proper use of blocks, Finishing techniques: Run Through, Forward lunging, Shoulder Shrug.

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Track & Field Marking (400 meter & 200 meter track marking, placement of hurdles for), Rules and Officiating

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Hurdles: Fundamental Skills-Starting, Clearance and Landing Techniques, Types of Hurdles, High and Low Hurdles- Technique, Ground Marking and Officiating.

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Relays: Fundamental Skills, Various patterns of Baton Exchange, Understanding of Relay Zones, Ground Marking, Interpretation of Rules and Officiating.

Unit I

Running Event: Running technique and starting techniques: running ABC, Standing start, Crouch start and its variations, Proper use of blocks, Finishing techniques: Run Through, Forward lunging, Shoulder Shrug.

Unit II

Track & Field Marking (400 meter & 200 meter track marking, placement of hurdles for), Rules and Officiating

Unit III

Hurdles: Fundamental Skills-Starting, Clearance and Landing Techniques, Types of Hurdles, High and Low Hurdles- Technique, Ground Marking and Officiating.

Unit IV

Relays: Fundamental Skills: Various patterns of Baton Exchange, Understanding of Relay Zones, Ground Marking, Interpretation of Rules and Officiating.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks)	70 Marks
• Demonstration and/or Test	40 Marks
• Viva-Voce	20 Marks
• Record File	10 Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks)	30 Marks
• Presentation/ ClassTest/Viva	15 Marks
• Project/Assignment/Seminar	10 Marks
• Attendance	5 Marks

BPEDPC-317AQUATICS

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Swimming: Fundamental skills: Entry into the pool, Developing water balance and confidence, Water fear removing drills

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Floating – Mushroom and Jelly fish etc, gliding with and without kickboard, Introduction of various strokes.

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Body position, Leg, Kick, Arm pull, Breathing and Coordination, Start and turns of the concerned strokes.

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Water Treading and Simple Jumping, Rules of competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

Unit I

Swimming: Fundamental skills: Entry into the pool, Developing water balance and confidence, Water fear removingdrills

UnitII

Floating – Mushroom and Jelly fish etc, gliding with and without kickboard, Introduction of various strokes.

Unit III

Body position, Leg, Kick, Arm pull, Breathing and Coordination, Start and turns of the concerned strokes.

Unit IV

Water Treading and Simple Jumping, Rules of competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of theraces.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none">• Demonstrationand/orTest• Viva-Voce• Record File	70 Marks 40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (MaximumMarks) <ul style="list-style-type: none">• Presentation/ Class Test/Viva• Project/Assignment/Seminar• Attendance	30Marks 15Marks 10 Marks 5 Marks

BPEDPC-318 Indigenous sports :(Kabaddi, Kho-Kho)

KABADDI

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Skills in Raiding- Touching with hand, various kicks, crossing of baulk line, crossing of Bonus line, luring the opponent to catch, pursue.

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Skills of Holding the Raider- Various formations, catching from particular position, Different catches, luring the raider to take particular position so as to facilitate catching, catching formations and techniques.

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Additional skills in raiding-Bringing the antis in to particular position, escaping from various holds, Techniques of escaping from chain formation, combined formations in offence and defence.

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Ground Marking, Rules and Officiating.

Unit I

Skills in Raiding- Touching with hand, various kicks, crossing of baulk line, crossing of Bonus line, luring the opponent to catch, pursue.

Unit II

Skills of Holding the Raider-Variations formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.

Unit III

Additional skills in raiding-Bringing the antis in to particular position, escaping from various holds, Techniques of escaping from chain formation, combined formations in offence and defense.

Unit IV

Ground Marking, Rules and Officiating.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none">• Demonstrationand/orTest• Viva-Voce• Record File	70 Marks 40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks) <ul style="list-style-type: none">• Presentation/ Class Test/Viva• Project/Assignment/Seminar• Attendance	30 Marks 15Marks 10 Marks 5 Marks

Kho – Kho

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the General skills of the game – running, chasing, dodging, faking etc, Skills in chasing- correct kho, moving on the lanes, pursuing the runner, tapping the inactive runner, tapping the runner heels, tapping on the pool, diving, judgment in giving kho, rectification on foul.

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Skills in running- zigzag running, single and double chain, ring play, rolling in the sides, dodging while facing and on the back, fake legs, body arm etc, combination of different skills.

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Ground Marking.

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Rules, their interpretations and duties of officials.

Unit I

General skills of the game – running, chasing, dodging, faking etc, Skills in chasing- correct kho, moving on the lanes, pursuing the runner, tapping the inactive runner, tapping the runner heels, tapping on the pool, diving, judgment in giving kho, rectification on foul.

Unit II

Skills in running- zigzag running, single and double chain, ring play, rolling in the sides, dodging while facing and on the back, fake legs, body arm etc, combination of different skills.

Unit III

Ground Marking.

Unit IV

Rules, their interpretations and duties of officials.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:

Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Demonstrationand/orTest • Viva-Voce • Record File 	70Marks 40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (MaximumMarks) <ul style="list-style-type: none"> • Presentation/ Class Test/Viva • Project/Assignment/Seminar • Attendance 	30Marks 15Marks 10 Marks 5 Marks

BPEDPC-319N (Basketball, Football, Volleyball)

Basketball

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Introduction to the game and historical development with special reference to India.

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Rules and their interpretations.

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Fundamental skills: Players stance and ball handling, Passing techniques, Two hand chest pass, Two hand bounce pass, One hand baseball pass. Receiving techniques: Two hand receiving, One hand receiving, Receiving in stationary position. Dribbling: How to start dribble, How to stop dribble, Low dribble & High dribble

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Shooting: Lay-up shot and its variations, one hand set shot, One hand jump shot. Rebounding: Defensive rebound, Offensive rebound. Defense: Individual defense, guarding the man with the ball, Guarding the man without the ball

Unit I

Introduction to the game and historical development with special reference to India.

Unit II

Rules and their interpretations.

Unit III

Fundamental skills: Players stance and ball handling, Passing techniques, Two hand chest pass, Two hand bounce pass, One hand baseball pass. Receiving techniques: Two hand receiving, One hand receiving, Receiving in stationary position. Dribbling: How to start dribble, How to stop dribble, Low dribble & High dribble

hand receiving, Receiving in stationary position. Dribbling: How to start dribble, How to stop dribble, Low dribble & Highdribble

Unit IV

Shooting: Lay-up shot and its variations, one hand set shot, One hand jump shot.

Rebounding: Defensive rebound, Offensive rebound. Defense: Individual defense, guarding the man with the ball, Guarding the man without theball

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks)	70Marks
<ul style="list-style-type: none"> • Demonstrationand/orTest • Viva-Voce • Record File 	40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (MaximumMarks)	30Marks
<ul style="list-style-type: none"> • Presentation/ ClassTest/Viva • Project/Assignment/Seminar • Attendance 	15Marks 10 Marks 5 Marks

FOOTBALL

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Kicks: Kicking with the inside of the foot, kicking with the instep of the foot, kicking with the outer instep of the foot, lofted kick. Trapping: Trapping rolling ball-with the inside, sole and instep of the foot, trapping bouncing ball with the sole.

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Dribbling: With the instep of the foot, with combination of inner instep & outer instep, with the outer instep of the foot. Heading: From standing, from running, from jumping

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Fundamental Technique of Throw-In. Feinting: With the lower limb, with the upper part of the body

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Tackling: Block tackling, Poke Tackling, Slide tackling. Goal Keeping: Collection of balls, Ball clearance - Kicking, throwing and deflecting

Unit I

Kicks: Kicking with the inside of the foot, kicking with the instep of the foot, kicking with the outer instep of the foot, lofted kick. Trapping: Trapping rolling ball-with the inside, sole and instep of the foot, trapping bouncing ball with the sole

Unit II

Dribbling: With the instep of the foot, with combination of inner instep & outer instep, with the outer instep of the foot. Heading: From standing, from running, from jumping

Unit III

Technique of Throw-In. Feinting: With the lower limb, With the upper part of the

Unit IV

Tackling: Block tackling, Poke Tackling, Slide tackling. Goal Keeping: Collection of balls, Ball clearance - Kicking, throwing and deflecting

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Demonstrationand/orTest • Viva-Voce • Record File 	70Marks 40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (MaximumMarks) <ul style="list-style-type: none"> • Presentation/ Class Test/Viva • Project/Assignment/Seminar • Attendance 	30Marks 15Marks 10 Marks 5 Marks

VOLLEYBALL

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Introduction of the game and historical development with special reference to India, Important tournaments held at National and International levels and distinguished personalities related to the game.

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Fundamental Skills: Player's stance- Receiving the ball & passing to the team mates, The Volley (Overhead pass), The Dig (Under hand pass).

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Service: Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. Lead up Games: Three Volleys (These can be combined with service), Three Digs: (Receiving service using dig and setting and placing using volleying action)

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Spike: Straight Arm Spike, Round Arm Spike. Block: Single Block.

Unit I

Introduction of the game and historical development with special reference to India, Important tournaments held at National and International levels and distinguished personalities related to the game.

Unit II

Fundamental Skills: Player's stance- Receiving the ball & passing to the team mates, The Volley (Overhead pass), The Dig (Under hand pass).

Unit-III

Service: Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. Lead up Games: Three Volleys (These can be combined with service), Three Digs: (Receiving service using dig and setting and placing using volleying action)

Unit IV

Spike: Straight Arm Spike, Round Arm Spike. Block: Single Block.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none">• Demonstrationand/orTest• Viva-Voce• Record File	70Marks 40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (MaximumMarks) <ul style="list-style-type: none">• Presentation/ Class Test/Viva• Project/Assignment/Seminar• Attendance	30Marks 15Marks 10 Marks 5 Marks

B.P.Ed- SYLLABUS SEMESTER –II

THEORY

B.P.Ed- SYLLABUS SEMESTER-II

THEORY COURSE CODE BPEDCC-321
COURSE NAME- YOGA EDUCATION (CORE)

CREDITS- Theory: 4

Max.Marks=100

Time:3Hrs

Theory Examination = 70

Marks Internal

Assessment = 30 Marks

Objective: -To provide the knowledge and understanding the of importance yoga in daily life **Learning Outcome:**

- ❖ The Students will be able to know and develop a Concept of yoga.
- ❖ The student will be able to understand about types of yoga limbsof yoga asanas, pranayama andmediations
- ❖ The student will be able to gain the knowledge of Asana, pranayama,Mudras, Bandas and kriyas.
- ❖ The student will be able to gain the knowledge oftherapy, difference between yoga and exercises and competitions.

After the Completion of First Month:

The Students will develop the knowledge regarding Importance, definition, Aim andObjectives and History of yoga.

After the Completion of Second Month:

The Students will develop the knowledge regarding Importance Astanga yoga and different type of yoga .

After the Completion of Third Month:

The Students will develop the knowledge regarding Importance Asana, pranayama and mediation types , classification and different types of kriyas ,SatvikaAhara Banda, Mudras and its types .

After the Completion of Fourth Month:

The Students will develop the knowledge regarding Importance yoga in therapy, difference between yoga and exercises and competitions.

THEORY SYLLABUS:

70 Credits

UNIT-I

15 Lectures

Introduction

- a. Meaning and definition of Yoga
- b. Aims and objectives of Yoga
- c. History of Yoga
- d. Need and importance of Yoga in Physical Education and sports

UNIT-II

15 Lectures

Foundation of Yoga

- a. The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Dharana, Dhyan and Samadhi.
- b. Yoga in the Bhagavadgita _ karma Yoga, Raja Yoga, Jnana Yoga and Bhakti yoga.

UNIT-III

20 Lectures

Asanas and pranayama

- a. Definition of Asanas and pranayama and on various effects of systems of the body
- b. Classification of asanas with special reference to Physical Education and sports, Techniques and benefits of various asanas
- c. Definition of Meditation Influence of relaxation and meditative posture on various systems of the body
- d. Types of Bandhas , Mudras and satvikahara
- e. Types of Kriyas, Techniques and benefits of various types of Kriyas

UNIT-IV

20 Lectures

Therapeutic Yoga

- a. Therapeutic uses of Yoga
- b. Difference between yogic practices and physical exercises
- c. Yoga education centers in India and abroad
- d. Competitions in Yoga – Rhythmic, Artistic

Note:

- (a) One Theory period is equal to 1 credit of 1 hour duration.
- (b) One Practical period is equal to 1 credit of 2 hour duration.
- (c) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70Marks

Internal Assessment – 30Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Swami Kuvalyananda&Dr.Venekar S.L.(1963). Yogic Therapy. Pub:Ministry of Health, Govt. of India, New Delhi.
2. Swami SatyanandaSaraswati:(1984).Yogic Management of common diseases. Pub:Bihar School of Yoga,Munger

Swami Satyananda.(1989). Asana, Pranayama, Mudra, Bandha (Pub: Bihar School of Yoga, Munger(1989).

4GharoteM.L.(1982). Guidelines for Yogic Practices, Medha Publication,

Lonavla, **Facilitation to the achievement of Course Learning Outcomes**

Month wise Progression	Course Learning Outcomes	Teaching and Learning Activity	Assessment Task
First Month- UNIT-I	The Students will develop the knowledge regarding Importance, definition, Aim and Objectives and History of yoga.	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluationof ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar
Second Month – UNIT-II	The Students will develop the knowledge regarding Importance of Astanga yoga and different type of yoga.	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ/Class-test/viva/ seminar
Third Month – UNIT-III	The Students will develop the knowledge regarding Importance Asana, pranayama and mediation types , classification and different types of kriyas ,Satvikaahara Banda, Mudras and its types .	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluationof ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar
Fourth Month – UNIT-IV	The Students will develop the knowledge regarding Importance yoga in therapy, difference between yoga and exercises and competitions.	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluationof ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar

B.P.Ed-SYLLABUS

SEMESTER-II THEORY COURSE COURSE

NAME- BPEDCC -322

HEALTH EDUCATION AND NUTRITION (CORE)

CREDITS- Theory: 4

Max.Marks=100

Time:3Hrs

Theory Examination = 70

Marks Internal

Assessment = 30 Marks

Objective: -To provide the knowledge and understanding the of importance Health education and nutrition

Learning Outcome:

- ❖ The Students will be able to know and develop a Concept school healthservices.
- ❖ The student will be able to understand about Health problems inIndia
- ❖ The student will be able to gain the knowledge of Concept of diseases
- ❖ The student will be able to gain the knowledge of Nutrition

After the Completion of First Month:

The Students will develop the knowledge regarding Health education and school health services: Definition of health, Aims and Objectives of Health Education, Dimensions of health, Determinants of health, Spectrum of health, Objectives of school health services, Importance of school health services, Health problems of school going students, Health appraisal, Nutritional services, Mental health

After the Completion of Second Month:

The Students will develop the knowledge regarding Health problems in India: Nutritional problems, Explosive population, Communicable disease problems, Medical care problems, Environmental sanitation, Non-communicable diseases.

Community health: Sources of water, Sanitary well, Elementary knowledge of water purification, Boiling, Chlorination, Large scale purification. Disposal of garbage: Composting, Biogas plants. Sewage treatment: Basic principles, Primary treatment, Secondary treatment

After the Completion of Third Month:

The Students will develop the knowledge regarding Concept of diseases: Disease cycle, Epidemiological triad, Methods of disease Transmission, Direct method, Indirect method. Personal hygiene: Care of skin, Care of hair and nails, Care of eyes, Care of teeth

After the Completion of Fourth Month:

The Students will develop the knowledge regarding Nutrition: Classification of food and role of nutrients, Proximate principles of diet, Balanced diet , Food guide pyramid , Malnutrition, Food adulteration, Food additives

THEORYSYLLABUS:

70Credits

UNIT-I

15 Lectures

Health education and school health services: Definition of health, Aims and Objectives of Health Education, Dimensions of health, Determinants of health, Spectrum of health, Objectives of school health services, Importance of school health services, Health problems of school going students, Health appraisal, Nutritional services, Mental health

UNIT-II

15Lectures

Health problems in India: Nutritional problems, Explosive population, Communicable disease problems, Medical care problems, Environmental sanitation, Non-communicablediseases.

Community health: Sources of water, Sanitary well, Elementary knowledge of water purification, Boiling, Chlorination, Large scale purification. Disposal of garbage: Composting, Biogas plants. Sewage treatment: Basic principles, Primary treatment, Secondary treatment

UNIT-III

20 Lectures

Concept of diseases: Disease cycle, Epidemiological triad, Methods of disease Transmission, Direct method, Indirect method. Personal hygiene: Care of skin, Care of hair and nails, Care of eyes, Care of teeth

UNIT-IV

20Lectures

Nutrition: Classification of food and role of nutrients, Proximate principles of diet, Balanced diet , Food guide pyramid , Malnutrition, Food adulteration, Food additives

Note:

(a) One Theory period is equal to 1 credit of 1 hourduration.

(b) One Practical period is equal to 1 credit of 2 hourduration.

(c) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70Marks

Internal Assessment – 30Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **J.E Park**, K.Park, Text Book of Preventive and Social Medicine, Banasidas Bhanot Publishers, Jabalpur, 1985
2. **Frank**, H & Walter, H., (1976). Turners school health education. Saint Louis: The C.V Mosby Company.
3. **Nemir**, A. (n.d). The School Health Education. New York Harber and Brothers

Facilitation to the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and Learning Activity	Assessment Task
First Month- UNIT-I	The Students will develop the knowledge regarding Health education and school health services: Definition of health, Aims and Objectives of Health Education, Dimensions of health, Determinants of health, Spectrum of health, Objectives of school health services, Importance of school health services, Health problems of school going students, Health appraisal, Nutritional services, Mental health	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar
Second Month – UNIT-II	The Students will develop the knowledge regarding Health problems in India: Nutritional problems, Explosive population, Communicable disease problems, Medical care problems, Environmental sanitation, Non-communicable diseases. Community health: Sources of water, Sanitary well, Elementary knowledge of water purification, Boiling, Chlorination, Large scale purification. Disposal of garbage: Composting, Biogas plants. Sewage treatment: Basic principles, Primary treatment, Secondary treatment	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ/Class-test/viva/seminar
Third Month – UNIT-III	The Students will develop the knowledge regarding Concept of diseases: Disease cycle, Epidemiological triad, Methods of disease Transmission, Direct method, Indirect method. Personal hygiene: Care of skin, Care of hair and nails, Care of eyes, Care of teeth	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar

			ss- test/viva/ seminar
Fourth Month – UNIT-IV	The Students will develop the knowledge regarding Nutrition: Classification of food and role of nutrients, Proximate principles of diet, Balanced diet , Food guide pyramid , Malnutrition, Food adulteration, Food additives	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluatio n of ❖ Presentati on ❖ Evaluatio n of Assignm ent ❖ MCQ/Cla ss- test/viva/ seminar

B.P.Ed- SYLLABUS

SEMESTER-II THEORY COURSE BPEDCC-323 COURSE NAME- EDUCATIONAL PSYCHOLOGY (CORE)

CREDITS- Theory: 4

Max.Marks=100

Time:3Hrs

Theory Examination = 70 Marks Internal Assessment = 30 Marks

Objective: -To provide the knowledge and understanding the importance of Psychology and Educational Psychology

Learning Outcome:

- ❖ The Students will be able to know and develop a Concept nature of Psychology and Educational Psychology.
- ❖ The student will be able to understand about The concept of mind-Cognition
- ❖ The student will be able to gain the knowledge of Concept of growth and development
- ❖ The student will be able to gain the knowledge of nature of Learning

After the Completion of First Month:

The Students will develop the knowledge regarding Introduction: Meaning definition and nature of Psychology and Educational Psychology, Psychology as a Science, Schools of Psychology, Importance of Psychology in Education with special reference to Physical Education.

After the Completion of Second Month:

The Students will develop the knowledge regarding Mind: The concept of mind-Cognition, Affection, Conation. Characteristics of mind: Conscious, Unconscious, Subconscious, Super Conscious, Stages of mind

After the Completion of Third Month:

The Students will develop the knowledge regarding Growth and Development: Meaning of growth and development; Physical, Mental, Social and Language development during following stages: Early childhood, Middle childhood, Late childhood, Adolescence. Development of Psycho motor skills, Neuro-biology of skill acquisition

After the Completion of Fourth Month:

The Students will develop the knowledge regarding Learning: Meaning, definition, types and nature of Learning, Meaning of following theories of learning and their implications: Trial & Error Theory, Conditioned Reflex Theory, Gestalt /Insight Theory,

Principles/ Laws of Learning: Learning Curve, How to overcome plateau in learning., Meaning and Conditions of Transfer of training

THEORY SYLLABUS:

70 Credits

UNIT-I

15 Lectures

Introduction: Meaning definition and nature of Psychology and Educational Psychology, Psychology as a Science, Schools of Psychology, and Importance of Psychology in Education with special reference to Physical Education.

UNIT-II

15 Lectures

Mind: The concept of mind-Cognition, Affection, Conation. Characteristics of mind: Conscious, Unconscious, Subconscious, Super Conscious, Stages of mind

UNIT-III

20 Lectures

Growth and Development: Meaning of growth and development; Physical, Mental, Social and Language development during following stages: Early childhood, Middle childhood, Late childhood, Adolescence. Development of Psycho motor skills, Neuro- biology of skill acquisition

UNIT-IV

20 Lectures

Learning: Meaning, definition, types and nature of Learning, Meaning of following theories of learning and their implications: Trial & Error Theory, Conditioned Reflex Theory, Gestalt /Insight Theory,
Principles/ Laws of Learning: Learning Curve, How to overcome plateau in learning., Meaning and Conditions of Transfer of training

Note:

- (a) One Theory period is equal to 1 credit of 1 hour duration.
- (b) One Practical period is equal to 1 credit of 2 hour duration.
- (c) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **S.R. Gangopadhyay**, Sports Psychology S.R. Gangopadhyay Gwalior, 2002
S.K Mangal, Psychological foundations of education , Parkash
Brothers Ludhiana
2. **Gates.A.I** at al. Educational Psychology (Macmillan
Co. N.Y, 1957) Lindgram.G.E Advanced Educational
Psychology in the classroom
3. **Kamlesh R. M.L.**, Psychology of physical education of sports metropolitan,
New Delhi, 1983)
4. **Jean.M Williams**, editor Applied Sports Psychology personal growth to peak
performance May field publishing company, Randon 1992

5. **R.John.M Silva** III Roberts Weinberg, Psychological foundation of sports, Human kinetics, 1984
6. **Larrym Leith**, The psychology of coaching teams sports, Sports books publisher, Canada 2003

Facilitation to the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and Learning Activity	Assessment Task
First Month- UNIT-I	The Students will develop the knowledge regarding Introduction: Meaning definition and nature of Psychology and Educational Psychology, Psychology as a Science, Schools of Psychology, Importance of Psychology in Education with special reference to Physical Education.	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar
Second Month – UNIT-II	The Students will develop the knowledge regarding Mind: The concept of mind- Cognition, Affection, Conation. Characteristics of mind: Conscious, Unconscious, Subconscious, Super Conscious, Stages of mind	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ/Class-test/viva/ seminar
Third Month – UNIT-III	The Students will develop the knowledge regarding Growth and Development: Meaning of growth and development; Physical, Mental, Social and Language development during following stages: Early childhood, Middle childhood, Late childhood, Adolescence. Development of Psycho motor skills, Neuro-biology of skill acquisition	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar
Fourth Month – UNIT-IV	The Students will develop the knowledge regarding Learning: Meaning, definition, types and nature of Learning, Meaning of following theories of learning and their implications: Trial & Error Theory, Conditioned Reflex Theory, Gestalt /Insight Theory, Principles/ Laws of Learning: Learning Curve, How to overcome plateau in learning., Meaning and Conditions of Transfer of training	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/ seminar

B.P.Ed- SYLLABUS

SEMESTER-II THEORY COURSE BPEDEC-324

COURSE NAME- RECREATION (Elective)

CREDITS- Theory: 4

Max.Marks=100

Time:3Hrs

Theory Examination = 70

Marks Internal

Assessment = 30 Marks

Objective: -To provide the knowledge and understanding the Introduction to

Recreation **Learning Outcome:**

- ❖ The Students will be able to know and develop a Concept scope of Recreation
- ❖ The student will be able to understand about The Agencies Providing Recreation
- ❖ The student will be able to gain the knowledge of Concept Programmes in recreation
- ❖ The student will be able to gain the knowledge of Recreational services for special groups

After the Completion of First Month:

The Students will develop the knowledge regarding Introduction to Recreation: Meaning, Definition and scope of Recreation, Essential characteristics, Importance of recreation, Misconceptions about Recreation, Changes affecting the need for recreation

After the Completion of Second Month:

The Students will develop the knowledge regarding Agencies Providing Recreation: Individual and home, Governmental, Voluntary agencies, Private agencies, Commercial agencies

After the Completion of Third Month:

The Students will develop the knowledge regarding Programmes in recreation: Recreation principles, Indoor and outdoor games – minor games, individual/team games, Drama – value of drama, drama in recreation and leadership, drama therapy, Dance – type, dance therapy, Music – recreational value, music therapy, Social events, Adolescence. Development of Psycho motor skills, Neuro-biology of skill acquisition

After the Completion of Fourth Month:

The Students will develop the knowledge regarding Recreational services for special groups:

Family, Business and industry, Different age groups, Differentlyabled

Camping: Aim, objectives and value of camping, Types of camp, Selection and layout of camp site, camping safety, Camping leadership

THEORYSYLLABUS:

70Credits

UNIT-I

15 Lectures

Introduction to Recreation: Meaning, Definition and scope of Recreation, Essential characteristics, Importance of recreation, Misconceptions about Recreation, Changes affecting the need for recreation

UNIT-II

15 Lectures

Agencies Providing Recreation: Individual and home, Governmental, Voluntary agencies, Private agencies, Commercial agencies

UNIT-III

20 Lectures

Programmes in recreation: Recreation principles, Indoor and outdoor games – minor games, individual/team games, Drama – value of drama, drama in recreation and leadership, drama therapy, Dance – type, dance therapy, Music – recreational value, music therapy, Social events

UNIT-IV

20Lectures

Recreational services for special groups: Family, Business and industry, Different age groups, Differently abled

Camping : Aim, objectives and value of camping, Types of camp, Selection and layout of camp site, camping safety, Camping leadership

Note:

(a) One Theory period is equal to 1 credit of 1 hourduration.

(b) One Practical period is equal to 1 credit of 2 hourduration.

(c) One Tutorial period is equal to 1 credit of 1 hourduration.

12 Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70Marks

Internal Assessment – 30Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as HindiVersion).

SUGGESTED READINGS

- Butler**, George D (1976), Introduction to community recreation. New York-Mc. Graw Hill
1. **Carpenter** Gaylene H, Howe Christine Z(1985) Recreation New Jersey Prentice Hall
 2. **Corbin** H Dan, Williams (1987) recreation programming and leadership, New Jersey: Prentice Hall
 3. **Jubenville** (1978) outdoor recreation management, Philadelphia: W B Saunders
 4. **Russel**, Ruth V (1982) planning programmes in recreation. St. Louis: C V Mosby
 5. **Shivers** Jay S (1989) Camping: Organization and operation New Jersey: Prentice Hall

Facilitation to the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and Learning Activity	Assessment Task
First Month- UNIT-I	The Students will develop the knowledge regarding Introduction to Recreation: Meaning, Definition and scope of Recreation, Essential characteristics,	Lecture Methods Demonstration Methods	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment
	Importance of recreation, Misconceptions about Recreation, Changes affecting the need for recreation	Assessment Methods Presentation	❖ MCQ/Class-test/viva/seminar
Second Month – UNIT-II	The Students will develop the knowledge regarding Agencies Providing Recreation: Individual and home, Governmental, Voluntary agencies, Private agencies, Commercial agencies	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ/Class-test/viva/seminar
Third Month – UNIT-III	The Students will develop the knowledge regarding Programmes in recreation: Recreation principles, Indoor and outdoor games – minor games, individual/team games, Drama – value of drama, drama in recreation and leadership, drama therapy, Dance – type, dance therapy, Music – recreational value, music therapy, Social events , Adolescence. Development of Psycho motor skills, Neuro-biology of skill acquisition	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar
Fourth Month – UNIT-IV	The Students will develop the knowledge regarding Recreational services for special groups: Family, Business and industry, Different age groups, Differently abled Camping : Aim, objectives and value of camping, Types of camp, Selection and layout of camp site, camping safety, Camping leadership	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar

B.P.Ed- SYLLABUS

SEMESTER-II THEORY COURSE BPEDEC-325

COURSE NAME- EXERCISE PHYSIOLOGY

CREDITS- Theory: 4

Max.Marks=100

Time:3Hrs

Theory Examination = 70

Marks Internal

Assessment = 30 Marks

Objective: -To provide the knowledge and understanding the Introduction to

Exercise Physiology **Learning Outcome:**

- ❖ The Students will be able to know and develop a Concept of Muscles
- ❖ The student will be able to understand about The Effect of exercise on various systems
- ❖ The student will be able to gain the knowledge of Concept of Training and Recovery
- ❖ The student will be able to gain the knowledge of Sports and Nutrition

After the Completion of First Month:

The Students will develop the knowledge regarding Introduction: Exercise Physiology: Meaning, Definition, Importance and Scope in the field of sports and Physical Education. Muscles: Structure of skeletal muscle, Functions of skeletal muscle, Muscle fibre types, Types of muscular contraction, Sources of energy during rest and exercise, Sliding filament theory of muscle contraction.

After the Completion of Second Month:

The Students will develop the knowledge regarding Effect of exercise on various systems: Muscular System, Cardio-vascular System, Respiratory system, Nervous System, Digestive System

After the Completion of Third Month:

The Students will develop the knowledge regarding Training and Recovery: Second Wind and Oxygen Debt, Warm up, Conditioning, Fatigue, Work Capacity under different environmental

conditions. (Hot, Humid, Cold, High and Low Altitude), Removal of lactic acid from blood and muscle, Restoration of oxygen stores, Replenishment of glycogen stores

After the Completion of Fourth Month:

The Students will develop the knowledge regarding Nutrition: Sports and Nutrition, Concept of Balanced Diet, Pre Competition, During Competition and after competition diet of sportsman, Effect of smoking, Alcohol, Banned drugs on Sports Performance.

THEORY SYLLABUS:

70 Credits

UNIT-I

15 Lectures

Introduction: Exercise Physiology: Meaning, Definition, Importance and Scope in the field of sports and Physical Education. Muscles: Structure of skeletal muscle, Functions of skeletal muscle, Muscle fibre types, Types of muscular contraction, Sources of energy during rest and exercise, Sliding filament theory of muscle contraction.

UNIT-II

15 Lectures

Effect of exercise on various systems: Muscular System, Cardio-vascular System, Respiratory system, Nervous System, Digestive System

UNIT-III

20 Lectures

Training and Recovery: Second Wind and Oxygen Debt, Warm up, Conditioning, Fatigue, Work Capacity under different environmental conditions. (Hot, Humid, Cold, High and Low Altitude), Removal of lactic acid from blood and muscle, Restoration of oxygen stores, Replenishment of glycogen stores

UNIT-IV

20 Lectures

Nutrition: Sports and Nutrition, Concept of Balanced Diet, Pre Competition, During Competition and after competition diet of sportsman, Effect of smoking, Alcohol, Banned drugs on Sports Performance.

Note:

- (a) One Theory period is equal to 1 credit of 1 hour duration.
- (b) One Practical period is equal to 1 credit of 2 hour duration.
- (c) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits Marking Scheme: Maximum Marks- 100marks

Theory Examination -

70 Marks Internal

Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Guyton**, Arthur C. Text Book of medical physiology. (Philadelphia: W.B. Saunders company, 1976).
2. **Morehouse**, L.E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C.V. Mosby Company, 1976).
3. **Karpovich**, P.V. and Sinning, Wayne E. Physiology of muscular Activity (Philadelphia: W.B. Saunders Company, 1971). 7thEd.
4. **Bourne**, Geoffery H. The Structure and Function of Muscles: (London Academic Press 1973).
5. **Astrand**, P.O. and Rodahl, Karri. Text Book of work Physiology. (Tokyo McGraw Hill Kogakusha, Ltd. 1979).

6. **Mathew, D.K. and Fox, E.L.** Physiology Basis of Physical Education and Athletics
(Philadelphia: W.B. Saunders Company,1976).

Facilitation to the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and Learning Activity	Assessment Task
First Month- UNIT-I	The Students will develop the knowledge regarding Introduction: Exercise Physiology: Meaning, Definition, Importance and Scope in the field of sports and Physical Education. Muscles: Structure of skeletal muscle, Functions of skeletal muscle, Muscle fibre types, Types of muscular contraction, Sources of energy during rest and exercise, Sliding filament theory of muscle contraction.	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar
Second Month – UNIT-II	The Students will develop the knowledge regarding Effect of exercise on various systems: Muscular System, Cardiovascular System, Respiratory system, Nervous System, Digestive System	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ/Class-test/viva/seminar
Third Month – UNIT-III	The Students will develop the knowledge regarding Training and Recovery: Second Wind and Oxygen Debt, Warm up, Conditioning, Fatigue, Work Capacity under different environmental conditions. (Hot, Humid, Cold, High and Low Altitude), Removal of lactic acid from blood and muscle, Restoration of oxygen stores, Replenishment of glycogen stores	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar
Fourth Month – UNIT-IV	The Students will develop the knowledge regarding Nutrition: Sports and Nutrition, Concept of Balanced Diet, Pre Competition, During Competition and after competition diet of sportsman, Effect of smoking, Alcohol, Banned drugs on Sports Performance.	Lecture Methods Demonstration Methods Assessment Methods Presentation	❖ Evaluation of ❖ Presentation ❖ Evaluation of Assignment ❖ MCQ/Class-test/viva/seminar

B.P.Ed- SYLLABUS

SEMESTER – II

PART – B -PRACTICAL COURSES

B.P.Ed- SYLLABUS

SEMESTER – II

Part – B -Practical Courses

Practical Course Programme Specific Learning Outcomes:

- ❖ The Students will be able to understand and obtain the proficiency in the skill of various sports taught.
- ❖ The students will gain the knowledge about understanding of the rules & regulations of the sports and its appropriate interpretation and implementation during officiating of a competition.
- ❖ The students after going through the sports will be able to execute the teaching and coaching of the sportsskills.
- ❖ The students acquire the skill of organizing & conduct of sports competition at various levels.
- ❖ The students are able to understand and implement the knowledge of construction and marking of various sports fields and itsmaintenance.
- ❖ The students gain knowledge about the maintaining of various sports equipments and their purchase from the market.
- ❖ The students will be able to design a plan for display of mass demonstration activity which helps in various programs beingorganized.

Semester – II
Part – B -Practical Courses

BPEDPC-326 TRACK AND FIELD-JUMPING EVENTS

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Long Jump: Different techniques - Approach run, Take off, Clearance over the bar/ Flight phase, Landing

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of High Jump: Different techniques - Approach run, Take off, Clearance over the bar/ Flight phase, Landing

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Triple Jump: Different techniques - Approach run, Take off, Clearance over the bar/ Flight phase, Landing

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Pole Vault: Different techniques - Approach run, Take off, Clearance over the bar/ Flight phase, Landing

Unit I

Long Jump: Different techniques - Approach run, Take off, Clearance over the bar/ Flight phase, Landing

Unit II

High Jump: Different techniques - Approach run, Take off, Clearance over the bar/ Flight phase, Landing

Unit III

Triple Jump: Different techniques - Approach run, Take off, Clearance over the bar/ Flight phase, Landing

UnitIV

Pole Vault: Different techniques - Approach run, Take off, Clearance over the bar/

Flight phase, Landing

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks)	70Marks
• Demonstrationand/orTest	40Marks
• Viva-Voce	20Marks
• Record File	10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks)	30Marks
• Presentation/ ClassTest/Viva	15Marks
• Project/Assignment/Seminar	10Marks
• Attendance	5 Marks

BPEDPC 327 YOGA

Learning Outcomes after the Completion of First Month:

The Students will the twelve steps of performing suryanamaskara.

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding of how to perform different sitting, standing, supine and prone lying, inverted and twisting asanas. They will also learn kriyas like jalanidhi, sutranidhi and Vamananidhi.

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of how to perform bandas and mudras.

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge about various pranayamas and meditation.

Unit I

Surya Namaskara (12 steps of suryanamaskara).

Unit II

Sitting asanas, standing asanas, laying prone position, laying spine position, inverted asanas, twisting asanas.

Kriyas (Jalanidhi, sutranidhi, Vamana douthi).

Unit III

Bandas (Jalandara Banda, Uddyayana Banda, Moola Banda, Maha banda). Kriyas (Shad kriyas). Mudras (Hasta Mudra, Kaya Mudra, Mana Mudra).

Unit IV

Pranayama (Bhramari, Ujjayi, Sheethali Sheethakari, Anulom Vilom, Plavini), Meditation.

Note:

(a) One theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Demonstration and/or Test • Viva-Voce • Record File 	70 Marks 40 Marks 20 Marks 10 Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Presentation/ Class Test/Viva • Project/Assignment/Seminar • Attendance 	30 Marks 15 Marks 10 Marks 5 Marks

BPEDPC- 328 (Badminton, Table Tennis, Tennis)

BPEDPC-328 BADMINTON

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Racket parts, racket grips, shuttle grips, The basic stances

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of The basic strokes- serve forehand- overhead and underarm, backhand- overhead and underarm.

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Drills and lead up games, Types of games- singles, doubles, including mixed doubles

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Rules and their interpretations and duties of officials

Unit I

Racket parts, racket grips, shuttle grips, The basic stances.

Unit II

The basic strokes- serve forehand- overhead and underarm, backhand- overhead and underarm.

Unit III

Drills and lead up games, Types of games- singles, doubles, including mixed doubles

Unit IV

Rules and their interpretations and duties of officials

Note:

(a) One theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none">• Demonstrationand/orTest• Viva-Voce• Record File	70Marks 40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks) <ul style="list-style-type: none">• Presentation/ ClassTest/Viva• Project/Assignment/Seminar• Attendance	30Marks 15Marks 10Marks 5 Marks

BPEDPC-328 TABLE TENNIS

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the grip- the Tennis grip, pen holder grip, Service- forehand, backhand side spin, hightoss

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Strokes- puss, chop, drive, half volley, smash, drop shot, balloon, flick shit, loopdrive

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Stance and ready position and foot work

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Rules and their interpretations and duties of officials

Unit I

The grip- the Tennis grip, pen holder grip, Service- forehand , backhand side spin, high toss

Unit II

Strokes- puss, chop, drive, half volley, smash, drop shot, balloon, flick shit, loop drive

Unit III

Stance and ready position and foot work

Unit IV

Rules and their interpretations and duties of officials

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Demonstration and/or Test • Viva-Voce • Record File 	70 Marks 40 Marks 20 Marks 10 Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Presentation/ Class Test/Viva • Project/Assignment/Seminar • Attendance 	30 Marks 15 Marks 10 Marks 5 Marks

BPEDPC-328 TENNIS

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Grips- Eastern forehand grip and back hand grip, western grip, continental grip, chopper grip, Stance and footwork

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Basic ground strokes- forehand drive, backhand drive, Basicserve.

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Basic volley, Overhead volley, Chop

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Tactics- Defensive, attacking in game, Rules and their interpretations and duties of official

Unit I

Grips- Eastern forehand grip and back hand grip, western grip, continental grip, chopper grip, Stance and foot work

Unit II

Basic ground strokes- forehand drive, backhand drive, Basic serve.

Unit III

Basic volley, Overhead volley, Chop

Unit IV

Tactics- Defensive, attacking in game, Rules and their interpretations and duties of official

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Demonstration and/or Test • Viva-Voce • Record File 	70 Marks 40 Marks 20 Marks 10 Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Presentation/ Class Test/Viva • Project/Assignment/Seminar • Attendance 	30 Marks 15 Marks 10 Marks 5 Marks

B.P.Ed- SYLLABUS SEMESTER- III THEORY

B.P.Ed- SYLLABUS

SEMESTER-III

THEORY COURSE CODE-BPEDCC 331

COURSE NAME- METHODS OF TEACHING AND ICT IN

PHYSICALEDUCATION CREDITS- THEORY: 4

Max.Marks=100

Time:3Hrs

Theory Examination = 70

Marks Internal

Assessment = 30 Marks

Objective: - To acquaint the students with basic aspects of methods of teaching and ICT in Physical Education.

Learning Outcome: -

- ❖ The Students will be able to understand the concept of Education and educationtechnology.
- ❖ The students will be able to get the knowledge teaching methods and teachingaid.
- ❖ To know about basic knowledge ofcomputer.
- ❖ To learn about MS Office (MS Word, Excel, Power Point) and itsapplication.

Course outcome of Unit I:

The Students will develop the understanding and knowledge of Education and Education Technology- Meaning and Definitions, Importance of Devices and Methods of Teaching. Teaching Technique, Teaching Procedure. Presentation Technique- Personal and technical preparation Command- Meaning, Types and their uses in different situations

Course outcome of Unit II:

The Students will learn the basic concepts of Teaching Aids-Meaning, Importance and the criteria for selecting aids. Teaching aids- Audio aids, Visual aids, audio- visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture. Lesson Planning- Meaning, Type and principles of lesson plan. General and specific lessonplan.

Course outcome of Unit III:

The Students will gain knowledge of the Meaning, need and importance of information and communication technology (ICT). Components of computer and output device, Basic of internet and emailing – Uses and abuses of internet and Email, Role of e-sources in teaching, training and coaching, Application software used in Physical Education and Sports

Course outcome of Unit IV:

The Students will gain knowledge of the MS Word, MS Excel, MS power point and its application in physical education and sports.

THEORY SYLLABUS**METHODS OF TEACHING AND ICT IN PHYSICAL EDUCATION****Unit-I Introduction**

- a. Education and Education Technology-Meaning and Definitions
- b. Importance of Devices and Methods of Teaching.
- c. Teaching Technique-Lecture method, command method, Demonstration method, Imitation method, Project method etc.
- d. Teaching Procedure-Whole method, Whole- part- Whole method, part-whole method.
- e. Presentation Technique- Personal and technical preparation
- f. Command-Meaning, Types and their uses in different situations.

Unit-II Teaching Aids & Lesson Plan

- a. Teaching Aids-Meaning, Importance and the criteria for selecting aids.
- b. Teaching aids- Audio aids, Visual aids, audio- visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc.
- c. Lesson Planning- Meaning, Type and principles of lesson plan.
- d. General and specific lesson plan.

Unit-III: Introduction to Computer

- a. Meaning, need and importance of information and communication technology (ICT).
- b. Components of computer and output device

- c. Basic of internet and emailing – Uses and abuses of internet and Email
- d. Role of e-sources in teaching, training and coaching
- e. Application software used in Physical Education and Sports

Unit-IV: MS OFFICE (Word, Excel, Power Point)

- a. Concept of word processing electronic spread sheet, data base and multimedia presentations
- b. MS Word
 - 1. Introduction to MS Word – Need of MS Word in Physical Education
 - 2. Creating file, opening and document Saving
 - 3. Formatting Editing Features Drawing table,
 - 4. Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes
 - 5. Utilities of MS Word; Sorting – Word art – Converting table to text and text to table – Mail merge
- c. MS Excel
 - 1. Introduction to MS Excel – Need of MS Excel in analysis of data
 - 2. Creating opening spread sheet and saving file
 - 3. Format and editing features adjusting columns width and row height understanding charts.
 - 4. Creating formulas – Data analysis
 - 5. Construction of Graphical representation: Bar diagram- Pie diagram- Line graph
- d. MS PowerPoint
 - 1. Introduction to MS Power Point – Need of MS Power Point in Physical Education
 - 2. Creating , Saving and opening a ppt. File
 - 3. Format editing features slide show, design, inserting slide number picture, graph, table
 - 4. Preparation of power point presentations
 - 5. Animation: Meaning- Method of Preparation- Impact in presentation

Note:

(a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hour duration.

- (c) One Tutorial period is equal to 1 credit of 1 hour duration.
12Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70Marks

Internal Assessment – 30Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar

- 10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Bhardwaj, A.**
(2003). New media of Educational planning. New Delhi: Sarup & sons.
2. **Bhatia, &**, (1959). The principles and methods of teaching. New Delhi: Doaba House.
3. **Kochar, S.K.** (1982). Methods and technique of teaching. New Delhi:
Sterling publishers Pvt .Ltd.
4. **Sampath, K., Pannirselvam, A. & Santhanam, S.** (1981). Introduction to
Educational technology. New Delhi: Sterling Publishers Pvt. Ltd.
5. **Walia, J.S** (1999). Principles and methods of Education. Jalandhar: Paul Publishers.
6. **Irtegov, D.** (2004). Operating system fundamentals. Firewall Media.

Facilitation the achievement of Course Learning Outcomes

MonthWise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Education and Education Technology- Meaning and Definitions, Importance of Devices and Methods of Teaching. Teaching Technique, Teaching Procedure. Presentation Technique- Personal and technical preparation Command-Meaning, Types and their uses in different situations	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Second Month	The Students will learn the basic concepts of Teaching Aids-Meaning, Importance and the criteria for selecting aids. Teaching aids- Audio aids, Visual aids, audio- visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc. Lesson Planning- Meaning, Type and principles of lesson plan. General and specific lesson plan.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Third Month	The Students will gain knowledge of the Meaning, need and importance of information and communication technology (ICT). Components of computer and output device, Basic of internet and emailing – Uses and abuses of internet and Email, Role of e-sources in teaching, training and coaching, Application software used in Physical Education and Sports	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Fourth Month	The Students will gain knowledge of the MS Word, MS Excel, MS power point and its application in physical education and sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar

B.P.Ed- SYLLABUS

SEMESTER-III

THEORY COURSE CODE-BPEDCC 332 COURSE

NAME- SPORTS TRAINING CREDITS- THEORY: 4

Max.Marks=100

Time:

3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30 Marks

Objective: - To acquaint the students with basic aspects of Sports training

Learning Outcome: -

- ❖ The Students will be able to understand the concept, system and scientific principal of sportstraining.
- ❖ The students will be able to get the knowledge about trainingcomponent.
- ❖ To know about basic knowledge of trainingprocess.
- ❖ To learn about training programming and planning and itimplication.

Course outcome of Unit I:

The Students will develop the understanding and knowledge of Meaning and definition of sports Training, Aim and Objective of Sports Training, Scientific Principles of Sports Training, System of Sports Training-Basic Performance, Good Performance and high Performance Training.

Course outcome of Unit II:

The Students will learn the basic concepts of Strength –Means and Methods of Strength Development, Speed- Means and Methods of Speed Development, Endurance- Means and Methods of Endurance development, Coordination- Means and Methods of coordination Development, Flexibility-Means and Methods of Flexible Development.

Course outcome of Unit III:

The Students will gain knowledge of the Training Load-Definition and Types of Training Load Principles of Intensity and volume of stimulus. Technical Training-Meaning and Methods of Technique Training. Tactical Training-Meaning and Methods of Tactical Training

Course outcome of Unit IV:

The Students will gain knowledge of the Periodization – Meaning and types of periodization. Aim and content of periods –preparatory, Competitive, Transitional etc.Planning- Training season. Talent identification and growthdevelopment

THEORY SYLLABUS

Unit-I Introduction to Sports Training

- a. Meaning and definition of sports Training
- b. Aim and Objective of Sports Training
- c. Scientific Principles of Sports Training
- d. System of Sports Training-Basic Performance, Good Performance and high Performance Training

Unit-II Training Components

- a. Strength –Means and Methods of Strength Development
- b. Speed- Means and Methods of Speed Development
- c. Endurance- Means and Methods of Endurance development
- d. Coordination- Means and Methods of coordination Development
- e. Flexibility-Means and Methods of Flexible Development

Unit-III Training Process

- a. Training Load-Definition and Types of Training Load
- b. Principles of Intensity and volume of stimulus
- c. Technical Training-Meaning and Methods of Technique Training
- d. Tactical Training- Meaning and Methods of Tactical Training

Unit-IV Training programming and planning

- a. Periodization – Meaning and types of periodization
- b. Aim and content of periods –preparatory, Competitive, Transitional etc.
- c. Planning- Training season
- d. Talent identification and growth development

Note:

- (a) One Theory period is equal to 1 credit of 1 hour duration.
- (b) One Practical period is equal to 1 credit of 2 hour duration.
- (c) One Tutorial period is equal to 1 credit of 1 hour duration.

12

Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar -

10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS.

1. **Harre, D.**(1982).Principles of sports training.Berlin:Spurulated.

2. **Singh, H.** (1984).Sports training, general theory and methods. Patials:NSNIS.
3. **Uppal, A.K.,** (1999).Sports Training. New Delhi:FriendsPublication.
4. **Bompa, T.O. &Haff, G.G.** (2009). Periodization: theory and methodology of training, 5th ed. Champaign, IL: HumanKinetics.
5. **Brown, L.E., &Ferrigono, V.A.** (2005). Training for speed, agility and quickness, 2nd ed. Champaign, IL: HumanKinetics.
6. **Brown,L.E. & Miller, J.,** (2005). How the training work. In: Training for speed, agility and quickness. Brown, L.E., Ferrigono, V.A &Ferrigono, V.A.,Champaign, IL: HumanKinetics.

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Meaning and definition of sports Training, Aim and Objective of Sports Training, Scientific Principles of Sports Training, System of Sports Training-Basic Performance, Good Performance and high Performance Training.	<ul style="list-style-type: none"> • LectureMethods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Second Month	The Students will learn the basic concepts of Strength –Means and Methods of Strength Development, Speed- Means and Methods of Speed Development, Endurance- Means and Methods of Endurance development, Coordination- Means and Methods of coordination Development, Flexibility-Means	<ul style="list-style-type: none"> • LectureMethods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar

	and Methods of Flexible Development.		
Third Month	The Students will gain knowledge of the Training Load-Definition and Types of Training Load Principles of Intensity and volume of stimulus. Technical Training-Meaning and Methods of Technique Training. Tactical Training- Meaning and Methods of Tactical Training	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Fourth Month	The Students will gain knowledge of the Periodization – Meaning and types of periodization. Aim and content of periods – preparatory, Competitive, Transitional etc. Planning- Training season. Talent identification and growth development	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar

B.P.Ed- SYLLABUS

SEMESTER-III

THEORY COURSE CODE-BPEDCC 333

**COURSE NAME- SPORTS INJURIES AND
REHABILITATION (CORE)**

CREDITS- THEORY: 4

Max.Marks=100

Time:

3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30 Marks

Objective: - To acquaint the students with basic aspects of sports injury and rehabilitation

Course Outcome: -

- ❖ The Students will be able to understand the concept of skin, musculo-skeletal, head and spineinjury.
- ❖ The students will be able to get the knowledge about FirstAid.
- ❖ To know about basic knowledge of Physiotherapy andrehabilitation.
- ❖ To learn about massage and techniques ofmassage.

Course outcome of Unit I:

The Students will develop the understanding and knowledge skin injury,musculo-skeletal injury, injury to chest and abdomen, head injury, spine injury.

Course outcome of Unit II:

The Students will learn the basic concepts of Cardiopulmonary resuscitation, Controlling bleeding from wounds, Controlling bleeding from nose, First aid for fits, First aid for drowning, Field side care of musculo-skeletal injuries, Transportation of injured athletes,.

Course outcome of Unit III:

The Students will gain knowledge of the Effect of thermotherapy: Basic knowledge of superficial and deep heating method, Effect of cryotherapy: Basic knowledge of cryotherapy techniques, Definition and scope-Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic.

Course outcome of Unit IV:

The Students will gain knowledge of the Principles of massage, Indications of massage in sports, Contraindications of massage in sports, Massage techniques, Effect of massage: Reflex effects, Mechanical effects, Psychological effects

THEORY SYLLABUS

Unit-I Types of Sports Injuries and Principles of Management

- a. Skin injuries
 - 1. Abrasion
 - 2. Laceration
 - 3. Puncture wounds
- b. Musculo-skeletal injuries
 - 1. Sprain
 - 2. Strain
 - 3. Simple fracture
 - 4. Compound fracture
 - 5. Dislocation
- c. Injuries to chest and abdomen
- d. Head injuries
- e. Spine injuries

Unit -II First Aid for sports injuries

- a. Cardiopulmonary resuscitation
 - b. Controlling bleeding from wounds
- c. Controlling bleeding from nose
 - d. First aid for fits

- e. First aid for drowning
- f. Field side care of musculo-skeletal injuries
- g. Transportation of injured athletes

Unit-III: Principles of Physiotherapy and rehabilitation

Therapeutic modalities in sports medicine

- a. Effect of thermotherapy: Basic knowledge of superficial and deep heating method
- b. Effect of cryotherapy: Basic knowledge of cryotherapy techniques
 - 1. Ice massage
 - 2. Ice bath
 - 3. Ice packs
- c. Definition and scope-Principles of Therapeutic Exercise –Classification,
- d. Effects and uses of Therapeutic exercise- passive movements (Relaxed, Forced and Passive stretching) - Active movements (concentric, Eccentric and static)

Unit-IV: Sports Massage

- a. Principles of massage
- b. Indications of massage in sports
- c. Contraindications of massage in sports
- d. Massage techniques
 - 1. Stroking
 - 2. Pressure
 - 3. Percussion
 - 4. Shaking
- e. Effect of massage
 - 1. Reflex effects
 - 2. Mechanical effects
 - 3. Psychological effects

Note:

(a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hourduration.

(c) One Tutorial period is equal to 1 credit of 1hourduration.

12

Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70Marks

Internal Assessment – 30Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar -

10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Jeyaparkash**, C.S., Sports Medicine, J.P. Brothers Pub., NewDelhi.2003.
2. **Khanna**, G.L., (1990). Exercise Physiology & sports medicine. Delhi:Lucky Enterprises.
3. **John** Ebnezar(2011) Outline of orthopedics and fractures, CBS publishers and distributors: NewDelhi
4. **Micheal**Huston (2001) Sports injuries: Recognition and management (3rd Edition) Oxford Universitypress
5. **First Aid Manual** (St.Johns Ambulance, St.Andrews Association of British Red Cross)2006, Penguin company:Britain

6. Sports Injuries: Basic principles of prevention and care (P.A.F.H

Renstrom, Blackwell- Scientific Publication1993

MonthWise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge skin injury, musculo-skeletal injury, injury to chest and abdomen, head injury, spine injury.	<ul style="list-style-type: none"> • LectureMethods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will learn the basic concepts of Cardiopulmonary resuscitation, Controlling bleeding from wounds, Controlling bleeding from nose, First aid for fits, First aid for drowning, Field side care of musculo-skeletal injuries, Transportation of injured athletes,.	<ul style="list-style-type: none"> • LectureMethods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will gain knowledge of the Effect of thermotherapy: Basic knowledge of superficial and deep heating method, Effect of cryotherapy: Basic knowledge of cryotherapy techniques, Definition and scope- Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic.	<ul style="list-style-type: none"> • LectureMethods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will gain knowledge of the Principles of massage, Indications of massage in sports, Contraindications of massage in sports, Massage techniques, Effect of massage: Reflex effects, Mechanical effects, Psychological effects	<ul style="list-style-type: none"> • LectureMethods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

B.P.Ed- SYLLABUS

SEMESTER-III

THEORY COURSE CODE-BPEDEC 334

COURSE NAME- ADAPTED PHYSICAL EDUCATION

(ELECTIVE) CREDITS- THEORY: 4

Max.Marks=100

Time:

3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30 Marks

Objective: - To acquaint the students with basic aspects of Adapted Physical Education.

Learning Outcome: -

- ❖ The Students will be able to understand the concept of Adapted Physical Education and its benefits for disabilities.
- ❖ The students will be able to get the knowledge about Classification of disabilities.
- ❖ To know about basic knowledge of Adapted Physical Education Programme.
- ❖ To learn about Rehabilitation and welfare programme.

Course outcome of Unit I:

The Students will develop the understanding and knowledge about definition of disabling conditions, Physical Education for persons with disabilities, Benefits of Physical Education for students with disabilities, Recreational sports opportunities, Competition opportunities: Special Olympics, Paralympics.

Course outcome of Unit II:

The Students will learn the basic concepts of Physical disabilities, Mental retardation, Visual impairment, Hearing impairment, Behavioral disorders, Characteristics and functional limitations of the above disabilities.

Course outcome of Unit III:

The Students will gain knowledge of the Guiding principles of adapted Physical Education programme (AAHPER principle), Communication with parents, Parental involvement, Parent teacher association, Unified sports, Facilities and equipment for recreation and sport activities.

Course outcome of Unit IV:

The Students will gain knowledge of the Importance of adapted programme in Rehabilitation, Functional rehabilitation, Psychological rehabilitation, Governmental welfare programme

-Provision of special rights and privileges for the disabled through legislation, Social welfare programme for the disabled, Mass public education/awareness programme, Educational approach, service approach and legislative approach.

THEORY SYLLABUS**Unit I: Introduction to Adapted Physical Education**

- a. Definition of disabling conditions
- b. Physical Education for persons with disabilities
- c. Benefits of Physical Education for students with disabilities
- d. Recreational sports opportunities
- e. Competition opportunities
 1. Special Olympics
 2. Paralympics

Unit II: Classification of disability

- a. Physical disabilities
- b. Mental retardation
- c. Visual impairment
- d. Hearing impairment
- e. Behavioral disorders
- f. Characteristics and functional limitations of the above disabilities

Unit III: Adapted Physical Education Programme

- a. Guiding principles of adapted Physical Education programme (AAHPER principle)
- b. Communication with parents
- c. Parental involvement
- d. Parent teacher association
- e. Unified sports
- f. Facilities and equipment for recreation and sport activities

Unit V: Rehabilitation and Welfare programme

- a. Importance of adapted programme in Rehabilitation
- b. Functional rehabilitation
- c. Psychological rehabilitation
- d. Governmental welfare programme -Provision of special rights and privileges for the disabled through legislation
- e. Social welfare programme for the disabled
- f. Mass public education/awareness programme
- g. Educational approach, service approach and

legislative approach Note:

(a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hour duration.

(c) One Tutorial period is equal to 1 credit of 1 hour duration.

12

Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar -

10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at

least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **John P Winnick**, Adapted Physical Education and sport Human Kinetics USA, 2005
2. **Shekar KC**, Adapted Physical Education(Khel Sahitya Kendra: New Delhi)- 2005
3. **David Auxter** and Jean Pyfer, Principles and methods of Adapted Physical Education and recreation Mosby college publishing, St.Louis
4. **Ronald W. French**, & Paul J., Special Physical Education, Charles E. Merrics Publishing Co. Edinburgh,Ohio.
5. **Arthur S. Daniels** Adapted Physical Education , Harper & Row Publisher- NewYork
6. **K.E. Park**, Preventive Social Medicine M/s Banaridas Bhanot Publishers Prem Nagar Jabalpur.

MonthWise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge about definition of disabling conditions, Physical Education for persons with disabilities, Benefits of Physical Education for students with disabilities, Recreational sports opportunities, Competition opportunities: Special Olympics, Paralympics.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar

Second Month	The Students will learn the basic concepts of Physical disabilities, Mental retardation, Visual impairment, Hearing impairment, Behavioral disorders, Characteristics and functional limitations of the above disabilities.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Third Month	The Students will gain knowledge of the Guiding principles of adapted Physical Education programme(AAHPER principle), Communication with parents, Parental involvement, Parent teacher association, Unified sports, Facilities and equipment for recreation and sportactivities.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Fourth Month	The Students will gain knowledge of the Importance of adapted programme in Rehabilitation, Functional rehabilitation, Psychological rehabilitation, Governmental welfare programme - Provision of special rights and privileges for the disabled through legislation, Social welfare programme for the disabled, Mass public education/awareness programme, Educational approach, service approach and legislative approach.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar

B.P.Ed- SYLLABUS

SEMESTER-III

THEORY COURSE CODE-BPEDEC 335

COURSE NAME- KINESIOLOGY AND BIOMECHANICS

(ELECTIVE) CREDITS- THEORY: 4

Max.Marks=100

Time:

3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30 Marks

Objective: - To acquaint the students with basic aspects of Kinesiology and Biomechanics.

Learning Outcome: -

- ❖ The Students will be able to understand the basic concept of kinesiology and fundamental position and joint movement.
- ❖ The students will be able to get the knowledge about Classification muscles and type of muscle contraction.
- ❖ To know about basic concept of biomechanics and principal of force application.
- ❖ To learn about lever, motion, equilibrium and projectile.

Course outcome of Unit I:

The Students will develop the understanding and knowledge about Kinesiology: Meaning and Definition, Terminology of Fundamental positions and joint movements, Planes and axes of motion, Posture.

Course outcome of Unit II:

The Students will learn the basic concepts of Structural and fundamental classification of muscles, Muscle contraction: Types of muscle contractions: Isometric and Isotonic, Angle of Pull, All or None Law, Reciprocal innervations, Gradation of muscle contraction. Stretch reflex

Course outcome of Unit III:

The Students will gain knowledge of the Biomechanics: Meaning- Definition, Sport biomechanics: meaning and definition, Principles of force application and absorption, Linear Kinematics – Distance and Displacement , speed and velocity ,Acceleration. Angular Kinematics– Angular Distance and Displacement, Angular speed and velocity Angular Acceleration.Linear kinetics- Inertia, Mass, Momentum, Friction.Angular kinetics – Moment of inertia, Couple,Stability.

Course outcome of Unit IV:

The Students will gain knowledge of the Lever-Meaning, definition- types of lever – Mechanical advantage, Motion: Types: Linear- Rotatory, Laws of motion. Equilibrium: Meaning – types of equilibrium: Stable- Neutral- Unstable, Stability, factors influencing stability. Projectile –Factors influencing projectile trajectory.

THEORY SYLLABUS

Unit –I

- a. Kinesiology: Meaning and Definition – Need of Kinesiology in Physical Education and Sports.
- b. Terminology of Fundamental positions and jointmovements:
 1. Flexion
 2. Extension
 3. Adduction
 4. Abduction
 5. Rotation- Medial and Lateralrotation
 6. Inversion
 7. Eversion
 8. Circumduction
- c. Planes and axes of motion
 1. Frontal
 2. Sagittal
 3. Transverse
 4. Axis: Anatomical-Mechanical

- d. Posture
 - 1. Meaning,
 - 2. Types: Ideal-Optimal-Deviational,
 - 3. Importance of good posture.

Unit –II

- a. Structural and fundamental classification of muscles; Two joint muscles
- b. Origin, Insertion and actions of muscle: Stretching and strengthening
- c. Muscle contraction:
 - 1. Meaning
 - 2. Types of muscle contractions: Isometric and Isotonic
- d. Angle of Pull, All or None Law, Reciprocal innervations
- e. Gradation of muscle contraction
- f. Stretch reflex

Unit-III

- a. Biomechanics and Sport biomechanics : Meaning-Definition
- b. Need of Biomechanics in Physical Education and sport
- c. Principles of force application and absorption
- d. Linear Kinematics – Distance and Displacement , speed and velocity, Acceleration
- e. Angular Kinematics– Angular Distance and Displacement, Angular speed and velocity Angular Acceleration.
- f. Linear kinetics- Inertia, Mass, Momentum, Friction.
- g. Angular kinetics – Moment of inertia, Couple, Stability.

Unit - IV

- a. Lever-Meaning, definition- types of lever – Mechanical advantage
- b. Motion: Types: Linear-Rotatory, Laws of motion
- c. Equilibrium : Meaning – types of equilibrium : Stable- Neutral- Unstable , Stability, factors influencing stability
- d. Projectile – Factors influencing projectile trajectory.

Note:

- (a) One Theory period is equal to 1 credit of 1 hour duration.
- (b) One Practical period is equal to 1 credit of 2 hour duration.
- (c) One Tutorial period is equal to 1 credit of 1 hour duration.

12

Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar -

10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Bunn, J.W.** (1972). Scientific principles of coaching. Englewood Cliffs, N.J.: Prentice Hall Inc.
2. **Hay, J.G. & Reid, J.G.** (1982) The anatomical and mechanical basis of human motion. Englewood Cliffs, N.J.: Prentice Hall Inc
3. **Hay, J.G. & Reid, J.G.** (1988) Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: Prentice Hall Inc.

4. Hay, J.G. (1970). Fundamental Sports Biomechanics. Englewood Cliffs, N.J.: Prentice Hall Inc.

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge about Kinesiology: Meaning and Definition, Terminology of Fundamental positions and joint movements, Planes and axes of motion, Posture.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Second Month	The Students will learn the basic concepts of Structural and fundamental classification of muscles, Muscle contraction: Types of muscle contractions: Isometric and Isotonic, Angle of Pull, All or None Law, Reciprocal innervations, Gradation of muscle contraction. Stretchreflex	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Third Month	The Students will gain knowledge of the Biomechanics: Meaning- Definition, Sport biomechanics: meaning and definition, Principles of force application and absorption, Linear Kinematics – Distance and Displacement, speed and velocity ,Acceleration. Angular Kinematics– Angular Distance and Displacement, Angular speed and velocity Angular Acceleration.Linear	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar

	kinetics- Inertia, Mass, Momentum, Friction. Angular kinetics – Moment of inertia, Couple, Stability.		
Fourth Month	The Students will gain knowledge of the Lever-Meaning, definition- types of lever – Mechanical advantage, Motion: Types: Linear- Rotatory, Laws of motion. Equilibrium: Meaning – types of equilibrium: Stable- Neutral- Unstable, Stability, factors influencing stability. Projectile –Factors influencing projectile trajectory.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar

B.P.Ed- SYLLABUS

SEMESTER – III

Part – B -PRACTICAL COURSES

SEMESTER – III

Part – B -Practical Courses

Practical Course Programme Specific Learning Outcomes:

- ☞ The Students will be able to understand and obtain the proficiency in the skill of various sports taught.
- ☞ The students will gain the knowledge about understanding of the rules & regulations of the sports and its appropriate interpretation and implementation during officiating of a competition.
- ☞ The students after going through the sports will be able to execute the teaching and coaching of the sports skills.
- ☞ The students acquire the skill of organizing & conduct of sports competition at various levels.
- ☞ The students are able to understand and implement the knowledge of construction and marking of various sports fields and its maintenance.
- ☞ The students gain knowledge about the maintaining of various sports equipments and their purchase from the market.
- ☞ The students will be able to design a plan for display of mass demonstration activity which helps in various programs being organized.

BPEDPC – 336- TRACK AND FIELD

Learning Outcomes after the Completion of First Month:

The students will develop the understanding and knowledge regarding the discus throw: Grip, stance, release, follow through. They will also learn the marking of the discus throw sector and rules interpretations of discus throw. The students will get introduced to the duties of officials in discus throw.

Learning Outcomes after the Completion of Second Month:

The students will develop the understanding and knowledge regarding the javelin throw: Grip, stance, release, follow through. They will also learn the

marking of the javelin throw sector and rules interpretations of javelin throw. The students will get introduced to the duties of officials in javelin throw.

Learning Outcomes after the Completion of Third Month:

The students will develop the understanding and knowledge regarding the hammer throw: Grip, stance, release, follow through. They will also learn the marking of the hammer throw sector and rules interpretations of hammer throw. The students will get introduced to the duties of officials in hammer throw.

Learning Outcomes after the Completion of Fourth Month:

The students will develop the understanding and knowledge regarding the shot put: Grip, stance, release, follow through. They will also learn the marking of the shot put sector and rules interpretations of shot put. The students will get introduced to the duties of officials in shot put.

Unit I

Discus throw (Grip, stance, release, follow through, sector marking, rules interpretation of discus throw, duties of officials in discus throw).

Unit II

Javelin throw (Grip, stance, release, follow through, sector marking, rules interpretation of javelin throw, duties of officials in javelin throw).

Unit III

Hammer throw (Grip, stance, release, follow through, sector marking, rules interpretation of hammer throw, duties of officials in hammer throw).

Unit IV

Shot put (Grip, stance, release, follow through, sector marking, rules interpretation of shot put, duties of officials in shot put).

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks)	70 Marks
<ul style="list-style-type: none"> • Demonstration and/or Test • Viva-Voce • Record File 	40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks)	30 Marks
<ul style="list-style-type: none"> • Presentation/ Class Test/Viva • Project/Assignment/Seminar • Attendance 	15Marks 10Marks 5 Marks

BPEDPC-337 GYMNASTICS

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Floor Exercise: Forward Roll, Backward Roll, Sideward Roll, Different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, Scissors leap

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Vaulting Horse: Approach Run, Take off from the beat board, Cat Vault, Squat Vault

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Parallel bar: Mount from one bar, Straddle walking on parallel bars, Single and double step walk, Perfect swing, Shoulder stand on one bar and roll forward, Roll side, Shoulder stand, Front on back vault to the side(dismount)

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Horizontal /single bar: Grip, Swings, Fundamental elements, Dismount, Uneven parallel bar, Grip, Swings, Fundamental elements, Dismount

Unit I

Floor Exercise: Forward Roll, Backward Roll, Sideward Roll, Different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, Scissors leap

Unit II

Vaulting Horse: Approach Run, Take off from the beat board, Cat Vault, Squat Vault

Unit III

Parallel bar: Mount from one bar, Straddle walking on parallel bars, Single and double step walk, Perfect swing, Shoulder stand on one bar and roll forward, Roll side, Shoulder stand, Front on back vault to the side(dismount)

Unit IV

Horizontal /single bar: Grip, Swings, Fundamental elements, Dismount,
Uneven parallel bar, Grip, Swings, Fundamental elements, Dismount

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks)	70Marks
<ul style="list-style-type: none"> • Demonstrationand/orTest • Viva-Voce • Record File 	40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks)	30Marks
<ul style="list-style-type: none"> • Presentation/ ClassTest/Viva • Project/Assignment/Seminar • Attendance 	15Marks 10Marks 5 Marks

BPEDPC 303 (Cricket, Handball, Hockey)

CRICKET

Learning Outcomes after the Completion of First Month:

The students will learn the basic batting skills like front foot defense, back foot defense and cover drive.

Learning Outcomes after the Completion of Second Month:

The students will develop the understanding of simple bowling technique.

Learning Outcomes after the Completion of Third Month:

The students will learn basics of fielding, catching and throwing techniques.

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of wicket keeping and rules of the game.

Unit I

Basic batting skills (front foot defense, back foot defense, cover drive).

Unit II

Simple bowling techniques (basic grip, approach run, take off, delivery stride, release, follow through).

Unit III

Basic fielding techniques (defensive and offensive), Catching skills (high catching and flat catching), Stopping and throwing techniques (under arm throw, over arm throw, round armthrow).

Unit IV

Wicket keeping skills (close keeping, away keeping), Interpretation of rules and duties of officials.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks)	70Marks
<ul style="list-style-type: none">• Demonstrationand/orTest	40Marks
<ul style="list-style-type: none">• Viva-Voce	20Marks
<ul style="list-style-type: none">• Record File	10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks)	30Marks
<ul style="list-style-type: none">• Presentation/ ClassTest/Viva	15Marks
<ul style="list-style-type: none">• Project/Assignment/Seminar	10Marks
<ul style="list-style-type: none">• Attendance	5 Marks

HANDBALL

Learning Outcomes after the Completion of First Month:

The students will learn the basic passing and receiving techniques.

Learning Outcomes after the Completion of

Second Month: The students will learn the basics of dribbling and defense.

Learning Outcomes after the Completion of Third Month:

The students will learn the variations of shooting and basic fakes and fairs. Also they will learn the basics of positional plays.

Learning Outcomes after the Completion of Fourth Month:

The students will be learning the rules and regulations of the game. They will also learn the duties and responsibilities of officials.

Unit I

Passing skills (overhand pass, push pass, wrist pass, bounce pass),
Receiving skills (catching at chest level, over head, below waist, at sides).

Unit II

High dribble and low dribble, Basics of defense.

Unit III

Shooting (set shot, jump shot high, jump shot long, wing shot), Fakes and fairs (ball fakes and body fairs), Positional plays (Centre, wing, pivot, back)

Unit IV

Rules and regulation of the game, Duties of officials.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks)	70Marks
<ul style="list-style-type: none">• Demonstrationand/orTest	40Marks
<ul style="list-style-type: none">• Viva-Voce	20Marks
<ul style="list-style-type: none">• Record File	10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks)	30Marks
<ul style="list-style-type: none">• Presentation/ ClassTest/Viva	15Marks
<ul style="list-style-type: none">• Project/Assignment/Seminar	10Marks
<ul style="list-style-type: none">• Attendance	5 Marks

HOCKEY

Learning Outcomes after the Completion of First Month:

The students will learn the basics of hit, push and stop.

Learning Outcomes after the Completion of

Second Month: The students will learn the basics of rolling and dribbling.

Learning Outcomes after the Completion of Third Month:

The students will learn the variations of passing and scoop.

Learning Outcomes after the Completion of Fourth Month:

The students will be learning the rules and regulations of the game. They will also learn the duties and responsibilities of officials.

Unit I

Hit (grip, back swing, contact, follow through), Push (foot position, placement of stick, push, follow through), Stop (moving line of the ball, stopping the ball).

Unit II

Rolling the ball, Dribbling.

Unit III

Passing (forward pass, square pass, triangular pass), Scoop.

Unit IV

Rules and regulation of the game, Duties of officials.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Demonstration and/or Test • Viva-Voce • Record File 	70 Marks 40 Marks 20 Marks 10 Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Presentation/ Class Test/Viva • Project/Assignment/Seminar • Attendance 	30 Marks 15 Marks 10 Marks 5 Marks

B.P.Ed- SYLLABUS SEMESTER-I

**THEORY COURSE CODE-
BPEDCC 341 COURSE NAME- SPORTS
MANAGEMENT (CORE)**

CREDITS- THEORY: 4

Max.Marks=100

Time:

3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30 Marks

Objective: - To acquaint the students with basic aspects of sports management.

Learning Outcome: -

- ☞ The Students will be able to understand the basic concept of meaning, function and principal of sportsmanagement.
- ☞ The students will be able to get the knowledge about leadership andsupervision.
- ☞ To know about basic concept, types, importance of tournament andfinancial management.
- ☞ To learn about the facility management and various aspect of schoolmanagement.

Course outcome of Unit I:

The Students will develop the understanding and knowledge of Definition, Meaning, importance & Scope of Sports management.Functions and principles of sports management.Progressive concept of sports management. Essential skills of sports management. Qualities and competencies required for the sports manager.Event management in physical education andsports

Course outcome of Unit II:

The Students will learn the basic concepts of Leadership: Meaning and definition of leadership, Leadership style and method, Elements of leadership, Forms of leadership. Supervision: Supervision- Meaning and Need for Supervision – Guiding principles of Supervision.- Functions of the Supervisor, Instruction and Professional growth. Methods in supervision.

Course outcome of Unit III:

The Students will gain knowledge of the Importance of tournaments: Types of tournaments, Knock-out, League or Round Robin, Combination tournament, Challenge tournament, draw of fixtures, Intramural and extramural competitions. Financial management in physical education & sports in schools, colleges and universities. Budget: importance, criteria of good budget, Steps of budget making, Principles of budgeting.

Course outcome of Unit IV:

The Students will gain knowledge of the Facility management-play ground, gymnasium and swimming pool, fitness center. Sports management in schools, colleges and university, Factors affecting planning, Planning a school or college sports programme, Directing of school or college sports programme, Controlling a school, college and university sports programme.

THEORY SYLLABUS**Unit-I**

- a. Definition, Meaning, importance & Scope of Sportsmanagement.
- b. Functions and principles of sportsmanagement.
- c. Progressive concept of sports management
- d. Essential skills of sportsmanagement
- e. Qualities and competencies required for the sportsmanager.
- f. Event management in physical education and sports

Unit-II

- a. Leadership
 1. Meaning and definition of leadership
 2. Leadership style and method
 3. Elements of leadership
 4. Forms of leadership (Autocratic, Laissez-faire, Democratic and Benevolent dictator)
- b. Supervision

1. Supervision- Meaning and Need for Supervision – Guiding principles of Supervision.- Functions of the Supervisor
2. Instruction and Professional growth.
3. Methods in supervision: Visits – Periodical, Surprise, Request, Visitation Procedure, Report on the visit.

Unit-III

- a. Importance of tournaments
- b. Types of tournaments
 1. Knock-out
 2. League or Round Robin
 3. Combination tournament
 4. Challenge tournament
 5. Draw offixtures
 6. Intramural and extramural competitions
- c. Financial management in physical education & sports in schools, colleges and universities
- d. Budget – importance, criteria of good budget,
- e. Steps of budgetmaking
- f. Principles of budgeting

Unit-IV

- a. Facility management-play ground, gymnasium and swimming pool, fitness Centre.
- b. Sports management in schools, colleges and university
- c. Factors affecting planning
- d. Planning a school or college sports programme
- e. Directing of school or college sports programme
- f. Controlling a school, college and university sports programme.
 1. Developing performance standard
 2. Establishing a reporting system
 3. Evaluation
 4. The reward/ punishment system

5. Sports Marketing.
6. Management Information system – Data collection, analysis, communication, information and report.

Note:

- (a) One Theory period is equal to 1 credit of 1 hour duration.
- (b) One Practical period is equal to 1 credit of 2 hour duration.
- (c) One Tutorial period is equal to 1 credit of 1 hour duration.

12

Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar -

10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Ashton, D** (1968) *Administration of Physical Education for Women*. New York: the Ronald Press Co.

2. **Bucher, C.A** *Administration of Physical Education and athletic programme*. 7th edition, St. Louis: the C.V mosbyco
3. **Kamlesh M L**, *Management concepts in Physical Education and Sports*.

MonthWise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Definition, Meaning, importance & Scope of Sports management. Functions and principles of sports management. Progressive concept of sports management. Essential skills of sports management. Qualities and competencies required for the sports manager. Event management in physical education and sports	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Second Month	The Students will learn the basic concepts of Leadership: Meaning and definition of leadership, Leadership style and method, Elements of leadership, Forms of leadership. Supervision: Supervision- Meaning and Need for Supervision – Guiding principles of Supervision.- Functions of the Supervisor, Instruction and Professional growth. Methods insupervision.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar

<p>Third Month</p>	<p>The Students will gain knowledge of the Importance of tournaments: Types of tournaments, Knock-out, League or Round Robin, Combination tournament, Challenge tournament, draw of fixtures, Intramural and extramural competitions. Financial management in physical education & sports in schools, colleges and universities. Budget: importance, criteria of good budget, Steps of budget making, Principles of budgeting.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
<p>Fourth Month</p>	<p>The Students will gain knowledge of the Importance of tournaments: Types of tournaments, Knock-out, League or Round Robin, Combination tournament, Challenge tournament, draw of fixtures, Intramural and extramural competitions. Financial management in physical education & sports in schools, colleges and universities. Budget: importance, criteria of good budget, Steps of budget making, Principles of budgeting.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar

B.P.Ed- SYLLABUS

SEMESTER-IV

THEORY COURSE CODE-BPEDCC 342

**COURSE NAME- MEASUREMENT AND EVALUATION IN
PHYSICAL EDUCATION**

CREDITS- THEORY: 4

Max.Marks=100

Time:

3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30 Marks

Objective: - To acquaint the students with basic Test, Measurement and Evaluation. **Learning Outcome:** -

- ❖ The Students will be able to understand the basic concept of meaning and definition of Test, Measurement and Evaluation
- ❖ The students will be able to get the knowledge classification and criterion of test.
- ❖ To know about various physical fitness test.
- ❖ To learn about the various sports skill related test.

Course outcome of Unit I:

The Students will develop the understanding and knowledge of Meaning of test & measurement & evaluation in Physical Education, Need and importance of test & measurement & evaluation in Physical Education, Principles of evaluation

Course outcome of Unit II:

The Students will learn the basic concepts of Criteria of good test. Criteria of tests, scientific authenticity (reliability, objectivity, validity, and availability of norms), Type and classification of test. Administration of test, advance preparation – duties during testing – duties after testing

Course outcome of Unit III:

The Students will gain knowledge of the AAHPER Youth fitness test, National Physical fitness test, Indiana motor fitness test, JCR test, U.S. Army Physical fitness test

Course outcome of Unit IV:

The Students will gain knowledge of the Lockhart and McPherson badminton test, Johnson basketball test, McDonald soccer test, S.A.I volleyball test, S.A.I hockey test.

THEORY SYLLABUS

Unit-II Introduction to test & measurement & evaluation

- a. Meaning of test & measurement & evaluation in Physical Education
- b. Need and importance of test & measurement & evaluation in Physical Education
- c. Principles of evaluation

Unit –II Criteria for administration of test

- a. Criteria of good test.
- b. Criteria of tests, scientific authenticity (reliability, objectivity, validity, and availability of norms)
- c. Type and classification of test
- d. Administration of test, advance preparation – duties during testing – duties after testing.

Unit-III

- a. AAHPER Youth fitness test
- b. National Physical fitness test
- c. Indiana motor fitness test
- d. JCR test
- e. U.S. Army Physical fitness test

Unit – IV

- a. Lockhart and McPherson badminton test

- b. Johnson basketball test
- c. McDonald soccer test
- d. S.A.I volleyballtest
- e. S.A.I hockeytest

Note:

- (a) One Theory period is equal to 1 credit of 1 hourduration.
- (b) One Practical period is equal to 1 credit of 2 hourduration.
- (c) One Tutorial period is equal to 1 credit of 1hourduration.

12

Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70Marks

Internal Assessment – 30Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar -

10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Barrow**& Mc. Gee's (2000), "Practical Measurement and Assessment", Philadelphia, USA.

2. **Johnson**, B.L. and J.K. Nelson (1982), "Practical Measurement for Evaluation in Physical Education, 3rd Ed. Subject Publications, Delhi.
3. **Kansal**, D.K. (2008), "A Text Book of applied Measurement Evaluation & Sports Selection" SSS Publications, New Delhi, India.
4. **Marrow** James R et. At., (2011) "Measurement and Evaluation in Human Performance", Human Kinetics, Champaign, IL USA.
5. **Miller** K. David, (2006), "Measurement by the Physical Educators" University of North Carolina at Wilmington, New York.
6. **Ted**. A and Andrew S., "Measurement for evaluation in Physical Education and Exercise Science", Sixth edition (New York WCB Mcgraw-Hill), 1999.

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Meaning of test & measurement & evaluation in Physical Education, Need and importance of test & measurement & evaluation in Physical Education, Principles of evaluation	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar
Second Month	The Students will learn the basic concepts of Criteria of good test. Criteria of tests, scientific authenticity (reliability, objectivity, validity, and availability of norms), Type and classification of test. Administration of test, advance preparation – duties during testing – duties after testing	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar

<p>Third Month</p>	<p>The Students will gain knowledge of the AAHPER Youth fitness test, National Physical fitness test, Indiana motor fitness test, JCR test, U.S. Army Physical fitness test</p>	<p>Lecture Methods Demonstration Methods Assessment Methods Presentation</p>	<p>Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar</p>
<p>Fourth Month</p>	<p>The Students will gain knowledge of the Lockhart and McPherson badminton test, Johnson basketball test, McDonald soccer test, S.A.I volleyball test, S.A.I hockey test.</p>	<p>Lecture Methods Demonstration Methods Assessment Methods Presentation</p>	<p>Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar</p>

B.P.Ed- SYLLABUS

SEMESTER-IV

THEORY COURSE CODE-BPEDCC 343

COURSE NAME- OFFICIATING AND COACHING

CREDITS- THEORY: 4

Max.Marks=100

Time:

3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30 Marks

Objective: - To acquaint the students with basic knowledge of Officiating and Coaching. **Learning Outcome:** -

- ❖ The Students will be able to understand the basic concept of Introduction of officiating and coaching.
- ❖ The students will be able to get the knowledge role of coach as a leader and quality and qualification of leader.
- ❖ To know about duties of official and mechanics of officiating.
- ❖ To learn about the various sports skill related test.

Course outcome of Unit I:

The Students will develop the understanding and knowledge Concept of officiating and coaching, Importance and principles of officiating, Relation of official and coach with management , players and spectators, Measures for improving the standards of officiating and coaching.

Course outcome of Unit II:

The Students will learn the basic concepts of Duties of coach in general, pre, during and post- game, Philosophy of coaching, Responsibilities of a coach on and off the field, Psychology of competition and coaching. Qualities and qualification of coach and official, Team manager.

Course outcome of Unit III:

The Students will gain knowledge of the Duties of official in general, pre, during and post- game, Philosophy of officiating, Mechanics of officiating- position, singles and movement, Ethics of officiating.

Course outcome of Unit IV:

The Students will gain knowledge of the General rules of selected indoor games(Chess, Carrom, Billiards, Snooker), General rules of selected water games(Diving, Water polo), General Introduction of specialized games and sports-Athletic-Aquatics-Badminton- Basketball-Cricket-Football-Gymnastic.

THEORY SYLLABUS**Unit-I Introduction of officiating and coaching**

- a. Concept of officiating and coaching
- b. Importance and principles of officiating
- c. Relation of official and coach with management , players and spectators
- d. Measures for improving the standards of officiating and coaching

Unit-II Coach as a leader

- a. Duties of coach in general, pre, during and post-game
- b. Philosophy of coaching
- c. Responsibilities of a coach on and off the field
- d. Psychology of competition and coaching
- e. Qualities and qualification of coach and official
- f. Team manager

Unit-III Duties of Official

- a. Duties of official in general, pre, during and post-game
- b. Philosophy of officiating
- c. Mechanics of officiating- position, singles and movement etc.
- d. Ethics of officiating

Unit-IV General rules and Regulation of Games

- a. General rules of selected indoor games(Chess, Carrom, Billiards, Snooker)
- b. General rules of selected water games(Diving, Water polo)

c. General Introduction of specialized games and sports-

1. Athletic
2. Aquatics
3. Badminton
4. Basketball
5. Cricket
6. Football
7. Gymnastic
8. Hockey
9. Handball
10. Kabaddi
11. Kho-Kho
12. Tennis
13. Volleyball
14. Yoga

Note:

(a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hour duration.

(c) One Tutorial period is equal to 1 credit of 1 hour duration.

12

Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar -

10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at

least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Bunn**,J.W.(1968). The art of officiating sports. Englewood cliffs N.J. PrenticeHall
2. **Bunn**, J.W. (1972). Scientific principles of coaching. Englewood cliffs N.J. Prentice Hall
3. **Dyson**,G.H(1963). The mechanics of athletics. London: University of London PressLtd
4. **Dyson**,G.H(1963). The mechanics of athletics. London: University of London PressLtd
5. **Lawther**,J.D.(1965).Psychology of coaching. New York: Pre.Hall
6. **Singer**,R.N.(1972).Coaching . Athletic Psychology. New York:M.C.GrawHill

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge Concept of officiating and coaching, Importance and principles of officiating, Relation of official and coach with management , players and spectators, Measures for improving the standards of officiating and coaching.	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar
Second Month	The Students will learn the basic concepts of Duties of coach in general, pre, during and post-game, Philosophy of coaching, Responsibilities of a coach on and off the field, Psychology of competition and coaching. Qualities and qualification of coach and official, Team manager.	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar

Third Month	The Students will gain knowledge of the Duties of official in general, pre, during and post-game, Philosophy of officiating, Mechanics of officiating- position, singles and movementetc. Ethics of officiating.	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar
Fourth Month	The Students will gain knowledge of the General rules of selected indoor games (Chess, Carrom, Billiards, Snooker), General rules of selected water games(Diving, Water polo), General Introduction of specialized games and sports-Athletic- Aquatics-Badminton-Basketball-Cricket- Football-Gymnastic.	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar

B.P.Ed- SYLLABUS

SEMESTER-I

THEORY COURSE CODE-BPEDEC 444

COURSE NAME- CURRICULUM DESIGN(Elective)

CREDITS- THEORY: 4

Max.Marks=100

Time:

3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30 Marks

Objective: - To acquaint the students with basic knowledge of curriculum design. **Learning Outcome:** -

- ❖ The Students will be able to understand the modern concept curriculum development.
- ❖ The students will be able to get the knowledge about focalization, socialization, individualization, sequence and operation.
- ❖ To know about basic principal of curriculum construction, role of teacher and assessment.
- ❖ To learn about the professional competency to be develop for curriculum construction.

Course outcome of Unit I:

The Students will develop the understanding and knowledge Need and importance: curriculum and curriculum development, the role of the teacher in curriculum development. Factors affecting curriculum. Types of curriculum design: Traditional or subject centered ,Learner centered, Problem centered / society centered. Selection of objectives, contents, learning experiences. National and professional policies, research findings

Course outcome of Unit II:

The Students will learn the basic concepts of Focalization, Socialization, Individualization, Sequence and operation, Steps in curriculum construction.

Course outcome of Unit III:

The Students will gain knowledge of Basic principles of curriculum construction. Curriculum design, meaning, importance and factors affecting curriculum design. Principles of curriculum design according to the needs of the students and state and national level policies. Role of teachers. Method of teaching / instruction. Rubric, Assessment

Course outcome of Unit IV:

The Students will gain knowledge of the Areas of health education, Physical Education and recreation. Curriculum design – experience of education, field and laboratory. Teaching practice. Professional competencies to be developed – facilities and special resources for library, laboratory and other facilities.

THEORY SYLLABUS**Unit-I modern concept of the curriculum**

- a. Need and importance of curriculum, need and importance of curriculum development, the role of the teacher in curriculum development.
- b. Factors affecting curriculum- social factors – personal qualifications – climatic consideration – equipment and facilities – time suitability of hours.
- c. Types of curriculum design
 1. Traditional or subject centered
 2. Learner centered
 3. Problem centered / society centered
- d. Selection of objectives, contents, learning experiences
- e. National and professional policies,

research findings Unit-II

- a. Focalization
- b. Socialization
- c. Individualization
- d. Sequence and operation
- e. Steps in curriculum construction.

Unit -III

- a. Basic principles of curriculum construction.

- b. Curriculum design, meaning, importance and factors affecting curriculum design.
- c. Principles of curriculum design according to the needs of the students and state and national level policies.
- d. Role of teachers
- e. Method of teaching /instruction
- f. Rubric, Assessment

Unit –IV

- a. Areas of health education, Physical Education and recreation.
- b. Curriculum design – experience of education, field and laboratory.
- c. Teaching practice.
- d. Professional competencies to be developed – facilities and special resources for library, laboratory and other facilities.

Note:

- (a) One Theory period is equal to 1 credit of 1 hour duration.
- (b) One Practical period is equal to 1 credit of 2 hour duration.
- (c) One Tutorial period is equal to 1 credit of 1 hour duration.

12

Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70 Marks

Internal Assessment – 30 Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar -

10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each

of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks

each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Bucher**, Charles A &Wuest, Debora A (1987) Foundations of Physical Education and Sport 10th Ed. St. Louis, The C. V. MosbyCompany.
2. **Harrison**, Joyce.M& Blakemore, Conie.L (1989) Instructional strategies for Secondary School Physical Education. 2nd ed. Dubuque.Wm.C.BrownPublishers.
3. **Kamlesh**. M. L. (1988).Physical Education: Facts and Foundations, Faridabad; P. B. Publications.
4. **Voltmer**, Edward, F.et al (1979) The organization and Administration of Physical Education 5th ed. New-jersey; Prentice –Hall,Inc.
5. **Zeigler**, Earle, E. Ed (1982) Physical Education and Sport- An Introduction, Philadelphia: Lea&Febiger.

MonthWise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge Need and importance: curriculum and curriculum development, the role of the teacher in curriculum development. Factors affecting curriculum. Types of curriculum design: Traditional or subject centered Learner centered, Problem centered / society centered. Selection of objectives, contents, learning experiences. National andprofessional policies, research findings	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar
Second Month	The Students will learn the basic concepts of Focalization, Socialization, Individualization, Sequence and operation, Stepsin	Lecture Methods Demonstration Methods Assessment	Evaluation of Presentation Evaluation of Assignment

	curriculum construction.	Methods Presentation	MCQ Class-test / viva/ seminar
Third Month	The Students will gain knowledge of Basic principles of curriculum construction. Curriculum design, meaning, importance and factors affecting curriculum design. Principles of curriculum design according to the needs of the students and state and national level policies. Role of teachers. Method of teaching / instruction. Rubric, Assessment	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar
Fourth Month	The Students will gain knowledge of the Areas of health education, Physical Education and recreation. Curriculum design – experience of education, field and laboratory. Teaching practice. Professional competencies to be developed – facilities and special resources for library, laboratory and other facilities.	Lecture Methods Demonstration Methods Assessment Methods Presentation	Evaluation of Presentation Evaluation of Assignment MCQ Class-test / viva/ seminar

B.P.Ed- SYLLABUS

SEMESTER-I

THEORY COURSE CODE-BPEDEC 445

COURSE NAME- HEALTH AND FITNESS MANAGEMENT

(ELECTIVE) CREDITS- THEORY: 4

Max.Marks=100

Time:

3Hrs

Theory Examination =

70 Marks Internal

Assessment = 30 Marks

Objective: - To acquaint the students with basic knowledge of Health and

Fitness management. **Learning Outcome:** -

- ❖ The Students will be able to understand the basic concept and introduction of fitness and wellness.
- ❖ The students will be able to get the knowledge about factor affecting fitness and methods to develop it.
- ❖ To know about basic and modern concept of health and nutrition.
- ❖ To learn about the Fitness Assessment: Measurement and Evaluation of Physical Fitness

Course outcome of Unit I:

The Students will develop the understanding and knowledge of factor affecting: Anatomical fitness, Physiological fitness, Psychological fitness, Sociological fitness, Environmental fitness

Course outcome of Unit II:

The Students will learn the basic concepts of Focalization, Socialization, Individualization, Sequence and operation, Steps in curriculum construction. Methods to develop fitness components: Aerobic, Anaerobic, and Functional.

Course outcome of Unit III:

The Students will gain knowledge of Work, power, energy and its units, Sources of energy, Micronutrients, Food pyramid, Balanced diet

Course outcome of Unit IV:

The Students will gain knowledge of the Fitness Assessment: Measurement and Evaluation of Physical Fitness: Health Related, Occupation Related, Assessment of Physiological, Psychological and Sociological Traits. Body Composition

THEORY SYLLABUS

Unit- I: Introduction to Fitness and Wellness

- a. Definition, Concept and need of fitness andwellness
- b. Dimensions of fitness
- c. Components of fitness andwellness
- d. Relationship between health, fitness andwellness
- e. Contemporary concept of Fitness andwellness

Unit- II: Factors influencing fitness

- a. Anatomical fitness
- b. Physiologicalfitness
- c. Psychologicalfitness
- d. Sociological fitness
- e. Environmental fitness

Methods to develop fitness components

- a. Aerobic
- b. Anaerobic
- c. Functional

Unit -III: Nutrition and health

- a. Work, power, energy and itsunits
- b. Sources of energy
- c. Micronutrients
- d. Food pyramid

- e. Balanced diet

Unit -IV: Fitness Assessment: Measurement and Evaluation of Physical Fitness

- a. HealthRelated
- b. Occupation Related
- c. Assessment of Physiological, Psychological and SociologicalTraits
- d. Bod

y

Compositi

on Note:

- (a) One Theory period is equal to 1 credit of 1 hourduration.
- (b) One Practical period is equal to 1 credit of 2 hourduration.
- (c) One Tutorial period is equal to 1 credit of 1hourduration.

12

Credits

Marking Scheme: Maximum

Marks- 100 marks Theory

Examination - 70Marks

Internal Assessment – 30Marks

Internal Assessment (Maximum

Marks: 30) Presentation/ Class

Test/Viva - 15 Marks

Project/Quiz/Assignment/Seminar -

10 Marks Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into three parts A, B and C. The Examiner is required to set 6 questions for Part-A, 6 questions for Part-B and 12 questions for Part-C setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 15 marks each and questions for Part-B shall carry 5 marks each and questions for Part-C shall carry 1 mark each. A student is required to attempt any 3 questions from Part-A, 3 questions from Part-B and 10 questions for Part-C. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **Carl** Evans Platt, Health and Fitness Centres, Fitman Publishing, Long Acrendon
2. **Parks** and Zanger, Sports and Fitness Management, Human Kinetics, Champaign, Illinois
3. **Patton**, Grantham Gerson and Gegtman, Developing and Managing Health & Fitness Facilities
4. **Neilsol**&CarlFosterACSMSHealth/FitnessFacilityStandardsandGuidelines , Human Kinetics Books, Champaign, Illinois

MonthWise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of factor affecting: Anatomical fitness, Physiological fitness, Psychological fitness, Sociological fitness, Environmental fitness	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Second Month	The Students will learn the basic concepts of Focalization, Socialization, Individualization, Sequence and operation, Steps in curriculum construction. Methods to develop fitness components: Aerobic, Anaerobic, and Functional.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar
Third Month	The Students will gain knowledge of Work, power, energy and its units, Sources of energy, Micronutrients,	<ul style="list-style-type: none"> • Lecture Methods • Demonstration 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of

	Food pyramid, Balanced diet	<p>Methods</p> <ul style="list-style-type: none"> • Assessment Methods • Presentation 	<p>Assignment</p> <ul style="list-style-type: none"> • MCQ • Class-test / viva/seminar
Fourth Month	<p>The Students will gain knowledge of theFitness Assessment: Measurement and Evaluation of Physical Fitness:Health Related, Occupation Related, Assessment of Physiological, Psychological and Sociological Traits.Body Composition</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/seminar

B.P.Ed- SYLLABUS

SEMESTER – IV

PART – B -PRACTICAL COURSES

B.P.Ed- SYLLABUS

SEMESTER – IV

Part – B -Practical Courses

Practical Course Programme Specific Learning Outcomes:

- ❖ The Students will be able to understand and obtain the proficiency in the skill of various sports taught.
- ❖ The students will gain the knowledge about understanding of the rules & regulations of the sports and its appropriate interpretation and implementation during officiating of a competition.
- ❖ The students after going through the sports will be able to execute the teaching and coaching of the sports skills.
- ❖ The students acquire the skill of organizing & conduct of sports competition at various levels.
- ❖ The students are able to understand and implement the knowledge of construction and marking of various sports fields and its maintenance.
- ❖ The students gain knowledge about the maintaining of various sports equipments and their purchase from the market.
- ❖ The students will be able to design a plan for display of mass demonstration activity which helps in various programs being organized.

BPEDPC- 346 Track And Field (Organization and Management of Athletic Meet)

Learning Outcomes after the Completion of First Month:

The students will learn the protocol and procedure of conducting an athletic meet. They also learn how to plan for an athletic meet. Also they will learn about the pre-meet duties to be done.

Learning Outcomes after the Completion of Second Month:

The students will learn about the during the meet duties to be carried out. **Learning Outcomes after the Completion**

of Third Month:

The students will learn about the post meet procedures.

Learning Outcomes after the Completion of Fourth Month:

The students will conduct a project meet and will get a practical experience of organizing.

Unit I

- i. Protocol and procedure of Athletics Championship.
- ii. Organization and Management of Athletic meet
- iii. Pre-meet Work (Publicity, Marking and equipment, Officials (Starter, Timers, Judges, Referees, Umpires, Announcer etc.), Accommodation and Seating Arrangements, Reception, Decoration and Ceremonies, Refreshment and Entertainment, Entries and Programme.

Unit II

Meet Work: Programme copies, Opening ceremony (March past, Oath taking etc.), Events start according to the program, Victory ceremony, Closing ceremony

Unit III

Post Meet Work: Return the equipment & Other materials, Accounts settlement, Thanks giving letters, Evaluation

Unit IV

Project work: Students will organize an athletic meet.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks)	70 Marks
• Demonstration and/or Test	40 Marks
• Viva-Voce	20 Marks
• Record File	10 Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks)	30 Marks
• Presentation/ Class Test/Viva	15 Marks
• Project/Assignment/Seminar	10 Marks
• Attendance	5 Marks

BPEDPC- 347

**[Softball, Wrestling, Weightlifting & Weight Training, Taekwondo,
Judo, Kalarippayattu (Any One of these)]**

SOFTBALL

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the History of Softball, Glossary, Differences between Softball and Baseball, Types of Softball Slow pitch and Fast pitch, Equipment used in softball

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Fundamental skills: Throwing, Catching; Fielding: Fungo Hitting, Basic Pitching Windmill and Cling shot, Batting- Grips: Stance, Bunting, Base Running Leading off; Approaching; Rounding and Sliding.

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Strategy Offensive and Defensive, Rules of the game, Umpiring

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Signals and Signalling, Marking the Diamond, Lead up Games

Unit I

History of Softball, Glossary, Differences between Softball and Baseball, Types of Softball Slow pitch and Fast pitch, Equipment used in softball

Unit II

Fundamental skills: Throwing, Catching; Fielding: Fungo Hitting, Basic Pitching Windmill and Cling shot, Batting- Grips: Stance, Bunting, Base Running Leading off; Approaching; Rounding and Sliding.

Unit III

Strategy Offensive and Defensive, Rules of the game, Umpiring **Unit IV**

Signals and Signalling, Marking the Diamond, Lead up Games

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none">• Demonstrationand/orTest• Viva-Voce• Record File	70Marks 40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks) <ul style="list-style-type: none">• Presentation/ ClassTest/Viva• Project/Assignment/Seminar• Attendance	30Marks 15Marks 10Marks 5 Marks

WRESTLING

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Take downs, leg tackles, arm drag, Counters for take downs, cross face, whizzer series

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of Escapes from under- sit- out turn in tripped, Counters for escapes from under- basic control back drop, counters for stand up

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of Pinning combination- nelson series (half nelson, half nelson & bar arm), leg lift series, leg cradle series, reverse double bar arm, chicken wing and half nelson, Escapes from pinning: wing locks series. Double arm lock roll, bridge.

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Standing wrestling – head under arm series, whizzer series, Referees positions

Unit I

Take downs, leg tackles, arm drag, Counters for take downs, cross face, whizzer series

Unit II

Escapes from under- sit- out turn in tripped, Counters for escapes from under- basic control back drop, counters for stand up

Unit III

Pinning combination- nelson series (half nelson, half nelson & bar arm), leg lift series, leg cradle series, reverse double bar arm, chicken wing and half nelson, Escapes from pinning: wing locks series. Double arm lock roll, bridge.

Unit IV

Standing wrestling – head under arm series, whizzer series, Referees positions

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Demonstration and/or Test • Viva-Voce • Record File 	70Marks 40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Presentation/ Class Test/Viva • Project/Assignment/Seminar • Attendance 	30Marks 15Marks 10Marks 5 Marks

WEIGHTLIFTING & WEIGHT TRAINING

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Introduction of weight training and its significance, Difference between weight training, Best Physique, Weight Lifting and Power Lifting, Safety principle of weight training, introduction of the muscular system of the body and types of muscular contraction

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of The following exercise covering the major groups of muscles are to be taught and performed using different types of muscle contraction i.e. isometric and isotonic: Rowing exercise, Bicep curl, Reverse curl, Preacher's curl, Wrist curl, Reverse wrist curl, Triceps extension, Dumbbell kick back, Front press, Back press, Front raise, Lateral raise, Upright rowing, Shoulder shrug, Bench press: Flat, Inclined and Declined, Pullovers

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of The following exercise covering the major groups of muscles are to be taught and performed using different types of muscle contraction i.e. isometric and isotonic: Bent over rowing: with bar, dumbbell, Pull-ups and Chin-ups, Bent knee sit-ups, Crunches, Leg raise, Back Hyperextension, Good morning exercise, straight leg dead lift, Sideward bending, Trunk Twisting, Squat, Lunges, Step-up, Leg Press, Leg curl, Squat Jump, Split Jump, Heel raise, Donkey calf raise, seated heel raise, Various exercises using Swiss ball, Terra bands, plyometricsboxes.

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Orientation of students to Cardiac Machine, fitness machine and wet zone (Sauna bath, Steam bath, Jacuzzi, Chill Shower).

Unit I

Introduction of weight training and its significance, Difference between weight training, Best Physique, Weight Lifting and Power Lifting, Safety

principle of weight training, introduction of the muscular system of the body and types of muscular contraction

Unit II

The following exercise covering the major groups of muscles are to be taught and performed using different types of muscle contraction i.e. isometric and isotonic: Rowing exercise, Bicep curl, Reverse curl, Preacher's curl, Wrist curl, Reverse wrist curl, Triceps extension, Dumbbell kick back, Front press, Back press, Front raise, Lateral raise, Upright rowing, Shoulder shrug, Bench press: Flat, Inclined and Declined, Pullovers

Unit III

The following exercise covering the major groups of muscles are to be taught and performed using different types of muscle contraction i.e. isometric and isotonic: Bent over rowing: with bar, dumbbell, Pull-ups and Chin-ups, Bent knee sit-ups, Crunches, Leg raise, Back Hyperextension, Good morning exercise, straight leg dead lift, Sideward bending, Trunk Twisting, Squat, Lunges, Step-up, Leg Press, Leg curl, Squat Jump, Split Jump, Heel raise, Donkey calf raise, seated heel raise, Various exercises using Swiss ball, Terra bands, plyometricsboxes.

Unit IV

Orientation of students to Cardiac Machine, fitness machine and wet zone (Sauna bath, Steam bath, Jacuzzi, Chill Shower).

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks)	70Marks
<ul style="list-style-type: none"> • Demonstrationand/orTest • Viva-Voce • Record File 	40Marks 20Marks 10Marks

Internal Practical Assessment by Marks)	Internal Examiner (Maximum Marks)	30 Marks
• Presentation/ ClassTest/Viva		15Marks
• Project/Assignment/Seminar		10Marks
• Attendance		5 Marks

TAEKWONDO

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Player stances

– walking, extending walking, l stance, cat stance, Fundamental skill-sitting stance punch, single punch, double punch, triple punch.

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of The Punching skill from sparring position – front- fist punch, rear fist punch, double punch, and four combination punch, Foot techniques (balgisul)- standing kick (soseochagi), front kick (AP chagi), Arc kick (bandalchagi), side kick, (yeopchagi), turning kick (Dollyochagi), back kick (twit chagi),reverse turning kick (Dolyochagi),back kick (twit chagi), reverse turning kick (bandaedollyochagi),jump kick (twimyochagi).

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of The Poomsae (forms) –jang, yijang, samjang, sajang, ojang, jookjang, chiljang, paljang (fundamental movement- eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques), Sparring (kyorugi) - one step spring (hand techniques, foot techniques, self-defense techniques, combination kicks), free sparring.

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Board breaking (kyokpa) - eye control, balance, power control, speed, point of attack, Rules and their interpretations and duties of officials.

Unit I

Player stances – walking, extending walking, l stance, cat stance, Fundamental skill-sitting stance punch, single punch, double punch, triple punch.

Unit II

Punching skill from sparring position – front- fist punch, rear fist punch, double punch, and four combination punch, Foot techniques (balgisul)- standing kick (soseochagi), front kick (AP chagi), Arc kick (bandalchagi), side kick, (yeopchagi), turning kick (Dollyochagi), back kick (twit chagi), reverse turning kick (Dolyochagi), back kick (twit chagi), reverse turning kick (bandaedollyochagi), jump kick (twimyochagi).

Unit III

Poomsae (forms) –jang, yijang, samjang, sajang, ojang, jookjang, chiljang, paljang (fundamental movement- eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques), Sparring (kyorugi) - one step spring (hand techniques, foot techniques, self-defense techniques, combination kicks), free sparring.

Unit IV

Board breaking (kyokpa) - eye control, balance, power control, speed, point of attack, Rules and their interpretations and duties of officials.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks

External Practical Assessment by External and Internal Examiner	70Marks
(Maximum Marks)	40Marks
• Demonstrationand/orTest	20Marks
• Viva-Voce	10Marks
• Record File	

Internal Practical Assessment by Marks)	Internal Examiner (Maximum Marks)	30 Marks
• Presentation/ ClassTest/Viva		15Marks
• Project/Assignment/Seminar		10Marks
• Attendance		5 Marks

JUDO

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Rei (salutation)-Ritsurei (Salutation in Standing Position), Zarai (Salutation in The Sitting Position), Kumi Kata (Methods of holding Judo costume), Shisei (Posture inJudo)

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of The Kuzushi (Act of Disturbing The opponent Posture), Tsukuri and kake (Preparatory action for attack), UKemi (Break fall),Mae MawariUKemi (Front Rolling breakfall)

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of The Shin tai (Advance or retreat foot movement)- suri-ashi (Gliding foot), Twugi-ashi (Following footsteps),Ayumi-ashi(Waling steps), Tai Sabiki(Management of the body)

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of NageWaze (Throwing Techniques)- HizaGuruma (Knee wheel),SesaeTwurikomi-ashi(Drawing ankle throw),de ashihari (Advance foot sweep),o Goshi (Major loinm), SeoiNage (Shoulder throw), Katamawaze (Grappling Techniques)- Kesagatame (Scaff Hold),S Kata Gtame (Shoulder hold), Kami Shihogatama (Locking of upper four quarters), Method of escaping from each hold

Unit I

Rei (salutation)-Ritsurei (Salutation in Standing Position), Zarai (Salutation in The Sitting Position), Kumi Kata (Methods of holding Judo costume), Shisei (Posture in Judo)

Unit II

Kuzushi (Act of Disturbing The opponent Posture), Tsukuri and kake (Preparatory action for attack), UKemi (Break fall),Mae MawariUKemi (Front Rolling break fall)

Unit III

Shin tai (Advance or retreat foot movement)-suri-ashi (Gliding foot), Twugi-ashi (Following footsteps),Ayumi-ashi(Waling steps), Tai Sabiki(Management of the body)

Unit IV

NageWaze (Throwing Techniques)-HizaGuruma (Knee wheel),SesaeTwurikomi-ashi(Drawing ankle throw),de ashihari (Advance foot sweep),o Goshi (Major loimn), SeoiNage (Shoulder throw), Katamawaze (Grappling Techniques)- Kesagatame (Scaff Hold),S Kata Gtame (Shoulder hold), Kami Shihogatama (Locking of upper four quarters), Method of escaping from eachhold

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks)	70 Marks
<ul style="list-style-type: none"> • Demonstrationand/orTest • Viva-Voce • Record File 	40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks)	30Marks
<ul style="list-style-type: none"> • Presentation/ ClassTest/Viva • Project/Assignment/Seminar • Attendance 	15Marks 10Marks 5 Marks

KALARIPPAYATTU

Learning Outcomes after the Completion of First Month:

The Students will develop the understanding and knowledge regarding the Vaaythari- Oral instruction/Word of command: Oral instruction/Word of command is there for all the events at the initial training period. Moreover theoretical information regarding the origin, development and evolution of Kalarippayattu will also be described to the students to make them understand the antiquity and socio cultural background of kalarippayattu.

Learning Outcomes after the Completion of Second Month:

The Students will develop the understanding and knowledge of The Kalari vandan- Salutation: Offering salutation to deities and gurus (it is conventional), Meyppayattu- Body flexibility-Motor abilities development: Involving defense techniques and conditioning of body.

Learning Outcomes after the Completion of Third Month:

The Students will gain knowledge of The Chuvadukal (otta chuvadu): Basic stances and foot movements which also include the fundamental Kalarippayattu techniques of defense, evasions, body conditioning, auto reflex and offences, Kootta chuvadu: Cluster steps which are trained for the purpose of defending against a group of assailants, Kaipporu/ Verum Kai: Unarmed combat which involves the defensive techniques and protective measures.

Learning Outcomes after the Completion of Fourth Month:

The Students will gain knowledge of Poottum pidithavum pirivukalum- Holds, Locks and Releases: These items give ability to escape from the attack of offenders, Chaattavum marichilum- Jumps and diving: Different types of jumps and dives, practiced at this stage with a view to escaping from the individual attack/mass attack. This training gives total body fitness as well as almost all the defense methodology, Uzhichil- Massage techniques: Traditional massage techniques for prevention cure and rehabilitation of sports injuries will also be part of the curriculum of Kalarippayattu training.

Unit I

Vaaythari- Oral instruction/Word of command: Oral instruction/Word of command is there for all the events at the initial training period. Moreover theoretical information regarding the origin, development and evolution of Kalaripayattu will also be described to the students to make them understand the antiquity and socio cultural background of kalaripayattu.

Unit II

Kalari vandan-Salutation: Offering salutation to deities and gurus (it is conventional), Meyppayattu- Body flexibility-Motor abilities development: Involving defense techniques and conditioning of body.

Unit III

Chuvadukal (otta chuvadu): Basic stances and foot movements which also include the fundamental Kalaripayattu techniques of defense, evasions, body conditioning, auto reflex and offences, Kootta chuvadu: Cluster steps which are trained for the purpose of defending against a group of assailants, Kaipporu/ Verum Kai: Unarmed combat which involves the defensive techniques and protectivemeasures.

Unit IV

Poottum pidithavum pirivukalum- Holds, Locks and Releases: These items give ability to escape from the attack of offenders, Chaattavum marichilum- Jumps and diving: Different types of jumps and dives, practiced at this stage with a view to escaping from the individual attack/mass attack. This training gives total body fitness as well as almost all the defense methodology, Uzhichil- Massage techniques: Traditional massage techniques for prevention cure and rehabilitation of sports injuries will also be part of the curriculum of Kalaripayattu training

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme:	
Maximum Marks	100 Marks
External Practical Assessment by External and Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Demonstration and/or Test • Viva-Voce • Record File 	70Marks 40Marks 20Marks 10Marks
Internal Practical Assessment by Internal Examiner (Maximum Marks) <ul style="list-style-type: none"> • Presentation/ Class Test/Viva • Project/Assignment/Seminar • Attendance 	30Marks 15Marks 10Marks 5 Marks

Part-C : BPEDTP – 329/339 Teaching practices

BPEDTP – 329 Teaching practices: (Total 10 lessons)

The internal marks will be given to a student out of 30 marks by conducting 10 lesson plans for each student. 10 teaching practice lessons out of which 5 lessons in classroom situation (theory) and 5 lessons for out-door activities (mass activities) within premises of the institution on the students of B.P.Ed course. The final examination will be out of a maximum of 70 marks.

Final teaching ability examination (one theory and one activity) will be conducted jointly by internal and external examiners appointed by the University.

BPEDTP – 329 Teaching practices: (Total 10 lessons)

The internal marks will be given to a student out of 30 marks by conducting 10 teaching lesson plans for each student Racket sport/ team games/ indigenous sports. (5 lesson internal teaching and 5 lessons external teaching practicing at school (5 lessons external teaching out of which 2 lessons practicing at school 3 lessons with external students). The final examination will be out of a maximum of 70 marks.

Final teaching ability examination (one activity) will be conducted jointly by internal and external examiners appointed by the University.

Part-D : BPEDCA--348/349- Coaching Ability

BPEDCA – 348 sports specialization: Track and field/ Gymnastics / Swimming

(4 internal lessons at practicing institution and 1 final external lesson for the students of practicing institution as a sports specialization of any discipline mentioned above)

Final coaching ability examination will be conducted jointly by internal and external examiners appointed by the University.

BPEDCA – 349 Games specialization: Kabaddi, Kho-Kho, Baseball, Cricket, Football, Hockey, Softball, Volleyball, Handball, Basketball, Netball, Badminton, Table tennis, Squash, Tennis.

(4 Internal lesson at practicing school and 1 final external lesson for the students of practicing school as a games specialization of any discipline mentioned above)

Final coaching ability examination will be conducted jointly by internal and external examiners appointed by the University.

Table-1 Semester wise distribution of hours per week

Semester	Theory	Practicum	Teaching practice	Total
I	16	24	00	40
II	16	18	6	40
III	16	18	6	40
IV	16	12	12	40
Total	64	72	24	160
Minimum of 36 teaching hours per week is required in five or six days in a week				

Table-2 Number of credits per semester

Semester	Theory	Practicum	Teaching practice	Total
I	16	16	00	32
II	16	12	04	32
III	16	12	04	32
IV	16	08	08	32
Total	64	48	16	128
Minimum of 36 teaching hours per week is required in five or six days in a week				

Appendix - I

AAHPER Youth Fitness Test

PERCENTILE SCORES						PERCENTILE
PULL-UP	SIT-UP	SHUTTLE RUN	SBJ	50-YARD DASH	600-YARD RUN	
23	66	7.0	9'10"	5.4	1'20"	100 th
15	54	8.6	8'5"	5.9	1'32"	95 th
13	51	8.9	8'2"	6.0	1'35"	90 th
12	49	9.0	8'0"	6.1	1'38"	85 th
11	47	9.1	7'10"	6.3	1'41"	80 th
10	46	9.2	7'9"	6.3	1'43"	75 th
10	45	9.3	7'7"	6.4	1'45"	70 th
9	43	9.4	7'6"	6.5	1'47"	65 th
8	42	9.5	7'5"	6.5	1'49"	60 th
7	42	9.6	7'3"	6.6	1'50"	55 th
7	41	9.8	7'2"	6.6	1'52"	50 th
6	40	9.9	7'1"	6.7	1'53"	45 th
6	39	10.0	7'0"	6.8	1'56"	40 th
5	38	10.1	6'10"	6.9	1'57"	35 th
5	37	10.2	6'8"	7.0	1'59"	30 th
4	35	10.4	6'6"	7.0	2'2"	25 th
3	34	10.5	6'4"	7.1	2'6"	20 th
2	32	10.7	6'2"	7.3	2'12"	15 th
1	30	11.0	5'10"	7.5	2'22"	10 th
0	26	11.7	5'3"	7.9	2'38"	5 th
0	1	15.7	3'0"	12.0	5'10"	0

**Norms for BOYS
of Age 17+**

Appendix – I (cont....)

**AAHPER Youth
Fitness Test Norms for**

PERCENTILE SCORES						PERCENTILE
PULL-UP	SIT-UP	SHUTTLE RUN	SBJ	50-YARD DASH	600-YARD RUN	
73	66	8.2	7'6"	6.4	1'39"	100 th
34	45	9.6	6'9"	6.8	2'2"	95 th
28	41	10.0	6'6"	7.0	2'10"	90 th
22	40	10.1	6'3"	7.1	2'14"	85 th
19	38	10.3	6'2"	7.3	2'20"	80 th
17	35	10.4	6'0"	7.4	2'24"	75 th
14	34	10.5	5'11"	7.5	2'26"	70 th
12	33	10.7	5'10"	7.5	2'30"	65 th
10	32	10.9	5'9"	7.6	2'35"	60 th
9	31	11.0	5'7"	7.7	2'38"	55 th
8	30	11.1	5'5"	7.9	2'41"	50 th
7	30	11.3	5'4"	8.0	2'45"	45 th
6	28	11.5	5'3"	8.0	2'48"	40 th
5	27	11.6	5'2"	8.1	2'53"	35 th
4	26	11.9	5'0"	8.2	2'56"	30 th
3	25	12.0	4'11"	8.4	3'2"	25 th
2	22	12.2	4'9"	8.5	3'9"	20 th
2	20	12.5	4'7"	8.8	3'19"	15 th
1	18	13.0	4'4"	9.0	3'30"	10 th
0	14	14.0	4'1"	9.5	3'45"	5 th
0	1	17.0	3'3"	15.0	6'40"	0

GIRLS of Age 17+

Appendix II - Sports achievement rating scale for B.P.Ed. Admission Test

Sl.No.	Level of Participation	Marks
1	International participation	10
2	First three position holders in the following championships a. Senior National b. All India Inter University(AIU) c. School Games Federation of India(SGFI) d. Junior National	9
3	Participation in the following championships a. Senior National/ Zone (First three position holders aswell) b. Inter University/Zone (First three position holders aswell) c. School Games Federation of India(SGFI) d. Junior National/ Zone (First three position holders aswell) e. Youth National (First three position holders aswell)	8
4	First three position holders in the following championships a. Sub- JuniorNational b. Zonal-Senior/Youth/ Junior (InterState) c. Women National SportsFestival d. Rural National	7
5	First three position holders in the following championships a. State Senior/Youth/Junior b. State Schools Participation in the following championships a. Sub Junior National b. Women National SportsFestival c. Zonal -Senior/Youth/ Junior(Inter State) RuralNational d. University Team Members(Non-Participation)	6
6	First three position holders in the following championships a. State Sub Junior b. K.V.S/CBSE/ISE/NVSNational	5

	<ul style="list-style-type: none"> c. Inter Collegiate(Including CollegeGames) d. Rural State e. State Women Sports Festival <p>Participation in the followingchampionships</p> <ul style="list-style-type: none"> a. StateSenior/Youth/junior b. State School 	
7	<p>First three position holders in the following championships</p> <ul style="list-style-type: none"> a. Dist. Senior/Youth/Junior b. Dist.Schools <p>Participation in the following championships</p> <ul style="list-style-type: none"> a. K.V.S/CBSE/ISE/NVS National b. State SubJunior c. Rural State d. State Women SportsFestival 	4
8	<p>First three position holders in the following championships</p> <ul style="list-style-type: none"> a. KVS /CBSE/ISE/NVSRegion b. Rural Dist. c. Sub Junior Dist. d. State VHSC/ PolyTech 	3
9	<p>First three position holders in the following championships</p> <ul style="list-style-type: none"> a. Women Dist. Sports Festival <p>Participation in the followingchampionships</p> <ul style="list-style-type: none"> a. KVS/CBSE/ISE/NVS Region b. Dist. Inter Schools/ Intercollegiate c. Rural Dist. d. Dist. Senior/Youth/Junior e. State VHSC/ PolyTech 	2
10	<p>Participation in the following championships</p> <ul style="list-style-type: none"> a. KVS/CBSE/ISE/NVS Zone b. Intramural/ inter clubetc. 	1

Appendix III– Structure of B.P.Ed. Programme (NCTE guideline)

First Semester : Part A Theoretical Course		
Courses	Number of papers	
Core Courses	3	
Elective Course	1 (out of two)	
Part B Practicum Course		
Games/Sports	4	
Second Semester : Part A Theoretical Course		
Courses	Number of papers	
Core Courses	3	
Elective Course	1 (out of two)	
Part B Practicum Course		
Games/Sports	3	
Part C Teaching Practice		
Teaching practice	1	
Third Semester : Part A Theoretical Course		
Courses	Number of papers	
Core Courses	3	
Elective Course	1 (out of two)	
Part B Practicum Course		
Games/Sports	3	
Part C Teaching Practice		
Teaching practice	1	
Fourth Semester : Part A Theoretical Course		
Courses	Number of papers	
Core Courses	3	
Elective Course	1 (out of two)	
Part B Practicum Course		

Games/Sports	2	
Part D Coaching Ability		
Sport Specialization-I (Track & Field /Gymnastics/Swimming)	1	
Game Specialization-I (one to be selected from the games offered)	1	