

  
**KANNUR UNIVERSITY**

(Abstract)

Two year Bachelor of Physical Education (B. P. Ed.) Degree Programme – Regulation, Scheme, Syllabus and Model Question papers - in tune with NCTE regulation 2014 – implemented in Kannur University with effect from 2015 admission – orders issued

ACADEMIC 'C' SECTION

U.O. No. Acad/C4/5242/2015

Civil Station (P.O), 06-11 -2015

- Read: 1. Letter No. SRO/NCTE/Estt/Reg/ N & S/2014-15/60555 Dated 11-12-2014  
2. Minutes of the meeting of the Department Council held on 16.04.2015  
3. Letter dated from the Course Director, Dept. of Physical Education.  
4. Minutes of the meeting of the curriculum committee held on 03.09.2015

**ORDER**

1. The NCTE vide paper read (1) above has made new Norms & Regulation for Teacher Education Programmes in India and enhanced duration of B.P. Ed. programme from one year to two years.
2. The meeting of the Department Council held on 16-04-2015 vide reference (2) above, resolved to revise the curriculum of B.P.Ed. in tune with the guidelines of NCTE Regulation 2014 and approved the draft Regulation, Scheme, Syllabus and Model Question Papers of two year B. P. Ed. Programme.
3. Vide paper read (3) above, the Course Director, Dept. of Physical Education has forwarded the revised regulation, Scheme and Syllabus for two year B. P. Ed. Programme for implementation with effect from 2015 admission
4. The meeting of the Curriculum Committee held on 03/09/2015 approved the Revised Regulation, Scheme, Syllabus & Model Question Papers for Two year B. P. Ed. Programme under Choice Based Credit Semester System in the Department vide paper read (4) above.
5. The Vice-Chancellor, after considering the matter in detail, and in exercise of the powers of the Academic Council, conferred under Section 11 (1) of Kannur University Act, 1996 and all other enabling provisions read together with, has accorded sanction to implement the Regulation, Scheme, Syllabus and Model Question Papers for two year Bachelor of Physical Education Programme with effect from 2015 admission subject to report Academic Council.

P.T.O.



6. Orders are, therefore, issued accordingly.
7. The implemented Regulation, Scheme, Syllabus and Model Question Papers of B. P. Ed. Programme w.e.f. 2015 admission are appended.

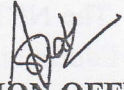
Sd/-  
**JOINT REGISTRAR (ACADEMIC)**  
**For REGISTRAR**

To:  
The Course Director, Dept. of Physical Education  
Mangattuparamba Campus, Kannur University

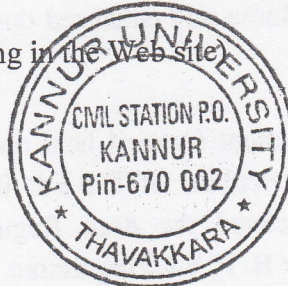
Copy to:

1. The Examination Branch (through PA to CE)
2. The Course Director, Dept. of Physical Education
3. PS to VC/PA to PVC/PA to Registrar/PA to CE.
4. JR/AR-I (Academic).
5. Web Manager (for uploading in the Web site)
6. SF/DF/FC

**Forwarded /By Order**

  
**SECTION OFFICER**

B.



- *For more details log on to [www.kannuruniversity.ac.in](http://www.kannuruniversity.ac.in)*



**KANNUR UNIVERSITY**  
**FACULTY OF PHYSICAL EDUCATION**

**REGULATION, SCHEME AND SYLLABUS OF B.P.Ed.**  
**UNDER CHOICE BASED CREDIT AND SEMESTER SYSTEM**  
**AS PER NCTE GUIDELINES**

# REGULATION, SCHME AND SYLLABUS OF B.P.Ed. PROGRAMME

## Introduction

Bachelor of Physical Education (B.P.Ed) is a two year professional degree programme with an objective to prepare Physical Education teachers to impart physical education and sports activities up to High School level. The course will also facilitate for employment as Trainers/ Instructors/coaches in fitness centres, health club, sports clubs, and sports academy e.tc.

**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 year with four semesters.

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

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

(i) Should have passed a Bachelor Degree of Kannur University or any other University recognized as equivalent there to.

(ii) Should be below the age of 25 years as on 1<sup>st</sup> July of the year of admission. Age relaxation will be given as per University rules to the eligible candidates.

(ii) Should be physically fit for 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 program.

**5. Selection Criteria**

The selection of candidates for admission to the B.P.Ed. Course shall be based on the merit. The merit of the candidate shall be determined based on the following criteria:

- |   |          |
|---|----------|
| (i) Written test<br>(General English, General knowledge, Sports and Professional aptitude shall be tested)  | 40 Marks |
| (ii) Physical fitness test (AAHPERD test)<br>(a) 50 m. sprint (b) 4x9 m. shuttle run (c) sit-ups<br>(d) Pull ups (flexed arm hang for girls)<br>(e) Standing broad jump f) 600 m. run | 30 Marks |
| (iii) Sports proficiency test (one major game)  | 20 Marks |
| (iv) Sports achievement (should produce original certificates)  | 10 Marks |

**Total** **100 Marks**

Candidates should score at least 40% in the selection tests to place in the rank list.

**6. Medium of Instruction and Examination**

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

**7. Programme in the Credit & Semester System**

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

- Semesters
- Credit System
- Continuous Evaluation (CE)
- End Semester Examination (ESE)
- Grading

**8. Semesters:** An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

**9. Working days:** There shall be at least 200 working days per year exclusive of admission and examination processes etc.

**10. Academic Week** is a unit of six working days in which distribution of work is organized from day one to day five, with seven contact hours which includes tutoring on each day.

**11. Choice based Credit 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.

**12. Core Course** means a subject that is compulsory as specified for all students undergoing the B.P.Ed. programme.

**13. 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

**14. Core Practical** means a Game of Sports discipline that comes under the category of Games which are compulsory as specified for all students undergoing the B.P.Ed. degree programme

**15. Course:** The term course is 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.

**Theory:**

**Core Course:**

**Elective Course:**

**Practicum:**

**Teaching Practices**

**16. Credit** refers to a unit by which the programme is measured. It is a unit of academic input measured in terms of the weekly contact hours assigned to a course. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.Ed. Programme is 90 credits and for each semester 20 credits.

**Provision of Bonus Credits Maximum 06 credits in each Semester**

Sr. No	Special Credits for Extra Co-curricular Activities	credits
1	Sports achievement at State level Competition (Medal Winner)	1
	Sports achievement at National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter Uni. Participation (any one game)	2
3	Inter college participation (min two game)	1
4	National cadet corps/ national service scheme	2
5	Blood donation/ cleanliness drive/ community service	2
6	Mountaineering-basic camp/ Advance camp/ Adventure Activities	2
7	Organization/ officiating- state / national level in any two game	2
8	News reposting/ article Writing/ books writing/ progress report writing	1
9	Research project	4

Students can earn maximum 06 bonus credits in each semester by his/her participation on the above mentioned activities duly certified by the head of the institution/ Department. This bonus credit will be used only to compensate loss of credits in academic activities.

**17. Structure of the B.P.Ed.Programme**

<b>First Semester : Part A Theoretical Course</b>		
Courses	Number of papers	Credits
Core Courses	3	3 x 4 = 12
Elective Course	1 (out of two)	1 x 4 = 4
<b>Part B Practicum Course</b>		
Games/Sports	4	4x4 = 16
<b>Total Credits</b>		<b>32</b>
<b>Second Semester : Part A Theoretical Course</b>		
Courses	Number of papers	Credits

Core Courses	3	$3 \times 4 = 12$
Elective Course	1 (out of two)	$1 \times 4 = 4$
<b>Part B Practicum Course</b>		
Games/Sports	3	$3 \times 4 = 12$
<b>Part C Teaching Practices</b>		
Teaching practices	1	$1 \times 4 = 4$
<b>Total Credits</b>		<b>32</b>
<b>Third Semester : Part A Theoretical Course</b>		
Courses	Number of papers	Credits
Core Courses	3	$3 \times 4 = 12$
Elective Course	1 (out of two)	$1 \times 4 = 4$
<b>Part B Practicum Course</b>		
Games/Sports	3	$3 \times 4 = 12$
<b>Part C Teaching Practices</b>		
Teaching practices	1	$1 \times 4 = 4$
<b>Total Credits</b>		<b>32</b>
<b>Fourth Semester : Part A Theoretical Course</b>		
Courses	Number of papers	Credits
Core Courses	3	$3 \times 4 = 12$
Elective Course	1 (out of two)	$1 \times 4 = 4$
<b>Part B Practicum Course</b>		
Sports	2	$2 \times 4 = 8$
<b>Part C Teaching Practices</b>		
Sports Specialization	1	$1 \times 4 = 4$
Game Specialization	1	$1 \times 4 = 4$
<b>Total Credits</b>		<b>32</b>
<b>Grant Total Credits of all Semesters</b>		<b>128</b>

### 18. Pattern of Question Papers:

Question Papers shall have five questions corresponding to numbers of units of each theory 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)
<b>Total Marks</b>		<b>70 marks</b>



## 19. 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 by a continuous evaluation (CE) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are :

Best out of three test	15 marks
Seminar /quiz	5 marks
Assignments	5 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 each of the theory papers and practical subjects to appear for the examination. Besides the students should attend leadership training camp, complete the prescribed laboratory work, practical, project work etc. if any. Condonation of attendance shall be granted to a maximum of 10 days or 55 hours in a semester. It can be availed only once during the whole period of the programme may be granted by the university on valid grounds. This condonation shall not be counted for Continuous internal assessment. Student who is not eligible for condonation of attendance shall repeat the course along with the next batch. Benefit of attendance may be granted to students attending Inter collegiate /University/ National sports program ,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 :

- Above 95 % - 5 marks
- 90 to 94 % - 4 marks
- 85 to 89 % - 3 marks
- Below 85 % - 0 marks.

In addition to continuous evaluation component, the end semester examination, which will be 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 skill tests, theory ,officiating and record book in the concerned activity. The practical examination will be done by the Board of practical examination constituted by the University. All students should appear before the Board of Practical Examination for external evaluation



**20. Conduct of the External Examination:** There shall be examinations at the end of each semester. The Head of the Department shall submit a confidential panel of examiners to the University for approval for the purpose of question papers settings, 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..

**21. Minimum Passing Standard**

The minimum passing standard for CE (Continuous Evaluation) and External Examinations shall be 50%, i.e. 15 marks out of 30 marks and 35 marks out of 70 marks respectively for theory and practical courses.

**22. Grading**

As per Kannur University /NCTE grading system

**23. Classification of Final Result**

For the purpose of declaring a candidate to have qualified for the degree of bachelor of physical education in the first class/ second class/ pass class or first class with distinction, the marks and the corresponding CGPA earned by the candidate in core courses will be the criterion..

**24. Award of the B.P.E. 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 credit including bonus credits of the programme prescribed above. i.e not less than 50% of marks.

**25. Grievance Redressal Mechanism**

The students have all rights to know how the teacher arrived at the grade in the Continuous Internal Evaluation . In order to redress the grievance of students, a four level Grievance Redressal mechanism is envisaged.

Level I - Teacher Level. The teacher concerned

Level 2 Department level - The committee with the Head of the Department as Chairman, Co-ordinator, a teacher nominated by the Department Council as member.

Level 3- University Level : Committee constituted by the Vice-Chancellor

Level 4 - Complaints unsolved by the University level Grievance Committee shall be placed before the Vice Chancellor

The Department council shall nominate a teacher as coordinator of Continuous Evaluations. To make continuous evaluation transparent, students should be made aware of the modus operandi of evaluation process and the evaluation criteria by the Coordinator well in advance.

## 26. Revision of Syllabi:

1. Syllabi of every course should be revised according to the NCTE.
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. 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.
4. 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.
5. 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 revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

### Semester – I

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
<b>Core Course</b>						
BPCC-101	History, Principals and Foundation of Physical Education	4	4	30	70	100
BPCC-102	Anatomy and Physiology	4	4	30	70	100
BPCC-103	Health Education and Environmental Studies	4	4	30	70	100
<b>Elective Course (Anyone)</b>						
BPEC-101	Olympic Movement	4	4	30	70	100
BPEC-102	Officiating and coaching					
<b>Part B: Practical Course</b>						

BPPC-101	Track and field (Running Events)	6	4	30	70	100
BPPC-102	Aquatics/Gymnastics/Shooting	6	4	30	70	100
BPPC-103	Indigenous sports Kho-Kho/ Kabaddi/ Malkhambh Lezim/ March past	6	4	30	70	100
BPPC-104	Mass demonstration - Dumbbells/ Tipri/ Wands/ Hoop/ Umbrella	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 are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

### Semester - II

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
<b>Core Course</b>						
BPCC-201	Yoga Education	4	4	30	70	100
BPCC-202	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
BPCC-203	Organization and Administration	4	4	30	70	100
<b>Elective Course (Anyone)</b>						
BPEC-201	Contemporary issues in physical education, fitness and wellness	4	4	30	70	100
BPEC-202	Sports Nutrition and Weight Management					
<b>Part B: Practical Course</b>						
BPPC-201	Track and field (Jumping Events)	6	4	30	70	100
BPPC-202	Yoga/ Aerobics/Gymnastics/ Aquatics	6	4	30	70	100
BPPC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis/Ball Badminton	6	4	30	70	100

<b>Part C: Teaching Practices</b>						
BPTP-201	Teaching practices (05 lessons in class room teaching and 05 lessons in outdoor activities)	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 are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

### Semester - III

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
<b>Core Course</b>						
BPCC-301	Sports Training	4	4	30	70	100
BPCC-302	Computer Application Physical Education	4	4	30	70	100
BPCC-303	Sports Psychology and Sociology	4	4	30	70	100
<b>Elective Course (Anyone)</b>						
BPEC-301	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
BPEC-302	Curriculum Design					
<b>Part B: Practical Course</b>						
BPPC-301	Track and field (throwing Events)	6	4	30	70	100
BPPC-302	Combative sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Kalaripayattu/Wrestling (any two out of these)	6	4	30	70	100
BPPC-303	Team Games: Basketball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Netball (any two of these)	6	4	30	70	100
<b>Part C: Teaching Practices</b>						
BPTP-	Teaching practices: (Teaching					



301	Lesson Plans For Racket Sport/ Team Games/ Indigenous Sports) (out of 10 lesson 5 internal and external at practicing school)	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 are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

### Semester - IV

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
<b>Core Course</b>						
BPCC-401	Measurement and Evaluation in Physical Education	4	4	30	70	100
BPCC-402	Kinesiology and Biomechanics	4	4	30	70	100
BPCC-403	Research and Statistics in Physical Education	4	4	30	70	100
<b>Elective Course (Anyone)</b>						
BPEC-401	Theory of Sports and Game	4	4	30	70	100
BPEC-402	Sports Management					
<b>Part B: Practical Course</b>						
BPPC-401	Track and field Aquatics/ Gymnastics(Any one out of three)	6	4	30	70	100
BPPC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any two of these)	6	4	30	70	100
<b>Part C: Teaching Practices</b>						

BPTP-401	Sports Specialization: Coaching Lessons Plans (One for Sports 5 lesson)	6	4	30	70	100
BPTP-402	Games Specialization: Coaching Lesson Plans (one for games 5 lessons)	6	4	30	70	100
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 are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

### SCHEME OF EXAMINATION

#### SEMESTER - I

paper	subject	Internal	External	Total marks
	<b><u>THEORY (400)</u></b>			
BPCC-101	History, Principals and Foundation of Physical Education	30	70	100
BPCC-102	Anatomy and Physiology	30	70	100
BPCC-103	Health Education and Environmental Studies	30	70	100
BPEC-101/102	Olympic Movement Officiating and coaching (Elective)	30	70	100
	<b><u>PRACTICAL(400)</u></b>			
BPPC-101	Track and field (Running Events)	30	70	100
BPPC-102	Aquatics/Gymnastics/Shooting	30	70	100
BPPC-103	Indigenous Sports: Kabaddi /Kho-Kho/ / Malkhambh/ Lezim/ March past (Any of one out of these)	30	70	100

BPPC-104	Mass Demonstration Activities: Dumbbells/ Tipri/Wands/ Hoop/ Umbrella	30	70	100
<b>Total</b>		<b>240</b>	<b>560</b>	<b>800</b>

## **SEMESTER - II**

<b>Part A: Theoretical Course</b>				
<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total marks</b>
<b><u>THEORY (400)</u></b>				
BPCC-201	Yoga Education	30	70	100
BPCC-202	Educational Technology and Methods of Teaching in Physical Education	30	70	100
BPCC-203	Organization and Administration	30	70	100
BPEC-201/202	Contemporary issues in physical education, fitness and wellness/ Sports Nutrition and Weight Management(Elective)	30	70	100
<b><u>PRACTICAL(300)</u></b>				
BPPC-201	Track and field (Jumping Events)	30	70	100
BPPC-202	Yoga/ Aerobics/Gymnastics/ Aquatics (Any of two out of these)	30	70	100
BPPC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis(Any of two out of these)	30	70	100
<b><u>TEACHING PRACTICE (100)</u></b>				
BPTP-201	Teaching practices (05 lessons in class room teaching and 05 lessons in outdoor activities)	30	70	100
<b>Total</b>		<b>240</b>	<b>560</b>	<b>800</b>

## **SEMESTER - III**

<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total marks</b>
<b><u>THEORY (400)</u></b>				
BPCC-301	Sports Training	30	70	100
BPCC-302	Computer Applications in Physical Education	30	70	100
BPCC-	Sports Psychology and Sociology	30	70	100

303				
BPEC-301/302	Sports Medicine, Physiotherapy and rehabilitation/ Curriculum Design(Elective)	30	70	100
	<b><u>PRACTICAL(300)</u></b>			
BPPC-301	Track and field (throwing Events)	30	70	100
BPPC-302	Combative sports/Martial Art, Kalaripayattu, Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling (any two out of these)	30	70	100
BPPC-303	Team Games: Basketball, Cricket, Football, Hockey, Softball, Volleyball, Handball, Baseball, Netball (any two of these)	30	70	100
	<b><u>TEACHING PRACTICE (100)</u></b>			
BPTP-301	Teaching practices: (Teaching Lesson Plans For Racket Sport/ Team Games/ Indigenous Sports)	30	70	100
<b>Total</b>		<b>240</b>	<b>560</b>	<b>800</b>

#### **SEMESTER - IV**

<b>Paper</b>	<b>subject</b>	<b>Internal</b>	<b>External</b>	<b>Total marks</b>
	<b><u>THEORY (400)</u></b>			
BPCC-401	Measurement and Evaluation in Physical education	30	70	100
BPCC-402	Kinesiology and Biomechanics	30	70	100
BPCC-403	Research and Statistics in Physical Education	30	70	100
BPEC-401/402	Theory of Sports and Game(Specifically sports and games-specialization)/Sports Management(Elective)	30	70	100
	<b><u>PRACTICAL(200)</u></b>			
BPPC-401	Track and field Aquatics/ Gymnastics(Any of one out of three)	30	70	100
BPPC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	30	70	100
	<b><u>TEACHING PRACTICE (200)</u></b>			
BPTP-	Sports Specialization: Coaching Lessons Plans			



401	Track and Field Swimming/Gymnastics (Any of one out of these)	30	70	100
BPTP-402	Games Specialization Coaching Lesson Plans: Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	30	70	100
<b>Total</b>		<b>240</b>	<b>560</b>	<b>800</b>

## **B.P.ED - Syllabus**

### **Semester- I**

#### **Theory course**

#### **BPCC 101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION**

##### Unit-1 Introduction

- Meaning, definition and Scope of physical education
- Aims and objectives of physical education
- Importance of physical education in present era.
- Misconceptions about physical education
- Relationship of physical education with general education
- Physical education as an art and science

##### Unit-2 Historical development of physical education in India

- Indus valley civilization period (3250 BC- 2500BC)
- Vedic period (2500BC- 600BC)
- Early Hindu period (600BC- 320AD) and later period (320AD- 1000AD)
- Medieval period (1000AD- 1757AD)
- British period (before 1947)
- Physical education in india (after 1947)
- Contribution of Akhadas and Vyayamshals
- Y.M.C.A and its contributions
- SDAT, SAI, NIS and its functions

##### Unit- 3 Principles of physical education

- Biological
  - Growth and development
  - Age and gender characteristics
  - Body types
  - Anthropometric differences
  - *Intelligence, quiescent*
- Psychological
  - Learning types, learning curve
  - Laws and principles of learning
  - Attitude, interest, cognition, emotions and sentiments
- Sociological
  - Society and culture
  - Social acceptance and recognition
    - Leadership
    - Social integration and cohesiveness

#### Unit-4: Theories of learning

- 1) Trial and Error
- 2) Condition response
- 3) Skinner response

#### Unit-5: Foundation of physical education

- Philosophical foundation:
- Idealism, pragmatism, naturalism, realism, humanism, Existentialism and Indian philosophy and culture.
- Fitness and wellness movement in the contemporary perspectives.
- Sports for all and its role in the maintenance and promotion of fitness.

### **Semester –I**

#### **Theory course**

### **BPCC-102 ANATOMY AND PHYSIOLOGY**

#### Unit-1

- Meaning, Need and importance of anatomy and physiology in the field of physical education
- Introduction of cell and tissues
- The arrangement of the skeleton- Axial system& appendicular system - joints of the body and their types.
- Muscular system, components- Types of muscles

#### Unit- 2 Structure and function

- Blood and circulatory system: Function of the blood- blood groups and blood transfusion, clotting of blood,
- Structure of the heart- functions of the heart, circulation of blood, cardiac cycle, blood pressure. Cardiac output.
- The respiratory system: respiratory passage- the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume
- The digestive system: structure and function of the digestive system,

#### Unit- 3 Structure and function

- The excretory system: structure and function of the kidneys and the skin
- The endocrine glands: function of glands pituitary, thyroid, parathyroid, adrenal, and pancreatic.
- Nervous system: function of the autonomic nervous system and central nervous system. Reflex action
- Sense organs: a brief account of the structure and function of the eye and ear.

#### Unit -4

- Definition of physiology and its importance in the field of physical education and sports.
- Properties and functions of skeletal muscles, Properties and types of muscle fiber.
- Fuel for muscular activity
- Nerve control of muscular activity-Neuromuscular junction-Transmission of nerve impulse across it
- Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

#### Unit -5

- Effect of exercise and training on cardiovascular system.
- Effect of exercise and training on respiratory system
- Effect of exercise and training on muscular system
- Physiological concept of physical fitness, warming up, conditioning and fatigue.
- Basic concept of balanced diet- diet before, during and after competitions.

### **Semester 1**

#### **Theory course**

## **BPCC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

### Unit-1 Health Education

- Concept of health ,dimension, spectrum and determinants of health
- Definition of health, health education, health instructions, health supervision
- Aim, objective and principles of health education
- Health service and guidance instruction in personal hygiene

### Unit- 2 Health problems in India

- Communicable and non Communicable diseases
- Obesity ,malnutrition, adulteration in food ,environmental sanitation, explosive population
- Personal and environmental hygiene for schools
- Objective of school health service, role of health education in schools
- Health service-care of skin, nails eye health service, nutritional service, health appraisal, health record, healthful school environment, first-aid and emergency care etc

### Unit-3 Diseases

- Communicable (Malaria, Cholera, Typhoid, Measles, Tuberculosis) – non Communicable (Diabetes, Cancers)- Causes, Signs and symptoms and prevention of Communicable and non Communicable diseases

### Unit -4 Environmental science

- Definition, scope, need and importance of environmental studies
- Concept of environmental education, historical background of environmental education
- Celebration of various days in relation with environment
- Plastic recycling &probaton of plastic bag/cover
- Role of school in environmental conservation and sustainable development

### Unit-5 Natural resources and related environmental issues:

- Water resources, food resource and land resources
- Definition, effects and control measures of:
- Air pollution, water pollution, soil pollution, noise pollution, thermal pollution
- Management of environment and govt. policies, role of pollution control board

### References:

Agarwal,K.C.(2001).Environmental biology. Bikaner: Nidhi publishers Ltd.

Frank,H.&Walter, H.,(1976).Turners school health education. Saint louis: the C.V. Mosby Company.



Nemir , A.(n.d). the school health education. New York:Harber and Brothers.

Odum,E.P.(1971).Fundamental of ecology.U.S.A.:W.B.Saunders Co.

## **Semester I**

### **Theory course**

#### **BPEC-101 OLYMPIC MOVEMENT (ELECTIVE)**

##### Unit-1 Origin of Olympic movement

- Philosophy of Olympic movement
- The early history of the Olympic movement
- The significance stages in the development of the modern Olympic movement
- Educational and cultural values of the Olympic movement

##### Unit-2 Modern Olympic Games

- Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- Olympic protocol for member countries
- Olympic code of Ethics
- Olympic in action
- Sports for All

##### Unit-3 Different Olympic Games

- Para Olympic Games
- Summer Olympic
- Winter Olympic
- Youth Olympic Games

##### Unit-4 committees of Olympic Games

- International Olympic committee- structure and functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and functions
- Olympic medal winners of India

##### Reference:

Osborne, M.P (2004). Magictree house fact tracker: ancient Greece and the Olympic: a nonfiction companion to magic tree house: hour of the Olympic . New York: Random House Books for Young Readers.

Burbank, J.M., Andranovich, G.D.&Heying Boulder, C.H.(2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner.

## **Semester 1**

### **Theory course**

#### **BPEC-102 OFFICIATING AND COACHING (Elective)**

##### Unit-1 Introduction of officiating and coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management , players and spectators
- Measures of improving the standards of officiating and coaching

##### Unit-2 Coach as a leader

- 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

##### Unit-3 Duties of Official

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

##### Unit-4 Qualities and Qualifications of Coach and Official

- Qualities and qualification of coach and official
- Team manager
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA,DA bills
- Integrity and values of sports

##### Unit-5

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

Reference books:

- Bunn, J.W.(1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall
- Bunn, J.W.(1972). Scientific principles of coaching. Englewood cliffs N.J. Prentice Hall
- Dyson, G.H(1963). The mechanics of athletics. London: University of London Press Ltd
- Dyson, G.H(1963). The mechanics of athletics. London: University of London Press Ltd
- Lawther, J.D.(1965). Psychology of coaching. New York: Pre. Hall
- Singer, R.N.(1972). Coaching . athletic & Psychology. New York: M.C. Graw Hill

**Semester -II**

**Theory courses**

**BPCC-201 YOGA EDUCATION**

Unit-1 Introduction

- Meaning and definition of yoga
- Aims and objectives of yoga
- Yoga in Early Upanisads
- The yoga sutra: General consideration
- Need and importance of yoga in physical Education and sports

Unit-2 Foundation of yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Dharana, Dhayana and Samadhi
- Yoga in the Bhagavadgita- Karma Yoga, Jnana Yoga and Bhakthi Yoga.

Unit-3 Asanas

- Asanas- Definition, and pranayama on various systems of the body
- Classification of asanas with special reference to physical education and sports, Techniques and benefits of various asanas
- Influence of relaxative , meditative posture on various systems of the body

Unit-4

- Types of Bandhas and Mudras
- Types of Kriyas, Techniques and benefits of various types of Kriyas
- Pranayama and Kriyas

#### Unit-5 Yoga Education

- Therapeutic uses of yoga
- Difference between yogic practices and physical exercises
- Yoga education centres in India and abroad
- Competitions in yogasanas asana towards reduction of the emotional disturbances like, tension, anxiety, stress etc.

#### References:

Brown,F,Y.(2000). How to use yoga.Delhi:Sports Publication

Gharote,M.L.&Ganguly,H.(1988). Teaching methods for yogic practices. Lonawala: Kaixydahmoe.

Rajjan,S.M.(1985).yoga strengthening of relaxation for sports man. New Delhi:Allied Publishers.

Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.

Shekar,K.C.(2003). Yoga for health. Delhi: Khel Sahitya

### **Semester-II**

#### **Theory Courses**

### **BPCC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION**

#### Unit-1 Introduction

- Education and Education Technology-Meaning and Definitions
- Types of Education-Formal, Informal and Non-formal education.
- Educative Process
- Importance of Devices and Methods of Teaching.

Unit-2 Teaching – Nature , objectives, characteristics and requirement.

- Teaching Technique-Lecture method, command method, Demonstration method, Imitation method, project method etc..
- Teaching Procedure-Whole method, Whole- part- Whole method, part-whole method.
- Presentation Technique- Personal and technical preparation
- Command-Meaning, Types and its uses in different situations.

#### Unit-3 Teaching Aids

- Teaching Aids-Meaning, Importance and its criteria for selecting aids.
- Teaching aids- Audio aids, Visual aids, audio- visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc..
- Team Teaching –Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.

#### Unit-4 Lesson Planning and Teaching Innovations

- Lesson Planning- Meaning, Type and principles of lesson plan.
- General and specific lesson plan.
- Micro Teaching- Meaning, Types and steps of micro teaching.
- Simulation Teaching- Meaning, Types and steps of simulation teaching.

#### Unit-5 Evaluation

- Meraning, Nature, procedures of evaluation.
- Evaluation system of teaching
- Score cards method
- e- learning

#### REFERNCES:

- Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of sons.
- Bhatia, &, (1959).The principles and methods of teaching. New Delhi: Doaba House.
- Kochar, S.K. (1982). Methods and technique of teaching. New Delhi: Sterling publishers Pvt .Ltd.
- Sampath, K.,Pannirselvam, A. & Santhanam, S. (1981). Introdution to educational technology. New Delhi: Sterling Publishers Pvt.Ltd.
- Walia,J.S (1999).Principles and methods of education. Jullandar: Paul Publishers.

## **BPCC-203 ORGANIZATION AND ADMINISTRATION**

### Unit-1: Organization and administration

- Meaning and importance of organization and administration in physical education.
- Qualification and Responsibilities of Physical Education teacher and pupil leader.
- Planning and their basic principles,
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, Organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

### Unit-2: Office Management, Record, Register & Budget

- Office Management: Meaning, definition, functions and kinds of office management.
- Records and Registers: Maintenance of attendance Register, stock Register, Cash Register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making,
- Criteria of a good Budget, sources of Income, Expenditure, Preparation of Budget.

### Unit-3: Facilities, & Time- Table Management

- Facilities and equipment management: Types of facilities Infrastructure –indoor, outdoor.
- Care of school building, Gymnasium, swimming pool, play fields, play grounds.
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and factor affecting time table.

### Unit-4: Competition Organization

- Importance of Tournament
- Types of Tournament and its organization structure- Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramurals & extramural tournament planning.

### Unit-5 Organisation and Recreational activity

- Recreation-Definition, Scope and Significance – Philosophy and objectives
- Relationship of play, work, leisure and Recreation.
- Agencies offering recreation- Home, Governmental, voluntary, private and commercial Agencies.

### REFERENCES:

Broyles, F.J. & Rober, H.D.(1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.

Bucher, C.A. (1983). Administration of physical education and Athletic programme. St. Lolis: The C.V Hosby Co.

Kozman, H.C. Cassidy, R.& Jackson, C.(1960).Methods in physical education. London: W.B.Saunders Co.

Pandy, L.K.(1977). Methods in physical Education. Delhi:Metropolitan Book Depo.

Sharma, V.M. & Tiwari, R.H.: (1979).Teaching methods in physical education. Amarvati: Shakti publication.

## **Semester-II**

### **Theory courses**

#### **BPEC-201 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS(ELECTIVE)**

##### Unit-1 Concept Of physical Education and Fitness

- Definition ,aims , and objectives of physical education, fitness and wellness
- Importance and scope of fitness and wellness
- Modern concept of physical fitness and wellness
- Physical education and its relevance in inter disciplinary context

##### Unit-II Fitness and Lifestyle

- Fitness-types of fitness and components of fitness
- Understanding of fitness
- Modern lifestyle and hypo kinetic disease-prevention and management
- Physical activity and health benefits

##### Unit-III Wellness and Lifestyle

- Meaning, Definition and Scope of wellness
- Concept and Components of wellness
- Dietary guidelines of good health- health promotion and diseases prevention- Nutrition
- Issues related to body image, stress management, mental health, wellness through out life- healthy aging.

##### Unit-IV Principle of Exercise Program

- Means of fitness development-aerobic and anaerobic exercise

- Exercise and heart rate zones of various aerobic exercise intensities
- Concept of free weight Vs machine, sets, and repetition etc
- Concept of designing different fitness training program for different age group

#### Unit-V Safety Education and Fitness Promotion

- Health and safety in daily life
- First aid and emergency care
- Common injuries and their management
- Modern life style and hypo-kinetic disease-prevention and management

#### References:

Difiore,J.(1998). Complete guide to postnatal fitness. London:A&C Black.,

Giam,C.K&The ,(1994).sport medicine exercise and fitness. Singapore:P.G. Medical Book

Mcglynn,G.,(1993).Dynamics of fitness. Madison:W.C.B Brown,

Sharkey B.J.(1990). Physiology of fitness, Human Kinetics Book

## Semester II

### Theory courses

#### **BPEC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)**

##### Unit-I Introduction to Sports Nutrition

- Meaning and definition of Sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan

##### Unit-II Nutrients:Ingestion to energy metabolism

- Carbohydrates,Protein,Fat-Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals,Water-Meaning,classification and its function



- Role of hydration during exercise, water balance, Nutrition-daily caloric requirement and expenditure.

#### Unit-III Nutrition and Weight Management

- Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management
- Concept of BMI(Body mass index), Obesity and its hazard, Myth of Spot reduction, dieting versus exercise for weight control, Common Myths about Weight Loss
- Obesity-Definition, meaning and types of obesity,
- Health risks Associated with Obesity, Obesity-Causes and Solutions for Overcoming Obesity.

#### Unit-IV Steps of planning of Weight Management

- Nutrition-Daily calorie intake and expenditure, Determination of desirable body weight
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss

#### References:

Bessesen, D.H.(2008). Update on obesity. *J Clin Endocrinol Metab.* 93(6), 2027-2034.

Butryn, M .L., Phelan , S., & Hill, J.O.(2007). Consistent self- monitoring of weight : a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091-3096.

*Obstet Gynecol*, 197(3), 223-228.

DeMaria, E.J.(2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.

Dixon, J.B., O'Brien, P.E., Playfair, J.(n.d). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323

### **SEMESTER-III**

#### **Theory Courses**

#### **BPCC-301 SPORTS TRAINING**

##### Unit-I Introduction to Sports Training

- 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

#### Unit-II Training Components

- Strength –Mean and Methods of Strength Development
- Speed- Mean and Methods of Speed Development
- Endurance- Mean and Methods of Endurance development
- Coordination- Mean and Methods of coordination Development
- Flexibility-Mean and Methods of Flexible Development

#### Unit-III Training Process

- Training Load-Definition and Types of Training Load
- Principles of Intensity and volume of stimulus

#### Unit-IV Training programming and planning

- Periodization – Meaning and types of periodization
- Aim and content of periods –preparatory, Competition , Transitional etc.
- Planning- Training season

#### Unit-V

- Talent identification and growth development
- Technical Training-Meaning and Methods of Technique Training
- Tactical Training- Meaning and Methods of Tactical Training

#### Reference:

Dick, W.F.(1980).Sports training principles.London:Lepus Books.

Harre,D.(1982).Principles of sports training. Berlin:Sporulated.

Jensen,R.C.& Fisher,A.G.(1979). Scientific basis of athletic conditioning. Philadelphia:Lea and Fibiger, 2<sup>nd</sup> Edn.

Matvyew,L.P.(1981).Fundamentals of sports training. Moscow:Progerss Publishers.

Singh, H .(1984).Sports training, general theory and methods. Patials:NSNIS.

Uppal, A.K.,(1999).Sports Training. New Delhi:Friends Publication.

## **Semester-III**

### **Theory course**

#### **BPCC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION**

##### **Unit-I: Introduction to Computer**

- 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

##### **Unit-II: MS WORD**

- Introduction to MS Word – Need of MS Word in physical education
- Creating file, opening and document Saving
- Formatting Editing Features Drawing table,
- Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes
- Utilities of MS Word; Sorting – Word art - Converting table to text and text to table – Mail merge

##### **Unit-III: MS Excel**

- Introduction to MS Excel – Need of MS Excel in analysis of data
- Creating opening spread sheet and saving file
- Format and editing features adjusting columns width and row height understanding charts.
- Creating formulas – Data analysis
- Construction of Graphical representation: Bar diagram- Pie diagram- Line graph

##### **Unit-IV: MS Power Point**

- Introduction to MS Power Point – Need of MS Power Point in Physical Education
- Creating , Saving and opening a ppt. File
- Format editing features slide show, design, inserting slide number picture, graph, table
- Preparation of power point presentations
- Animation: Meaning- Method of Preparation- Impact in presentation

##### **Unit – V Statistical Packages**

- SPSS: Statistical Package for Social Sciences: Need of Statistical Packages,
- Brief about SPSS- Applications in Physical education-
- Data entry- Editing data- format of data- Data structure
- Analysis of Basic statistics – Descriptive: Mean-Median-Variance-Standard deviation
- Import and Export of Data and results to Excel

References:

Irtegov, D.(2004).Operating system fundamentals. Firewall Media .

Marilyn , M.& Roberta, B.(n.d).computers in your features.2<sup>nd</sup> Edn, India Prentice Hall.

Milke,M.(2007). Absolute beginner's guide to computer basics . Pearson Education Asia.

Sinha, P.K.& Sinha ,P.(n.d.).computer fundamentals . 4<sup>th</sup> Edn, Bpb publication.

### **Semester-III**

#### **Theory courses**

#### **BPCC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY**

##### **UNIT-I:**

- Meaning, Importance and scope of Educational and Sports Psychology.
- General characteristics of various stages of growth and development.
- Types and nature of individual differences: Physical and Body type
- Heredity and environment: Factors affecting
- Psychomotor- Meaning - Components – Psychomotor and performance

##### **UNIT-II**

- Personality: Meaning -characteristics of personality- Dimension- types of personality
- Motivation: Meaning - Types: Intrinsic- Extrinsic– Effects of Motivation on sports performance.
- Anxiety: Meaning – Types – Sources-, Stress: Meaning- Types, Arousal and sports performance.
- Aggression: Meaning – Nature – Role of Aggression in sport
- Measures of psychological aspects: personality – Motivation- Anxiety: general-competition,

##### **UNIT-III:**

- Practice: Methods of Practice: Mass – Distributed: Factors affecting practice
- Perception : meaning – Types of perception- Factors affecting perception
- Meaning of Kinesthetic- Importance of kinesthesia in sport
- Feedback – Types of feedback, Knowledge of results , Retention and Forgetting
- Measures of coordinative abilities: Perception – Eye hand coordination - Reaction time

#### **UNIT-IV :**

- Sociology : Meaning – Need and Importance – Scope of sociology
- Sport sociology: Meaning- Need and Importance – Scope of sport sociology
- Socialization: Meaning – Types of Socialization institution -Sport as Socialization institution
- Group: Meaning – Types of groups: primary- Secondary –Territory. Cohesiveness
- Measures of sociological aspects: sociability- sociogram – cohesiveness

#### **UNIT –V**

- Women participation in sport: History – development- Gender issues in sport
- Leadership: Meaning- Types of Leadership- Leadership qualities – Leadership and sport
- Culture : Meaning – Issues of culture in sport - Culture development through sport
- Media : Types of media – role of media in sport – Sport as a Media
- Measures of socio-psychological aspects: leadership – socio economic status – Adjustment

#### **References:**

Ball, D.W. & Loy J.W (1975). Sport and social order: Contribution to the sociology of sport. London: AddisonWesely Publishing Co., Inc.

Blair,J& Simpson, R(1962). Educational Psychology, New York:McMillan Co.

Cratty, B.J.(1968)Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.

Kamlaesh, M.L.(1998). Psychology in physical education and sport. New Delhi:Metropolitan Book Co. Loy, J.W.,Kenyon, G.S.& McPherson, B.D.(1978). Sport and Social system. London: Addison Wesley publishing company Inc.

Loy,J.W., Kenyon, G.S. & McPherson, B.D.( 1981). Sports culture and society. Philadelphia: Lea &Febiger.

Mathur,S.S., (1962). Education psychology.Agra VinodPustakmndir.

Skinnner,C.E.,(1984). Education Psychology. New Delhi:Practice Hall of India

## **Semester-III**

### **Theory Courses**

#### **BPEC-301SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)**

##### **UNIT-I: Sports medicine**

- Sports Medicine: Meaning, Definition, Need & Importance of Sports Injury Management in the field of physical education.
- Athletes care & Rehabilitation: Contribution of Physical Education Teachers & coaches.
- Prevention of sports injuries in sports -Common sports Injuries and-Diagnosis .

##### **Unit -II First Aid**

- First Aid-Treatment- Laceration- Blisters-Contusion-Strain-Sprain-Fracture
- Dislocation and Cramps-Trapping and supports.
- CPR technique.

##### **UNIT-III: Physiotherapy:**

- Definition- Guiding principles of Physiotherapy, Need & Importance of Physiotherapy-Hydrotherapy:
- Introduction and demonstration of treatment of Cry therapy-Thermotherapy-Contrast Bath-Whirlpool Bath-Stream Bath-Sauna Bath- Hot Water Fomentation.

##### **UNIT-IV: Electrotherapy and bandages:**

- Electrotherapy-Infrared Rays-Ultraviolet Rays-Short wave Diathermy-Ultrasonic Rays. Bandages- Types of Bandages.
- Massage: History of Massage- Classification of Manipulation(Swedish System) physiological effect of Massage.

##### **UNIT-V: Therapeutic exercise:**

- Definition and scope-Principles of Therapeutic Exercise – Classification,
- Effects and uses of Therapeutic exercise- passive movements (Relaxed, Forced and Passive stretching) - Active movements(concentric, Eccentric and static)
- Stretching exercises(isotonic isometric and isotonic)

##### **References:**

Christine, M.D.,(1999). *Physiology of sports and exercise*.USA: Human Kinetics.

Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds), *Essentials of Strength Training and Conditioning* (pp. 73-90). Champaign, IL: Human Kinetics.

David, R.M.(2005).*Drugs in sports*, (4<sup>th</sup> Ed). Routledge Taylor and Francis Group.

Hunter, M.D.(1979). A dictionary for physical educators. In H.M. Borrow & R.McGee,(Eds), *A practical approach to measurement in physical education* (pp. 573-74) Philadelphia:Lea & Febiger.

Jeyaparkash, C.S., *Sports Medicine*,J.P. Brothers Pub., New Delhi.2003.  
Khanna,G.L.,(1990). *Exercise Physiology & sports medicine*. Delhi:Lucky Enterprises.

Mathew, D.K. & Fox, E.L,(1971). *Physiological basis of physical education and athletics*. Philadelphia:W.B Saunders Co.

Pandey,P.K.,(1987).*Outline of sports medicine*, New Delhi:J.P.Brothers Pub.  
Williams,J.G..P(1962). *Sports medicine*. London: Edward Arnold Ltd.

### **Semester- III**

#### **Theory of courses**

#### **BPEC- 302 CURRICULUM DESIGN (Elective)**

##### Unit-I modern concept of the curriculum

- Need and importance of curriculum, need and importance of curriculum development, the role of the teacher in curriculum development.
- Factors affecting curriculum- social factors – personal qualifications – climatic consideration – equipment and facilities – time suitability of hours.
- National and professional policies, research findings

##### Unit –II

- Focalization
- Socialization
- Individualization
- Sequence and operation

- Steps in curriculum construction.

#### Unit –III

- 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

#### Unit –IV

- 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.

### **Semester –IV**

#### **Theory courses**

#### **BPCC -401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

##### Unit-I Introduction to test& measurement & evaluation

- Meaning of test & measurement & evaluation in physical education
- Need and importance of test & measurement & evaluation in physical education
- Principles of evaluation

##### Unit –II Criteria for administration of test

- Criteria of good test.
- Criteria of tests, scientific authenticity (reliability, objectivity, validity, and availability of norms)

##### Unit-III classification of test

- Type and classification of test
- Administration of test, advance preparation – duties during testing – duties after testing.



#### Unit-IV

- AAHPER Youth fitness test
- National physical fitness test
- Indiana motor fitness test
- JCR test
- U.S. Army physical fitness test

#### Unit – V

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I volleyball test
- S.A.I hockey test

### **Semester-IV**

#### **Theory Courses**

#### **BPCC-402 KINESIOLOGY AND BIOMECHANICS**

##### Unit –I

- Kinesiology: Meaning and Definition – Need of Kinesiology in sports Training
- Terminology of Fundamental Movements: Flexion- Extension – Adduction- Abduction- Rotation- Medial and Lateral rotation- Inversion- Eversion- Circumduction
- Planes of motion – Frontal –Sagittal- Transverse, Axis: Anatomical- Mechanical
- Motion: Desired and undesired motion
- Posture- Meaning, Types: Ideal-Optimal-Deviational, Importance of good posture.

##### Unit –II

- Classification of joints and muscles: Multi joint muscle
- Kinesiology based grouping of muscles: Flexors- extensors- adductors- abductors
- Origin and Insertion of muscle: Meaning-Need

- Muscle contraction: Meaning - Types of muscles Contractions: Isometric-Isotonic-Isokinetic
- Angle of Pull, All or None Low, Reciprocal innervation

#### Unit-III Mechanical concepts

- Biomechanics: Meaning- Definition- History -Sport biomechanics: meaning and definition
- Need of Biomechanics in sporttraining and prevention of injury
- Biomechanical concepts: Velocity - Acceleration -Angular velocity -Angular acceleration -Mass -Force -Pressure -Gravity -Centre of gravity -Friction -Work -Power -Energy- Kinetic energy -Potential energy -Torque
- Recent trends in mechanical analysis of sport skills: Video analysis
- Measures of Biomechanical concepts: Energy - Power - Velocity - Force

#### Unit - IV

- Force:- Meaning - definition - Characteristics - Force platform: Meaning and Uses in sport training
- Lever-Meaning, definition- types of lever - Mechanical advantage
- Motion: Types: Linear-Rotatory, Laws of motion
- Equilibrium : Meaning - types of equilibrium : Stable- Neutral- Unstable , Factors affecting equilibrium
- Projectile -Factors influencing projectile trajectory.

#### Unit- V

- 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.
- Application of mechanical principles in sport

#### Reference:

Bunn, J.W.(1972).Scientific principles of coaching. Englewood Cliffs, N.J.: Prentice Hall Inc.

Hay , J.G.& Reid , J.G. (1982) The anatomical and mechanical basis of human motion. Englewood Cliffs, N.J.: Prentice Hall Inc

Hay , J.G.& Reid , J.G. (1988) Anatomy , mechanics and human motion. Englewood Cliffs, N.J.: Prentice Hall Inc.

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

## Semester-IV

### Theory Courses

#### **BPCC -403 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION**

##### Unit-I

- Research : Definition - Meaning and Characteristics of Research
- Need and Importance and Scope of Physical Education and Sports.
- Classification and Methods of Research - Research Ethics
- Research Problem :Criteria for selecting and locating research problem
- Hypothesis: Meaning - formulation of Hypothesis – Types of hypothesis

##### Unit-II

- Sampling: meaning of sample- types of sample
- Research design:- meaning – need of research design- features
- Experimental research- Meaning – Need of experimental research
- Historical research: Meaning- collection of data: Primary and secondary source
- Survey : case study – Need of case study

##### Unit - III

- Related Literature: Need of related literature in research -sources
- Tools of Research – Questionnaire- Construction of questionnaire, Interview: types of interview
- Reliability : Instrument reliability – Meaning – Need and importance
- Research Proposal: Meaning –Important aspects - Significance of Research Proposal.
- Research Reports: Format in Physical Education: Introduction- literature survey- Methodology- Analysis – Summary and Conclusions –Format of bibliography

##### Unit-IV 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-V

- 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

- Graphical representation: Need and importance in research- Types: Bar diagram- line graph  
- Pie Diagram

#### References:

Best, J.W. (1963). Research in education. U.S.A.: Prentice hall.

Bompa , T.O.& Haff, G.G.(2009). Periodization: theory and methodology of training, 5<sup>th</sup> ed. Champaign, IL: Human Kinetics.

Brown , L.E.,& Ferrigono, V.A.(2005). Training for speed, agility and quickness, 2<sup>nd</sup> ed. Champaign, IL: Human Kinetics.

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: Human Kinetics.

Carl, E.K.,& Daniel,D.A. (1969). Modern principles of athletes training .St. Louis: St .Louis's Mosby Company.

### **Semester-IV**

#### **Theory courses**

#### **BPEC-401 THEORY OF SPORTS AND GAMES (ELECTIVE)**

##### UNIT-I INTRODUCTION

General Introduction of specialized games and sports-

- Athletic,
- Aquatics
- Badminton,
- Basketball,
- Cricket,
- Football,
- Gymnastic,
- Hockey,
- Handball,
- Kabaddi,
- Kho-Kho,
- Tennis,
- Volleyball and
- Yoga

Each game or sports to be dealt under the following heads

- History and development of the game and sports, dimensions and marking
- Ground preparation, dimensions and marking
- Standard equipment and their specifications
- Ethics of sports and sportsmanship

UNIT-II Scientific Principles of coaching: (particular sports and game specific)

- Motion- Types of motion and displacement, speed, velocity, Acceleration, distance and Newton's law of motion.
- Force-Friction, Centripetal and centrifugal force, Principles of forces.
- Equilibrium and its types
- Lever and its types
- Sports training- Aims, Principles and characteristics.
- Training load- Components, Principles of load, Over Load(cause and symptoms)

UNIT-III Physical fitness components: (particular sports and game specific)

- Speed and its types
- Strength and its types
- Endurance and its types
- Flexibility and its types
- Coordination ability and its types
- Training methods: - Development of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek/ speed play and weight training)

UNIT-IV Conditioning exercises and warming up.

- Concept of Conditioning warming up
- Role of weight training in games and sports.
- Teaching of fundamental skill& their mastery (technique, tactic and different phases of skill acquisition)
- Recreational and Lead up games
- Strategy – Offence and defence, Principles of Offence and defence

### **Semester-IV**

#### **Theory courses**

## **BPEC-402 SPORTS MANAGEMENT**

### Unit-I

- Nature and concept of sports management.
- Progressive concept of sports management
- The purpose and scope of sports management
- Essential skills of sports management
- Qualities and competencies required for the sports manager.
- Event management in physical education and sports

### Unit-II

- Meaning and definition of leadership
- Leadership style and method
- Elements of leadership
- Forms of leadership
  - Autocratic
  - Laissez-faire
  - Democratic
  - Benevolent dictator
- Qualities of administrative leader

### Unit-III

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

### Unit-IV

- sports management in schools, colleges and university
- factors affecting planning
- planning a school of college sports programme
- directing of school or college sports programme
- controlling a school, college and university sports programme.
  - Developing performance standard
  - Establishing a reporting system
  - Evaluation
  - The reward/ punishment system

## Unit-V

- Financial management in physical education & sports in schools, colleges and universities
- Budget – importance, criteria of good budget,
- Steps of budget marking
- Principles of budgeting

## Reference

Ashton, D (1968) *Administration Of Physical Education For Women*. New York: the ronah press CL.

Bucher, C.A *Administration Of Physical Education and athletic programme*. 7<sup>th</sup> edition, St. Louis: the C.V mosby co

## **Part – B -Practical Courses**

### **Semester – 1**

#### **BPPC – 101 Track and field:**

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

##### Relays: Fundamental Skills

- Various patterns of Baton Exchange.
- Understanding of Relay Zones.
- Ground Marking.
- Interpretation of Rules and Officiating.

#### **BPPC-102**

##### **Gymnastics: Floor Exercise**

- Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.
- Vaulting Horse.
- Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

## **BPPC-102**

### **Aquatics -Swimming: Fundamental skills**

- Entry into the pool.
- Developing water balance and confidence.
- Water fear removing drills.
- Floating – Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes.
- Body position, Leg, Kick, Arm pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Introduction of various strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

## **BPPC-102**

### **Shooting: Fundamental skills .**

- Basic stance, grip, holding rifle/ pistol, aiming target.
- Safety issues related to rifle shooting.
- Rules and their interpretations and duties of officials  
(Any one out of there)

## **BPPC-103 Indigenous sports:**

### **Kabaddi: Fundamental Skills**

- Skills in Raiding- Touching with hand, various kicks, crossing of baulk line, crossing of Bonus line, luring the opponent to catch, pursuing.
- Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.



- 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.
- Ground Marking, Rules and Officiating.

### **BPPC-103**

#### **Malkhambh and Light Apparatus:**

- Lathi-Two counts exercise, four count exercises, eight count exercise, sixteen count exercises.
- GhatiLezuim – AathAawaaz, Bethakawaaz, Aagepaon, Aagekadam, Do pherawaaz, chaupherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.
- Mass P.T. Exercises – two count, four count and eight count exercises.
- Hindustani Lezium – Char Awaaz, EKJagah, AanthiLagaav, pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.
- Drills and Marching.
- Malkhamb – salaami, Holding, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.
- Rope Malkhamb- Salaami, Padmasanachadh, katiband 1-2, sadiadhi,rikebpakkad, rikebpagniadhi, kamaradhi, nakkikasadhi, kamaradhi, nakkikasadhi,urubandhtedhi sadibagli. Do hatibagli, kamarbandhbagli, nakkikasbagli, dashrange, hanuman pakad, gurupakkad, various padmasana, landing.

### **BPPC - 104**

#### **Kho – Kho:**

- 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, judgement in giving kho, rectification on foul.
- Skills in running- zig zag 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.
- Ground Marking.
- Rules and their interpretations and duties of officials.

### **BPPC-104**

#### **Dumbbells/Wands/ Hoops/ Umbrella/ Tipri: Fundamentals skills**

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand – at – ease with apparatus/ light apparatus

- Exercise with visible command, drum, whistle and music – two count, four count, eight count and sixteen count.
- Standing exercise
- Jumping exercise
- Moving exercise
- Combination of above all

**Semester – II**  
**BPPC-201**  
**Track and field**

**Athletics:      Jumping events**

- High jump, Broad Jump, Triple Jump and Pole Vault- Different techniques.
- Approach run.
- Take off
- Clearance over the bar/ Flight phase
- Landing

**BPPC-202**

**Gymnastics:**

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

- Dismount

## **BPPC-202**

### **Yoga:**

- Surya Namaskara,
- Paranyams
- Corrective asanas
- Kriyas
- Asanas
  - Sitting
  - Standing
  - Laying prone position
  - Laying spine position

## **BPPC-202**

### **Aquatics -Swimming:**

Introduction of water polo game

- Fundamental skills
- Swim with the ball
- Passing
- Catching
- Shooting
- Goal keeping
- Rules of the game and responsibility of official

Introduction of diving sports

- Basic diving skill from spring boards
- Basic diving skill from platform

## **BPPC-202**

### **Aerobics: introduction of aerobics**

- Rhythmic aerobics- dance
- Low impact aerobics
- High impact aerobics
- Aerobics Kick boxing
- Posture-warm up and cool down
- THR zone- being successful in exercise and adaptation to aerobic work out

### **BPPC- 203**

#### **Badminton: fundamental skills**

- Racket parts, racket grips, shuttle grips
- The basic stances.
- The basic strokes- serve, forehand- overhead and underarm, backhand- overhead and underarm.
- Drills and lead up games
- Types of games- singles, doubles, including mixed doubles
- Rules and their interpretations and duties of officials

### **BPPC-203**

#### **Table tennis: fundamental skills**

- The grip- the Tennis grip, pen holder grip
- Service- forehand , backhand side spin, high toss
- Strokes- puss, chop, drive, half volley, smash, drop shot, balloon, flick shot, loop drive
- Stance and ready position and foot work
- Rules and their interpretations and duties of officials

### **BPPC-203**

#### **Squash - fundamental skills**

- Service- underhand and over hand
- Service reception
- Shot- down the line, cross court
- Drop
- Half volley
- Tactics- defensive, attacking in game
- Rules and their interpretations and duties of officials

### **BPPC-203**

#### **Tennis: fundamental skills**

- Grips- Eastern forehand grip and back hand grip, western grip, continental grip, chopper grip.
- Stance and foot work
- Basic ground strokes- forehand drive, backhand drive
- Basic serve.
- Basic volley
- Overhead volley.
- Chop
- Tactics- Defensive, attacking in game.
- Rules and their interpretations and duties of official

### **Semester –III**

#### **BPPC- 301**

##### **Track and field (throwing events)**

- Discus throw, javelin throw, hammer throw, shot-put
- Basic skills and techniques of the throwing events
- Ground marking/ sector marking
- Interpretation of rules and officiating
- Grip
- Stance
- Release
- Reserve/ (follow through action)
- Rules and their interpretations and duties of officials

#### **BPPC-302**

##### **Boxing- Fundamental skills**

- player stance
- stance- Right hand stance, left hand stance .
- footwork- attack, defense.
- Punches- Jab, cross, hook, upper cut, combinations.
- Tactics- toe to toe, counter attack, fighting in close, feinting
- Rules and their interpretations and duties of officials

#### **BPPC-302**

##### **Martial art- Klaripayatuu**

##### **Fundamental skills**

**Vaithari,**

**Maipayattu,**

**Ketteharipayattu,**

**Ceruvadi payattu,**

**Basic training of arms**

### **Karate: fundamental skills**

- Player stances – Walking, hand positions, front- learning, side- fighting.
- Hand technique – punches (from of a punch, and reverse punch), blocks (eight basic)
- Leg technique- snap kicks, stretching straight leg, thrust kicks, round house.
- Forms- The first cause katas.
- Self defence - Against punches, graps and strikes, against basic weapons (knife, club, sticks)
- Sparring- one step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks)
- Rules and their interpretations and duties of officials

### **BPPC-302**

#### **Taekwondo - fundamental skills**

- Player stances – walking, extending walking, I stance, cat stance.
- Fundamental skill-sitting stance punch, single punch, double punch, triple punch.
- 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).
- Poomsae (forms) –jang, yi jang, sam jang, sa jang,o jang, jook jang,chiljang, pal jang (fundamental movement- eye control, concentration of spirit, speed control,strength control, flexibility,balance,variety in techniques)
- Sparring (kyorugi)- one step sprring (hand techniques, foottechniques, self defense techniques, combination kicks), free sparring.
- Board breaking (kyokpa)- eye control, balance,power control, speed,point of attack.
- Rules and their interpretations and duties of officials.

## **BPPC-302**

### **Judo: Fundamental skills**

- Rei (salutation)-Ritsurei (Salutation in Standing Position),Zarai (Salutation in The Sitting Position)
- Kumi Kata (Methods of holding Judo costume)
- Shisei (Posture in Judo)
- Kuzushi (Act of Disturbing The opponent Posture )
- Tsukuri and kake (Preparatory action for attack)
- UKemi (Break fall),Mae MawariUKemi (Front Rolling break fall)
- 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 )
- Nage Waze (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),SKata Gtame(Shoulder hold),Kami Shihogatama (Locking of upper four quarters),Method of escaping from each hold

## **BPPC – 302**

### **Wrestling: fundamentals**

- Take downs, leg tackles, arm drag
- Counters for take downs, cross face, whizzer series
- Escapes from under- sit- out turn in tripped
- Counters for escapes from under- basic control back drop, counters for stand up
- 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 lock series. Double arm lock roll, cridge.
- Standing wrestling – head under arm series, whizzer series.
- Referees positions

## **BPPC- 302**

### **Fencing: fundamental skills**

- Basic stance – on – guard position (feet and legs)
- Foot work – advance, retire, lunge, step- lunge
- Grip – hold a foil correctly, etiquette – salute and handshake to coaches and partners
- Hit a target (glove, mask, person) at riposte distance
- Lunge from an on- guard position
- Attack – simple attacks from sixty – direct, disengage, double attack, compound attacks  
high line – one – two and cut – over disengage, cut – over attack, low line attacks
- Semi circular parries – octave and septime
- Understand the layout of a piste.
- Compound or successive parries
- Lateral parry and direct riposte.
- Fence about – judges etc. Salutes and handshakes
- Rules and their interpretation and duties of officials.

### **BPPC – 303 Team games**

#### **Base ball fundamental skills**

- Player stances- walking, extending walking, l stance, cat stance.
- Grip – standard grip, choke grip
- Batting – swing and bunt.
- Pitching
- Baseball: slider, fast pitch, Curve ball, drop ball, rise ball, change up, knuckle ball, screw ball.
- Softball : windmill, sling shot
- Starting position: wind up, set
- fielding  
catching: basic to catch fly hits, rolling hits,  
throwing : over arm, side arm
- basic running  
base running: single, double, triple, home run,  
sliding: bent leg slide, hook slide, head first slide.
- Rules and their interpretations and duties of officials

### **BPPC 303**

#### **Netball : fundamental skills**

- Catching: one handed, two handed, with feet grounded, in flight.



- Throwing(different passes and their uses): one handed passes (shoulder, high shoulder, under arm , bounce, lob) two handed passes ( push, overhead, bounce)
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hand; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed
- Defending: marking the player: marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials

### **BPPC 303**

#### **Cricket: fundamental skills**

- Batting- forward and backward defensive stroke
- Bowling – simple bowling techniques
- Fielding – defensive and offensive fielding
- Catching- high catching and slip catching
- Stopping and throwing techniques
- Wicket keeping techniques
- Rules and their interpretations and duties of official

## **BPTP – 201 Teaching practices**

10 teaching practice lessons out of which 5 lessons in classroom situation and 5 lessons for out-door activities with in premises on the students of B.P.Ed course.

**BPTP – 301 Teaching practices:**

10 teaching lesson plans for Racket sport/ team games/ indigenous sports out of which 5 lessons internal and 5 lessons external at school.

**BPTP – 401 sports specialization: Track and field/ Gymnastics / Swimming**

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

**BPTP – 402 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 on the students of practicing school as a games specialization of any discipline mentioned above)

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				

Reg. No: .....

Name: .....

I Semester B.P.Ed. Degree Examination, December 2015

BPCC-101: HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Time: 3 Hours

Maximum: 70 marks

Instruction: 1) Attempt any **three** questions from Part A and **three** questions from Part B.

2) **Ten** questions from Part C.

**Part A**

1. Define Physical Education. Explain the aims and objectives of Physical Education. 15
2. Briefly explain the historical development of physical education in India before independence. 15
3. Describe the philosophical principle of physical education. 15
4. "Physical education is an Art and Science." Justify 15
5. Define learning. Explain Laws and principles of learning. 15
6. Briefly explain the different theories of learning. 15

**(3x15=45)**

**Part B**

7. Aspects of Philosophy 5
8. Contributions of SAI 5
9. Attitude and interest 5
10. Difference between Growth and development 5
11. Classification of Body types 5
12. Learning curve 5

**(3x5=15)**

**Part C**

13. Tara Chand committee was formed during the year  
a. 1949                      b. 1950                      c. 1948                      d. 1947                      1

14. Measurement of great bath was.....
- a. 18x7x2.5m                      c. 18.5x7x2.5m  
b. 18x8x2.5m                      d. 18x7.5x2.5m                      1
15. What is Hammam
- a. Bathroom                      b. swimming pool  
c. Music School                      d. Oil Room                      1
16. First Asian Games were held at
- a. Tokyo                      b. Delhi                      c. Bangkok d. Doha                      1
17. NSNIS was formed during the year                      1
- c. 1962                      b. 1963                      c.1961 d. 1960
18. First Physical Education College in India.                      1
- a. Madras                      b. Gwalior  
d. Thiruvananthapuram                      d. Patiala
19. For the development of indigenous activities .....was formed in 1914.                      1
- a. Akhadas                      c. Rajkumari Sports Coaching Scheme  
b. Hanuman Vyayam Prasarak Mandal d. None of these                      1
20. National fitness Cops was set up in
- a. 1965                      b. 1964                      c. 1966                      d.1956                      1
21. Trial and Error theory of learning
- a. Pavlov                      b. Kohler  
c. Thorndike                      d. Skinner                      1
22. Nalanda and Taxila Universities are formed
- a. Later Hindu Period                      b. Early Hindu Period  
c. Vedic Period                      d. Medieval Period                      1
23. Who is the Grandfather of Indian Gymnasium Movement
- a. Samath Ramdas Swami                      b. Akhil Mahajan  
c. H.C Buck                      d. General Bhonsle                      1
24. AICS was formed during the year
- a. 1954                      b. 1956                      c. 1955                      d. 1953                      1

(10x1=10)

.....

Reg. No: .....

Name: .....

I Semester B.P.Ed. Degree Examination, December 2015

**BPCC-102: ANATOMY AND PHYSIOLOGY**

Time: 3 Hours

Maximum: 70 marks

Instruction: 1) Attempt any **three** questions from Part A and **three** questions from Part B.  
2) **Ten** questions from Part C.

**Part A**

1. Explain the structure and function of skin. 15
  2. Explain the structure and function of cell organelles with a neat labeled diagram. 15
  3. Define joint and explain the structure of a typical movable joint 15
  4. Explain the structure and functions of CNS 15
  5. Explain the functions of blood, blood cells. 15
  6. Define anatomy and physiology. Explain the importance of anatomy and physiology in physical education and sports. 15
- (3x15=45)**

**Part B**

7. Cardiac cycle 5
  8. Different type of joint 5
  9. Type of muscle 5
  10. Explain the structure and function of thyroid gland. 5
  11. Effect of exercise and training on cardio-vascular system 5
  12. Balance diet and diet before, during and after competition 5
- (3x5=15)**

**Part C**

13. Arteries Carries blood
- |                 |                   |         |                  |   |
|-----------------|-------------------|---------|------------------|---|
| a. To the Heart | b. from the heart | c. Both | d. None of these | 1 |
|-----------------|-------------------|---------|------------------|---|

14. The valve which guards the AV opening on the right side
- |                       |                  |   |
|-----------------------|------------------|---|
| a. Tricuspid valve    | c. Mitral Valve  |   |
| b. c. Semilunar Valve | d. None of these | 1 |
15. The submandibular Glands are situated
- |  |                            |   |
|--|----------------------------|---|
| a. Slightly in front of the ear        | C. Lies beneath the tongue |   |
| b. Lies each side beneath the jaw bone | d. Behind fore head        | 1 |
16. Cardiac output in an adult individual is about
- |            |            |             |               |   |
|------------|------------|-------------|---------------|---|
| a. 4Liters | b. 5Liters | C. 6 Liters | d. 6.5 Liters | 1 |
|------------|------------|-------------|---------------|---|
17. First 25 cm of small intestine is known as
- |             |             |             |            |   |
|-------------|-------------|-------------|------------|---|
| a. Perineum | b. Endonium | c. Duodenum | d. Jejunum | 1 |
|-------------|-------------|-------------|------------|---|
18. Maximum volume of air forcefully expired after maximal inspiration is called
- |              |                  |                   |                    |   |
|--------------|------------------|-------------------|--------------------|---|
| a. Tidal air | b. Lung Capacity | c. Vital Capacity | d. Residual Volume | 1 |
|--------------|------------------|-------------------|--------------------|---|
19. The thymus gland lies
- |                  |                                     |   |
|------------------|-------------------------------------|---|
| a. In the thorax | c. on the upper pole of each kidney |   |
| b. In the neck   | d. None of these                    | 1 |
20. The function of skin is
- |                        |                           |   |
|------------------------|---------------------------|---|
| a. Heat regulation     | c. Organ of special sense |   |
| b. Protective function | d. All of these           | 1 |
21. The function of kidney
- |                     |                                      |   |
|---------------------|--------------------------------------|---|
| a. Act as reservoir | c. discharge of urine of the bladder |   |
| b. To secrete urine | d. None of these                     | 1 |
22. The cells which covers the surface of the body are called
- |                      |                      |   |
|----------------------|----------------------|---|
| a. Muscular tissue   | c. Nervous tissue    |   |
| b. Epithelial tissue | d. Connective tissue | 1 |
23. Spinal cord is a part of
- |                       |                      |   |
|-----------------------|----------------------|---|
| a. Digestive System   | c. Urogenital system |   |
| b. Respiratory system | d. Nervous system.   | 1 |

24. The mucus membrane is found in

- a. Alimentary tract    b. Respiratory tract
- c. Both of these      d. None of these

1

**(10x1=10)**

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Reg. No: .....

Name: .....

I Semester B.P.Ed. Degree Examination, December 2015

BP CC-103: HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Time: 3 Hours

Maximum: 70 marks

Instruction: 1) Attempt any **three** questions from Part A and **three** questions from Part B.

2) **Ten** questions from Part C.

**Part A**

1. What are the major problems in India? What are the steps implemented for development of community health. 15
2. Explain the role of individual in conservation of natural resources 15
3. Write down the definition, scope and importance of environmental studies. Explain the need for public awareness. 15
4. Define disease and explain the mode of disease transmission. 15
5. Explain organization and administrative setup of health service in India. 15
6. Explain the values of bio-diversity. 15

**(3x15=45)**

**Part B**

7. Effects and control measures of air pollution 5
8. Plastic Recycling 5
9. Women and child welfare 5
10. Natural resources and associated problems 5
11. School health services 5
12. Artificial respiration 5

**(3x5=15)**

**Part C**

13. First aid is also known as



- a. First Help                      b. First Emergency  
b. c. First Service              d. None of these                      1
14. World Health Day is celebrated on
- a. 7<sup>th</sup> April    b. 8<sup>th</sup> May              c. 10<sup>th</sup> April    d. 7<sup>th</sup> June                      1
15. Sprain means
- a. Injury to ligament                      b. Injury to muscle  
c. Injury to ankle                      d. Injury to spinal cord                      1
16. Environment is derived from the French word
- a. Envois                      b. Environ              c. Envion              d. None of these                      1
17. If a person body weight is at least ..... Higher than it should be,  
he or she considered as obese
- a. 20%              b. 22%              c. 25%              d. 30%                      1
18. In PRICE treatment 'C' stands for
- a. Compression              b. Circulation              c. Circumduction              d. Contusion                      1
19. Find out the Communicable Disease
- a. Malaria    b. Typhoid              c. Measles              d. All of these                      1
20. CPR
- a. Cardio pulmonary resuscitation                      b. Cardio pulmonary Respiration  
c. Cardio primary Respiration                      d. Cardio pulmonary Recording                      1
21. Cancer is a
- a. Communicable Disease              c. Non Communicable Disease  
b. Both                      d. None of these                      1
22. Concussion related to
- a. Head injuries                      b. Neck Injuries  
c. Superficial bleeding                      d. rib injuries                      1
23. Cholera is caused by
- a. Fungus              b. Virus                      c. Bacteria              d. All of these                      1

24. World Environmental Day is celebrated on

- a. July 5      b. July 8      c. August 5      d. August 8

1

**(10x1=10)**

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Reg. No: .....

Name: .....

I Semester B.P.Ed. Degree Examination, December 2015

BPEC-101: OLYMPIC MOVEMENT

Time: 3 Hours

Maximum: 70 marks

Instruction: 1) Attempt any **three** questions from Part A and **three** questions from Part B.

2) **Ten** questions from Part C.

**Part A**

1. Educational and cultural values of the Olympic movement. 15
2. Briefly explain the historical development of Olympic movement. 15
3. Structure and functions of International Olympic Committee. 15
4. Role of National Olympic Committee in Olympic movement 15
5. Briefly explain the participation of Indian athletes in Olympic Competitions. 15
6. Narrate your ideas to achieve sports for all 15

**(3x15=45)**

**Part B**

7. Olympic Rings 5
8. Olympic flag 5
9. Para Olympic Games 5
10. Youth Olympic Games 5
11. Summer Olympic Games 5
12. Winter Olympic Games 5

**(3x5=15)**

**Part C**

13. Ancient Olympic Games was originated during the year .....

- a. 776 B.C                      b. 776 AD                      c. 786 B.C                      d. 767 B.C                      1
14. Which of the following athlete secured fourth place in the Olympic games  
a. P.T Usha      b. Shiny Wilson      c. Milkha Singh      d. None of these                      1
15. The body which control the participation of the Indian teams in Olympic games  
a. A.A.F.I.                      b. I.O.C.                      c. I.O.A.                      d. O.C.A.                      1
16. Marathon Race is named after a/an  
a. Place      b. Event      c. Person      d. Battle                      1
17. In ancient times, Olympic Games actually started with  
a. Chariot racing      b. Foot racing      c. Horse Racing      d. Swimming`                      1
18. Olympic Motto altius means  
a. Faster      b. Higher      c. Stronger      d. Larger                      1
19. Who stopped Ancient Olympic Games  
a. Theodosius I      b. Theodosius II      c. Akbar      d. None of these                      1
20. The city Olympia is in  
a. Greece      b. Germany      c. France      d. Rome                      1
21. Olympiad means  
a. Place in Greece      b. To win the medal in Olympic Games  
c. To take part in Olympic Games      d. The period between two Olympic Games                      1
22. Interim Olympics was held during the year.....  
a. 1896      b. 1906      c. 1900      d. 1912                      1
23. Modern Olympic Games were revived by  
a. Abraham Lincon                      c. George Washington  
b. Baron Pierre de Coubertin                      d. Parry O Brien                      1
24. Wrestling was included in modern Olympic Games in

- a. 1896      b. 1900      c. 1904      d. 1908

1

**(10x1=10)**

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Reg. No: .....

Name: .....

I Semester B.P.Ed. Degree Examination, December 2015

BPEC-102: OFFICIATING AND COACHING

Time: 3 Hours

Maximum: 70 marks

Instruction: 1) Attempt any **three** questions from Part A and **three** questions from Part B.  
2) **Ten** questions from Part C.

**Part A**

- |   |    |
|---|----|
| 1. Explain the concept of officiating and coaching                  | 15 |
| 2. Elaborate the principles of officiating.                         | 15 |
| 3. Duties of officials in pre, during and post-game.                | 15 |
| 4. Describe the philosophy of coaching.                             | 15 |
| 5. Explain psychology of competition and coaching.                  | 15 |
| 6. What are the relations of officials and coaches with management? | 15 |

**(3x15=45)**

**Part B**

- |  |   |
|--|---|
| 7. Ethics of officiating   | 5 |
| 8. Eligibility and rules of intercollegiate tournaments            | 5 |
| 9. Philosophy of officiating                                       | 5 |
| 10. Qualities of a coach   | 5 |
| 11. Integrity of sports  | 5 |
| 12. Measures of improving the standard of officiating and coaching | 5 |

**(3x5=15)**

**Part C**

13. Follow over is related to



b. Dress Allowance

d. None of these

1

**(10x1=10)**

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