

ORDINANCES, REGULATIONS AND SYLLABUS

FOR TWO-YEAR B.P.Ed. PROGRAM

Semester wise (C.B.C.S.)



DEPARTMENT OF PHYSICAL EDUCATION  
FACULTY OF EDUCATION

DEEN DAYAL UPADHYAYA GORAKHPUR UNIVERSITY  
GORAKHPUR – 273009 (U.P.)

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**ORDINANCES, REGULATIONS AND SYLLABUS FOR B.P.Ed. TWOYEAR  
PROGRAM (FOUR SEMESTERS) (CBCS)**

*The DDU Gorakhpur University, Gorakhpur offers two years full-time (four semesters) Bachelor of Physical Education (B. P. Ed.) program in choice based credit system (CBCS) to the Indian nationals and those foreign nationals permitted by the Government to pursue study in India, as per the ordinances, regulations and syllabi given here under:*

**Program Specific Objectives:**

- PSO 1 To develop essential skills, competencies and values needed for effective physical education classroom, field activity teaching and school leadership.
- PSO 2 To enable teachers to create an effective teaching learning enable environment.
- PSO 3 To improve the overall environment of the school in relation to health and fitness.
- PSO 4 To develop a trained and competent cadre of physical education teachers/ principals.

**1. Preamble:**

Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) program is a professional program meant for preparing teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII.

B. P. Ed. program shall be designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The program comprises of compulsory and optional theory as well as practical courses and compulsory school internship.

**2. Duration of the program:**

The B.P.Ed program shall be of duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the program requirements within a maximum of four years from the date of admission to the program.

**3. Intake, Eligibility, Admission Procedure and Fees:**

**Intake**

There shall be a basic unit of 50 (fifty) students for admission in first semester.

**Eligibility**

- a) Bachelor's degree in any discipline with 50% marks and having at least participation in the Inter-College/ Inter-Zonal/ District/ School competition in sports and games recognized by the AIU/IOA/SGFI/Govt. of India. Or
- b) Bachelor's degree in physical education with 45% marks. Or
- c) Bachelor's degree in any discipline with 45% marks and studied physical education as compulsory/ elective subject. Or
- d) Bachelor's degree with 45% and having participated in National/ Inter University/ State competitions or secured 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> position in Inter College/ Inter-Zonal/ District/ School competition in sports and games as recognized by the AIU/IOA/SGFI/Govt. of India. Or

e) Bachelor's degree with participation in international competitions or secured 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> position in National/Inter-University competition in sports and games as recognized by respective federations/AIU/IOA/SGFI/Govt. of India.  
Or

Or

f) Graduation with 45% and at least three years of teaching experience (for deputed in-service candidates i.e. trained physical education teachers/ coaches)

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

### **Admission Procedure**

Admission shall be made on merit on the basis of marks obtained in the entrance examination (written test, sports proficiency test, physical fitness test, and marks obtained in the qualifying examination) or any other selection process as per the policy of the University/ State Government.

### **Fees**

The institution shall charge only such fee as prescribed by the affiliating body/ state government.

## **4. The CBCS System:**

Choice Based Credit System (CBCS) it 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.

## **5. Course:**

The term course usually referred to, as 'papers' is a component of a program. 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.

## **6. Courses of the Program:**

The B.P.Ed. Program consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the program and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed. Program.

### **Theory:**

**Core Course**

**Elective Course**

### **Practicum:**

**Teaching Practices:**

**Internship**

**7. Semesters:**

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 90 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

**8. Working days:**

There shall be at least 180 working days per year exclusive of admission and examination processes etc.

**9. Examinations:**

- i. There shall be examinations at the end of each semester, as per the rules of DDU Gorakhpur University.
- ii. It shall be mandatory for each student to attend a minimum of 75% theory classes. In case the attendance falls short of the minimum percentage the candidate will not be allowed to appear in the B.P.Ed. Theory examination. As per the provisions of the University ordinances the Head/Dean in the case of University Department of Physical Education and Principal in the case of Degree College will have the power to condone up to 5% of the attendance and the Vice-Chancellor on the recommendation of the Principal/Head/Dean of Physical Education may condone up to 10% of the attendance. Thus, a maximum of 15% attendance may be condoned. Relaxation in attendance may be allowed for candidates participating in sports or other activities sponsored by the University/College or on medical grounds only.
- iii. It shall be mandatory for each student to participate in all practical activities. In case a student fails to complete, for whatsoever reason, these activities during the academic session, he/she shall be de-barred from taking the B.P.Ed. Practice teaching examination as well as sitting in the final theory examination.
- iv. The students shall be promoted to the next semester if he/she has completed all semester, practical activities and obtained at least 40% marks in each course.
- v. In case student fulfills the above requirements and is eligible to sit in the B.P.Ed. theory and practice of teaching examinations and passes in practical but fails in theory examination then he/she shall be permitted to appear as an ex-student. The B.P.Ed. Course should be completed in a maximum of four years from the date of admission to the program. It shall be mandatory to pass in the all practical examination in order to be able to appear as an ex-student in the B.P.Ed. theory examinations.
- vi. If due to any genuine reason the student is unable to appear in practical examination of any semester than he/she will be given only one chance to appear in left over practical examination to be conducted by the University in the subsequent session.

**10. Pattern of Question Papers:**

Question Papers shall have fourteen questions corresponding to four units of each theory course.

**Format of Question Paper for 4 Units.**

Each question paper shall have fourteen questions. The pattern will be as follows:

<b>Section</b>	<b>Description</b>	<b>Marks</b>
<b>A</b>	10 Short Questions (Each answer should be written within 50 words or 6 to 8 lines.) from all Units.	2 X 10 = 20
<b>B</b>	02 Long Questions (Attempt all questions. Each answer be in 250 words) from all Units.  Question 11 or 11  Question 12 or 12	10 X 2 = 20
<b>C</b>	02 Long Questions (Attempt all questions. Each answer be in 500 words) from all Units.  Question 13  or 13  Question 14 14	15 X 2 = 30
	Total	70

**11. Evaluation:**

The performance of a student in each course will be 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 internal assessment (CIA) 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;

One 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 minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be **written type examination of 03 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.

### 12. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for the practical courses.

### 13. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in **Letter Grades and Grade Points** from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SGPA(S_i) = \frac{\sum(C_i \times G_i)}{\sum C_i}$$

$$CGPA = \frac{\sum(C_i \times S_i)}{\sum C_i}$$

Where  $C_i$  is the Credit earned for the course is in any semester;  $G_i$  is the Grade point obtained by the student for the course  $i$  and  $n$  number of courses obtained in that semester;  $S_j$  is SGPA of semester  $j$  and  $N$  number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

**14. Classification of Final Results:**

A candidate who has passed in all the courses of examinations of I, II, III and IV Semesters taken together will be declared as “Passed”. Such passed candidates may be awarded with the division according to the following criterion:

- (i) First Division with distinction.....CGPA 8.5 and above.
- (ii) First Division .....CGPA 6.0 and above but below 8.5
- (iii) Second Division.....CGPA 5.0 and above but below 6.0
- (iv) Pass ..... CGPA 4.0 and above but below 5.0
- (v) Fail/Dropped..... Candidate who has not Passed will be categorized as Failed

**15. Award of the B.P.Ed. Degree:**

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

**16. Letter Grades and Grade Points:**

- i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Letter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A <sup>+</sup>	Excellent	First Class
60-69.99	6.0-6.99	A	Very Good	
55-59.99	5.5-5.99	B <sup>+</sup>	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

## 17. Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for B. P. Ed. Program.

The credit grade points are to be calculated on the following basis:

$$\text{CGP} = \frac{\sum C_i \times G_i}{\sum C_i}$$

### Example – I

Marks obtained by Student in course

CC101 = 65/100 Percentage of marks =

65 %

Grade from the

conversion table is = A

Grade Point = 6.0 + 5

(0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 03

Credits Grade Point (CGP) = 6.5 × 03 = 19.5

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:



**SEMESTER-I**

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
<b>BPCC-101</b>	3	65	A	6.5	19.5
<b>BPCC-102</b>	3	60	A	6	18
<b>BPCC-103</b>	3	62	A	6.2	18.6
<b>BPEC-104/ BPEC-105</b>	3	57	B <sup>+</sup>	5.7	17.1
<b>BPPC-106</b>	3	55	B <sup>+</sup>	5.5	16.5
<b>BPPC-107</b>	3	72	A <sup>+</sup>	7.2	21.6
<b>BPPC-108</b>	3	66	A	6.6	19.8
<b>BPPC-109</b>	3	72	A <sup>+</sup>	7.2	21.6
<b>BPPC-110</b>	3	72	A <sup>+</sup>	7.2	21.6
	27				174.3

**Examples: Conversion of marks into grade points**

**BPCC-101**  $65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$

**BPCC-102**  $60 = 6.0$

**BPCC-103**  $62 = 60 + 2 = 6.0 + 2 \times (0.99 / 9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$

**BPEC-104/BPEC-105**  $57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$

**BPPC-106**  $55 = 5.5$

**BPPC-107**  $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$

**BPPC-108**  $66 = 60 + 6 = 6.0 + 6 \times (0.99 / 9.99) = 6.0 + 6 \times 0.1 = 6.0 + 0.6 = 6.6$

**BPPC-109**  $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$

**BPPC-110**  $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points

=  $174.3 / 27 = 6.46$

SGPA Sem. I = 6.46

At the end of Semester-1

Total SGPA = 6.46

Cumulative Grade Point Average (CGPA) =  $6.46 / 1 = 6.46$

CGPA = 6.73, Grade = A, Class = First Class

**SEMESTER-II**

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
<b>BPCC-201</b>	3	76	A <sup>+</sup>	7.6	22.8
<b>BPCC-202</b>	3	64	A	6.4	19.2
<b>BPCC-203</b>	3	59	B <sup>+</sup>	5.9	17.7
<b>BPEC-204/ BPEC-205</b>	3	80	A <sup>+</sup>	8	24
<b>BPPC-206</b>	3	49	C	4.9	14.7
<b>BPPC-207</b>	3	64	A	6.4	19.2
<b>BPPC-208</b>	3	55	B <sup>+</sup>	5.5	16.5
<b>BPTP - 209</b>	3	72	A <sup>+</sup>	7.2	21.6
<b>BPTP-210</b>	3	72	A <sup>+</sup>	7.2	21.6
	27				177.3

SGPA Sem. II = 6.57

At the end of Semester-2

Total SGPA for two Semesters = 13.03

Cumulative Grade Point Average (CGPA) =  $13.03/2 = 6.52$

CGPA = 6.73, Grade = A, Class = First Class

**SEMESTER-III**

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
<b>BPCC-301</b>	3	64	A	6.4	19.2
<b>BPCC-302</b>	3	64	A	6.4	19.2
<b>BPCC-303</b>	3	59	B <sup>+</sup>	5.9	17.7
<b>BPEC-304/ BPEC-305</b>	3	81	A <sup>+</sup>	8.1	24.3
<b>BPPC-306</b>	3	49	C	4.9	14.7
<b>BPPC-307</b>	3	64	A	6.4	19.2
<b>BPPC-308</b>	3	68	A	6.8	20.4
<b>BPTP-309</b>	3	75	A <sup>+</sup>	7.5	22.5
<b>BPTP-310</b>	3	75	A <sup>+</sup>	7.5	22.5
	27				179.7

SGPA Sem. III = 6.66

At the end of Semester-3

Total SGPA for three Semesters = 19.69

Cumulative Grade Point Average (CGPA) =  $19.69/3 = 6.5633$

CGPA = 6.73, Grade = A, Class = First Class

**SEMESTER-IV**

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
<b>BPCC-401</b>	3	83	A <sup>+</sup>	8.3	24.9
<b>BPCC-402</b>	3	76	A <sup>+</sup>	7.6	22.8
<b>BPCC-403</b>	3	59	B <sup>+</sup>	5.9	17.7
<b>BPEC-404/ BPEC-405</b>	3	81	A <sup>+</sup>	8.1	24.3
<b>BPPC-406</b>	3	49	C	4.9	14.7
<b>BPPC-407</b>	3	78	A <sup>+</sup>	7.8	23.4
<b>BPTP-408</b>	3	81	A <sup>+</sup>	8.1	24.3
<b>BPTP-409</b>	3	75	A <sup>+</sup>	7.5	22.5
<b>BPTP-410</b>	3	75	A <sup>+</sup>	7.5	22.5
	27				197

SGPA Sem. IV = 7.30

At the end of Semester-4

Total SGPA for all the four semesters = 26.9

Cumulative Grade Point Average (CGPA) =  $26.9 / 4 = 6.73$

CGPA = 6.73, Grade = A, Class = First Class

**Note:**

(1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4) For the award of the class, CGPA shall be calculated on the basis of:

(a) Marks of each Semester End Assessment and

(b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for B.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from all the one to four semester examinations.

**Semester - I**

Part - A : Theoretical Course						
Course Code	Title of the Papers	Total Hours /Week	Credit	Sessional Marks	Theory/ Practical Marks	Total Marks
<b>Core Course</b>						
BPCC -101	History, Principles and Foundation of Physical Education	3	3	30	70	100
BPCC -102	Anatomy & Physiology	3	3	30	70	100
BPCC -103	Sports Psychology and Sociology	3	3	30	70	100
<b>Elective Course</b>						
BPEC –104	Sports Nutrition and Weight Management	3	3	30	70	100
BPEC –105	Sports Management					
<b>Part - B : Practical Course</b>						
BPPC –106	Athletics (Track Events)	6	3	30	70	100
BPPC –107	Badminton	6	3	30	70	100
BPPC –108	Football	6	3	30	70	100
BPPC –109	Indigenous Activities: Lathi/ Lezium/ March Past etc.	6	3	30	70	100
BPPC –110	Educational Tour (Leadership Camp)	6	3	30	70	100
Total		42	27	270	630	900
Note: Total number of hours required to earn 3 credits for each theory course is 51-60 hours per semester whereas 102-120 hours for each practicum course.						

**Semester - II**

Part - A : Theoretical Course						
Course Code	Title of the Papers	Total Hours /Week	Credit	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course						
BPCC -201	Measurement and Evaluation in Physical Education	3	3	30	70	100
BPCC -202	Health Education and Environmental Studies	3	3	30	70	100
BPCC -203	Educational Technology and Methods of Teaching in Physical Education	3	3	30	70	100
Elective Course						
BPEC –204	Officiating and Coaching	3	3	30	70	100
BPEC –205	Olympic Movement					
Part - B : Practical Course						
BPPC -206	Athletics (Field Events)	6	3	30	70	100
BPPC –207	Hockey	6	3	30	70	100
BPPC –208	Cricket	6	3	30	70	100
BPPC –209	Volleyball	6	3	30	70	100
Part - C Teaching Practices						
BPTP –210	Teaching Practices (05 Lessons in General/ Indigenous Activities Teaching and 05 Lessons in Sports Skills Teaching	6	3	30	70	100
Total		42	27	270	630	900
Note: Total number of hours required to earn 3 credits for each theory course is 51-60 hours per semester whereas 102-120 hours for each practicum course.						

**Semester - III**

<b>Part - A : Theoretical Course</b>						
<b>Course Code</b>	<b>Title of the Papers</b>	<b>Total Hours /Week</b>	<b>Credit</b>	<b>Sessional Marks</b>	<b>Theory/ Practical Marks</b>	<b>Total Marks</b>
<b>Core Course</b>						
BPCC -301	Organisation and Administration	3	3	30	70	100
BPCC -302	Yoga Education	3	3	30	70	100
BPCC -303	Kinesiology and Biomechanics	3	3	30	70	100
<b>Elective Course</b>						
BPEC -304	Research and statistics in Physical Education	3	3	30	70	100
BPEC –305	Curriculum Design					
<b>Part - B : Practical Course</b>						
BPPC -306	Basketball	6	3	30	70	100
BPPC –307	Kho Kho	6	3	30	70	100
BPPC –308	Gymnastics	6	3	30	70	100
<b>Part - C Teaching Practices</b>						
BPTP-309	Teaching Practices of Classroom Teaching (05 Internal Lesson)	6	3	30	70	100
BPTP –310	Internship	6	3	30	70	100
Total		42	27	270	630	900
Note: Total number of hours required to earn 3 credits for each theory course is 51-60 hours per semester whereas 102-120 hours for each practicum course.						

**Semester – IV**

<b>Part - A : Theoretical Course</b>						
<b>Course Code</b>	<b>Title of the Papers</b>	<b>Total Hours /Week</b>	<b>Credit</b>	<b>Sessional Marks</b>	<b>Theory/ Practical Marks</b>	<b>Total Marks</b>
<b>Core Course</b>						
BPCC -401	Sports Training	3	3	30	70	100
BPCC -402	Sports Medicine, Physiotherapy and Rehabilitation	3	3	30	70	100
BPCC -403	Theory of Sports and Game	3	3	30	70	100
<b>Elective Course</b>						
BPEC –404	Computer Application in Physical education	3	3	30	70	100
BPEC –405	Contemporary Issues in Physical Education, Fitness and Wellness					
<b>Part - B : Practical Course</b>						
BPPC -406	Yoga	6	3	30	70	100
BPPC –407	Sports Specializations	6	3	30	70	100
BPPC –408	Kabaddi	6	3	30	70	100
BPPC –409	Sports Science Lab Testing	6	3	30	70	100
<b>Part - C Teaching Practices</b>						
BPTP –410	Training/ Coaching Lesson of Sports Specialization (05 Internal & 01 External)	6	3	30	70	100
Total		42	27	270	630	900
Note: Total number of hours required to earn 3 credits for each theory course is 51-60 hours per semester whereas 102-120 hours for each practicum course.						

**SEMESTER – I**

<b>Part - A : Theoretical Course</b>				
<b>Course Code</b>	<b>Title of the Papers</b>	<b>Sessional Marks</b>	<b>Theory/ Practical Marks</b>	<b>Total Marks</b>
<b>Core Course</b>				
BPCC – 101	History, Principles and Foundation of Physical Education	30	70	100
BPCC – 102	Anatomy & Physiology	30	70	100
BPCC – 103	Sports Psychology and Sociology	30	70	100
<b>Elective Course</b>				
BPEC – 104	Sports Nutrition and Weight Management	30	70	100
BPEC – 105	Sports Management			
<b>Part - B : Practical Course</b>				
BPPC – 106	Athletics (Track Events)	30	70	100
BPPC – 107	Badminton	30	70	100
BPPC – 108	Football	30	70	100
BPPC – 109	Indigenous Activities: Lathi/ Lezium/ March Past etc.	30	70	100
BPPC – 110	Educational Tour (Leadership Camp)	30	70	100
Total		270	630	900



**SEMESTER -II**

<b>Part - A : Theoretical Course</b>				
<b>Course Code</b>	<b>Title of the Papers</b>	<b>Sessional Marks</b>	<b>Theory/ Practical Marks</b>	<b>Total Marks</b>
<b>Core Course</b>				
BPCC -201	Measurement and Evaluation in Physical Education	30	70	100
BPCC -202	Health Education and Environmental Studies	30	70	100
BPCC -203	Educational Technology and Methods of Teaching in Physical Education	30	70	100
<b>Elective Course</b>				
BPEC -204	Officiating and Coaching	30	70	100
BPEC -205	Olympic Movement			
<b>Part - B : Practical Course</b>				
BPPC -206	Athletics (Field Events)	30	70	100
BPPC -207	Hockey	30	70	100
BPPC -208	Cricket	30	70	100
BPPC -209	Volleyball	30	70	100
<b>Part - C Teaching Practices</b>				
BPTP -210	Teaching Practices (05 Lessons in General/ Indigenous Activities Teaching and 05 Lessons in Sports Skills Teaching	30	70	100
<b>Total</b>		<b>270</b>	<b>630</b>	<b>900</b>

**SEMESTER –III**

<b>Part - A : Theoretical Course</b>				
<b>Course Code</b>	<b>Title of the Papers</b>	<b>Sessional Marks</b>	<b>Theory/ Practical Marks</b>	<b>Total Marks</b>
<b>Core Course</b>				
BPCC - 301	Organisation and Administration	30	70	100
BPCC -302	Yoga Education	30	70	100
BPCC - 303	Kinesiology and Biomechanics	30	70	100
<b>Elective Course</b>				
BPEC - 304	Research and statistics in Physical Education	30	70	100
BPEC - 305	Curriculum Design			
<b>Part - B : Practical Course</b>				
BPPC -306	Basketball	30	70	100
BPPC - 307	Tennis	30	70	100
BPPC - 308	Gymnastics	30	70	100
<b>Part - C Teaching Practices</b>				
BPTP - 309	Teaching Practices of Classroom Teaching (05 Internal Lesson)	30	70	100
BPTP - 310	Internship	30	70	100
Total		270	630	900

**SEMESTER –IV**

<b>Part - A : Theoretical Course</b>				
<b>Course Code</b>	<b>Title of the Papers</b>	<b>Sessional Marks</b>	<b>Theory/ Practical Marks</b>	<b>Total Marks</b>
<b>Core Course</b>				
BPCC -401	Sports Training	30	70	100
BPCC -402	Sports Medicine, Physiotherapy and Rehabilitation	30	70	100
BPCC -403	Theory of Sports and Game	30	70	100
<b>Elective Course</b>				
BPEC -404	Computer Application in Physical education	30	70	100
BPEC -405	Contemporary Issues in Physical Education, Fitness and Wellness			
<b>Part - B : Practical Course</b>				
BPPC -406	Yoga	30	70	100
BPPC -407	Sports Specialization	30	70	100
BPPC -408	Kabaddi	30	70	100
BPPC-409	Sports Science Lab Testing	30	70	100
<b>Part - C Teaching Practices</b>				
BPTP -410	Training/ Coaching Lesson of Sports Specialization (05 Internal & 01 External)	30	70	100
Total		270	630	900

**B. P. Ed. – Outline of Syllabus**  
Theory Course  
**Semester – I**  
**BPCC-101 HISTORY, PRINCIPLES AND FOUNDATION OF**  
**PHYSICAL EDUCATION**

**Unit – 1: Introduction**

- o Meaning, Definition and Scope of Physical Education
- o Aims and Objective of Physical Education
- o Importance of Physical Education in present era.
- o Misconceptions about Physical Education.
- o Relationship of Physical Education with General Education.
- o Physical Education as an Art and Science.

**Unit-2- Historical Development of Physical Education in India and Awards**

- o Vedic Period (2500 BC – 600 BC)
- o British Period (Before 1947)
- o Physical Education in India (After 1947)
- o Contribution of Akhadas and Vyayamshals
- o Y.M.C.A. and its contributions.
- o Arjuna awards, Dhronacharya awards, khel Ratna, Rajiv Gandhi awards, Bharat Ratna, Dhyanchand Achievement.

**Unit- 3- Foundation of Physical Education**

- o Philosophical foundation:
- o Idealism, Pragmatism, Naturalism, Realism, Humanism.
- o Fitness and wellness movement in the contemporary perspectives
- o Sports for all and its role in the maintenance and promotion of fitness.

**Unit-4- Principles of Physical Education**

- o Biological
  - Growth and development
  - Age and gender characteristics
  - Body Types
  - Anthropometric differences
- o Psychological
  - Learning types, learning curve
  - Laws and principles of learning
  - Attitude, interest, cognition, emotions and sentiments

- o Sociological
  - Society and culture
  - Social acceptance and recognition
  - Leadership
  - Social integration and cohesiveness

### References:

- Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
- Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen,
- F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.
- Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.
- Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co. William,
- J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.

## Semester I Theory Course

### BPCC-102 ANATOMY AND PHYSIOLOGY

#### UNIT-I

- o Brief Introduction of Anatomy and physiology in the field of Physical Education.
- o Introduction of Cell and Tissue.
- o The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities – joints of the body and their types
- o Gender differences in the skeleton.
- o Types of muscles.

#### UNIT-II

- o **Blood and circulatory system:** Constituents of blood and their function –Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation, Cardiac output.
- o **The Respiratory system:** The 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.
- o **The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism,
- o **The Excretory system:** Structure and functions of the kidneys and the skin.
- o **The Endocrine glands:** Functions of glands pituitary, Thyroid, Parathyroid, Adrenal, Pancreatic and the sex glands.
- o **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action,
- o **Sense organs:** A brief account of the structure and functions of the Eye and Ear.

**UNIT-III**

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

**UNIT-IV**

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

**References:**

- Gupta, A. P. (2010). *Anatomy and physiology*. Agra: Sumit Prakashan.
- Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.
- Guyton, A. C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.
- Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.
- Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.
- Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.

**Semester I**  
**Theory courses**

**BPCC-103 SPORTS PSYCHOLOGY AND SOCIOLOGY**

**Unit – I Introduction**

- o Meaning, Importance and Scope of Educational and Sports Psychology
- o General Characteristics of Various Stages of Growth and Development
- o Individual Differences; its nature and types. Factors responsible – Heredity and Environment
- o Psycho – Social aspects of Human Behaviour in Relation to Physical Education and Sports

**Unit – II Psychological Aspects**

- o Learning: Its nature, theories of learning, law of learning, Plateau in learning, Transfer of learning, factors affecting learning.
- o Personality: Meaning, Definition and Characteristics, Dimension of Personality, Personality and Sports Performance.
- o Motivation: Factors influencing motivation, Motivational Techniques and impact of motivation on sports performance.
- o Mental Preparation Strategies: Attention, focus, self-talk, relaxation, imaginary
- o Emotion, Arousal, Anxiety, Stress, Aggression and their effects on sports

performance

### **Unit – III Social Aspects of Physical Education and Sports**

- o Orthodoxy, costumes, tradition and physical education
- o Festivals and Physical Education
- o Socialization through Physical Education
- o Social Group life, Social conglomeration and social group, primary group and remote group

### **Unit – IV Culture and Physical Education**

- o Features and Importance of culture
- o Effect of culture on people life style
- o Role of culture in Physical Education and Sports Participation
- o Different methods of psychological Studying; Observation, inspection, questionnaire, interview methods etc.

### **References:**

- Bucher, C. A. (1972). Foundation of physical education. St. Louis: The C.V. Mosby Co.
- Nixon, E. E. & Cozen, F. W. (1969). An introduction to physical education. Philadelphia: W. B. Saunders Co.
- William, J. F. (1964). Principles of physical education. Philadelphia: W. B. Saunders Co.
- Ball, D. W. & Loy, J. W. (1975). Sports and social order; Contribution to the sociology of sports. London: Addison Wesley 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.
- Kamlesh, M.L. (1998). Psychology in physical education and sports. New Delhi: Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sports and social system. London: Addison Wesley Publishing Company Inc.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sports culture and society. Philadelphia: Lea & Febiger.
- Mathur, S. S., (1962). Educational Psychology. Agra. Vinod Pustak Mandir.
- Skinner, C. E., (1984). Education Psychology. New Delhi: Prentics Hall of India.
- William, F. O. & Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing House Pvt. Ltd.

## **Semester I Theory Courses**

### **BPEC- 104 SPORTS NUTRITION AND WEIGHT MANAGEMENT**

#### **(ELECTIVE)**

### **Unit – I Introduction to Sports Nutrition**

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

### **Unit – II Nutrients: Ingestion to Energy Metabolism**

- o Carbohydrates, Protein, Fat – Meaning, classification and its function
- o Role of carbohydrates, Fat and protein during exercise

- o Vitamins, Minerals, Water – Meaning, classification and its function
- o Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

### **Unit – III Nutrition and Weight Management**

- o Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management
- o 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
- o Obesity – Definition, meaning and types of obesity,
- o Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

### **Unit – IV Steps of planning of Weight Management**

- o Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight
- o Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- o 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 ClinEndocrinolMetab*.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.
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*,356(21), 2176-2183.

## **Semester – I Theory Courses**

### **BPEC-105 SPORTS MANAGEMENT**

#### **(ELECTIVE)**

#### **Unit - I**

- o Nature and Concept of Sports Management.
- o Progressive concept of Sports management.
- o The purpose and scope of Sports Management.
- o Essential skills of Sports Management.
- o Qualities and competencies required for the Sports Manager.
- o Event Management in physical education and sports.

#### **Unit-II**

- o Meaning and Definition of leadership
- o Leadership style and method.
- o Elements of leadership.
- o Forms of Leadership.
  - Autocratic
  - Laissez-faire
  - Democratic
  - Benevolent Dictator
- o Qualities of administrative leader.
- o Preparation of administrative leader.
- o Leadership and Organizational performance.



**Unit-III**

- o Sports Management in Schools, colleges and Universities.
- o Factors affecting planning
- o Planning a school or college sports program.
- o Directing of school or college sports program.
- o Controlling a school, college and university sports program.
  - Developing performance standard
  - Establishing a reporting system
  - Evaluation
  - The reward/punishment system

**Unit-IV**

- o Financial management in Physical Education & sports in schools, Colleges and Universities.
- o Budget – Importance, Criteria of good budget,
- o Steps of Budget making
- o Principles of budgeting

**References:**

- Ashton, D. (1968). *Administration of physical education for women*. New York: The Ronal Press Cl.
- Bucher, C.A. *Administration of physical education and athletic program*. 7<sup>th</sup> Edition, St. Louis: The C.V. Mosby Co.
- Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programs, organisation and administration*. Philadelphia U.S.A. : W.B. Saunders Cp.
- Earl, F. Z, & Gary, W. B. (1963). *Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.

**Semester – II**  
**Theory Courses**  
**BPCC-201 MEASUREMENT AND EVALUATION IN PHYSICAL**  
**EDUCATION**

**Unit- I Introduction to Test & Measurement & Evaluation**

- o Meaning of Test & Measurement & Evaluation in Physical Education
- o Need & Importance of Test & Measurement & Evaluation in Physical Education
- o Principles of Evaluation

**Unit- II Criteria; Classification and Administration of test**

- o Criteria of good Test
- o Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- o Type and classification of Test
- o Administration of test, advance preparation – Duties during testing – Duties after testing.

**Unit- III Physical Fitness Tests**

- o AAHPER youth fitness test
- o National physical Fitness Test
- o Indiana Motor Fitness Test
- o JCR test
- o U.S Army Physical Fitness Test

**Unit- IV Sports Skill Tests**

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

**References:**

- Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: H. Storm.
- Barron, H. M., & Mchee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
- Barron, H.M. & Mchee, R. (1997). *A Practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
- Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.
- Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B.SoundersCompnay.
- Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.

**Semester – II**  
**Theory Courses**

**BPCC-202 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES****Unit – I Health Education**

- o Concept, Dimensions, Spectrum and Determinants of Health
- o Definition of Health, Health Education, Health Instruction, Health Supervision
- o Aim, objective and Principles of Health Education
- o Health Service and guidance instruction in personal hygiene

**Unit – II Health Problems in India**

- o Communicable and Non Communicable Diseases
- o Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,
- o Personal and Environmental Hygiene for schools
- o Objective of school health service, Role of health education in schools
- o Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

**Unit – III Environmental Science**

- o Definition, Scope, Need and Importance of environmental studies.
- o Concept of environmental education, Historical background of environmental education,
- o Celebration of various days in relation with environment.
- o Plastic recycling & probation of plastic bag / cover.
- o Role of school in environmental conservation and sustainable development.

**Unit – IV Natural Resources and related environmental issues:**

- o Water resources, food resources and Land resources
- o Definition, effects and control measures of:
- o Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- o Management of environment and Govt. policies, Role of pollution control board.

**References:**

- Agrawal, 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

**Semester – II**  
**Theory courses**

**BPCC-203 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN  
PHYSICAL EDUCATION**

**Unit – I Introduction**

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

**Unit – II Teaching Technique**

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

**Unit – III Teaching Aids**

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

**Unit – IV Lesson Planning and Teaching Innovations**

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

**References:**

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

**Semester – II**  
**Theory courses**  
**BPEC – 204 Officiating and Coaching (ELECTIVE)**

**Unit – I: Introduction of Officiating and Coaching**

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

**Unit – II: Coach as a Mentor**

- o Duties of coach in general, pre, during and post-game
- o Philosophy of coaching
- o Responsibilities of a coach on and off the field
- o Psychological aspects of competition and coaching

**Unit – III: Duties of Official**

- o Duties of official in general, pre, during and post-game
- o Philosophy of officiating
- o Mechanics of officiating – position, signals and movements etc.
- o Ethics of officiating

**Unit – IV: Qualities and Qualifications of Coach and Official**

- o Qualities and qualifications of coach and official
- o General rules of games and sports and their Interpretation
- o Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- o Integrity and values of sports

**References:**

- 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  
 Lawther, J. D. (1965). Psychology of coaching. New York: Hall.  
 Singer, R. N. (1972). Coaching athletic Psychology. New York: M.C. Graw Hill.

**Semester – II**  
**Theory courses**  
**BPEC-205 OLYMPIC MOVEMENT**  
**(ELECTIVE)**

**Unit – I Origin of Olympic Movement**

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

**Unit – II Modern Olympic Games**

- o Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- o Olympic Protocol for member countries
- o Olympic Code of Ethics
- o Olympism in action
- o Sports for All

**Unit – III Different Olympic Games**

- o Para Olympic Games
- o Summer Olympics
- o Winter Olympics
- o Youth Olympic Games

**Unit – IV Committees of Olympic Games**

- o International Olympic Committee - Structure and Functions
- o National Olympic committees and their role in Olympic movement
- o Olympic commission and their functions
- o Olympic medal winners of India

**References:**

- Osborne, M. P. (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics*. 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 – III  
Theory Courses**

**BPCC-301 ORGANISATION AND ADMINISTRATION IN PHYSICAL EDUCATION**

**Unit – I: Organization and administration**

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

**Unit- II: Office Management, Record, Register & Budget**

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

**Unit-III: Facilities, & Time-Table Management**

- o Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- o Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- o Equipment: Need, importance, purchase, care and maintenance.
- o Time Table Management: Meaning, Need, Importance and Factor affecting time table.

**Unit-IV: Competition Organization**

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

**References:**

- Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic program: A Managerial Approach*. New York: Prentice hall Inc.
- Bucher, C. A. (1983). *Administration of Physical Education and Athletic program*. St. Louis: The C.V. Mosby 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.

Semester - III  
**Theory Course**  
**BPCC-302 YOGA EDUCATION**

**Unit – I: Introduction**

- o Meaning and Definition of Yoga
- o Aims and Objectives of Yoga
- o Yoga in Early Upanisads
- o The Yoga Sutra: General Consideration
- o Need and Importance of Yoga in Physical Education and Sports

**Unit - II: Foundation of Yoga**

- o The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- o Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

**Unit - III Asanas**

- o Effect of Asanas and Pranayama on various system of the body
- o Classification of asanas with special Reference to physical education and sports
- o Influences of relaxative, meditative posture on various system of the body
- o Types of Bandhas and mudras
- o Type of Kriyas

**Unit – IV Yoga Education**

- o Basic, applied and action research in Yoga
- o Difference between yogic practices and physical exercises
- o Yoga education centers in India and abroad
- o Competitions in Yogasanas

**References:**

- Brown, F. Y. (2000). *How to use yoga*. Delhi: Sports Publication.
- Gharote, M. L. & Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaixyadahmoe.
- Rajjan, S. M. (1985). *Yoga strenthening 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 Kendra.

**Semester – III**  
**Theory Courses**  
**BPCC-303 KINESIOLOGY AND BIOMECHANICS**

**Unit – I Introduction to Kinesiology and Sports Biomechanics**

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

**Unit – II Fundamental Concept of Anatomy and Physiology**

- Classification of Joints and Muscles
- Types of Muscle Contractions
- Posture – Meaning, Types and Importance of good posture.
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation

**Unit – III Mechanical Concepts**

- Force - Meaning, definition, types and its application to sports activities
- Lever - Meaning, definition, types and its application to human body.
- Newton’s Laws of Motion – Meaning, definition and its application to sports activities.
- Projectile – Factors influencing projectile trajectory.

**Unit – IV Kinematics and Kinetics of Human Movement**

- 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.

**References:**

- 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). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.

**Semester – III**  
**Theory Courses**  
**BPEC - 304 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION**  
**(Elective)**

**Unit-I Introduction to Research**

- Definition of Research
- Need and importance of Research in Physical Education and Sports.
- Scope of Research in Physical Education & Sports.
- Classification of Research
- Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

**Unit-II Survey of Related Literature**

- o Need for surveying related literature.
- o Literature Sources, Library Reading
- o Research Proposal, Meaning and Significance of Research Proposal.
- o Preparation of Research proposal / project.
- o Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment program evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

**Unit-III Basics of Statistical Analysis**

- o Statistics: Meaning, Definition, Nature and Importance
- o Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- o Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

**Unit- IV Statistical Models in Physical Education and Sports**

- o Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- o Measures of Variability: Meaning, importance, computing from group and ungroup data
- o Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

**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., &Ferrigno, 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 Speed, Agility, and Quickness*. Brown, L.E. &Ferrigno, V.A &Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.
- Carl, E. K., & Daniel, D. A. (1969). *Modern principles of athletes training*. St. Louis: St. Louis's Mosby Company.
- Clark, H. H., & Clark, D. H. (1975). *Research process in physical education*. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). *Statistics in psychology and education*. New York: VakilsFeffer and Simon Ltd.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). *Introduction to research: A guide for the health science professional*. Landon: J.B. Lippincott Company.
- Thomas, J.R., & Nelson J.K. (2005). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.
- Uppal, A. K. (1990). *Physical fitness: how to develop*. New Delhi: Friends Publication.
- Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.



**Semester – III**  
**Theory Courses**  
**BPEC-305 CURRICULUM DESIGN (Elective)**

**UNIT-I Modern concept of the curriculum**

- o Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development.
- o Factors affecting curriculum - Social factors - Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours.
- o National and Professional policies, Research finding

**UNIT-II Basic Guide line for curriculum construction; contest (selection and expansion).**

- o Focalization
- o Socialization
- o Individualization
- o Sequence and operation
- o Steps in curriculum construction.

**UNIT-III Curriculum-Old and new concepts, Mechanics of curriculum planning.**

- o Basic principles of curriculum construction.
- o Curriculum Design, Meaning, Importance and factors affecting curriculum design.
- o Principles of Curriculum design according to the needs of the students and state and national level policies.
- o Role of Teachers

**UNIT-IV Under-graduate preparation of professional preparation.**

- o Areas of Health education, Physical education and Recreation.
- o Curriculum design-Experience of Education, Field and Laboratory.
- o Teaching practice.
- o Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

**References:**

- Barrow, H. M. (1983). *Man and movement: principles of physical education*. Philadelphia: Lea and Febiger.
- Bucher, C. A. (1986). *Foundation of physical education*: St. Louis: The C. V. Mosby & Company.
- Cassidy, R. (1986). *Curriculum development in physical education*. New York: Harper & Company.
- Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum designs in physical education*. Englewood Cliffs: N.J. prentice Hall Inc.
- Larson, L.A. (n.d.). *Curriculum foundation in physical education*. Englewood Cliffs: N.J. Prentice Hall Inc.
- Underwood, G. L. (1983). *The physical education curriculum in secondary school: planning and implementation* .England: Taylor and Francis Ltd.
- Willgoose, C.E. (1979). *Curriculum in physical education*. 3<sup>rd</sup> Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.

**Semester – IV**  
**Theory Courses**  
**BPCC-401 SPORTS TRAINING**

**Unit – I Introduction to Sports Training**

- o Meaning and Definition of Sports Training
- o Aim and Objective of Sports Training
- o Principles of Sports Training
- o Training means and its type

**Unit – II Training Process**

- o Training Load- Definition and Types of Training Load
- o Principles of Training load, Judgment of Load.
- o Adoption process and condition of adoption.
- o Overload – Causes and symptoms, tackling of overload

**Unit – III Motor Components**

- o Strength – Definition, Types, Mean and Methods of Strength Development
- o Speed – Definition, Types, Mean and Methods of Speed Development
- o Endurance - Definition, Types, Mean and Methods of Endurance Development
- o Coordination – Definition, Types, Mean and Methods of coordination Development
- o Flexibility – Definition, Types, Mean and Methods of Flexibility Development

**Unit – IV Training programming and planning**

- o Technical and tactical training  
Periodization – Meaning and types of Periodization.
- o Planning – Meaning and types of Planning.
- o Talent Identification and Development

**References:**

- 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). *Fundamental of sports training*. Moscow: Progress Publishers.
- Singh, H. (1984). *Sports training, general theory and methods*. Patials: NSNIS.
- Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.

**Semester – IV**  
**Theory Courses**

**BPCC-402 SPORTS MEDICINE, PHYSIOTHERAPY AND REHANLITATION**

**Unit-I: - Sports Medicine:**

- o Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- o Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- o Need and Importance of the study of sports injuries in the field of Physical Education
- o Prevention of injuries in sports – Common sports injuries – Diagnosis –
- o First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

**Unit-II: Physiotherapy**

- o Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

**Unit-III: Hydrotherapy:**

- o Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

**Unit-IV: Therapeutic Exercise:**

- o 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) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

**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*, (4th 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.
- Jeyaprakash, 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 – IV Theory Courses**  
**BPCC-403 THEORY OF SPORTS AND GAMES**

**UNIT – I****History: Historical development of the game/sport at national and international levels.**

1. Organisation:
  - a) National Bodies controlling sports and their affiliated units.
  - b) International Bodies controlling sports and their affiliated units.
  - c) Major national and International Competitions.

**UNIT – II**

Officiating and Lay out of play field:

- a) Rules and their interpretations.
- b) Mechanics of officiating.
- c) Lay out and marking of play areas.

**UNIT – III**

1. Techniques/skills
  - a) Classification of techniques/skills
  - b) Technical/skill training
    - i) Preparatory Exercises
    - ii) Basic Exercises
    - iii) Supplementary Exercises
  - c) Recreational and lead-up activities
2. Tactics and Strategy
  - a) Selection of players/team
  - b) Different tactical concepts applicable to the game/sport
  - c) Tactical training.

**UNIT – IV**

Training and Planning:-

- a) Systematization of training process for a beginner, intermediate and high performances Sportspersons.
- b) Training methods and means for the development of motor abilities (strength, speed, Endurance and flexibility).
- c) Basic Concept of preparation of training schedules.
- d) Short term and long term training plans.
- e) Periodization .

**Semester – IV**  
**Theory Courses**

**BPEC-404 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION**  
**(Elective)**

**Unit – I: Introduction to Computer**

- o Meaning, need and importance of information and communication technology (ICT).  
Application of Computers in Physical Education
- o Components of computer, input and output device
- o Application software used in Physical Education and sports

**Unit – II: MS Word**

- o Introduction to MS Word
- o Creating, saving and opening a document
- o Formatting Editing features Drawing table ,
- o page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

**Unit – III: MS Excel**

- o Introduction to MS Excel
- o Creating, saving and opening spreadsheet
- o creating formulas
- o Format and editing features adjusting columns width and row height understanding charts.

**Unit – IV: MS Power Point**

- o Introduction to MS Power Point
- o Creating, saving and opening a ppt. file
- o format and editing features slide show , design , inserting slide number
- o picture ,graph ,table
- o Preparation of Power point presentations

**Reference:**

- Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.
- Marilyn, M.& Roberta, B.(n.d.).*Computers in your future*. 2nd edition, 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*. 4th edition, BPB Publication.

**Semester – IV  
Theory Courses**

**BPEC-405 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS  
AND WELLNESS (ELECTIVE)**

**Unit – I Concept of Physical Education and Fitness**

- o Definition, Aims and Objectives of Physical Education, fitness and Wellness
- o Importance and Scope of fitness and wellness
- o Modern concept of Physical fitness and Wellness

**Unit – II Fitness, Wellness and Lifestyle**

- o Fitness – Types of Fitness and Components of Fitness
- o Understanding of Wellness
- o Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management

**Unit – III Principles of Exercise Program**

- o Means of Fitness development – aerobic and anaerobic exercises
- o Exercises and Heart rate Zones for various aerobic exercise intensities
- o Concept of free weight Vs Machine, Sets and Repetition etc

**Unit – IV Safety Education and Fitness Promotion**

- o Health and Safety in Daily Life
- o First Aid and Emergency Care
- o Common Injuries and their Management

**References:**

- Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black,.
- Giam, C.K & The, K.C. (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.

## PART – B: PRACTICUM COURSE

### Semester – I

#### **BPPC – 106: ATHLETICS (TRACK EVENT)**

##### **Theory (Track Events)**

1. A brief historical survey of athletics and also an elementary knowledge of international and national developments, important competitions, achievements table of India, Asia and World leading nations and outstanding personalities specially of India.
2. Rules of athletics.
3. Conditioning and warming up exercises.
4. Hygiene of athletics.
5. Equipment and surfaces
6. Test.

#### **1. Track Events**

##### **A. Sprints: 100 M. 200 M. 400 M.**

1. Methods of starts.
2. Standing and Crouch.
3. Starting strides
4. Full speed strides and body position
5. Coasting and curve running (200 M. and 400 M.) and finish

##### **B. Medium & distance running (800 M. to 10,000 M.)**

1. Standing starts
2. First 50 M. run
3. Strides and body position in running
4. Pace judgment
5. Passing an opponent and finish

##### **C. Road running/cross country running**

1. Dress and Personal equipment.
2. Start
3. Strides and body position and finish

##### **D. Hurdles races (100 M., 110 M. and 400 M.)**

1. Start
2. strides to the first hurdle
3. Strides between hurdles and finish)

**E. Relay races**

1. Visual and non-visual methods
2. Methods of holding the baton
3. Passing the baton
4. Arrangement of runners
5. Responsibilities of receiver and passer

**References:**

1. IAAF Competition Rules.
2. Track and Field Events Layout and Marking by George Emmanuel
3. Track and Field by Gerhardt Schmolinsky.

**BPPC – 107: BADMINTON****THEORY**

1. A Brief historical survey of Badminton and also an elementary knowledge of international and national development competition, achievement table of India, Asia, World and leading nations , outstanding personalities (specially in India) .
2. Rules of Badminton
3. Warming up exercises and conditioning
4. Hygiene of Badminton
5. Etiquette
6. Test

**PRACTICE****Fundamental Skills**

- a. Grip
- b. Footwork
  - i. On ground stance
  - ii. The pivot
  - iii. Forehand return
  - iv. Back court return
- c. Service
  - i. Short Service
  - ii. Long Service
- d. Strokes
  - i. Forehand stroke
  - ii. Backhand store
  - iii. Overhand stroke
  - iv. Net stroke

**Back Tackle**

- i. Forehand
- ii. Backhand
- f. The drop
- g. Regular game practice: game practice<sup>3</sup> will be a part of daily lesson
- h. Evaluation Test
- i. Performance Test
- j. Oral and Written Test
- k. Professional aptitude
- l. Assignment

**References:**

1. Seth.R.K. "Badminton:, Patiala: The National Institute of Sport 1971.
2. Pelton, Barry C, "Badminton:, Englewood Cliffs,N.J. Prentice Hall Inc.,1971.
3. Mills,Roger and Butler.Eric, "Modern Badminton" London: Stanley Paul &Co.Ltd.,1969.

**BPPC – 108: FOOTBALL****THEORY**

1. A Brief historical survey of Football and also an elementary knowledge of international and national development competition, achievement table of India, Asia, World and leading nations , outstanding personalities (specially in India) .
2. Rules of Football game
3. Warming up exercises and conditioning
4. Hygiene of Football
5. Etiquette
6. Test



## PRACTICE

### Basic skills and their drills

1. Kicking the ball
  - i. Push Kick
  - ii. Low drive
  - iii. Hip Shot
  - iv. Volley
  - v. Half Volley
  
2. Trapping the ball
  - i. Under the sole of the foot
  - ii. Inside of the foot
  - iii. Instep of the foot
  - iv. Outside of the foot
  - v. With thigh
  
3. Heading the ball
  - i. Deflection side way
  - ii. Forward
  - iii. Backward
  
4. Dribbling & Tacking
  1. Running and controlling the ball
  4. Side tackle
  
5. Goal keeping
  - i. Play
  - ii. Handling of High and low ball
  - iii. Servicing the ball
  - iv. Clearance of the ball
  
6. Evaluation
 

Plan Performance Test

  - i. Oral and Written Test
  - ii. Professional aptitude
  - iii. Assignment

**References:**

1. Scientific Soccer by Roger Macdonald & Eric Batty
2. Soccer Techniques & Tactics by Jimmy Greaves.
3. The A to Z to Soccer by Michael Parkinson & Willis Hall.
4. Soccer (How to play) by David Baeuzzi.
5. All about football by Joseph Edmundson.

**BPPC-109 Indigenous Activities:** Lathi/Lezium/March Past etc.

The activities are designed by the concern teacher.

**BPCC- 110 Educational (Leadership camp)**

**SEMESTER II**  
**Practical Course**  
**BPPC-206 Athletics (Field Events)**

**Jumping Events****A High Jump Western and Straddle Roll**

1. Approach Run
2. Take Off
3. Cross Bar Clearance
4. Landing

**B. Long Jump (Shill Hang and Hitch-Rick Style**

- 1 Approach Run
- 2 Take Off

**C Triple Jump**

- 1 Approach Run
- 2 Take Off
- 3 Landing of all the three Phase-Hop, Step and Jump

**D Pole Vault**

- 1 Hand Hold
- 2 Pole Carry

- 3 Pole Planting
- 4 Swing Up
- 5 Pull Up
- 6 Body turn
- 7 Cross bar clearance
- 8 Landing

### **Throwing Events**

#### **A Shot-hold and Put**

- 1 Hand hold
- 2 Placement of shot
- 3 Initial stance
- 4 Glide
- 5 Delivery stance
- 6 Delivery action and body position
- 7 Reserve and body position

#### **B. Throwing the Discus**

- 1 Hand hold
- 2 Stance
- 3 Preliminary swing
- 4 Turn
- 5 Delivery stance
- 6 Delivery action
- 7 Reverse

#### **C.**

#### **Throwing the javelin**

- 1 Grip
- 2 Carrying the javelin

- 3 Getting ready to throw
- 4 Delivery Stance
- 5 Delivery action
- 6 Reverse

#### D **Relay Races**

- 1 Visual and non-visual methods
- 2 Methods of holding the baton
- 3 Passing the baton
- 4 Arrangement of runner
- 5 Responsibilities of receiver and passer

References :

6. IAAF Competition Rules.
7. Track and Field Events Layout and Marking by George Emmanuel
8. Track and Field by Gerhardt Schmolinsky

### **Semester- II Practical Course BPPC – 207 HOCKEY**

#### **Theory**

A brief historical survey of hockey and an elementary knowledge of International and National developments, important competitions, achievements tables of India. Asia and World. Leading Nations and outstanding personalities especially of India.

1. Rules of hockey game.
2. Warming up exercises and conditioning.
3. Hygiene of hockey.
4. Etiquette.
5. Test.

#### **Practice**

##### **A. Basic skills and their drills**

1. Grip of stick
2. Dribbling
3. Stopping the ball
4. Stroke
5. Hit & Variations
6. Push & Variations
7. Scoop
8. Reverse stroke
9. Flick
10. Jab
11. Tackling
12. Dodging right and left

- B. Use of skills in game situations, lead up practices.
- C. Positional play
- D. Strategy-attack and defense
- E. Regular game practice: Game practice will be a Part of daily lesson.

**Semester- II Practical Course**  
**BPPC – 208 CRICKET**

**Theory**

A brief historical survey of cricket and an elementary knowledge of

International and National developments, important competitions, achievements tables of India. Asia and World. Leading nations and outstanding personalities especially of India.

- Rules of cricket game.
- Laws of cricket.
- Warming up exercises and conditioning.
- Hygiene of cricket.
- Spirit of the Game
- Test.

**A            Batting**

- 1      Grip and stance
- 2      Strokes

1. Vertical Strokes

- i.    Defensive stroke: Front foot & Back foot
- ii.   Drive: Off drive, On drive, Cover drive, Straight Drive
- iii.  Leg glance

2.    Horizontal Strokes

- iv.   Square cut
- v.    Late cut
- vi.   Pull & Hook
- vii. Sweep

- 3 Bowling
  - Gripping the Ball, Approach Run, Delivery, Follow Through
  - 1. Spin
    - i. Finger Spin: Right and Left Arm
    - ii. Wrist spin: Right and Left Arm (Chinaman)
  - 2. Pace
    - I. In swing
    - II. Out swing
    - iii. Leg cutter
    - iv. Off Cutter
- 4 **Fielding and catching**
- 5 **Lead up games**
- 6 **Regular game practices : Game practice will be a part of lesson**

## Semester- II Practical Course

### BPPC – 209 VOLLEYBALL

#### Theory

A brief historical survey of volleyball and an elementary knowledge of International and National developments, important competitions, achievements tables of India, Asia and World. Leading nations and outstanding personalities especially of India.

- Rules of volleyball game.
- Warming up exercises and conditioning.
- Hygiene of volleyball
- Etiquette.
- Test.

- 1 Pass
  - i. Different stances and related movements
  - ii. Upper hand pass
  - iii. Underhand pass
  - iv. Pass with roll
  - v. Forward pass
  - vi. Turn and pass
  - vii. Jump pass
  - viii. Back pass

- 
- ix. One hand pass
  - x. Two hand pass
  - xi. Upper hand forward pass with back and side roll
  - xii. Underhand pass with side roll (one handpass)
- 2 Service
- i. Underhand service
  - ii. Side arm service
  - iii. Upper hand service
  - iv. Tennis service
  - v. Round arm service
  - vi. High service
  - vii.
- Setting Up
- a. Zone No.4(forward)
  - b. Zone No.2(backward)
- 3
- 4 Attack
- a. Straight smash two feet take off
- 5 Block
- a. Single block
  - b. Group block
- 6 **Regular game practices : Game practice will be a part of lesson**

**Semester- II  
Practical Course**

**BPTP – 210 Part – C Teaching Practice**

**Teaching Practices (05 Lessons in general/Indigenous Activities teaching and 05 Lessons in sports skill teaching).**

**Semester – III  
Practical Course  
BPPC – 306 BASKETBALL**

A brief historical survey of basketball and an elementary knowledge of International and National developments, important competitions, achievements tables of India, Asia and World. Leading nations and outstanding personalities especially of India.

- Rules of basketball game.
- Warming up exercises and conditioning.
- Hygiene of basketball
- Etiquette.
- Test

Ball Handling

Catching the ball

Pass and their drills

Chest Pass, Side pass, Over head pass, Bounce pass, Underhand pass, Back pass

Dribbling

Bouncing on the spot, High and Low dribble

Shooting

Set Shot, Lay up shot

Defense

Man to man, Zone defense

**Regular game practices : Game practice will be a part of lesson**

**Semester- III  
Practical Course**

**BPPC – 307 KHO KHO**

**Theory**

1. Brief historical Survey of Kho Kh, achievement Tables of India. Leading nations and outstanding Personality especially of India.
2. Rules of Kho Kho .
3. Warming up Exercise and conditioning.
4. Sitting styles.



## Practices

### I. Fundamental skills:

#### (a) Running Skills

- i. Single chain
- ii. Double Chain
- iii. Zig zag running
- iv. Six up / 3-3-2
- v. Z

#### (b) Chasing Skills

- i. Pole dive.
- ii. Tapping.
- iii. Fake kho kho
- iv. Field dive.
- v. Pole dodge

### 2. Tactics:

- i. Offensive tactics.
- ii. Defensive tactics.

**3. Regular game practice: game practice will be a part of Daily lesson.**

### References :

Reddy, N. Gangadhar, Read and play Kho Kho, Navratan Book house.  
Rao, Ajay Basant, Kho Kho, Sports Publication, New Delhi, 2020

## Semester- III Practical Course

### BPPC – 308 GYMNASTICS

### Theory

1. Brief historical Survey of Gymnastics and also elementary knowledge of Developmental competitions, achievement Tables of India, Asia and world. Leading nations and outstanding Personality especially of India.
2. Rules of Gymnastics.
3. Warning up Exercise and conditioning.
4. Test.
5. Etiquette.

### Practices

- Forward Roll
- Backward Roll
- Forward dive Roll
- Forward Split Roll
- Backward Split Roll
- Kart wheel
- 

#### Parallel Bar:

- o Mount from one bar
- o Straddle walking on parallel bars.
- o Single and double step walk
- o Perfect swing
- o Shoulder stand on one bar and roll forward.

**Horizontal /Single Bar:**

- o Grip
- o Swings
- o Fundamental Elements
- o Dismount

**Uneven Parallel Bar:**

- o Grip
- o Swings
- o Fundamental Elements
- o Dismount

**Semester- III****Part C – Teaching Practices****BPTP – 309 Teaching Practices of classroom teaching (05 Internal Lesson)****BPTP- 310 Internship (school Internship)****Semester- IV  
Practical Course****BPPC -406 YOGA****Benefits of Yoga, Caution and Therapeutic aspect of Yoga.****ASANAS**

Padmasana	Vajrasana	Savasana	Bhujangasana	Dhanurasana	Matsyasana
Shalabhasana	Halasana	Paschimotasana	Yoga Mudra	Vakrasana	Ardhmatsyendrasana
Sarvangasana	Shirshasana	Vrikashasana	Tadasana	Makarasana	Suryanamaskar

**Semester- IV  
Practical Course****BPPC – 407 SPORTS SPECIALISATION**

**The Candidate has choice to select any one of the following games as the Specialization**(Athletics/Badminton/Football/Hockey/Cricket/Volleyball/Basketball/Lawn Tennis/Gymnastics/Yoga/ Kabaddi) (*Any one Games*)

**Unit-I**

- Introduction and Historical Development of games with special reference to India.
- Important Tournaments held at National and International Levels.
- National sports Awardees related to the game.

**Unit-II**

- Organizational set-up at national and International level (governing Bodies)
- Measurement and Markings of concern game.
- Facilities and Equipment of games.

**Unit-III**

- Training and development of fundamental skill and techniques of the game.
- Training and development of advance techniques of the game.
- Implementation of drills for the technical Training.

**Unit-IV**

- Strategy and tactics of the game
- Training and development of Basic tactics.
- Training and development of Advance Tactics.

**Unit-V**

- Rules and their interpretation of concern game.
- Duties and responsibilities of the Technical Officials.
- Training / coaching Lesson plan of the game.

**Semester IV  
Practical course**

**BPPC 408 KABADDI**

**Theory**

A brief Historical survey of Kabaddi and an elementary knowledge of national development, important competition, achievement tables of leading states and outstanding personalities especially of India.

- Rules of Kabaddi games
- Conditioning and Warm-up
- Hygiene of Kabaddi players
- Etiquettes
- Test

**1 Marking of Kabaddi ground****2 Offensive Skills**

2) The Chant

3) Skills performed by leg

- i. Toe touch
- ii. Side kick
- iii. Front kick
- iv. Curve Kick
- v. Cross kick
- vi. Roll kick
- vii. Mule kick or back kick
- viii. Fly kick

**3 Defensive Skill**

- i. Ankle catch
- ii. Double ankle catch
- iii. Knee catch
- iv. Double Knee catch
- v. Double thigh catch
- vi. Trunk Hold
- vii. Wrist catch
- viii. Crocodile catch
- ix. Wrist catch with reverse grip
- x. Shoulder catch
- xi. Washman hold

**4 Lead up games**

**5 Regular game practices : Game practice will be a part of lesson**

**6 Positional and system of play**

**7 Offensive and defensive strategy.**

**Reference:**

1. Rao, C.V. “ Kabaddi”, Patiala: N.I.S. Publication

**Semester IV  
Practical course**

**BPPC – 409 Sports Science Lab Testing**

**Semester IV  
Practical Course**

**Part C – Teaching Practices**

**BPTP – 410 Training/coaching lesson of Sports Specialization (05 Internal and 01 External)**

**Table – 1: Semester wise distribution of hours per week**

<b>Semester</b>	<b>Theory</b>	<b>Practicum</b>	<b>Teaching practice</b>	<b>Total</b>
<i>I</i>	12	30	-	42
<i>II</i>	12	24	6	42
	12	18	12	42
<i>IV</i>	12	18	12	42
<i>Total</i>	48	90	30	168
<i>Minimum of 36 teaching hours per week is required in five or six days in a week</i>				

**Table – 2: Number of credits per semester**

<b>Semester</b>	<b>Theory</b>	<b>Practicum</b>	<b>Teaching practice</b>	<b>Total</b>
<i>I</i>	12	15	-	27
<i>II</i>	12	12	03	27
<i>III</i>	12	09	06	27
<i>IV</i>	12	09	06	27
<i>Total</i>	48	45	15	108
<i>Minimum of 36 teaching hours per week is required in five or six days in a week</i>				