

RADHA GOVIND UNIVERSITY

RAMGARH, JHARKHAND.



Regulations and Courses of Study
for
Bachelor of Physical Education and Sports(BPES)
under
Choice Based Credit System (C.B.C.S)

Regulation for Conducting the (BPES) Degree Programme

I. Objective

The degree of BPES Bachelor of Physical Education and sports (**Choice Based Credit System**) is an inter disciplinary science involving fields related to education, human behavior sports and science. The purpose of the three year degree course to provide a longer period of professional preparation in Physical Education and Sports, This professional course which enables students to get jobs like Physical Education teacher in school, fitness experts, training instructor in corporate sector etc.

II. Eligibility for admission

For admission to Bachelor of Physical Education and Sports (BPES) shall be required to have passed higher secondary or 10+2or equivalent course conducted by the Govt. of Jharkhand or any other equivalent system recognized by the Govt. of India with 40% marks.

Eligibility categories SC/ST students shall have a concession of 5% .marks.

III. Duration of courses

The Bachelor of Physical Education and Sports (BPES) course shall be of three years duration. It will consist of six semesters of six months each. Each papers , both theory as well as practical, shall be of 100 marks of which 70 marks will be for end semester examination (ESE) and rest 30 marks for Internal Assessment(IA). The bifurcated marks of 30 shall be as under.

Component	Marks
Class Test	10
Home assignment	10
Seminar/ Quiz etc.	05
Attendance	05

*: 5 Marks is to be allotted to the student with more than 95%attendance , 4 marks between 90% to 94%, 3 marks between 85% to 89% , 2 marks between 80% to 84% and 1 marks between 75% to 79% of attendance.

Out of eight papers, four will be of theory and four will be practical papers. Passing in all four practical papers will be necessary. Out of four theory papers, passing in atleast two papers will be necessary for promotion to the next higher semester.

A candidate, passing in all the papers, both in theory and practical papers of the semester examination, shall be declared as “pass”. Those who pass atleast in two theory papers out of four papers shall be declared ‘promoted’.Otherwise declared fail (i.e. fails in more than two theory papers).

III. Attendance

Every student has to secure a minimum of 75% attendance in each semester for appearing at the end semester examination.

IV. Course Structure

Semester I

Paper Code	Title of Paper	Full Marks (Pass Marks)				Class Per Week		Credit Points
		Theory Paper		Practical Paper		Theory Paper	Practical Paper	
		ESE	IA	ESE	IA			
BPS 101	Hindi/ English	70 (30)	30 (10)	-	-	3	-	03
BPS102	Principle and History of Physical Education	70 (30)	30 (10)	-	-	4	-	04
BPS103	Foundation of Physical Education	70 (30)	30 (10)	-	-	4	-	04
BPS104	Olympic study	70 (30)	30 (10)	-	-	4	-	04
BPS105	Track Events	-	-	70 (30)	30 (10)	-	6	03
BPS106	Jumping Events	-	-	70 (30)	30 (10)	-	6	03
BPS107	Throwing Events	-	-	70 (30)	30 (10)	-	6	03
BPS108	Specialization in Sports Events (Athletics)	-	-	70 (30)	30 (10)	-	2	01
	Total	280	120	280	120	12	20	25

Semester II

Paper Code	Title of Paper	Full Marks (Pass Marks)				Class Per Week		Credit Points
		Theory Paper		Practical Paper		Theory Paper	Practical Paper	
		ESE	IA	ESE	IA			
BPS 201	Anatomy and Physiology	70 (30)	30 (10)	-	-	3	-	03
BPS202	Yoga	70 (30)	30 (10)	-	-	3	-	03
BPS203	Kinesiology	70 (30)	30 (10)	-	-	3	-	03
BPS204	Sports Nutrition	70 (30)	30 (10)	-	-	3	-	03
BPS205	Volleyball	-	-	70 (30)	30 (10)	-	6	03
BPS206	Basketball	-	-	70 (30)	30 (10)	-	6	03
BPS207	Football	-	-	70 (30)	30 (10)	-	6	03
BPS208	Game Specialization in (Volleyball/ Basketball/ Football)	-	-	70 (30)	30 (10)	-	2	01
	Total	280	120	280	120	12	20	22

Semester III

Paper Code	Title of Paper	Full Marks (Pass Marks)				Class Per Week		Credit Points
		Theory Paper		Practical Paper		Theory Paper	Practical Paper	
		ESE	IA	ESE	IA			
BPS 301	Health Education	70 (30)	30 (10)	-	-	4	-	04
BPS302	Sports Psychology	70 (30)	30 (10)	-	-	4	-	04
BPS303	Physiology of Exercise	70 (30)	30 (10)	-	-	4	-	04
BPS304	Management in Physical Education	70 (30)	30 (10)	-	-	3	-	03
BPS505	Table Tennis	-	-	70 (30)	30 (10)	-	6	03
BPS306	Badminton	-	-	70 (30)	30 (10)	-	6	03
BPS307	Lawn Tennis	-	-	70 (30)	30 (10)	-	6	03
BPS308	Specialization in (Table Tennis/ Badminton/ Lawn Tennis)	-	-	70 (30)	30 (10)	-	2	01
	Total	280	120	280	120	12	20	25

Semester IV

Paper Code	Title of Paper	Full Marks (Pass Marks)				Class Per Week		Credit Points
		Theory Paper		Practical Paper		Theory Paper	Practical Paper	
		ESE	IA	ESE	IA			
BPS 401	Foundation of Computer and its use in Physical Education	70 (30)	30 (10)	-	-	5	-	05
BPS 402	Basic principle of Sports Training	70 (30)	30 (10)	-	-	3	-	03
BPS 403	Recreation	70 (30)	30 (10)	-	-	3	-	03
BPS 404	Adapted Physical Education	70 (30)	30 (10)	-	-	3	-	03
BPS 405	Cricket	-	-	70 (30)	30 (10)	-	6	03
BPS 406	Hockey	-	-	70 (30)	30 (10)	-	6	03
BPS 407	Formal Activities (Marching, Dumble Drill and Lezim)	-	-	70 (30)	30 (10)	-	6	03
BPS 408	Game specialization in (Cricket/ Hockey)	-	-	70 (30)	30 (10)	-	2	01
	Total	280	120	280	120	12	20	24

Semester V

Paper Code	Title of Paper	Full Marks (Pass Marks)				Class Per Week		Credit Points
		Theory Paper		Practical Paper		Theory Paper	Practical Paper	
		ESE	IA	ESE	IA			
BPS 501	Sports Sociology	70 (30)	30 (10)	-	-	2	-	02
BPS 502	Methods of Physical Education	70 (30)	30 (10)	-	-	3	-	03
BPS 503	Remedial Corrective Physical Education	70 (30)	30 (10)	-	-	3	-	03
BPS 504	Test Measurement in Physical Education	70 (30)	30 (10)	-	-	4	-	04
BPS 505	Kho-Kho	-	-	70 (30)	30 (10)	-	6	03
BPS 506	Kabaddi	-	-	70 (30)	30 (10)	-	6	03
BPS 507	Yoga (Asanas,Pranayama and Kriyas)	-	-	70 (30)	30 (10)	-	6	03
BPS 508	Specialization in (Kho-Kho/ Kabaddi)	-	-	70 (30)	30 (10)	-	2	01
	Total	280	120	280	120	12	20	22

Semester VI

Paper Code	Title of Paper	Full Marks (Pass Marks)				Class Per Week		Credit Points
		Theory Paper		Practical Paper		Theory Paper	Practical Paper	
		ESE	IA	ESE	IA			
BPS 601	Professional Preparation in Physical Education and Sports	70 (30)	30 (10)	-	-	3	-	03
BPS 602	Educational Technology	70 (30)	30 (10)	-	-	3	-	03
BPS 603	Officiating and Coaching	70 (30)	30 (10)	-	-	3	-	03
BPS 604	Fitness and Wellness	70 (30)	30 (10)	-	-	3	-	03
BPS 605	Swimming	-	-	70 (30)	30 (10)	-	6	03
BPS 606	Handball	-	-	70 (30)	30 (10)	-	6	03
BPS 607	General Lesson Plan	-	-	70 (30)	30 (10)	-	6	03
BPS 608	Specific Lesson Plan	-	-	70 (30)	30 (10)	-	2	01
	Total	280	120	280	120	12	20	22

III. Script and duration of examination

The students are required to answer the questions in English and Hindi language in the examination in all the papers. Each individual paper of 100 marks shall be of three hour duration.

IV. Promotion rules and supplementary examination

A student shall be promoted to the next higher semester if he/she cleared all the papers (i.e. four theory and four practical papers) or at least two out of four theory papers besides passing all the four practical papers. This will be applicable in all the Six semesters i.e. from Semester I to II, II to III, III to IV, IV to V and V to VI. The students will be given chance to clear the backlog papers (in which he/she failed) in subsequent regular end semester examinations.

There shall be no supplementary examination. However, there shall be a provision of conducting one and only one supplementary examination after the declaration of the result of semester VI. Students failing in clearing the backlog papers previously may appear in supplementary examination to clear the result.

If student fails to clear all papers of all semesters including supplementary examination, the student will be given three more chances to clear in three subsequent year's regular End Semester Examinations. Thus the student will be given chance to clear the results during the maximum period of six years.

If a student fails to clear all papers of all semesters during the period of six years then the student registration will the University shall be automatically cancelled and he/she will have to start the course from 1st semester after taking admission as fresh student.

V. The Course Fee

The course fee per semester and fee structure shall be as determined by the University from time to time

VI. Ranking of the candidate

Ranking shall be given to only those candidates who pass all the papers of all six semesters examination of the same session of BPES programme in one attempt. Further the total marks obtained by him/her at the examinations shall be considered as the basis for the University ranking, Scholarships and other distinctions.

VII. Restriction of completing the course

Any student taking admission in the BPES degree programme of the faculty shall not be allowed to pursue any other full time programme/ course in the faculty or elsewhere in the entire period of the programme. Meaning there by that if a student leaves the programme after passing some of the semesters/ courses and takes up a full-time programme / course elsewhere, then he/she shall not be allowed to continue the programme further in the faculty and he/ she will have to pay the course fee of remaining semester (s) of the course.

**Course of Study
for
Bachelor of Physical Education and Sports (BPES)**

English / Hindi (Optional Papers)

Text-I : Prescribed for Detailed Study fast tracks : A Multi-skill course in English (An Anthology of Prose) and Poetry – A course in Reading and writing)
(Edited by the Board of Studies in English and published by Cambridge University Press Pvt. Ltd. for Sant Gadge Baba Radha Govind University, Amravati)

Contents Preface to the Teachers :

Section-I :

Prose :

- 1) Empowerment of Women –Mrs. Pratibha Devising Patil
- 2) The Lost Child – Mulk Raj Anand (English Today)
- 3) To Know When to say “It’s None of Your Business – MarkMcCormack (Reflee)
- 4) The Suitor & Papa – Anton Chekhov (Image of Life)
- 5) Dr. C.V. Raman: The Celebrated Genius (Chainar)
- 6) The Model Millionaire- Oscar Wilde (Reflection)
- 7) History of Chess – Barbara Mack (English for Life-III)
- 8) Uncle Podger Hangs a Picture – Jerome K Jerome (Reflection)

Section-II:

Poetry –

- 1) Leave this chanting and singing – Rabindranath Tagore (Reflection)
- 2) Gather ye Rosebuds while ye may- Robert Herrick (Reflections)
- 3) The Affliction of Margaret- William Shakespeare (Reflections)
- 4) All the World’s a Stage- William Shakespeare (Reflections)
- 5) Mirror-Sylvia Plath (Reflection)
- 6) Punishment in the Kindergarten- Kamala Das (Chinar II).

हिन्दी

1. नियोजित पाठ्यपुस्तक अस्मिता जयभारती प्रकाशन इलाहाबाद यह पुस्तक अध्ययन तथा अध्यापन के लिये निर्धारित की गयी है
2. पाठ्यपुस्तक तीन भागों में विभक्त है
1. आधारभूत पाठ्यक्रम
2. भाषागत पाठ्यक्रम
3. पद्यविभाग
3. संपूर्ण पाठ्यक्रम निम्न इकाइयों में विभाजित है
4. प्रथम इकाई आधारभूत पाठ्यक्रम
5. द्वितीय इकाई भाषागत पाठ्यक्रम
6. तृतीय इकाई पद्यविभाग
7. चतुर्थ इकाई व्यावहारिक भाषा एवं व्याकरण प्रश्न पत्र का स्वरूप

1. प्रथम इकाई (आधारभूत पाठ्यक्रम)
(क) दिर्घोत्तरी प्रश्न (विकल्प के साथ एक प्रश्न)
(ख) लघुत्तरी प्रश्न (विकल्प के साथ दो प्रश्न)
2. द्वितीय इकाई (भाषागत पाठ्यक्रम)
(क) दिर्घोत्तरी प्रश्न (विकल्प के साथ एक प्रश्न)
(ख) लघुत्तरी प्रश्न (विकल्प के साथ दो प्रश्न)
3. तृतीय इकाई पद्यविभाग
विकल्प के साथ दो प्रश्न
4. चतुर्थ इकाई व्यावहारिक भाषा एवं व्याकरण
सहायक पुस्तक सूची
 1. मानक हिन्दी का शुद्धिपरक व्याकरण डॉ. रमेशचंद्र मेहरोत्रा
 2. हिन्दी भाषा एवं देवनागरी लिपि जगतपाल शर्मा अरुणोदय प्रकाशन दिल्ली
 3. प्रयोजन मूलक हिन्दी लेखक डॉ राकेश कुमार पराशर प्रकाशक राष्ट्रभाषा प्रचार समिति हिन्दीनगर वर्धा
 4. सामान्य हिन्दी बोधायन लेखक डॉ रामदयाल कोष्टा एवं विजयकुमार सिंघई प्रकाशक खत्रा प्रकाशन जबलपुर
 5. हिन्दी रचना प्रबोध एवं रचना लेखक डॉ बच्चुलाल अवस्थी प्रकाशक साहित्य भवन प्रा. लि. के. पी. कक्कड रोड इलाहाबाद 2
 6. हिन्दी व्याकरण प्रबोध एवं रचना लेखक डॉ विजय पाल सिंह जयभारती प्रकाशन इलाहाबाद
 7. प्रयोजनमूलक व्यावहारिक हिन्दी ओमप्रकाश सिंहल जगताराम एण्ड सन्स नयी दिल्ली.

Semester – I
Theory
Paper– 2
BPS-102: Principles and History of Physical Education

UNIT-I

Physical Education: Introduction, Aim & Objectives and Misconceptions about Physical Education.

Important of Physical Education in modern society

Modern concept of Physical Education

UNIT-II

Development of Physical Education in India: Indus Valley Civilization Period. (3250 BC – 2500

BC), Vedic Period (2500 BC – 600 BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu

Period (320 AD – 1000 AD), British Period (Before 1947), Y.M.C.A. and its Contributions, Sports

Associations and Scheme in India (Rajkumari Amrit Kaur Coaching Scheme), Physical Education in

India (After 1947), Sports & Physical Education Institution in India (LNIPE, NIS, SAI) & its functions).

National Sports Awards: (Rajiv Gandhi Khel Ratna, Padma shri, Arjuna, Darohnacharya, Dhyan

Chand, Maharaja Ranjit and Maulana Abul Kalam Azad Trophy)

UNIT-III

Physical Education in The World: Physical Education in Sparta, Education at Athens, Physical and

Moral Education in Ancient Rome, The Circus, the Gladiatorial Combats, Germany (Johan Basedow,

Guts muths), Sweden (Per Henric Ling), Swedish Medical Gymnastics, The Spartakiad in USSR,

India (G.D. Sondhi, Padam Shree Dr. P. M. Joseph)

Asian Games, Afro Asian Games, S.A.F. Games, National School Games, SGFI and National Games.

UNIT-IV

1. Olympic Games:

Ancient Olympic Games: Historical Background, Significance of Ancient Games, Ceremonies of

Ancient Games, Decline and termination of Ancient Olympic Games.

Modern Olympic Games: Introduction, Ceremonies, Venues, International Olympic Committee

(IOC), and Functions of IOC

2. Commonwealth Games: Historical Background, Ceremonies and Venues.

Suggested Reading List

- Don Marrow, “Sports History” (2006) Human Kinetic Publisher inc.
- Lal, D.C. “History of Physical Education and Sports” (2006) Sports Publication, New Delhi.
- Mishra, Sharad, “Reading in Physical Education and Sports”(2006) Sports Publication, New Delhi.
- Singh, Ajmer., Bains, Jagdish., Gill, Jagtar Singh. and Brar, Rashpal Singh “Essential of physical
- Education” (2017). Kalyani Publisher, Ludhiana, Punjab.
- Tirunaryanan & S. Harisharasarma, (1998) “An Analytical History of Physical Education”.

Semester – I
Theory
Paper – 3
BPS-103: Foundation of Physical Education

UNIT-I

1. Definition of Terms: Physical Education, Physical Training, Physical Culture, Teaching and Coaching.
2. Physical Education: Introduction, Aim & Objectives, Scope & Contribution of Physical Education to Education.
3. Objectives of Physical Education at Different Levels of Education: (i) Elementary Education.
(ii) Primary Education (iii) Secondary Education and (iv) Higher Education

UNIT-II

1. Philosophies: Introduction, Nature of Educational Philosophies (Naturalism, Idealism, Pragmatism, Realism, Existentialism) and their Application to Physical Education.
2. Evolution of Games and Sports: Games and Sports as Man's Cultural Heritage.
3. Role of Physical Education in Context to Social Problems: Unemployment, Youth Unrest, Drugs and Health Related Problems.

UNIT-III

1. Evolution of Man: Biped Position, its Advantages and Disadvantages, Activities as the Physical Basis of Life.
2. Body Types: Introduction, Types and their Implication in Physical Education and Sports.
3. Sex Differences: Sex Differences on Account of Chronological, Anatomical, Physiological & Mental Age and their Implication in Physical Education and Sports.

UNIT-IV

1. Theories of Learning: Traditional & Modern and their Complications to the Field of Physical Education
2. Play: Introduction, Theories of Play and their Implications in the Promotion of Sports.
3. Economy, Politics and Sports: Role of Economy & Politics at National & International level and in the Promotion of Physical Education and Sports.

Suggested Reading List

- Bucher, A. Charles and Wuest, Deborah. A., "Foundation of Physical Education and Sports" (1998)
- 10th edition St. Louis Times Mirror, Mosby College Publishing, Boston, London.
- Gupta, A.K. and Narang, Priyanka, "Facts and Foundation in Physical Education" (2006-07) Sports Publication, New Delhi.
- Sharma, Sita Ram, "Sociological Foundation in Physical Education and Sports" (2004) Friends Publication, Delhi.
- Singh, Ajmer., Bains, Jagdish., Gill, Jagtar Singh. and Brar, Rashpal Singh "Essential of physical Education" (2017). Kalyani Publisher, Ludhiana, Punjab.
- Vaidhya, Rajesh "Principles of Physical Education" (2006) Sports Publication, New Delhi.

Semester – I
Theory
Paper – 4
BPS- 104: OLYMPICS STUDY

UNIT-I

THE OLYMPIC MOVEMENT

1. The ancient Olympic games
2. The Olympic movement
3. Aims and symbols of the Olympic movement
- 1.4 The International Olympic Committee (IOC)

UNIT-II

STRUCTURE OF THE OLYMPIC MOVEMENT

- 1 The National Olympic Committee (NOC)
2. The International Sports Federations (IFs)
3. The National Sports Federations (NFs)
4. Volunteerism

UNIT-III

THE OLYMPIC GAMES

1. Organization
2. The international bid process for selecting sites for the games
3. Participation in Olympic games
4. Women and sports

UNIT-IV

IOC PROGRAMMES

1. Olympic academy
2. Olympic solidarity
3. Olympic Museum
4. Para Olympics" games
5. Sports for all
6. Culture, Olympics, winning, participation and universality of the games
7. Drug abuse and doping
8. Arbitration and dispute resolution

Suggested Reading List

- Cliv, Gifford, Summer Olympic" 2004
- Daw, Anderson, The story of the Olympics, 2008.
- Maranirs David, Rome 1960: The Olympics that changed the world, 2008.
- Osborne, Manpope, Ancient Greece and the Olympic, 2004.
- Oxlade, chris., Olympic, 1999.
- Perrottet, tony, The Naked Olympics: the true story of the Ancient Games, 2004.
- Singh, M.K., Indian Women and Sports, Rawat Publication, 1991.
- Toropove, Brandon., The Olympic for Beginners, 2008.
- Wallechineley, Davi, The Complete Book of the Olympic, 1992.

Semester – I
Practical
Paper -5
BPS-105: Track Events

Fundamental Skills-
Running Techniques .
Types of Running .
Track Marking, Measurement and Officiating

Semester – I
Practical
Paper -6
BPS-106: Jumping Events

Fundamental Skills-
Jumping Techniques. .
Types of Jumping .
Marking, Measurement and Officiating

Semester – I
Practical
Paper -7
BPS-107: Throwing Events

Fundamental Skills-
Throwing Techniques.
Types of Throwing
Marking, Measurement and Officiating

Semester – I
Practical
Paper -8
BPS-108: Specialization in Athletics

Semester – II

Theory
Paper –1
BPS-201: ANATOMY AND PHYSIOLOGY

Unit-I

Meaning and definition of anatomy

Cell, structure, properties of living matter

The role of anatomy and physiology in physical education & sports

Names and location and functions of bones, kinds of bones, joints and their types Tissues and organs of the human body

Unit-II

Anatomy of muscular system Structure of muscles and their types Properties of muscles

Mechanism of respiratory

Function of heart

Heartbeat, stroke volume, cardiac output

Unit-III

Function of digestive system

structure and functions of excretory system

Meaning of endocrine glands and structure of the following glands – (pituitary glands, thyroid, parathyroid, adrenal glands).

Unit-IV

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.

Suggested Reading List

- Anderson.T. Mc. Clerg, “Human Kinetics and Analyzing Body Movements”, London: William Heiman Medical Books Ltd. 1961.
- Davis, D.V. “Gray’s Anatomy” London; Longmans Green & Co. Ltd.
- Pearce, Evelyn B. “Anatomy and physiology for Nurses”, London; Faber and Faber Ltd.
- Prarce, J.W. “Anatomy for students and Teachers of Physical Education”, Edward Arnold & Co. London

Semester – II
Theory
Paper –2
BPS-202: Yoga

Unit – I

Need and important of Yoga in Physical Education
Yoga-Meaning concept
Miss-conceptions about Yoga-Relationship with physical education.
Historical Background of yoga-yogic practices.

Unit-II

Yoga as a discipline of life mode of living, cuits of yoga (only central ideas) Raj Yoga
Bhakti Yoga Karm Yoga Gyna Yoga
Hatha yoga philosophy

Unit-III

Astanga Yoga with special reference to – Yamas
Niyams Asanas
Pranayama; Types of Asanas and Pranayama. Shat Karma-Personal hygiene of Yoga
Six purificatory methods of yoga-Neti, Dhauti, Vasti, Nauli, Gajkarni, Kunja.

Unit-IV

Bandhas, Mudras and Chakras of Yoga Recent advances in Yoga Education Yoga as a
Science:
The therapeutic values of Yogic practices Corrective values of Yogic Practices

Suggested Reading List

- Brown, F. Y. (2000).How to use yoga. Delhi: Sports Publication.
- Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaixydahmoe.
- Iyengar B. K. S., (2000). Yoga Deepika. Vivekananda Kendra Publishers, Bangalore.
- Rajjan, S. M. (1985). Yoga: strengthening and 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 – II
Theory
Paper –3
BPS-203: Kinesiology

Unit-I

Introduction to Kinesiology

Definition

Objectives of Kinesiology

Role of Kinesiology in Physical education

Fundamental concepts of following terms with their application to the human body.

Axes and planes Center of Gravity Line of Gravity

Unit- II

Anatomical and Physiological fundamentals Classification of joints and muscles Terminology of fundamental movements.

Types of Muscle contractions Angle of Pull

Kinesiology of Joints Two joints' muscles

Roles in which muscles may act.

Unit- III

Upper Extremity

Major characteristics of joints

Location and action of major muscles acting at the following joints (Shoulder, Elbow, Wrist)

Lower Extremity

Major characteristics of joints

Location and action of major muscles acting at the following joints: (Hip, Knee, Ankle, and Foot)

Unit -IV

Application of Mechanical Concepts Motion

Definition Newton's Laws of Motion, Application to sports activities Force

Definition Magnitude of force

Direction of application of force Application to sports activities Equilibrium

Definition Major factors affecting equilibrium, Role of equilibrium in sports

Definition Lever, Types of Levers

Application of Human body

Suggested reading list

- Bunn, John M. Scientific Principles of coaching., Englewood cliffs, N.J : Prentice Hall, Inc., 1979.
- David, A Dainty: Standardizing Biomechanical Testing in sports, Champaign: Human kinetics publication, 1987.
- 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.
- James, G. Hay and Reid J.H. Gavin. Anatomy, Mechanics and Human Motion. Englewood cliffs, N.J : Prentice Hall Inc., 1988.
- Miller, Dorris, and Nelson, Richard C. Biomechanics of Sport. Philadelphia: Lea and Febriger, 1976.
- Narlene, J. Aerin and John M. Cooper. Biomechanics of Human Movement: New York : Mc Graw-Hill Publication, 1995.

Semester – II
Theory
Paper –4
BPS- 204: Sports nutrition

Unit- I

Concept of Nutrition, Sport Nutrition and Health
Types and Sources of Nutrients
Main function of Macro and Micro nutrients in health and sports
Balanced diet

Unit-II

Energy for sports performance and the role of carbohydrate, protein, fat and their sources.
A factor affecting the energy needs in different categories of sports events.
Sports supplements and their effect on performance.
Nutritional requirements and allowances for sports person of different categories Competition nutrition and its management glycemic index and sports nutrition

Unit-III

Management of Hypertension atherosclerosis and dieter's mellitus in sportsperson.
Management of the female sportsperson -Menarche and Menstruation -Amenorrhea -Anemia and Iron Supplementation -Bone Health and Calcium Supplementation
Eating Disorders

Unit-IV

Weight Control
Basic principles of weight control
Calorie concept of weight control
Fat reduction and role of fat loss supplements
Role of diet in weight control.

Suggested reading list

- Bean, A. (2001).
- Sports Nutrition. Biddles Ltd, Guildford and KingsLynn. Zimmermann, M. (2007).
- Handbook of Nutrition, Saurab Printers PvtLtd. Antoonio, J and Stout, J.R. (2001).
- Sports supplements. Lippincott Williams &Wilkins

Semester – II
Practical
Paper-1
BPS-205- Volleyball

Fundamental Skill

Players Stance-Receiving the ball and passing to the teammates,

The Volley (Overhead pass),

The Dig (Under handpass).

Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.

Rules and their interpretations and duties of officials

Semester – II
Practical
Paper-2
BPS-206: Basketball

Fundamental Skills

Player stance and ball handling

Passing-Two Hand chest pass, two hand Bounce Pass, One Hand Baseball pass, Side Arm Pass, Over Head pass, Hook Pass.

Receiving-Two Hand receiving, one hand receiving, receiving in stationary position, receiving while jumping, receiving while running.

Dribbling-How to start dribble, how to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling, dribble.

Shooting- Layup shot and its variations, one hand set shot, one hand jump shot, Hook shot, Free-throw.

Rebounding- Defensive rebound, Offensive rebound, knock out, Rebound Organization.

Individual Defensive- Guarding the man with the ball and without the ball.

Pivoting.

Rules and their interpretations and duties of the officials.

Semester – II
Practical
Paper-3
BPS-207: Football

Fundamental Skills

Kicks- Inside kick, Instep kick, Outer instep kick, lofted kick

Trapping- trapping rolling the ball, trapping bouncing ball with sole

Dribbling- With instep, inside and outer instep of the foot.

Heading- From standing, running and jumping.

Throw in

Feinting- With the lower limb and upper part of the body.

Tackling- Simple tackling, Slide tackling.

Goal Keeping- Collection of balls, Ball clearance-kicking, throwing and deflecting.

Semester – II
Practical
Paper-4
BPS-208: Game specialization
(Volleyball/ Basketball/ Football)

History and Origine of the game
Ground measurement and marking
Rules and regulation of the game
Coaching and Officiating
Scientific Principles

Semester – III
Theory
Paper-1
BPS-301: Health Education

Unit-I

Health Education

Concept and meaning of Health.

Concept, meaning, definition, and scope of health education.

Principles and practice of health education.

Planning and evaluation in health education programmes.

Organization and administrative set up of health services in India

Unit-II

Hygiene

Hygiene: The concept of hygiene and personal hygiene.

Care of skin, mouth, teeth, nose, eyes, hands, feet, nails, hair clothing, vital genital organs etc.

Importance of rest, sleep, diet and exercise.

Community Health:

Community Health: Brief account of housing water supply, sewerage and refuse disposal.

School Health Programs:

School Health Service: History, School Health Problems. Health appraisal, healthy school environment

nutritional services, mental health, school health programmes/services, school health records, Safety measures in the playgrounds – first aid and emergency care

Unit-III

Diseases

Disease: Meaning of a disease, disease cycle, epidemiological factors, modes of disease transmission and immunity.

Health Problem in India: Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus) nutrition, environmental sanitation, medical care and population.

Eating Disorders - Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders

Unit-IV

Sex Education

Concept and meaning of sex education

Need of sex education to the professional students.

Family Planning

Meaning and concept of family planning.

Methods to control childbirth

National family welfare programme

Mother and child healthcare

Suggested reading list

- Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani
- Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- Pandey, P.K. and Gongopadhyay, S. R. "Health Education for School Children", Friends
- Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Park, J.E. and Park, K. "Text Book of Preventive and Social Medicine", (1985) Bnasidar 91 Bhanot, Publisher, Jabalpur-1985

Semester – III
Theory
Paper-2
BPS-302: SPORTS PSYCHOLOGY

UNIT – I

Introduction

Meaning definition and nature of Psychology and Educational Psychology.

Psychology as a Science.

Importance of Psychology in Physical Education.

UNIT –II

Growth and Development

Meaning of growth and development.

Physical, Mental & Social development during following stages: -

Early childhood, Middle childhood, Late childhood, Adolescences

Individual Differences

Meaning of the term individual difference

Heredity and Environment as causes of Individual Differences

Interaction of Heredity and Environment

Unit-III

Learning

Meaning definition and nature of learning

Principles/Laws of Learning

Factor affecting Learning

Meaning and Condition of Transfer to Training

Motivation and Emotion:

Meaning definition of Motivation and its important in Physical Education.

UNIT – IV

Concept of need, drive, motive, incentive and achievement

Types of Motivation

Role of Motivation in teaching physical activities

Emotion:

Meaning and nature of Emotion

Types of Emotion

Personality:

Meaning and nature of Personality

Dimensions of Personality

Introduction to Sports Psychology

Meaning and area/scope of sports psychology

Importance of sports psychology for physical educationists Coaches and players

Suggested reading list

- Gates, A.I. et al. Educational Psychology (Macmillan Co. N.Y. 1957) Lindgram, H.E. Advanced Educational Psychology in the classroom.
- Kuppanswami, B. Advanced Educational Psychology (Sterling Publishers Pri. Ltd., 1947) Oxendine, J.B. Psychology and Motor Learning (Engle wood chffs : New Jersey, 1968)
- Dr. M.L. Kamlesh, "Psychology of Physical Education of Sports" metropolitan, New Delhi 1983.
- Jack H. Liewellyn, Judy A. Bluckeve., Psychology of Coaching Theory and application Surjeet Publication, Delhi 1982.

Semester – III
Theory
Paper-3
BPS-303: PHYSIOLOGY OF EXERCISE

UNIT – I

Definition of physiology and its importance in the field of physical education and sports.

Structure, Composition, Properties and functions of skeletal muscles.

Nerve control of muscular activity:

Neuromuscular junction

Transmission of nerve impulse across it.

Fuel for muscular activity

Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

Energy – Meaning of energy Production and use of energy. Types of Energy

Aerobic and anaerobic of muscular energy.

UNIT-II

Muscles: - Types of muscles

Characteristics of skeletal muscles, innervation and blood supply.

Microscopic structure of muscles fiber, sensory organ of muscle.

Biochemical changes in muscles during exercise, second wind.

Muscles fatigue and recovery process, debt.

UNIT-III

Circulatory System:

Functioning of heart during exercise.

Stroke volume

Cardiac output

Pulse rate

Effect of training on functioning of heart.

Blood-constituents, Role during exercise-Blood lactate CO₂ in blood, O₂ carriage in body Oxyhemoglobin, Blood pressure changes during exercise.

UNIT – IV

Respiratory System:

General functioning of the system-Variation of measures & capacities like Vital capacity, tidal air, residual air, inspiration and expired air pressure.

Transportation of gases.

At lung level

At Cellular level

Changes during exercise in respiratory system.

Effect of long-term training on respiratory capacities.

Suggested reading list

- Physiology of Exercises – by Maccurdy and Mekenzh.
- Physiology of Exercise – by Karpovich.
- Sports physiology – by Fox
- Exercise physiology – by More Hanse & Miller.
- Physiological Basis of Physical Education and Athletics by Mathews and Fox.
- Exercise Physiology – by David H. Clarke.

Semester – III
Theory
Paper-4
BPS-304: Management in Physical Education

Unit I

Management and Organization Structure

Meaning and Definition of the Terms – Administration and Management.

Elements/Phases of Management (Planning; Organizing; staffing; Directing and Coordination;

Supervision and Control/ Evaluation; Re-adjustments and Improvement/ Follow-up)

Importance/Significance of the Subject Management in Physical Education and Sports.

Principles of Management.

Unit II

Facilities and Equipment

The Need for Out-door Facilities: Principles for their Location and the Recommended Area.

Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking. Guidelines/Principles for the Lay-out of outdoor Facilities. Care and Maintenance of

Outdoor Facilities Gymnasium: The need, Location, Dimensions, Sample Floor Plans.

Swimming Pool: The Need, Construction, Maintenance and Supervision.

The need for Equipment and their Types. Procedure for the Purchase of equipment's.

Principles to be followed for the Purchase. Store Room Management: Need, Location, Fixtures, Handing of equipment's, Issuing Procedure and Periodical Stock- Checking.

Stocking of Leather equipment's, Rubber equipment's, Wooden equipment's, Cloth Uniform Shuttle Cocks, Mattresses, Swimming and Track equipment's. Repairs and Disposal of Damaged equipment's.

UNIT – III

Staff and Leadership

Head of the Institute/Department and his Role in Imbibing the Spirit of Discipline among his Staff and Students. Qualifications of Physical Educators for Different Level Assignments.

Qualities of a Good Physical Education Teacher.

UNIT - IV

Class Management & Office Management

Teacher's Preparation before Class (Lesson Plan, Markings of the Courts, Necessary equipment Suitable Uniform). Students Preparation Handling and Controlling the Class. Attendance System. Grading the Student. Preparing Reports.

The Need for Office, It's Location and Set up. Office Function and Practice.

Suggested Reading List

- Joseph P.M. Organization of physical Education. The old students Association, IPE, Candiwali, Bombay 1963.
- Voltmar, B.P. et. al. The Organization and Administration of Physical Education, Prentice Hall Inc. New Jersey, 1979.
- Bucher, C.H. Administration of Physical Education and Athletic programmes, The C.V. Mosby Company, London, 1983.
- Zigler, E.M. and Dewie, G.W. Management Competency Development in Sports and Physical Education, Lea and Febiger, Philadelphia, 1983.
- Maheshwari, B. Management by Objectives Taber Mc. Graw Hill publishing company Ltd., New Delhi, 1982. Allen,
- L.A. Management and Organization Mc-Graw Hill Book Company Inc. London 1958.
- Newman, W.D. Administrative Action, Prentice Hall I.C., New Jersey 1963.
- Hugesm W.L.et.al. Administrative of Physical Education. The Ronald Press, Company, New York, 1962.
- Venderzwaq, H.J. Sports Management in Schools and Colleges, McMillian Publishing company, New York, 1935.

Semester – III
Practical
Paper-5
BPS-305: Table Tennis

Fundamental Skills

The Grip-The Tennis Grip, Pen Holder Grip.

Service-Forehand, Backhand, Side Spin, High Toss.

Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.

Stance and Ready position and footwork

Rules and their interpretations and duties of officials.

Semester – III
Practical
Paper-6
BPS-306: BADMINTON

Fundamental Skills

Racket parts, Racket grips, Shuttle Grips.

The basic stances.

The basic strokes-Serves, 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.

Semester – III
Practical
Paper-7
BPS-307: LAWN TENNIS

Fundamental Skills.

Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.

Stance and Footwork.

Basic Ground strokes-Forehand drive, Backhand drive.

Basic service.

Basic Volley.

Over-head Volley.

Chop

Tactics – Defensive, attacking in game

Rules and their interpretations and duties of officials

Semester – III
Practical
Paper-8
BPS-308: Game Specialization

(Table Tennis/ Badminton/ Lawn Tennis)

History and Origine of the game

Ground measurement and marking

Rules and regulation of the game

Coaching and Officiating

Scientific Principles

Semester – IV

Theory

Paper-1

BPS-401: Foundation of Computer and its use in Physical and sports

Unit-1

Introduction to Computers

Brief history of development of computers Generations of computers

Types of components of a computer system Basic components of a computer system

Memory RAM – ROM, and other types of memory. Operating system

Need of software, types of software

Types of virus, virus detection and prevention Binary number system

Unit II

Introduction to Windows

Using mouse and moving icons on the screen. My computer, recycle bin, status bar.

Start menu selection, running an application

Window explorer to view files, folders and directories, creating

and renaming of files and folders. Operating and closing of different windows, minimize, restore and maximize forms of windows.

Basic components of a window : Desktop, frame, Title bar, menu bar, status bar, scroll bars, using right button of the mouse.

Creating shortcut, basic windows accessories: power point presentation, notepad, paint, calculator, word pad, using clipboard.

Unit III

Introduction to Ms-office and word processor

Types of word processor

Creating and saving a document, editing and formatting document including changing colour, size font, alignment of text.

Formatting paragraphs with line or paragraph spacing adding headers and footers, numbering pages.

Using grammar and spell check utilities, etc. printing document. Inserting word art, clipart and pictures.

Page setting, bullet and numbering, borders, shading format painter find and replace.

Inserting tables, mail merge.

Unit IV

Introduction to information and communication technology

Concept, importance, meaning and nature of information and communication technology. Need of information and communication technology in physical education. Scope of ICT in education and physical education Teaching learning process, publication, evaluation, research administration.

Paradigm shift in education due to ICT content with special reference to curriculum. Role to teacher, methods of teaching, classroom environment, evaluation procedure. POP and WEB based E-mail, merits address, Basics of sending and receiving, E-mail, protocols, Mailing list free e-mails services.

Suggested Reading List :

- ITL Education solution ltd. Introduction to information technology research and developmentwing-2006.
- Simmons lan, computer dictionary BPBpublications-2005.
- Pradeep K. Sinha and Prit; Sinha foundations computing BFBpublications-2006.
- Douglas E. Comer, The internet Book, Purdue University, West Lafayette in2005.
- V. Rajarman, fundamentals of computers, prentice hall of India, NewDelhi-2000.
- B. Ram, Computer fundamentals, New age international publishers2006.

Semester – IV
Theory
Paper-2
BPS-402: BASIC PRINCIPLES OF SPORTS TRAINING

UNIT I

Introduction

Meaning and Definitions of sports training.

Meaning of terms: coaching, teaching, conditioning and training.

Aims and Tasks of sports training.

Systematization of sports training

Basic Training

Intermediate Training

High performance training

UNIT II

Training Load:

Definition and Types of training load.

Features/Factors of Training Load.

Overload

Meaning and types of overloads

Causes of overload.

Symptoms of overload.

UNIT III

Strength, Concept and types of strength

Methods of strength training.

Endurance, Concept and types of endurance.

Methods of endurance training

Speed, Concepts and classification of speed

Methods of developing speed abilities

Reaction speed

Speed of movement

Acceleration speed, Sprinting speed, Speed endurance

UNIT-IV

Technical Training

Definition of Technique and skill

Importance of Technique

Tactical Training

Concept of Tactics and Strategy

Methods of Tactical Training.

Planning

Concept of Training Plan.

Types of Training plan.

Periodization

Meaning and Importance of Periodization

Aim and Contents of Periods

Types of Periodization

Suggested Reading List:

- Dick W. Frank, Sports Training Principles 4th Ed. (London : A & C Black Ltd.),2002. Harre, D.
- Principles of Sports Training (Berlin : Sport Veulag), 1982.
- Matveyev, L.P. Fundamentals of Sports Training (Moscow : Progress Publishers),1977. Singh,
- Hardayal, Science of Sports Training (New Delhi : DVS Publications),1991.
- Uppal, A.K. Principles of Sports Training (Delhi : Friends Publication),2001.
- Tudor B. Bompa & Mihai C. Carera, Periodization Training for Sports, Human Kinetics, 2005 (2nd Edition) Yograj Thani, Sports Training, Sports publication 2003.
- K. Chandra Shekar, Sports training, Khel Sahitya Kendra,2004.

Semester – IV
Theory
Paper-3
BPS-403: RECREATION

Unit I

Introduction

Meaning, Definitions and characteristics of recreation Importance of Recreation.

Misconceptions about Recreation Scope of Recreation

Unit II

Influence of recreation in social institutions

Family Education institutions Community/Cultural Religious organization

Unit III

Planning for recreation

Planning criteria and objectives of recreation facilities.

Different types of indoor and outdoor recreation for urban and rural population.

Operation and maintenance of different recreation area and facilities. Sources of funding of recreational activities.

Unit IV

Programs in recreation

Classification of Recreational Activities

3. Indoor and outdoor activities

water activities

Cultural activities Literary activities Nature and outing Social events Adventure activities

Hobbies-Introduction to hobbies and types of hobbies Agencies providing Recreation

4. Camping and leadership

5. Aim, objectives and importance of camping. Organization and types of camp.

6. Selection and layout of camp site. Camping leadership

7. Types and functions of recreation leaders

8. Qualification, qualities and training and recreation leaders.

Suggested Reading List:

- Bright Charles K. and Herold C. Meyer. Recreational test and readings, Eaglewood cliff, New Jersey Prentice Hall, Inc. 1953.
- Ness wed, M.H. and New Meyer E.s. Leisure and Recreation, New Yourk, Ronald Press.
- Vannier Maryhalen, Methods and Material in Recreation leadership Philadelphia, W.B. Saunders company, 1959 Planning Facilities for Health Physical Education and recreation, Chicago, the Athletic institute, 1936.
- Recreation areas : Their Design and equipments, New York : Ronal Press 1958, Kran, R.G.
- Recreation and the schools : New York : Mac melon company.
- Shivers J.S., Principles and practices of recreational services, London : Mac Melon Company 1964.
- Kledienst V. K. & Weston A the recreational sports programme prentice hall international Ic. London
- 1978. Butler George introduction to community recreation (Mc Gram Hill Book Company 1976)
- Dubey and Nayak Recreation Reston AP publishers, Jalandhar. Marrow GS Therapeutic Recreation Reston Publishing company 1976.
- Kelly JR Leisure Prentice Hall Inc. Englwood Cliffs N.J. (1982).

Semester – IV
Theory
Paper-4
BPS404: ADAPTED PHYSICAL EDUCATION

Unit I

Introduction to Adapted Physical Education

Meaning and definitions Aims, goals, & objectives

Need & importance of adapted physical education

UNIT II

Classification of Disability

Physical disabilities Causes

Functional Limitations Characteristics

Mental Retardation Causes Characteristics

Functional Limitations Visual Impairment Causes

Characteristics Functional Limitations Hearing Impairment

Causes Characteristics Functional Limitations

Behavioral Disorders Adjustment problems Personality disorder

Modifications for teaching and programming in physical education and sports

Unit III

Adapted physical education programme

Guiding principles for adapted physical education programme (AAPHER Principles)

Physical Education program for disabled for Elementary school Middle school High School.

Unit IV

Co-curricular Activities for disabled outdoor programme for the disabled Adventure based

outdoor programme Rhythm and dance activities

Rehabilitation

Aims and objectives of rehabilitation council of India.

Meaning of functional and occupational rehabilitation

Governmental Welfare Programme

Provision of Special rights and privilege for disabled through legislations.

Social welfare programme for disabled

Mass public education /Awareness programme

Education approach

Service approach

Legislative approach

Suggested Reading List:

- Auxter, Byler, Howtting, Adapted Physical Education and Reactions,
- Morbey-St. Louis Mirrauri. Arthur G. Miller and James, Teaching Physical Activities to Impaired
- Youth, John Wilage & Sons Inc. Canada.
- Ronal W. French, & Paul J. , Special Physical Education,
- Charles E. Merrics Publishing Co. Edinburg, Ohio. Arthur S. Daniles and Euily, Adapted Physical
- Education, Harpet & R.W. Publisher-New York.
- Anoop Jain, Adapted physical Education, sports publications, Ashok Vihar, Delhi-52

Semester – IV
Practical
Paper-1
BPS-405: Cricket: Fundamental Skills

- o Batting-Forward and backward defensive stroke
- o Bowling-Simple bowling techniques
- o Fielding-Defensive and offensive fielding
- o Catching-High catching and Slip catching
- o Stopping and throwing techniques
- Wicket keeping techniques

Semester – IV
Practical
Paper-2
BPS-406: Hockey

Fundamental Skills

- o Player stance & Grip
- o Rolling the ball
- o Dribbling
- o Push
- o Stopping
- o Hit
- o Flick
- o Scoop
- o Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,
- o Reversehit
- o Dodging
- o Goal keeping – Hand defence, footdefence
- o Positional play in attack and defense.
- o Rules and their interpretations and duties of officials.
- o Rules and their interpretations and duties of officials.
- o Ground Marking.

Semester – IV
Practical
Paper-7
BPS-407: Marching, Dumble Drill and Lezim

Marching- Four Count exercises, eight count exercises, sixteen count exercises.
Dumble Drill-- Four Count exercise, Eight Count exercise, Sixteen Count exercise
Lezim- Four Count exercise, Eight Count exercise, Sixteen Count exercise

Semester – IV
Practical
Paper-8
BPS-408: Game Specialization
(Cricket/ Hockey)

History and Origine of the game
Ground measurement and marking
Rules and regulation of the game
Coaching and Officiating
Scientific Principles

Semester – V
Theory
Paper-1
BPS-501: SPORTS SOCIOLOGY

Unit I

Concept of Sociology

Meaning, nature and scope of sociology

Methods of sociology and their relationship with other social sciences.

Effect of various social forces on personality development.

Sport – medium of socio-cultural change

UNIT-II

Introduction to sports sociology

Meaning and scope of sports sociology

Sports sociology as a discipline

Sports as a social occurrence

Effect of appearance, sociability and specialization on sport participation

Unit III

Sports and society

Socialization through games and sports

Recreation and its scope through games and sports.

Sport as an element of society

Sport as an element of cultural development

Sport as an art.

Unit IV

Social factors concerning sports in society

Social stratification in sports

Demonstration in sports

Sport and women

Sport and children

Sport and older adults

Suggested Reading List

- Loy, John, W. Kenyan, Gerald S, & Mc Pherson, Barry D, “Sports Culture and Society” (Philadelphia Lea & Febiger,1981).
- Ball, Donald W. and Low John W “Sport and Social order contribution to the sociology of sport” (London, Addison wesely publishing co, Inc,1975)
- Loy John W. Mc Pherson, Barry D, and Kenyan Gerald, “Sport and Social System” (London, Addison wesely publishing company Inc,1978)
- Edward Larry “Sociology of Sport” (Ilihois: The Dorsey Press,1973).

Semester – V
Theory
Paper-2
BPS-502: METHOD OF PHYSICAL EDUCATION

Unit I

Physical Educational Method:

Definitions – Scope and importance of method in Physical education:

Teaching Techniques in Physical Education

Lecturer Method

Command Method

Demonstration Method

Limitation Method

Project Method

Discussion Method

Group Directed Practice Method

Teaching Procedure in Physical Education:

Whole Method

Whole part whole method

Part whole method

Stage whole method

Unit II

Classification:-

Classification of pupils for routine physical Education activities and competitions

Various method of classification

Advantage and disadvantage of classification

Unit III

Lesson Planning:

i) Types of lessons: Knowledge lesson, Drill lesson, skill lesson, Review lesson, Appreciation lesson.

ii) Planning and observation of Class- Room Teaching lesson.

iii) Planning and observation of field Activity Teaching lesson.

Teaching aids-importance, Types and uses, Audio-Visuals, Charts, Models, Films, Black Boarded.

UNIT-IV

Tournaments and competitions: Group competitions and their importance, Methods of organizing competitions types of tournaments, methods of conducting tournaments

Methods of conducting intra- Mural and Extra mural completions, games of law organization, organization of excursions.

Construction and marking of play field for various games, laying out of running's. Track, construction of jumping pits preparing and markings of different play fields. The admeasurements and requirements.

Semester – V
Theory
Paper-3
BPS-503: REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION

UNIT-I

Meaning, importance and scope of posture education.
concept and classification of posture Correct and incorrect posture Static and dynamic posture Body type and posture.

UNIT-II

Postural Deformities:
A study of Physical defects in posture and the corrections to be arrived at –Kyphosis Lordosis Scoliosis Flat foot. Bowed legs Knocked knees Corrective exercise
Assessment of posture-posture test. Therapeutic exercise and their classification.

UNIT-III

Sports Injuries:
Introduction to sports injuries
Role of trained personnel in the management of the sports injuries
Prevention injuries:
Factors causing sports injuries
Factors sports injuries
Complications of incomplete treatment

Unit IV

Common sport injuries and their immediate treatment
Sprain
Strain
Contusion and hematoma
Dislocation
Fracture
Rehabilitation:
Definition objectives and scope
Effects and uses of the therapeutic modalities in Cold therapy Hot most Infra-Red
Contrast bath Wax bath therapy 5. Massage
Brief history of massage.
Principles of application of Massage.
Classification of the manipulations used in massage and the effects of each such type on different systems of human body. Stroking manipulation Pressure manipulation Percussion Manipulation

Reference: -

- Corrective physical education by Rathbone (J.I.H.B. Saunders and Co.)
- Manual of message and movement by Prof. E.M.Naro (Faber &Faber)
- Therapeutic exercises for body alignment and function by William Maclimond, Catherine Worthington (W.B.Saunders &Co.)
- Message and Medical Gymnastics by M.V.Lace (J & A ChurchhillLtd.
- Preventive and Corrective Physical Education by Stafford and Kelly (Ronald Press Co. New York)
- Tests and Measurements by McCooly and Young.

Semester – V

Theory

Paper-4

BPS-504: TEST AND MEASUREMENT IN PHYSICAL EDUCATION

Unit I

History and Need:

History of measurement in physical education.

Meaning of test and measurement

Need for test and measurement in phy-education.

The use of test and measurement in phy-education.

Unit II

Criteria for selecting tests:

Validity

Reliability

Objectivity

Norms

Standard norms

Accuracy and interpretability

Unit III

Physical Fitness Test:

Strength Test

Fleshman's battery on basic fitness test

Physical fitness index

Sargen test

Motor Fitness Tests –

J.C.R Test

National Physical efficiency test

Cardiovascular test Harward's Step test

Foster test

Copper's Twelve-minute Run and walk test

Unit IV

4. Sport skills test

Application of skill test.

Fundamental of measuring techniques in sports.

Standard activity tests Miler Volley ball test,

Johnson Basketball ability test. Goal shooting test in hockey.

Suggested Reading List:

- Clarks H : Application of measurement of health physical education, prentice Hall. inc.1967.
- Larson L.A. & Yucom R.D. Measurement and Evaluation in Physical Health and Recreation Education St.Luis C.V.MosbyCo.
- Mathew, Donald: Measurement in Physical Education London, W.B. Saunders &Co.
- Neilson, N.P.: An elementary Course in Statistics Test and Measurement in Physical, California
- National Test, Polo Also.
- Harbens Singh : Teaching Hockey Through Testing, Kamal, Laxmi Sports Industries.
- Wilks, S.S.Elementary Statistical Analysis, Calcutta, Oxford and T.B.H.Pub

Semester – V
Practical
Paper-1
BPS-505: 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 on heels, tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc.,
Combination of different skills.
Ground Marking
Rules and their interpretations and duties of officials

Semester – V
Practical
Paper-2
BPS-506: 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

Semester – V
Practical
Paper-3
BPS-507: Yoga

Asanas
Sitting
Standing
Laying Prone Position,
Laying Spine Position
Surya Namaskar,
Pranayama
Corrective Asanas
Kriyas

Semester – V
Practical
Paper-4
BPS-508: Game Specialization (Kho-Kho/ Kabaddi)

History and Origin of the game
Ground measurement and marking
Rules and regulation of the game
Coaching and Officiating
Scientific Principles

Semester – VI

Theory

Paper-1

BPS-601: PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION & SPORTS

UNIT I

Meaning Nature and Criteria of profession.

Physical Education as a profession.

Aims and objectives of General Education contribution of professional preparation to the purpose of education. Forces and Factors affecting the policies and programmers of professional preparation educational, social, political, economic, religions etc.

Accreditation and Certification.

UNIT II

Qualifications for teaching courses of professional preparation in physical education.

Specific qualifications for physical educators.

Teaching evaluation

Duties and services of physical education teachers.

Experience through movement education including games, sports and other activities.

Professional preparation programmers Health, safety, recreation, camping and outdoor education.

Coaching (d) conducting research.

Administrative functions (f) Measurement and Evaluation.

Community Responsibilities

Professional Leadership

UNIT III

Role of central and state Government in professional preparation.

Role of non-official agencies in improving professional preparations.

Historical perspective of teachers training in physical education in India.

UNIT IV

Allied subjects their meaning, concept and scope sports, psychology, sports sociology, sports philosophy, sports, mechanics, kinesiology, physiology sports medicine, health education.

Sports and other field

Sports and politics

Sports and Culture

Sports and Economics (Commerce)

Suggested Reading List

- Bucher, Wuest: Foundation of physical education and sport.
- Seidel Reseck : Physical education : An overview (2ndEdn)
- Richard S. Revenes : Foundation of physical education

Semester – VI
Theory
Paper-2
BPS-602: EDUCATIONAL TECHNOLOGY

Unit I

Introduction to Educational Technology:

Definition

Educative process

The Teacher of Yesterday & Today.

An outline of teaching method used then and now

Unit II

Teaching Aids:

Importance of Teaching Aids. Criteria for selecting teaching aids

Difference between teaching method and teaching aid Broad classification to teaching aids

Audio Aids visual Aids

Audio Visual Aids

Effectiveness of Edger Dale's cone classification

UNIT III

Advantage and suggestions for effective use of selected teaching aids. Verbal Chock Board Charts Models

Slide Projector

Over Head Projector Motion Picture

Self-Experiment and Projects.

UNIT-IV

New Teaching Techniques

Micro Teaching

Concept and features of micro teaching. Micro teaching verses traditional teaching. Steps in micro teaching

Micro teaching skills Limitation of Microteaching

Simulation Teaching:

Meaning of Simulation

Types of activities in simulation

Steps in simulation

Advantages of simulation

Limitations of simulation

Suggested Reading List:

- K Smapath, A Pannirselvan and S. Santhanam , Introduction to Educational Technology (New Delhi : Sterling Publishers Pvt. Ltd.)1981.
- Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi: Doaba House) 1959
- Walia J.S.Principles and Methods of Educatin (Paul Publishers Jullandhar),1999
- Kochar, S.K.Methods and TEchniques of Teaching (New Delhi Jallandhar, Sterling Publishers Pvt. Ltd.),1982.
- Lozman Cassidy and K Jackson, Methods in Physical educatin (W.B.Saunders Company, Philadelphia andLondon), 1952.
- Singh, Ajmer and other Modern Text Book of Physical Education. Health and sports B.A.Part-I (Kalyani Publishers, Ludhiana),2000
- Amita Bhardwaj, New Media of Educational Planning Sarup of Sons, New Delhi,2003.

Semester – VI
Theory
Paper-3
BPS-603: OFFICIATING AND COACHING

Unit I

Teaching and Training, Principles of Coaching.

Personality of Coach, Methods of Personality Skills.

Principles of conditioning, methodical principles of weight training isometric training. Circuit training.

Cross country, Fartlek, pressure Training and Sprint Training

UNIT II

Basic Principles and planning of training schedule maintenance fitness.

Selection of players, measures for maintaining and stimulating the interest of students in games and sports.

UNIT III

Analysis of individual and team performance.

Sports hygiene, safety measures in sports.

UNIT IV

Official his duties and qualities, factors influencing officiating.

Record sheets, facilities, techniques, strategies and rules and their interpretations of the following athletics, football, hockey, volleyball, basketball, cricket, kabaddi, cho-cho, gymnastics, and wrestling also for girls- Netball, Throwball, Badminton, Table Tennis etc.

Suggested Reading List

1. Harold, Abraham and Jack Crumps (Athletics The Naldrett Press, London)
2. Doherty : Modern Track and Field.
3. Miller : Fundamentals of Track and Field.
4. D.B. Crumwell Championship Technique in Track and Field
5. Breshnabam and Tuttle : Track and Field.
6. Meeley : Test and Measurements

Semester – VI
Theory
Paper-4
BPS-604: FITNESS & WELLNESS

Unit I

Introduction

Concept and meaning of fitness and wellness

Components of fitness and their description

Components of wellness and their description

Significance of fitness and wellness in present scenario.

Fitness and wellness for life

UNIT – II

Fitness profile, development and maintenance of following

Type: - physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance)

health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance)

motor skill related (speed, power, agility, coordination, endurance, balance)

Principals of physical fitness

Benefits of fitness program

Obesity (causes and prevention)

Weight management (role of diet & exercise in maintenance of ideal weight)

UNIT – III

Wellness

Identifying dimensions of wellness, achieving and maintenance of wellness

Adopting healthy & positive lifestyle.

Identifying stressors and managing stress

Staying safe & preventing injuries

Knowledge of Nutrition & its implication on healthy li

Factors leading to eating disorders

Hazards of substance abuse (smoking, alcohol & tobacco)

Adoption of spirituality principals & their remedial measures

Yogic practices for achieving health and fitness

Worthwhile use of leisure time

Sexuality

Emphasis on proper rest & sleep.

Prevention of cancer, cardio

UNIT – IV

Behavior Modification

Barriers to change

Process of change (6 stages) SMART

Technique of change & smart goal setting.

Healthy lifestyle approach. (Introduction, prevention, and treatment of in activity diseases)

Daily schedule based upon one's attitude, gender, age & occupation.

Basic – module: - Time split for rest, sleep, diet, activity & recreation.

Principles to achieve quality of life: - positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

Suggested Reading List

Anderson, B., Stretch Yourself for Health & Fitness, Delhi: UBSPD, 2002. Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.

Bean, Anita, Food For Fitness, London: A & C Block, 1999.

Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.

Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994.

Difiore, Judy, Complete Guide to Postnatal Fitness, London: A & C Black, 1998.

Semester – VI
Practical
Paper-1
BPS-605: Swimming

Fundamental Skills

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

Semester – VI
Practical
Paper-2
BPS-606:Handball

Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.

Semester – VI
Practical
Paper-3
BPS-607:General Lesson Plan

Semester – VI
Practical
Paper-4
BPS-608:Specific Lesson Plan