

# **SYLLABUS**

**PART – A  
THEORY COURSES  
SEMESTER - I**

**BPCC-101: INTRODUCTION OF EDUCATION TO PHYSICAL EDUCATION & SPORTS**

**Objectives:**

- To develop basic concept of Education & Physical Education.
- To develop concept of philosophical application in the field of Physical Education & Sports.
- To bring knowledge about historical background of Indian Education & cultural heritage.
- To create knowledge & understanding about methods of teaching.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand the concept of physical education.
- Understand the historical development of physical education in India and abroad.
- Describe the different methods of teaching.
- Understand the philosophical concept of education.

**Unit-I: Introduction**

The concept of education

Meaning and definition of the term education

Functions of education.

Aims and objectives of education.

Meaning and definition of the term physical education.

Aims and objective of physical education.

Attainment of objectives of education through physical education.

**Unit-II: Philosophical Concept of Education**

Meaning of philosophy

Relationship between philosophy, education and physical education.

Functions of philosophy of education.

Education in the national and international context with specific reference to great Educators:

Swami Vivekananda, Dr. Ajmer Singh, Dr. P.M. Joseph, G.D. Sodhi, Rousseau, Dewey, Aristotle and Plato etc.

**Unit-III: Indian Education and cultural Heritage**

Philosophical, Social and Cultural Traditions in India.

Indian Educational Heritage: An overview of Education in Ancient India.

Education in Medieval India.

Education in British India.

Role of Education in preservation of Cultural and Educational Heritage.

**Unit-IV: Maxims and Methods of Teaching**

Maxims of teaching and their application to in the field of physical education

Various teaching methods.

Teaching aids and uses of teaching aids.

Characteristics of good teaching.

**References:**

- 1) Kamlesh, M.L "Physical Education, facts and foundations Faridabad, P.B. publications.
- 2) Kamlesh, M.L "Methods in Physical Education, Friends publication, 2005.
- 3) Singh Ajmer et.al. " Essentials of Physical Education." Kalyani Publishers, Ludhiana second revised Addition, 2008.
- 4) Ravanes R.S., Foundation of Physical Education," Houghton Millin co.boston USA,(1978).

## **BPCC-102: BASIC ANATOMY AND FIRST-AID**

**Credit: 4**

### **Objectives:**

- To create basic knowledge & understanding about human body & their functioning.
- To understand relationship of anatomy and first-aid in the field of physical education.
- To develop understanding of various systems & their functioning.

### **Course Learning Outcomes:**

#### **After Completing the course, the students will be able to:**

- Understand the different systems of human body.
- Identify and describe the different organs of the human body and its regulation.
- Understand the effects of the exercise on different systems of human body.
- Measure the bodily functions such as blood pressure, pulse/heart rate, different lung volume, gaseous exchange, capacity, amount of lactic acid etc.

### **Unit-1: Introduction**

Meaning and Concept of Anatomy.

Need and Importance of the knowledge of Anatomy in the Field of Physical Education.

Introduction to human body:

Cell structure and function.

Tissues (Types, structure, functions)

Classification of joints

Structure and function of joint

Basic movement of joint

Muscles, Types of muscles- Cardiac, skeletal and smooth

#### **Unit-II: Cardiovascular system**

Structure and function of heart, Blood

Circulation process

Respiratory system

Structure and function of respiratory organs

Types of respiration,

#### **Unit-III: Nervous System**

Structure and Function: Brain and Spinal Cord

Nervous System

Types of nervous system: autonomic nervous system, Central nervous system and Peripheral

Endocrine System

Types: endocrine and exocrine glands

Importance of glands

#### **Unit- IV: Digestive System & First-Aid:**

Organs of digestive – Structure and functions

Absorption and assimilation of food metabolism

Excretory system

Organs of excretory system

Structure and function of kidney and skin

Meaning and definition of first aid

Principles of first aid

Types of first aid

#### **References:**

- 1) Chaurasia B.D., *Human Anatomy Regional and Applied* (CBS Publishr& Zdistributors, 1979).
- 2) Morehouse I.E.& Miller A.T., *Physiology of Exercise* (St. Louis: The C.V. Mosby Company, 1976 ) 7th Edition.
- 3) Kumar Ashok; *An Introduction of Anatomy & Physiology*, Friends Publication,2013.
- 4) Verma Monika & Singh Balbir; *Sarir Rachna evam Kriya Vigyan*, Friends Publication,2007.
- 5) M.P.Sharma; *Sarir Rachna evam Sarir Kriya Vigyan*, Khel Sahitya Kendra, 2009.
- 6) Singh Jeet & Vastava Prety; *Sarir Rachna vigyan evam vyayam Kriya Vigyan*,2008.

**Objectives:**

- To develop the basic aspects of applied sociology in the field of physical education.
- To bring knowledge & understanding about the model of social structure & organization.
- To develop the knowledge about society (Urban & Rural) & cultural heritage.
- To develop the concept of sports and games in society.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Sports and Sociology.
- Nature of learning and Personality.
- Need for study of sports sociology.
- Culture, Sports culture and elements of culture.

**Unit-I: Introduction**

Meaning and nature of sociology and sports sociology.  
Scope of Sociology and its relation with other subjects .  
Sports sociology as a discipline.

**Unit-II: Social Structure and Organization**

Function and features: Socialization, social codes and social control, crowds & public, family, kinship and marriage.  
Social stratification, social class and caste, social mobility.

**Unit-III: Indian Society & Indian Rural Scene:**

Demographic profile and social elements  
Religions in Indian society  
Indian policy – secularism, democracy and social justice  
Indian village, rural family and rural education  
Indian village community and rural stratification  
Community development projects and Panchayati-Raj  
Trends in Rural change.

**Unit-IV: Sport and Society**

Sport as a social occurrence.  
Socialization through games and sports  
Latest trends: women in sports.  
Relationship between family and sport participation  
Relationship between politics and sports.  
Relationship between leaders and players.  
Social Stratification and sports.  
Sports as a social phenomenon.  
Role of sports in the promotion of National Integration.

**References:**

- 1) Yobu A., *Sociology of sports*, " Friends Publications, New Delhi.
- 2) Singh Bhupinder, "sports sociology: An Indian perspective, "Friend Publication, New Delhi.
- 3) Jain R., *Sports Sociology*, Khel Sahitya Kendra, 2013.
- 4) Chappell bob Robert; *Sports Sociology*, Friends Publication ,2014.

- 5) *Singh Bhupendra, Sports Sociology; An Indian Perspective, Friends Publication, 2004.*
- 6) *Singh Inderjeet & Kanwaljeet, Sports Sociology, Friends Publication, 2013.*
- 7) *Chaube S.P. & Chaube Akhilesh, Philosophical & Sociological Foundation of Physical Education, Vinod Pustak Mandir, 2006.*

**Objectives:**

- To bring awareness & understanding about environment & basic aspect.
- To provide knowledge about various National Environmental Policies (NEP).
- To bring awareness about conserve natural resources.
- To bring awareness about the social issues of environment on human health.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand about the concept of health and health education.
- Understand the health problems in India.
- Understand about hygiene, nutritional aspects and prevention and control of communicable and non communicable diseases.
- Apply the comprehensive knowledge of the concept of health education, school health services and prevention of the environment related problems.
- Realize the value of environmental science.
- To look at the natural resources and related environmental issues.
- Develop an understanding about the environment.

**Unit-I: Introduction**

Definition, Scope and Importance of environmental studies.  
Concept & needs of Environmental Education for public Awareness.  
Management of environment and Govt. Policies.  
Important Day and National Awards.  
National Green Tribunal (NGT), Work of NGT.

**Unit-II: Ecosystem & Biodiversity**

Concept, structure and function of an Ecosystem  
Producers, consumers and decomposers.  
Energy flow in ecosystem  
Food chains, food Webs and ecological pyramids.  
Definitions of genetic, species and ecosystem diversity.  
Values of biodiversity: Social values, ethical values, aesthetic values and option value

**Unit-III: Environmental Pollution**

Definition, effects and control measures of: Air, Water, Soil, Noise & Thermal Pollution  
Nuclear Hazards, Remedies & Prevention.

**Unit-IV: Social Issues of Environment**

Water conservation, rain water harvesting, water shed management.  
Climate changes, global warning, acid rain, ozone layer depletion.  
Human population and environment  
Population explosion- Family Welfare Programme.  
Environment and Human Health, Govt. Policies for remedies & prevention

**References:**

1. *Sharma B.L., Environment Education, Kavita Prekashan, 2008.*
2. *Goel, M.K., Environment Education, Aggarwal Publication, 2008.*
3. *Goel, M.K., Prayavaran Siksha, Vinod Pushtak Mandir, 2006.*
4. *Sharma Lokesh, Environmental Education (Science), Vinod Pustak Mandir, 2008.*
5. *Agrawal, K.C. Environmental Biology (Bikaner: Nidhi Publishers Ltd.)2001.*
6. *Cunningham, W.P., and others. Environmental Encyclopedia (Mumbai: Jaico Publishers Home) 2001.*
7. *Hawkins, R.E. Encyclopedia of Indian Natural History (Bombay : Natural History Society)*

8. *Heywood, V.H. & Watson V.M., Global biodiversity Assessment (U.K:Cambridge University Press), 1995.*
9. *Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.*

**BPEC-102: HINDI**

- हिन्दी भाषा का ज्ञान प्राप्त करना।
- भाषा के व्याकरण को सिखाना।
- लेखन शैली में सुधार कराना।
- हिन्दी भाषा के शब्द सम्पदा का ज्ञान कराना।

पाठ्यक्रम सीखने का काम करता है

इस कोर्स को पूरा करने के बाद, छात्र सक्षम होंगे:

- सामाजिक विषयों पर हिन्दी में निबन्ध लिखने की कला
- व्याकरण व वार्तालाप का सही उपयोग
- पत्र लेखन में व्याकरण का उपयोग करना

#### ईकाई-1: वाक्य निर्माण:

वाक्य से आशय, प्रकार, वाक्य रूपान्तरण  
वाक्य रचना में अशुद्धियां एवं सुधार  
विराम चिन्हों का प्रयोग  
पैराग्राफ लेखन (अनुच्छेद लेखन)  
संक्षेपीकरण व अनुवाद  
हिन्दी भाषा का महत्व

#### ईकाई-2: हिन्दी भाषा की शब्द सम्पदा:

तदभव, तत्सम शब्द  
अनेकार्थक शब्द  
पर्यायवाची शब्द  
विलोम शब्द  
शब्द युग्म एवं व्याक्यांश के लिए शब्द  
प्रासनिक शब्दावलियों

#### ईकाई-3: पत्र लेखन:

पत्र लेखन के प्रकार  
औपचारिक व अनौपचारिक पत्र लेखन  
पत्र लेखन के सामान्य सिद्धान्त

#### ईकाई-4: निबन्ध लेखन:

सामाजिक – समाचीन समस्याओं पर निबन्ध आदि  
प्रेस विज्ञप्ति

#### सन्दर्भ सूची:

1. चतुर्वेदी शिखा, हिन्दी शिक्षण, आर लाल बुक डिपो, मेरठ, 2004.
2. सिंह सावित्री, हिन्दी शिक्षण, इन्टरनेशनल पब्लिशिंग हाऊस, 2008.
3. सिंह अम्रेन्द्र, हिन्दी शिक्षण, श्री कविता प्रकाशन, 2006.
4. गुप्ता चन्द्र सुभाष, हिन्दी शिक्षण, के. एस. के. पब्लिशर्स एवं डिस्ट्रीब्यूटर्स, 2007.
5. पाण्डेय. रामशकल, हिन्दी शिक्षण, विनोद पुस्तक मन्दिर, 2006.

**PART – B**  
**PRACTICAL COURSES**  
**SEMESTER – I**  
**BPPC – 101: TRACK AND FIELD (RUNNING EVENT)**

**Credit: 4**

**Objectives:**

This course will enable students to understand the starting technique of running event, Mechanical Analysis of running, and lay out of standard track,. It aims to understanding of fundamental skills of relay race, various patterns of baton exchange and their rules and officiating.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Perform various running starts.
- Identify the specific fitness qualities required for each event.
- To understand the rule and regulation of baton exchange.
- Able to understand the marking of various events.
- To understand the psychology of a player.

**Running Event**

Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.

Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug

Ground Marking, Rules and Officiating

Hurdles:

Fundamental Skills- Starting, Clearance and Landing Techniques.

Types of Hurdles

Ground Marking and Officiating.

**Relays:**

Fundamental Skills

Various patterns of Baton Exchange

Understanding of Relay Zones

Ground Marking

Interpretation of Rules and Officiating.

**BPPC – 102 INDIGENOUS SPORTS  
(KABADDI/MALKHAMBH/KHO - KHO)**

**Credit: 4**

**Objectives:**

**COURSE OBJECTIVES:**

- To define and acquaint training preparation of Game/Sport
- To employ the rules and regulation of Game/Sport
- To emphasis on preparation for the Game/Sport.
- To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
- To orient & employ the rules and regulation in organization of competition in Game/Sport.

**STUDENT LEARNING OUTCOMES:**

- After Completion of the course the students shall be able to:
- Gain knowledge of the Game/Sport.
- Learn the layout and marking for the Game/Sport.
- Demonstrate various drills & lead up activities related to Game/Sport.
- Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

**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 hold, Techniques of escaping from chain formation, Combined formations in offence and defense.

Ground Marking, Rules and Officiating

**Malkhambh**

**Fundamental skills:**

Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.

GhatiLezuim-AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.

Mass P.T. Exercises-Two count, four count and eight count exercises.

Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.

Drill and Marching

Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.

Rope Malkhamb-Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing.

**Kho - Kho**

**Fundamental skills:**

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 - II**  
**BPCC-201: HISTORY & MODERN IN PHYSICAL EDUCATION & SPORTS**

**Credit: 4**

**Objectives:**

- To provide knowledge about historical background of Physical Education (National & International).
- To bring knowledge about various National Physical Education Institutes, Sports Federations & their historical background.
- To bring knowledge about Olympic Games: Ancient & Modern.
- To provide knowledge about eminent National & International personalities & their contribution.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand the concept of physical education.
- Understand the historical development of physical education in India and abroad.
- Describe the different Olympic games and its committees.
- Recognize and distinguish the functional operations of national and international Olympic federations.
- Understand the contribution of famous sports facilities.

**Unit-I: Historical background**

Physical Education in ancient India: Vedic, Epic and Buddhist periods.

Physical Education in the City States: Greece, Denmark, Russia, USA, Germany, Rome, Sweden & China.

Survey of Modern Physical Education in India- Pre and Post-independence period.

**Unit-II: Institutions & Sports Federations**

Physical Education and Sports Training Institutions in India.

Indian Olympic Association (I.O.A.)

National Sports Federations/Associations

**Unit-III: Olympic Game**

Ancient Olympic Games- Introduction, Origin, Significance, Rules and Eligibilities for Competitions, Conduct of the Game, Events and Awards.

Modern Olympic Game-Start of Olympic Games, Objectives of Olympic Games, Olympic Moto, Flag and Olympic Charter.

Opening and Closing Ceremonies. IOC and their functions.

**Unit-IV: International & National Contributions**

Contribution to the growth of physical education by leaders and movements in the following countries. Germany-(Johan Basedow, Johan Fredrich, Guts Muths, Fredrick Ludwing John, Adolph Spice, Sweeden-Per Henric Ling Deman Frank Nachtegal, Niels Burks, Swedish

Medical Gymnastics

USA-Dio Lewis, Y.M.C.A. and its contribution.

Contribution of the leaders to the Indian Physical Education and Sports- Raj Kumari, AmritKaur, Prof. Karan Singh, Dr. J.P. Thomas, Shri H.C. Buck, Prof D.G. Wakharkar.

**References:**

- 1) *Wakharkar, DG, Manual of Physical Education, (Bombay: Post Publisher Pvt. Ltd, 1967)*
- 2) *Krishan Murthy V and Ram, Parameshwar, Educational Dimensions of Physical Educational (New Delhi: Sterling Publishers, 1980)*
- 3) *Kanwar RC Principals and History & Physical Education, Amit Publication Nagapur2006*
- 4) *Kamlesh ML Principals and History & Physical Education, Friends Publication New Delhi 2004*

**BPCC-202: HEALTH EDUCATION & NUTRITION**

**Objectives:**

- To know about health rules.
- To help know about their health status & identify health problems.
- To create awareness about rules of safety for communicable & non-communicable disease.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand about the concept of health, health education and Nutrition.
- Understand the health & nutrition problems in India.
- Understand about hygiene, nutritional aspects and prevention and control of communicable and non communicable diseases.
- Apply the comprehensive knowledge of the concept of health education, school health services and prevention of the environment related problems.

**Unit-I: Health & Health Education**

Concept, Meaning, definition & Importance of Health  
Dimensions & Spectrum of Health  
Determinants of Health  
Concept, aims objectives and Scope of Health Education  
Principles of Health Education

**Unit-II: Health Problems & Hygiene**

Communicable and non-communicable diseases  
Nutrition  
Environmental sanitation  
Medical care  
Population  
Personal Hygiene meaning and importance  
Care of skin, mouth, nails, clothing, bathing etc.

**Unit-III: Nutrition**

Classification of foods, sources, function and requirements  
Proximate principles and role of various nutrients  
Balanced diet, its importance  
Ideal body weight causes and effect of body weight  
Method and strategies of weight reduction and weight gain  
Malnutrition & Adulteration of Food

**Unit-IV: Health Agencies & safety Education**

WHO, UNICEF etc.

School health Programme & Services

Definition and importance of safety education, safety at schools, roads and play grounds

**References:**

1. *Hanlon, John J. "Principles of Public Health Administration".2003*
2. *Park, J.E. and Park, K. "Text-Book of preventive and social medicine" 2002*
3. *Reddy, RVS, Anatomy, Physical of Exercise, Health Education, Sports Publication New Delhi 2009.*
4. *Govind Rajuju,.Fandamental Health Education, Sports Publication New Delhi 2010*
5. *Vyas, Rajiv Health Education , Friend Publication New Delhi 2010*
6. *Varma , Health Education R,Lal Book Publisher Meerut.2005*

**BPCC-203: ORGANIZATION, ADMINISTRATION & SUPERVISION**

**Credit: 4**

**Objectives:**

- To develop the understanding of Organization, Administration & Supervision in the field of Physical Education.
- To develop the organizing, administration & supervision qualities.
- To develop the knowledge about purchase & care of equipments.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- To develop the understanding of Organization, Administration & Supervision in the field of Physical Education.
- To develop the organizing, administration & supervision qualities.
- To develop the knowledge about purchase & care of equipments.

**Unit-I: Introduction**

Meaning and definition of Organization  
Importance of Organization  
Guiding principles of Organization

**Unit-II: Administration**

Meaning and definition of Administration  
Importance of Administration  
Guiding principles of Administration  
Preparation of schedule for Sports event & event Organizing.

**Unit-III: Supervision**

Meaning and definition of supervision.  
Guiding principles of supervision.  
Qualities of supervisor: Qualification, relationship with Administrator & Physical Education Teacher.  
Duties of Supervisor: Administrative duties (Pre & Post duties), Duties pertaining to facilities & Professional growth.

**Unit-IV: Organizational Structure & Setup**

Various Structure of Organization: International, National, State, District & AIU.  
Minimum requirement of equipment, Field for an Institutions.  
Purchase of equipment (Policies and Procedures).  
Care and maintenance of equipment (General and Specific).

**References:**

- 1) *Anand RL Playing Field Manul, Patiala Netaji Subhas National Institute of Sports, 1986.*
- 2) *Kamlesh M K and Sangral, MS Methods in Physical Education, Ludhiana :Prakash Brother, Revised.*
- 3) *Kamlesh M K Scientific Arts of Teaching Method for Physical Education New Delhi :*

*Metropolitan Book Company, Ltd, 1994.*

4) *Krishnmurt. J Administration and Orgnization of Physical Education Commonwealth New Delhi 2008,*

5) *Mohanti Jagnath, Supervision of School and Orgnaization, Nelkamal Publication 2008*

6) *Pal, Randhir, Orgnaization methods, supervision and Physical Education, Cresent New Delhi 2009*

**Objectives:**

- To make them aware about the role of Sports Journalism in Indian society.
- To develop the writing skills.
- To bring knowledge about Media (Print, Electric & Social).

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Student will become aware about the role of Sports Journalism in Indian society.
- Student will develop the writing skills.
- Student will gain knowledge about Media (Print, Electric & Social).

**Unit-I: General Journalism**

History of Journalism

Models of Communication

Press and Society

Characteristics of Print Media, Radio, TV & Film

**Unit-II: Spots Journalism**

Status of Sports writing in India

Sports Policy in India: Catching them young in Educational Institutes

Popular Sports in India (Cricket, Hockey, Football, Athletics, Lawn Tennis etc.).

Sports Facilities in India, sports organizations, institutes and federations, amateurs and professionals

**Unit-III: General issues and technology**

Gender and Disability Issues in Sports

International Issues in Sports

Drugs in Sports, Sports Medicines etc.

Role of Radio, Television, Press and modern information technology in inculcating sportsman ship in our country.

**Unit-IV: Science Journalism**

Need status and introduction to science writing. Inculcation of scientific temper and various aspects of science popularization.

Feature writing on science (including book reviews, science fiction, plays etc. with examples and practical session).

Status and potential of science communication through Radio including script writing, editing, interviewing and reporting.

Editing, Interviews and reporting in science (with examples and practical session)

Collection of scientific information through libraries, journals and internet etc.

**References:**

- 1) *Natrajan, J, History of Journalism.*
- 2) *Kaval, J. kumar, Mass Communication of India, Jaico Publications.*
- 3) *Kamath, N.B, Journalist Hand book.*
- 4) *Singh, Haribansh. Khel Patrkarita.*
- 5) *Douglas, A, Anderson, Contemporary Sports Reporting.*

## **BPEC-202 WELLNESS & FITNESS MANAGEMENT (Elective)**

**Credit: 4**

### **Objectives:**

- To clarify the concept of fitness.
- Various fitness components and their importance.

- Management of obesity & Weight control.
- General principles of fitness training.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Student will know the concept of fitness.
- Acquire knowledge about Various fitness components and their importance.
- They will learn the Management of obesity & Weight control.
- They will learn and apply General principles of fitness training.

**Unit – I: Physical fitness**

Meaning, Importance and advantages of Physical fitness

Components of physical fitness

Health related physical fitness

Factors affecting physical fitness

**Unit – II: Designing of the Programme**

Fitness Training programme for passive and active pupil

Exercise programme for children different age groups and youth

Weight control, Obesity, diabetes and Physical activity schedule for them

**Unit – III: Nutrition and Energy:**

Nutrition, calorie consumption, weight variation due to dietary habits

Physiological, Psychological and metabolic changes during exercise

The energy support (Aerobic and Anaerobic)

Recommended nutritional intakes and Dietary guidelines

Nutrients need for pupil with different life style

**Unit – IV: Establishment and management of fitness centre:**

Concept of Health Club/Lay-out

Scope for fitness trainer & duties of fitness trainer

General principles of training

Responsibility, facility, equipment, supervision and safety and operating of Gym machines

**References:**

- 1) Allen W. Jockson et al, "Physical activity for health and fitness, USA, Human Kinetics, 1999.
- 2) Jerrold S. Greenberg, "Physical fitness and wellness (3rd Ed.) USA, Human Kinetics, 2004.
- 3) Josheph P. Winnick and Francis X. Short, "Physical fitness training guide, USA, Human Kinetics, 1999.
- 4) Lyne brick, "Fitness aerobics, USA, Human Kinetics, 1996.
- 5) Gordon Edin and Eric Golanty, Health & Wellness, Jones and Bartlett Publishers 2004

## **PC – 201: TRACK AND FIELD(FIELD EVENT)**

**Credit: 4**

### **Objectives:**

This course will enable students to understand the starting technique of jumping event, Mechanical Analysis of jump and lay out of jumping area. It aims to understanding of fundamental skills of jump, their rules and officiating.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Perform various jumps.
- Identify the specific fitness qualities required for each event.
- To understand the rule and regulation of jumping event.
- Able to understand the marking of various jumping events.

**Athletics: Jumping Events:**

- High Jump (Straddle Roll)
- Approach Run,
- Take off
- Clearance over the bar
- Landing

**BPPC – 203 RACKET SPORTS**  
**(BADMINTON/ TABLE TENNIS / SQUASH / TENNIS)**

**Credit: 4**

**Objectives:**

- To define and acquaint training preparation of Game/Sport
- To employ the rules and regulation of Game/Sport
- To emphasis on preparation for the Game/Sport.
- To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
- To orient & employ the rules and regulation in organization of competition in Game/Sport.

**STUDENT LEARNING OUTCOMES:**

- After Completion of the course the students shall be able to:
- Gain knowledge of the Game/Sport.
- Learn the layout and marking for the Game/Sport.
- Demonstrate various drills & lead up activities related to Game/Sport.
- Develop the skills to teach rules, fundamentals and strategies of Game/Sport

**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

**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 foot work.  
Rules and their interpretations and duties of officials

**Squash**

**Fundamental Skills:**

Service- Under hand and Over hand  
Service Reception  
Shot- Down the line, Cross Court  
Drop  
Half Volley  
Tactics – Defensive, attacking in game  
Rules and their interpretations and duties of officials

**Tennis**

**Fundamental Skills:**

Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.  
Stance and Footwork  
Basic Groundstrokes- Forehand drive, Backhand drive. and neuromuscular co-ordination.  
Basic service  
Basic Volley  
Over-head Volley.  
Chop  
Tactics – Defensive, attacking in game  
Rules and their interpretations and duties of officials

**SEMESTER - III**

**BPCC-301: FOUNDATIONS OF PHYSICAL EDUCATION & SPORTS**

**Objectives:**

- To develop the basic Biological foundation in the field of physical education.
- To develop the basic Psychological foundation in the field of physical education.
- To develop the basic Philosophical foundation in the field of physical education.
- To develop the basic Sociological foundation in the field of physical education

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- They will develop the basic Biological foundation in the field of physical education.
- They develop the basic Psychological foundation in the field of physical education.
- They will develop the basic Philosophical foundation in the field of physical education.

**Unit-I: Biological Foundations**

Biological basis of life and biological weaknesses.

Growth and development.

Types of age: (Chronological, Anatomical, Physiological and Mental ages)

**Unit-II: Psychological Foundations**

Importance & implication of psychological elements in physical education

Notions about mind and body and psycho-physical unit of man

Learning types & curve

Conditions and factors affecting learning

**Unit-III: Philosophical Foundations**

Introduction of Philosophies: Naturalism, Pragmatism, Realism & Idealism etc.

Importance and need of Philosophy in modern Physical education programme.

**Unit-IV: Sociological Foundations**

Physical education and sports as a need of the society

Sports for all and its role in the maintenance and promotion of fitness

Physical activities and sports as a man cultural heritage

Physical activities and sports as a social institution and their influence on society

**References:**

1. *Wust seborah A, Foundation of Physical Education, Sports-Pub: New Delhi TATA McGraw Hills year 2010*
2. *Rect Howell, Marcwell and Uppal, Foundation of Physical Education and Sports, Pub: Friends Publication*
3. *Davis Buck, Mosby, Physical Education and study of Sports, 2000.*
4. *Earle F. Zeigler, Philosophical Foundations For Physical, Health and Recreation Education*

## **BPCC-302: PHYSIOLOGY**

**Credit: 4**

### **Objectives:**

- To bring out knowledge about the basic Physiology.
- To make understand the need and importance of principles of Physiology.
- To make understand the student about application of Physiology in the field of physical education.
- Understanding the scope of Physiology.

### **Course Learning Outcomes:**

#### **After Completing the course, the students will be able to:**

- They will gain knowledge about the basic Physiology.
- They will understand the need and importance of principles of Physiology.
- They will understand the student about application of Physiology in the field of physical education.

### **Unit-I: Introduction of Physiology & Cardiovascular System**

Concept, Need and Importance of Physiology

Heart: Structure & Function  
Cardiac Cycle, Cardiac output and its regulation  
Blood: Composition & functions  
Blood pressure and its maintenance

#### **Unit-II: Respiratory, Digestive & Endocrine System**

Introduction & types of Respiration  
Mechanism of Respiration  
Introduction & steps of Digestion  
Secretion and functions of Digestive Juices  
Functions of Liver  
Metabolism of Food (Carbohydrates, Fat & Protein)  
Introduction & structure of Endocrine system  
Secretion and function of Endocrine Glands – Pituitary, Thyroid, Adrenal and Pancreas.  
Metabolism

#### **Unit-III: Nervous, Sensory & Excretory System**

Introduction of Nervous System  
Functions of important parts of system (cerebrum, cerebellum, Medulla oblongata and spinal cord.)  
General Sensations – Coetaneous and Kinesthetic  
Visual and Auditory senses.  
Introduction & structure of excretory system  
Excretion of water through Skin, Kidney and Gastrointestinal Tract

#### **Unit-IV: Physiology of Exercise**

Physiological concept of Health and Fitness.  
Effect of exercise on – Circulatory, Respiratory and Muscular Systems.  
Training, Conditioning and Warm-up.  
Oxygen Debt, Second Wind, Stitch, Cramp, Sprain & Strain.

##### **1. References:**

- 1) *Pearce, E.C. Anatomy and Physiology for nurses (Faber Ltd. : London 1962)*
- 2) *Guyton, A.C. Function of the Human Body (W.B. Saunders Co., London)*
- 3) *Srivastava, and et.al. Text book of Practical Physiology (Scientific Book Agency; Calcutta)*
- 4) *Mcardle, Katch &Katch, Exercise Physiology (Forth Edition) Williams & Wilkins -1996*
- 5) *Richard W. Bowers & The late Edward L Fox, Sports Physiology, (Thirdded ) W.m.C. Brown Publishers, 1992.*
- 6) *David H. Clarke, Exercise Physiology, 1975 by Prentice Hall inc.*
- 7) *C.C. Chatterjee, Human Physiology (Vol.I&II), by Sreemati Maya Chattejee & Ashok Chatterjee-198.*

**Objectives:**

- To develop the understanding of constructions and administration of gymnasium and swimming pool.
- Maintenance of outdoor, indoor facilities & equipments.
- Knowledge about sports management & their functional phases.
- To bring knowledge about organizing sports events, budget making, & event management.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

Student will understand the constructions and administration of gymnasium and swimming pool.

They will learn Maintenance of outdoor, indoor facilities & equipments.

They will gain knowledge about sports management & their functional phases.

To bring knowledge about organizing sports events, budget making, & event management

**Unit- I: Introduction**

Meaning, definition of management and its functional phases (POSDCORB)

Nature, scope and Importance of management in Physical Education

Principles of planning and management in Physical Education & Sports

**Unit -II: Facilities and equipments**

Care and maintenance of Outdoor and Indoor facilities.

Administration of Swimming pool and Gymnasium.

Purchase of equipment, Store management and their maintenance

**Unit- III: Staff and Leadership**

Qualities of good teachers /teachers of physical education & Sportsmanship qualities

Student leadership, importance & limitations.

**Unit- IV: Intramurals, extramural, Public Relations**

Intramural and Extramural: meaning, definition and values

Public Relations: meaning, definition, need and technique

Budget: Physical education budget, preparation, Income & expenditure (sources)

Maintenance of accounts.

**References:**

1. Maheshwari ,B.L.*Managaement by Objective* , Tata Mc.Graw -Hill. Publishing Co. Ltd., New Delhi 1982.
2. ALen L.A.*Management and Organisation* , McGraw -Hill Book Co. Inc. London 1958.
3. S. Sivarama Krishnan. *Physical Education & Sports Management* ,Friends Publication.2006
4. Masteralexis, lisa; *Principals & practice of Sports Management*, Jain Brothers, 2004
5. Nanda, S.M; *Sports Management* , Friends Publication, 2009.
6. Samiran Chakroborty; *Sports Management* ,Prerna Publication, 2007

**Objectives:**

- To Develop the use of vocabulary.
- To Develop the knowledge about the grammar.
- To Develop the writing skills.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- They will learn the use of vocabulary.
- Student will develop the knowledge about the grammar.
- They will develop the writing skills.

**Unit -I : Parts of Speech**

Sentences: Kind (Assertive, Interrogative, Exclamatory, Imperative, Optative)

Tenses: Aspects (Indefinite, continuous, perfect, perfect continuous)

Use of Tenses

Common Errors

Punctuation

Direct, Indirect

Active, Passive

**Unit-II : Vocabulary**

Synonyms, Antonyms

One Word Substitution

Idioms and Phrases

Homonyms and Homophones

**Unit –III: Grammar**

Paragraph Writing (Practice on story)

Applications (format, elements and structure)

Letters (format, elements and structure)

Formal letter and informal letter

Essay Writing

**Unit - IV: Value based Reading text**

The Lost Child (By Mulk Raj Anand)

The Eyes are not here (By Ruskin Bond)

The fly (By Katherine Mansfield)

**References:**

- 1) *High School English Grammar – Wren & Martin*
- 2) *A Remedial English grammar for foreign students – F.T. wood*
- 3) *Advanced English Grammar – Martin Haurings*
- 4) *Common Mistakes at Intermediate, CUP – Driscoll, Liz, Cambridge*

**Objectives:**

- To develop the quality of organizing recreation & camping activity.
- To develop the values of recreation at different age level.
- To develop leadership skills among students.
- To create an environment for real life learning.
- To develop values, trust believe, team work, cooperation.
- To develop Friendship and concern.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Student will develop the quality of organizing recreation & camping activity.
- They will develop the values of recreation at different age level.
- They will develop leadership skills.
- Students will create an environment for real life learning.

**Unit- I: Introduction**

Meaning, Aim and Objective of recreation.

Types of recreation, its scopes and significance.

Development of recreational activities in India since 1947.

**Unit- II Administration of Recreation**

Meaning of Recreation administration.

Importance of recreation administration.

Organization of recreation at different levels.

Recreational Agencies .(Municipal Agencies, Public, Private , Voluntary, Youth serving agencies)

**Unit- III: Need of Recreation**

**1. Factors Responsible for the need of recreation:**

The growth of cities.

Changing home conditions.

Increase in leisure time.

Specialization and automation in Industry.

Population changes.

Rising economy.

Technological Development, etc.

**2. Recreational activities for different age groups.**

Recreation for handicaps

Facilities required for community recreation, industrial recreation, institutional recreation, family recreation and commercial recreation.

**Unit IV Programmes and methods of recreation:**

**Camping:**

Importance and principles of camping

Organization of camping

Facilities required for camping

Different types of camping

Activities for the camping

First Aid issues and Emerging procedure

Evaluation of Camp work

**Leadership in Recreation:**

Professional leadership

Voluntary leadership

Training to leadership

**References:**

- 1) *Mayer and Bright Bill; Recreation Administration, Englewood Cliffs N.J. Prentice, Hall Inc. 1961.*
- 2) *Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers, Ludhiana 2<sup>nd</sup> revised addition 2008.*
- 3) *Tanwar IPEd.; Sports & Recreational Activates. Khel Sahitya Kendra, 2012.*
- 4) *Charles P. Smith; Games & Recreational Leadership Sports Pub. ,2007*
- 5) *Sharma Sita Ram; Encyclopedia of Recreational Games Friends Pub.,2005*

## BPPC 301 GYMNASTICS AND AEROBICS

Credit: 4

### Objectives:

- To define and acquaint training preparation of Game/Sport
- To employ the rules and regulation of Game/Sport
- To emphasis on preparation for the Game/Sport.
- To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
- To orient & employ the rules and regulation in organization of competition in Game/Sport.

### Course Learning Outcomes:

#### After Completing the course, the students will be able to:

- Gain knowledge of the Game/Sport.
- Learn the layout and marking for the Game/Sport.
- Demonstrate various drills & lead up activities related to Game/Sport.
- Develop the skills to teach rules, fundamentals and strategies of Game/Sport

### Gymnastics

- Parallel Bar
- Mount from one bar
- Straddle walking on parallel bars.
- Single and double step walk
- Perfect swing
- Shoulder stand on one bar and roll forward.
- Roll side
- Shoulder stand
- Front on back vault to the side(dismount)
- Horizontal /Single Bar:
- Grip
- Swings
- Fundamental Elements
- Dismount
- Uneven Parallal Bar:
- Grip
- Swings
- Fundamental Elements
- Dismount

### Aerobics

#### Introduction of Aerobics:

- Rhythmic Aerobics - dance
- Low impact aerobics

- High impact aerobics
- Aerobics kick boxing
- Postures – Warm up and cool down
- THR Zone – Being successful in exercise and adaptation to aerobic workout.

## **BPPC 302 TEAM GAMES**

**(BASKETBALL/HANDBALL/NETBALL/CRICKET/ HOCKEY/FOOTBALL/BASEBALL/SOFTBALL/ VOLLEYBALL)**

**Credit: 4**

### **Objectives:**

- To define and acquaint training preparation of Game/Sport
- To employ the rules and regulation of Game/Sport
- To emphasis on preparation for the Game/Sport.
- To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
- To orient & employ the rules and regulation in organization of competition in Game/Sport.

### **Course Learning Outcomes:**

#### **After Completing the course, the students will be able to:**

- Gain knowledge of the Game/Sport.
- Learn the layout and marking for the Game/Sport.
- Demonstrate various drills & lead up activities related to Game/Sport.
- Develop the skills to teach rules, fundamentals and strategies of Game/Sport

## **Basketball**

### **Fundamental Skills:**

Player stance and ball handling

Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball 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, and 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

## **Hand Ball**

### **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.

Rules and their interpretations and duties of officials

## Netball

### Fundamental Skills:

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

Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two-handed passes (push, overhead, bounce).

Footwork: landing on one foot; landing on two feet; pivot; running pass.

Shooting: one hand; two hands; forward step shot; backward step shot.

Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.

Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).

Intercepting: pass; shot.

The toss-up.

Role of individual players

Rules and their interpretations and duties of officials

## Cricket

### Fundamental Skills

Batting-Forward and backward defensive stroke

Bowling-Simple bowling techniques

Fielding-Defensive and offensive fielding

Catching-High catching and Slip catching

Stopping and throwing techniques

Wicket keeping techniques

## Hockey

### Fundamental Skills:

Player stance & Grip

Rolling the ball

Dribbling

Push

Stopping

Hit

Flick

Scoop

Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,

Reverse hit

Dodging

Goal keeping – Hand defence, foot defence

Positional play in attack and defense

Rules and their interpretations and duties of officials

Rules and their interpretations and duties of officials

Ground Marking

## 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. o Throw in  
Feinting-With the lower limb and upper part of the body. o Tackling-Simple tackling, Slide tackling.  
Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting

### **Baseball**

#### **Fundamental Skills:**

Player Stances – walking, extending walking, L stance, cat stance.  
Grip – standard grip, choke grip,  
Batting – swing and bunt.  
Pitching –  
Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball,  
Softball: windmill, sling shot,  
Starting position: wind up, set  
Fielding –  
Catching: basics to catch fly hits, rolling hits,  
Throwing: over arm, side arm.  
Base running –  
Base running: single, double, triple, home run,  
Sliding: bent leg slide, hook slide, head first slide.  
Rules and their interpretations and duties of officials

### **Softball**

#### **Fundamental Skills:**

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

### **Volleyball**

#### **Fundamental Skills:**

Players Stance-Receiving the ball and passing to the team mates,  
The Volley (Over head pass),  
The Dig (Under hand pass).  
Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service  
Rules and their interpretations and duties of officials



**BPPC – 303 GENERAL TEACHING PRACTICE- I**  
(DUMBBELL, WENDS, HOOPS, UMBRELLA, LEZIUM, MARCH PAST ETC)

**Credit: 4**

**Objectives:**

- To observe children and the teaching learning process in a systematic manner.
- To learn to relate to and communicate with children during physical education activity.
- To evaluate physical education curriculum in the schools.
- To experience the school in its totality; activities in addition to classroom teaching include school
  - activities and interaction with parents.
- To assume the role of a regular physical education teacher with appropriate planning taking into
- account the diverse needs of students and the varying contexts that impact the teaching learning
- process in physical education.
- To be able to innovate within teaching & coaching of game / sport skills.
- To learn to conduct meaningful classroom activities by careful selection and
- Organization of such activities.
- To learn to assess different aspects of children learning in physical education.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Demonstrate the practical concepts of teaching practice.
- Develop teaching proficiency for outdoor and indoor activities.
- Organize and compose mass demonstration /displays.
- Develop the knowledge of equipment that can be used for different indigenous activities.
- Develop the knowledge of free hand exercises emphasizing on physical fitness, rhythmic sense

10 teaching lesson plans on Dumbell, Wends, Hoops, Umbrella, Lezium/ March Past out of which 5 lessons internal and 5 lessons external at school.

**SEMESTER – IV**  
**BPCC-401: METHODS IN PHYSICAL EDUCATION & SPORTS**

**Credit-4**

**Objectives:**

- To create awareness about the teaching methods in Physical Education
- To develop the skill of preparation of lesson plan
- To teach them various command methods
- To teach them about the types of tournaments

### **Course Learning Outcomes:**

#### **After Completing the course, the students will be able to:**

- It will create awareness among students about the teaching methods in Physical Education
- They will acquire skill of preparation of lesson plan
- They will learn various command methods
- They will various types of tournaments and fixture

### **Unit-I: Introduction**

Meaning of the term “Teaching Methods” and its importance.

Principles of teaching.

Importance of Devices of teaching.

Various teaching devices: Exposition, Explanation and Narration, Description, Assignment and Home work.

### **Unit-II: Teaching Methods & Procedures in Physical education**

Lecture Method.

Command Method.

Demonstration Method.

Imitation Method.

Project Method.

Discussion Method.

Whole Part Whole procedure

Part Whole Procedure

### **Unit-III: Presentation Techniques & Tournaments**

Meaning Importance and step of presentation.

Preparation-Personal and Technical Preparation.

Command-Its types, command used in different situations.

Formation-Its types, and situations for using different formations

Meaning and Types of Tournaments (Knockout or elimination, League or Round-Robin, League cum knockout Tournament & Challenge Tournament)

### **Unit-IV: Lesson Planning**

Meaning, objectives and importance of lesson plan.

Values and Types of lesson plan

Principles of Lesson plan.

### **References:**

1. Kamlesh M K *Scientific Arts of Teaching Methods for Physical Education New Delhi : Metropolitan Book Company, Ltd, 1994*
2. Dr. ML Kamlesh *Methods in Physical Education Friends Publication India 2005*
3. Dr, Anil Vanaik & Dr. Daljinder Singh *Friends Publication 2005*
4. Randhir Pal , *Organization Method and Supervision in Physical Education, Crescent Publication 2009*
5. Dr. Mandeep Kaur; *Comping Management in physical education 2006*
6. Dr. M.L. Kamlesh; *Saririk siksha ki vidhiya, Friends Publication, New Delhi, 2006.*

**Objectives:**

- Knowledge of classical and theoretical foundations of the field of Yoga.
- Ability to effectively use yoga as a therapeutic modality through the integration of diverse approaches to this field.
- Knowledge and ability to use professional conduct during the practice of yoga ability to use relationship
- based approaches to catalyze positive changes or transformation with clients.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Students will be able to understand importance of Yoga and its types.
- Students will be able to understand importance of asana in different field and cure different diseases by

- different Asana.
- Students will be able to understand Sudhkriya and Pranayama..
- Students will be able to understand Baddha and effect of Mudra on human Body.

### **Unit-I: Introduction**

Meaning, definition and importance of Yoga.

Historical development of yoga in India.

Eight Limbs of Yoga

Types of Yoga

### **Unit-II: Surya namaskar & Asanas**

Technique and benefits of Surya namaskar.

Definition & importance of Asanas in different field.

Classification of asanas:(Meditative , Relaxative & Cultural)

Difference between yoga and general exercises.

How to cure different Diseases by different Asana

### **Unit-III: Sudhikriya & Pranayama**

Concept of Sudhikriya & its types ( Neti, Dhauti, Nauli, Basti, Tratak & Kapalbhati)

Definition & importance of Pranayama

Classification of Pranayama

Effects of Asana & Pranayama on various system

### **Unit-IV: Banddha & Mudra's**

Concept of Banddha & its types (Jalandhar, Uddiyana & Moule banddha)

Meaning of Mudra & its types

### **References:**

- 1) Singh Ajmer et.al, "Essentials of Physical Education."Kalyani Publishers, Ludhiana, second revised addition 2008.
- 2) Sharma Jai Prakash "Yog Kala" Friends Publication, 2007.
- 3) Garg Omprakash "Yog Shiksha" Aggarwal Publication, 2007.
- 4) Sharma Jaiprakash "Yog ke Tatva" Friends Publication, 2007.
- 5) Dagar.K. S, "Svasthya Shiksha Evam Yog ke Tatav" Friends Publication, 2005.
- 6) "Facts about Yoga", By Shri Jogindera, The Yoga Institute, Santa Cruz, Bombay-55 (1975)

## **BPCC-403: KINESIOLOGY**

**Credit- 04**

### **Objectives:**

- To understand the basics kinesiology , Physics and its application in human movements.
- To understand the need and importance of principles of kinesiology
- To understand the Movement and its Mechanical analysis or Mechanical concept of movements.
- Understanding the function of various muscles and joints.

### **Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Students will be able to understand the basics kinesiology, Physics and it's application in human movement.
- Students will be able to understand the need and importance of principles of Kinsiology.
- Students will be able to understand the movement and it's Mechanical analysis or Mechanical concept of movements.
- Students will be able to understand the function of Various muscles and joints.

### **Unit-I: Introduction**

Meaning & Definition of kinesiology

Objective and Role of Kinesiology in Physical Education.

Kinematics and kinetics in Human Movements

Axis and Planes, Center of Gravity, Line of Gravity, Equilibrium

### **Unit-II: Joints & Muscles**

Meaning & definition of joints

Classification of joints

Major characteristics of Joints.

Meaning, Definition & types of Muscles

Types of Muscle Contractions

### **Unit-III: Fundamental movements**

Terminology of Fundamental Movements

Angle of Pull, Two joint muscles, All and none Law

Definition & types of Lever

### **Unit-IV: Application of Mechanical Concepts**

Motion: Definition & Types

Newton's Laws of Motion

Force: Definition & types

Magnitude of force & Direction of application of force

Equilibrium: Definition and types

Principles of Equilibrium

Mechanical Analysis: Walking, Running, Throwing, Jumping etc.

### **References:**

- 1) Hoffman S.J. *Introduction to Kinesiology (Human Kinesiology publication in.2005*
- 2) Uppal A.K. Lawrence Mamta MP *Kinesiology(Friends Publication India 2004)*
- 3) Dr. Jogeshwar Goshwami; *Basic Kinesiology, Friends Publication India 2007.*
- 4) DPD Sharma; *kinesiology scientific basis of motion, Sports Education technologie, New delhi, 2008.*

## **BPEC-401: ENGLISH-II (Elective)**

**Credit- 04**

### **Objectives:**

- To develop the use of vocabulary.
- To develop the knowledge about the grammar.
- To develop the writing skills.

### **Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Students will know the use of vocabulary.
- Students will be able to the knowledge about the grammar.
- Students will know the writing Skills.

**Unit-I: Communication**

Meaning, Definition of Communication

Types of Communication: Verbal and Non-verbal

Language and communication

Language VS communication

**Unit-II: Listening**

Listening – active VS passive (Talk less, listen more)

Listening Comprehension using audio programmes, Video streaming

**Unit-III: Speaking**

Speech VS enunciation (mind your tone)

Pronunciation

Presentation delivering

Kinds of Presentation: Impromptu Speech (tackling Hesitation, Nervousness in speaking), extempore speech, debate, group discussion, role-play, situational conversation

Student presentation: Individually & in Group

**Unit-IV: Reading & writing**

Reading- Skimming, scanning, structuring language, tone

Text reading & writing- practice of writing the summary or the story based on newspapers/magazine

Precise writing, article writing, project writing, memo's writing and report writing

**Objectives:**

- Understand how computer application in Physical Education changes and expands over time.
- Understand the cultural and educational implications of using computers in classroom settings.
- Learn, experiment, and explore computer applications in Physical Education.
- Situate computer applications in educational settings and explore how computers help enhance teaching and learning in a constructive learning environment.
- Incorporate appropriate technologies collaboratively in Physical education settings through problem-based learning projects.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Students will be able to understand how computer application in Physical Education changes and expands
  - over time.
- Students will be understand the cultural and educational implications of using computers in classroom
  - settings.
- Student will know about computer applications in Physical Education.
- Student will be understand computer applications in educational settings.
- Students will be understand incorporate appropriate technologies collaboratively in Physical Education
  - setting through problem based learning projects.

**UNIT-I: Introduction to Computers**

Types of PCs-Desktop, Laptop, Notebook, etc.

Basic components of a computer system

Memory- RAM, ROM, and other types of memory.

Operating System

Types of Software (System Software & Application Software)

**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 & Word Processor**

Types of Word Processor

Creating and Saving a documents, Editing and Formatting a 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 a document.

Page Setting, Bullet and Numbering, Borders, shading Format painter find and replace  
Inserting Tables

#### **UNIT-IV: Introduction to ICT & Internet**

Concept, Importance, Meaning & Nature of Information & Communication Technology & its need in  
Physical Education & Sports.

Scope of ICT in Education & Physical Education.

Practical exams and their assessment.

#### **References:**

- 1) Pradeep K. Sinha & Priti ; Sinha, *Foundations computing BPB Publications -2006.*
- 2) B. Ram, *Computer Fundamentals , New Age International Publishers-2006.*
- 3) S. Jaiswal Galgotia Publication PVT. Ltd. *I.T. (Today), Revised Edition 2004*
- 4) Pradeep K. Sinha, Priti Sionha, B.P.B. Publication, *Computer Fundamental, 3<sup>rd</sup> Edition-2005*
- 5) Dr. R.K. Dular; *Computer Literacy & Educational aplications, 2007.*
- 6) U.K.Singh & K.N. Sudershan; *Computer Education, 2004*

**Objectives:**

- To define and acquaint training preparation of Game/Sport
- To employ the rules and regulation of Game/Sport
- To emphasis on preparation for the Game/Sport.
- To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
- To orient & employ the rules and regulation in organization of competition in Game/Sport.

**STUDENT LEARNING OUTCOMES:**

- After Completion of the course the students shall be able to:
- Gain knowledge of the Game/Sport.
- Learn the layout and marking for the Game/Sport.
- Demonstrate various drills & lead up activities related to Game/Sport.
- Develop the skills to teach rules, fundamentals and strategies of Game/Sport

**Swimming**

**Introduction of water polo game:**

- **Fundamental skills**
- Swim with the ball
- Passing
- Catching
- Shooting
- Goal keeping
- Rules of the games and responsibility of officials

**Introduction of diving sports:**

- Basic Diving Skills from spring boards
- Basic Diving Skills from platform

**Yoga**

- Surya Namaskara,
- Pranayams
- Corrective Asanas
- Kriyas
- Asanas
- Sitting
- Standing
- Laying Prone Position,
- Laying Spine Position

**BPPC – 402 COMBATIVE SPORTS  
(JUDO/WRESTLING/BOXING)**

**Credit- 04**

**Objectives:**

- To define and acquaint training preparation of Game/Sport
- To employ the rules and regulation of Game/Sport
- To emphasis on preparation for the Game/Sport.
- To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
- To orient & employ the rules and regulation in organization of competition in Game/Sport.

**STUDENT LEARNING OUTCOMES:**

- After Completion of the course the students shall be able to:
- Gain knowledge of the Game/Sport.
- Learn the layout and marking for the Game/Sport.
- Demonstrate various drills & lead up activities related to Game/Sport.
- Develop the skills to teach rules, fundamentals and strategies of Game/Sport

**Judo**

**Fundamental skills:**

Rei (Salutation)-Ritsurei (Salutation in standing position), Zarai (Salutation in the sitting position)  
Kumi kata (Methods of holding judo costume)  
Shisei (Posture in Judo)  
Kuzushi (Act of disturbing the opponent posture)  
Tsukuri and kake (Preparatory action for attack)  
Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall)  
Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps).  
Tai Sabaki (Management of the body)  
NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi(Drawing ankle throw), De ashihari (Advance foot sweep),  
Goshi (Major loim),SeoiNage (Shoulder throw).  
Katamawaze (Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

**Wrestling**

**Fundamental Skills:**

Take downs, Leg tackles, Arm drag.  
Counters for take downs, Cross face, Whizzer series.  
Escapes from under-sit-out turn in tripped.  
Counters for escapes from under-Basic control back drop, Counters for stand up.  
Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.  
Escapes from pinning: Wing lock series, Dopuble arm lock roll, Cridge.  
Standing Wrestling-Head under arm series, whizzer series

Referees positions

## **Boxing**

### **Fundamental Skills:**

Player stance

Stance - Right hand stance, left hand stance.

Footwork – Attack, defense.

Punches – Jab, cross, hook, upper cut, combinations.

Defense slip – bob and weave, parry/block, cover up, clinch, counter attack

Tactics – Toe to toe, counter attack, fighting in close, feinting

Rules and their interpretations and duties of officials



**BPPC-403 CLASS ROOM TEACHING PRACTICE-II**  
**(THEORY TEACHING OF DIFFERENT GAMES)**

**Credit: 4**

**Objectives:**

- To observe children and the teaching learning process in a systematic manner.
- To learn to relate to and communicate with children during physical education activity.
- To evaluate physical education curriculum in the schools.
- To experience the school in its totality; activities in addition to classroom teaching include school activities and interaction with parents.
- To assume the role of a regular physical education teacher with appropriate planning taking into account the diverse needs of students and the varying contexts that impact the teaching learning process in physical education.
- To be able to innovate within teaching & coaching of game / sport skills.
- To learn to conduct meaningful classroom activities by careful selection and Organization of such activities.
- To learn to assess different aspects of children learning in physical education.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Demonstrate the practical concepts of teaching practice.
- Develop teaching proficiency for outdoor and indoor activities.
- Organize and compose mass demonstration /displays.
- Develop the knowledge of equipment that can be used for different indigenous activities.
- Develop the knowledge of free hand exercises emphasizing on physical fitness, rhythmic sense

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

**SEMESTER – V**  
**BPCC-501: TEST & MEASUREMENT**

**Credit: 4**

**Objectives:**

This course will enable students to understand the concept of test, measurement & evaluation in Physical Education, Criteria of selection, classification and administration of test, physical fitness tests and sports skill tests.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand the need & importance of test, measurement and evaluation in physical education.
- Describe the criteria, classification and administration of test.
- Develop concepts related to test, measurement & evaluation.
- Construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
- Explain different physical fitness and skill tests.

**Unit – I: Introduction**

Meaning, Definition principle & importance of Test, Measurement & Evaluation  
Classification of Tests, Criteria for selection of Test

**Unit – II: Fitness test**

AAHPER youth fitness test  
Canadian Test  
J.C.R. Test

**Unit- III: Cardiovascular and strength test:**

Harward step test  
Cooper's run/walk test (6, 8, 9 & 12 minutes)  
Kraus-weber strength test  
Roger's strength test

**Unit – IV: Skill Test**

Badminton:-Lockhart Mc-ferson Test  
Basketball:- Johnson Basketball Test  
Hockey:-Harbansingh Hockey Test  
Volleyball:-Braddy Volleyball Test

**References:**

1. Clarks H. Harrison; *“Application of measurement to health and Physical Education”* Pretice Hall Inc., Englewood Cliffs, N.J. 5<sup>th</sup> Edition, 1976.
2. Sharma, J.P. *“Tests & measurement in Physical .Education”* Khel Sahitya kendra India, 2011.
3. bhatt Altaf Hussain *“Tests & measurement in Physical Education”* Sports Publication New Delhi, India 2010.
4. Shrivastav A.K , *Saririk Shiksha Evam Khel mai Mapan evam Mulyakan*, Prerna Prakashan,

2007

5. Chauhan Shivkumar, Saririk Shiksha Mai Mapan Thatha mulyakan, Prerna Prakashan, Delhi India

2006.

## **BPCC-502: APPLIED PSYCHOLOGY**

**Credit – 4**

### **Objectives:**

- To bring out knowledge about the basic Psychology.
- To make understand the need and importance of principles of Psychology.
- To make understand the student about different theories of Psychology.
- Understanding the scope of Psychology.

### **Course Learning Outcomes:**

#### **After Completing the course, the students will be able to:**

- Students will be able to understand the basic understanding of Psychology and its branches.
- Students will be able to understand need and importance of Psychology in the field of sports and Physical Education.
- Students will be able to control various performance effecting negative variables.
- Students will be able to understand Various learning theories and their implications in Physical Education and sports.

### **Unit – I: Introduction**

Meaning of Psychology

Branches of psychology

Need & Importance in the field of Physical Education & Sports

Meaning of Sports Psychology

Need & Importance in the field of Physical Education & Sports

### **Unit – II: Personality, growth, and development**

Personality - Meaning & definition

Dimensions of personality

Personality development through physical education and sports

Growth & Development: meaning and definition

Difference between growth and development

Characteristics: Stages of growth & Development

Individual Differences.

### **Unit – III: Learning**

Meaning of learning

The Nature of learning process

Theories of Learning

i) Trial & Error

ii) Insight learning

iii) Condition response theory

Laws of Learning-readiness, exercise, effect

Learning Curves

Transfer of Training with special reference to sports.

### **Unit – IV: Motivation**

Meaning definition types and techniques of motivation

Meaning of motive, need drive.

Relationship between extrinsic motivation and intrinsic motivation

Implication of psychological variables (aggression, anxiety, stress, frustration, etc.) in

Physical education and sports.

**References:**

- 1) *Bhatnager Suresh ; "educational psychology" Pretice Hall Inc., loyel book depot, 2006*
- 2) *Sharma .R.N "Educational Psychology" shree vayakti prakashan, 2007*
- 3) *Bhatt Altaf Hussain, Psychology in Sports, Sports Publication, 2007.*
- 4) *Kamlesh L.M. Shekshik Krida Manovigyan, Friends Publication, 2007.*

## **BPCC-503: CORRECTIVES & REHABILITATION IN PHYSICAL EDUCATION**

**Credit – 4**

### **Objectives:**

- To bring out knowledge about the Correctives & Rehabilitation.
- To understand the various Sports Injuries.
- To understand the Therapeutical modalities.

### **Course Learning Outcomes:**

#### **After Completing the course, the students will be able to:**

- Students will be understand Various common sports injuries and their Rehabilitation.
- Students will know prevent and management of various postural deformities.
- Students will be understand applications of Various therapeutic modalities.

### **Unit-I: Introduction**

Meaning of Correctives and Rehabilitation Physical Education, its objectives and scope.

Posture: Concept, Definition, values of good posture, causes and drawback of bad Posture.

Common postural deviations, their causes and remedial exercises.

Kyphosis, Scoliosis, Lordosis, Knock knees, flat foot and Bow legs

### **Unit-II: Sports Injuries**

Introduction of Sports injuries

Role of trained personnel in management of sports Injuries.

Factors causing sports injuries.

Complications of incomplete treatment

Common sport injuries and their immediate treatment: Sprain, Strain, dislocation, fracture, contusion and hematoma.

### **Unit-III: Rehabilitation**

Definition, objectives and scope.

Effects and uses of the therapeutic modalities in Cold Therapy, Hot Therapy, Infra Red, Contrast Bath & Wax Bath Therapy

### **Unit-IV: Therapeutic Exercises & Massage**

Definition and scope of therapeutic exercises

Active Exercises (Free, Assisted and Resisted exercises)

Passive Exercises (relaxed and forced exercises).

Definition and brief history of massage

General approach to massage manipulation.

Common Physiological effects of massage

### **References:**

- 1) *First Aid to the Injured, New Delhi, St. John Ambulance Association.*
- 2) *Forester, Angela and Palastange, Nigal: Clayton's Electrotherapy 8th ed. (New Delhi CBS Publishers & Distributors, 1985)*
- 3) *Dr. Ajmer singh et.al. ; Essentials of Physical education, Kalyani Publishers, 2008.*
- 4) *Amitabh Suri; Sports Injuries, Crescent publication, 2008.*
- 5) *Dr. Suresh Kutty. K; UGC examination of Physical Education, 2009*

## **BPEC-501: SPORTS TOURISM (Elective)**

**Credit – 4**

### **Objectives:**

- To bring out knowledge about Sports Tourism.
- To understand the development of Sports Tourism Industry & Economic Activities.
- To understand the modern development and promotion of Sports Tourism.

### **Course Learning Outcomes:**

#### **After Completing the course, the students will be able to:**

- Understand the historical development of sports tourism.
- Describe and use of various schemes, sites and location of sports tourism at the University.
- Understand the concepts about sports tourism as a economic activities.

### **Unit –I: Introduction**

History of Sport Tourism

Concepts of Sport Tourism Industry

Historical Development of Connection between Sport and Tourism

Basic Concepts.

Categories of Sport Tourism

Classification of sport tourism

### **Unit –II: Development of sports tourism**

Tourism in Development of Sports

Development of Sport Activity Based on Available tourism resources

Tourism generated Sports developments

Scheme for Sport Tourism

### **Unit –III: Sports Tourism Industry & Economic Activities**

Importance of Sports Tourism Industry

Positive & Negative Impacts

Sports & Tourism as Economic Activities

### **Unit –IV: Modern Development and Promotional**

Modern Development

Characteristics of Sports Tourism

Major events attraction for visitors

Facilities / Amenities for Sports & Tourism

### **References:**

- 1) *Jay Standeyone Bye Sports Tourism*
- 2) *Pol di Kanape Bay Sports Tourism.*
- 3) *Kumar Manoj “Commonwealth and Game Sports Tourism”, Sports Publication,*

**Objectives:**

This course will enable students to understand the concept officiating and coaching. It aims to develop the philosophy of coaching, qualities and qualifications of coach and official, general introduction of specialized games and sports.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand the concept and mechanism of officiating and coaching.
- Describe and use of Wellness and Physical Fitness.
- Understand the concept of mental concept.

**Unit-I: Introduction**

Introduction of Personality

Meaning and Definition of Personality.

Personality in relation to existing knowledge on personality and character building.

PEST-MOVES (Physical, Emotional, Social, Temporal-Mental, Occupational, Vital, Environmental and Spiritual).

**Unit-II: Physical Personality**

Introduction, Meaning, Definition and Components of Physical Personality.

Principles of developing, controlling and maintaining Physical personality.

Theoretical background measurement of personality.

The acronyms MEN (Meditation, Exercise & Nutrition).

**Unit-III: Wellness & Physical fitness**

Introduction to wellness, relation of wellness and personality.

Components of wellness, health, physical fitness, behaviour,

Personality and Physical Fitness: Introduction, Components of Physical Fitness, Role of Physical Fitness in Physical Personality Development.

**Unit-IV: Mental Personality:**

Introduction, Meaning and Definition of Mental Personality.

Type A, B and C personality characteristics.

Somatotype and Personality Traits: Introduction to Somatotype and Mental Personality

**References:**

- 1) Kansal, D.K. (2010). *Holistic Personality Development. Sports and Spiritual Science Publications, New Delhi*
- 2) Bhatt, Altaf Hussain, " *Psychology in Sports*" Sports Publication, 2010.
- 3) Peeke P. *The National Body Challenge: Success Program for the Whole Family. Hay House. Inc., California. U.S.A. (2006)*
- 4) Robbins G Powers D. and Burgess S *A Wellness Way of Life. McGraw Hill. Boston. USA. 40(2008).*
- 5) Daisy Sheokand " *Physiology of Physical Fitness*" Sports Publication, New Delhi India, 2007.



**BPPC-501 Sports Specialization:  
(Track & Field/Swimming/Gymnastics/ Yoga)**

**BPPC-501(A) THEORY**

**Credit – 4**

**Objectives:**

- To provide the knowledge about the development history of game.
- To provide knowledge rules and regulation of the game.
- To give knowledge about the organization of the tournament.
- To provide knowledge about training plan of the game

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand the history and development of game/sports in India and Abroad.
- Understand the concept of organization and administration of the tournament.
- Describe and use of the latest rules, layout and marking of players.
- Apply the concepts of planning, training & evaluation.

***NOTE: CONTENTS WILL BE APPLICABLE TO ALL SPORTS SPECIALIZATIONS***

**UNIT-I: Introduction**

History of the Game/Sport and its development in India and Abroad.

Equipment and Facilities

Brief Introduction of National Body & International Bodies and their functions

World Body controlling games/sports and their affiliated units

Major National and International competitions: National Games Olympic Games, World Cup, Asian Game

**UNIT-II: Officiating and Layout of Play field:**

Officiating: a) Rules and their Interpretations b) Signals/ Patterns/ Main Points

Mechanics of officiating

Layout and marking of play areas.

Impact of Latest Rules Changes on the Game

Brief Introduction of Organization, Conduct and Administration of Tournament

**UNIT-III: Techniques, Tactics and Strategy:**

Classification of Techniques/Skills

Steps of Skill training: Phase I, Phase II, Phase III

Selection of players/teams

Different tactical concepts applicable to the game/sport

Tactical training- Offensive and Defensive duties of Players

**Unit-IV: Planning, Training & Evaluation:**

Short term and long term training plans

Periodisation (Preparatory, Competition & Transition)

Systematization of training process for a beginner, intermediate and high performance Players

Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility.)

Load dynamics (Principles of Training load, distribution of training load)

Basic Concept of preparation of training schedules.

**Objectives:**

- To provide the knowledge about the lay out of the ground.
- To provide knowledge rules and regulation of the game.
- To give knowledge about the organization of the tournament.
- To provide knowledge about training plan of the game

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Able to perform the skill, technique and tactics.
- Understand the concept of organization and administration of the tournament.
- Describe and use of the latest rules, layout and marking.
- Apply the concepts of planning, training & evaluation.

***NOTE: CONTENTS WILL BE APPLICABLE TO ALL SPORTS SPECIALIZATIONS***

**UNIT-I: Officiating and Layout of Play field:**

Officiating: a) Rules and their Interpretations b) Signals/ Patterns/ Main Points  
Mechanics of officiating  
Layout and marking of play areas.  
Impact of Latest Rules Changes on the Game  
Brief Introduction of Organization, Conduct and Administration of Tournament

**UNIT-II: Techniques, Tactics and Strategy:**

Classification of Techniques/Skills  
Steps of Skill training: Phase I, Phase II, Phase III  
Selection of players/teams  
Different tactical concepts applicable to the game/sport  
Tactical training- Offensive and Defensive duties of Players

**Unit-III: Planning, Training & Evaluation:**

Short term and long term training plans  
Periodisation (Preparatory, Competition & Transition)  
Systematization of training process for a beginner, intermediate and high performance Players  
Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility.)  
Load dynamics (Principles of Training load, distribution of training load)  
Basic Concept of preparation of training schedules.  
Performance and Skill Test related with game/sports

## **BPPC 501(C) COACHING LESSON**

**Credit – 4**

### **Objectives:**

- To observe children and the teaching learning process in a systematic manner.
- To learn to relate to and communicate with children during physical education activity.
- To evaluate physical education curriculum in the schools.
- To experience the school in its totality; activities in addition to classroom teaching include school
  - activities and interaction with parents.
- To assume the role of a regular physical education teacher with appropriate planning taking into
  - account the diverse needs of students and the varying contexts that impact the teaching learning
  - process in physical education.
- To be able to innovate within teaching & coaching of game / sport skills.
- To learn to conduct meaningful classroom activities by careful selection and
  - Organization of such activities.
- To learn to assess different aspects of children learning in physical education.

### **Course Learning Outcomes:**

#### **After Completing the course, the students will be able to:**

- Demonstrate the practical concepts of teaching practice.
- Develop teaching proficiency for outdoor and indoor activities.
- Organize and compose mass demonstration /displays.
- Develop the knowledge of equipment that can be used for different indigenous activities.
- Develop the knowledge of free hand exercises emphasizing on physical fitness, rhythmic sense

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

**SEMESTER – VI**  
**BPCC-601: SPORTS TRAINING**

**Credit – 4**

**Objectives:**

- To develop knowledge about role of Sports Training for their performance enhancement.
- To give the knowledge various types of training load and its recovery.
- Planning and periodization in Sports training.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand the modern concept of sports training.
- Describe and principles of sports training.
- Evaluate and develop system of sports training and plan training.
- Explain periodization and its types.

**Unit-I: Introduction**

Meaning and Definitions of Sports Training.

Definition of term: training, Coaching, Teaching & Conditioning.

Aim and Tasks of Sports Training.

Characteristics of Sports Training.

Principles of Sports Training.

**Unit-II: Training Load & Over Load.**

Definition and Types of Training Load.

Factors affecting of Training Load.

Adaptation process of load.

Causes & Symptoms of over load.

Tackling the over load.

**Unit-III: Motor components & Technical Training**

Speed, Strength, Endurance, Flexibility, Agility & Coordination.

Definition of Technique, Skill, Tactics and Strategy.

**Unit-IV: Planning & Periodization**

Concept of Training Plan.

Principles of Planning.

Types of Training Plan.

Meaning and Importance of Periodization.

Types of Periodization.

**References:**

- 1) Singh, Hardayal. *Science of Sports Training (New Delhi: DVS Publications), 1991.*
- 2) Uppal, A.K. *Principles of Sports Training (Delhi: Friends Publication) 2001.*
- 3) Yograj Thani, *Sports Training, Sports Publication-2003*
- 4) K. Chandra Shekar, *Sports Training, Khel Sahitya Kendra -2004*

- 5) *Uppal, A.K, Khel Praksishan ke sidhant, Friend Publication New Delhi 2005*
- 6) *Uppal , A.K. Scintific basis of Sports Conditioning, Friend Publication New Delhi.2013*
- 7) *Frank W.Dick, Sports Training Principles , Friends Publication New Delhi 2006*

**Objectives:**

- To develop professional personnel.
- To give knowledge about Historical development of Physical Education in India.
- To give the knowledge about basic and effective teaching and training.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand the concept of professional preparation.
- Describe the historical perspective of professional preparation at Indian and Abroad .
- Classify and identify the basic knowledge of preparation.

**Unit-I: Foundation of Professional Preparation**

Meaning & definition of Professional

Components of Professional Preparation.

Contribution of physical education in attaining ideals of Indian democracy.

Forces and factors affecting educational policies and programme.

**Unit-II: Historical Perspective**

Historical review of Professional Preparation in India.

Professional courses being offered in professional preparation colleges in India.

Professional Preparation in Physical Education in USA, USSR and UK.

**Unit-III: UG & PG preparation of professional personnel**

Purposes, Admission Requirements of Undergraduate preparation.

Theory, Teaching, practice and practical's.

Professional competencies to be developed.

Purposes & Admission requirements.

Methods of instruction.

Professional relations.

**Unit-IV: Teacher and Teaching**

Basic Qualities of a successful teacher.

Trends in evaluating professional preparation.

Evaluating the programme of professional preparation.

Relation of evaluation to administration & Personal program.

**References:**

- 1) *Snyder and Scott. Professional Preparation in Health, Physical Education and Recreation. (Connecticut, Greenwood press, Westport, 1971).*
- 2) *Bucher, C.A Foundations of Physical Education (Saint Louis) : The C.V. Mosby Company, 1975), Ed. 7.*
- 3) *Agarwal, J.C. Education Administration school Urban Location and Supervision. (New Delhi: Agra Book Depot. 1967).*
- 4) *Sattu, J. Bryant. Career Potentials Physical Activity. (New Jersey : Englewood Cliffs, Prentice Hall, Inc. 1971).*
- 5) *Kiran Sandhu, Professional preparation and career development in physical education and sports (New Delhi: Friends Publication India ) 2004.*
- 6) *Gupta,R. etal, Professional Preparation and Curriculum Design, Friends Publication New Delhi,2004*
- 7) *Sandhu, K, Professional Preparation and Curriculum Design, Friends Publication New*

*Delhi 2004*

**Objectives:**

1. To develop the knowledge about coaching and officiating.
2. To develop the knowledge about rules, regulations and signals of different Games & Sports.
3. To give the knowledge about conditioning methods.

**Course Learning Outcomes:****After Completing the course, the students will be able to:**

1. Understand the concept and mechanism of officiating and coaching.
2. Describe the duties of coaches and officials.
3. Realize the qualities and qualification of coach and officials.
4. Apply the concepts of coaching and officiating.

**Unit-I: Officiating**

Meaning and definition of Officiating.

Significance of Officiating in the field of Physical Education.

Meaning official, qualities and qualification of a good official.

Principal of officiating.

Duties of officials – before, during and after.

**Unit-II: Rules of the game**

General rules and following games: (Football, Hockey, Volleyball, Basketball, Cricket, Kabaddi, Kho-Kho, Judo, Track and Field Events, Yoga, Table Tennis, Gymnastic, Badminton & Handball)

Each games and sports to be under the following heads:

History and development of the games and sports

Ground dimensions and marking

Standard equipment

Rule and interpretation of rules

Duties of Officials and mechanics of Officiating – Position & Signals etc.

**Unit-III: Coaching**

Personal qualities and qualifications of a coach.

Principles of Coaching.

Teaching, Training and Coaching.

**Unit-IV: Conditioning**

Physical fitness component.

Conditioning exercise – Meaning, types and importance of conditioning exercise in field of sports.

Methods of conditioning – Weight training, circuit training and Interval training.

**References:**

- 1) Singh Vivekanand "Coaching & Officiating in Sports and Games" Khel Sahitya Kendra, 2013
- 2) Palel Rajnikant P; Sports Coaching, KSK Publication, 2011.
- 3) Rawat, Ashok Kumar "Officiating in Sports" Sports Publication, 2009.
- 4) YMCA India "Book of Rules of games and Sports" P. Johan George, 2005.
- 5) Bunn, J. W. Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.

(1972)..

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

**Objectives:**

- To give the knowledge about value of guidance.
- To give the knowledge about implications of areas of guidance..
- To give the knowledge about counseling process.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand the concept of value of guidance.
- Describe and use of career guidance.
- Understand the concept of counseling.

**Unit-I: Nature and Scope of Guidance**

Concept and Definition of Guidance and Counseling  
Guidance and Life Goals  
The Counseling Vocation

**Unit-II: Introduction of Guidance**

Meaning, Objectives and Principles of Guidance  
Guidance and Education: Guidance and Counseling  
Need and Importance of Guidance

**Unit-III: Guidance**

Scope of Guidance: Guidance Services  
Implications of Areas of Guidance in Global Context: Personal, Educational, Vocational, Social,  
Moral, Health, Leisure-time

**Unit-IV: Counseling**

The Phases of the Counseling Process (Assessment, Intervention, and Termination)  
Characteristics of an Effective Counselor  
Personal challenges as a Counselor

**References:**

- 1) *Dr. Ajmer Suingh & Dr. Jagdish: Essentail in Physiscla Education, Kalyani Publication, New Delhi.*
- 2) *Robert L Gibson & Marianne, H. Mitchel; Introdoucation to counselling & Guidance. PHI learning pvt. Ltd. New delhi.*
- 3) *Dr. A. Sharma & Dr. SC Obrio; carrier information in physical Education & Carrier Guidance. Surya Publication.*
- 4) *S. Nageshwari & Digmanthi Bhaskar Rao: Guidance & Counseling, Discovery Publication House.*
- 5) *Dr. shilpa Choudhary; Guidance Counseling and Carrier Information; Vinod Prakashak Mandir, Agra.*

**Objectives:**

This course will enable students to understand the concept of educational technology and methods of teaching in physical education and sports. It aims to develop understanding about educational technology, importance of devices, methods of teaching, teaching technique and style, teaching aids, lesson planning, teaching innovations and organization of tournament.

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand the concept of educational technology and methods of teaching.
- Describe and use various teaching methods according to suitability
- Understand the concept of programmed learning & team teaching.
- Effectively utilize various teaching machines and system approach.

**Unit-I: Introduction**

Meaning, Definition and nature of educational technology.

Scope and nature of educational technology.

Types of Education: Formal, Informal and Non formal

Educative Process

**Unit-II: Teaching Aids**

Importance of Teaching Aids

Criteria for selecting Teaching Aids

Difference between Teaching Method and Teaching Aid

Classification of Teaching Aids: Audio Aids, Visual Aids & Audio-Visual Aids, Chalk Board

Charts, Models, Slide Projector, OverHead Projector, Motion Picture

**Unit-III : Programmed Learning & Team Teaching**

Art of questioning and answering

Purpose of Questioning

Classification of Questioning

Techniques of asking questions

Project work

**Unit-IV: System Approach & Teaching Machines**

Definition of System

Components of an instructional system

Advantages of system approach

Meaning of teaching machines

Values of teaching machines

Machine versus Teacher

**References:**

- 1) *V.C. Pandey, Educational Technology” Usha Books Delhi -2005.*
- 2) *Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.*
- 3) *Walia, J.S. (1999). Principles and methods of education. Jullandhar: Paul Publishers.*
- 4) *Rajani, Bala Education Technologym Alfa Publication.*
- 5) *Agarwal JC, Education Technologum Mengh & Envalnation Vinod Publication Mandir*

- 6) Giridhas, CH Encyclopaedia of Education Teechnology Commonwealth Publication.  
7) Anuradha Sharma Modern Education Techonolgy Commonwealth Publication

**BPPC-601: GAME SPECIALIZATION  
(RACKET/TEAM/COMBATIVE)**

**BPPC-601(A) THEORY**

**Credit – 4**

**Objectives:**

- To provide the knowledge about the development history of game.
- To provide knowledge rules and regulation of the game.
- To give knowledge about the organization of the tournament.
- To provide knowledge about training plan of the game

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Understand the history and development of game/sports in India and Abroad.
- Understand the concept of organization and administration of the tournament.
- Describe and use of the latest rules, layout and marking of players.
- Apply the concepts of planning, training & evaluation.

***NOTE: CONTENTS WILL BE APPLICABLE TO ALL SPORTS SPECIALIZATIONS***

**UNIT-I: Introduction**

History of the Game/Sport and its development in India and Abroad.

Equipment and Facilities

Brief Introduction of National Body & International Bodies and their functions

World Body controlling games/sports and their affiliated units

Major National and International competitions: National Games Olympic Games, World Cup, Asian Game

**UNIT-II: Officiating and Layout of Play field:**

Officiating: a) Rules and their Interpretations b) Signals/ Patterns/ Main Points

Mechanics of officiating

Layout and marking of play areas.

Impact of Latest Rules Changes on the Game

Brief Introduction of Organization, Conduct and Administration of Tournament

**UNIT-III: Techniques, Tactics and Strategy:**

Classification of Techniques/Skills

Steps of Skill training: Phase I, Phase II, Phase III

Selection of players/teams

Different tactical concepts applicable to the game/sport

Tactical training- Offensive and Defensive duties of Players

**Unit-IV: Planning, Training & Evaluation:**

Short term and long term training plans

Periodisation (Preparatory, Competition & Transition)

Systematization of training process for a beginner, intermediate and high performance Players

Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility.)

Load dynamics (Principles of Training load, distribution of training load)

Basic Concept of preparation of training schedules.  
Performance and Skill Test related with game/sports

**Objectives:**

- To provide the knowledge about the lay out of the ground.
- To provide knowledge rules and regulation of the game.
- To give knowledge about the organization of the tournament.
- To provide knowledge about training plan of the game

**Course Learning Outcomes:**

**After Completing the course, the students will be able to:**

- Able to perform the skill, technique and tactics.
- Understand the concept of organization and administration of the tournament.
- Describe and use of the latest rules, layout and marking.
- Apply the concepts of planning, training & evaluation.

***NOTE: CONTENTS WILL BE APPLICABLE TO ALL SPORTS SPECIALIZATIONS***

**UNIT-I: Officiating and Layout of Play field:**

Officiating: a) Rules and their Interpretations b) Signals/ Patterns/ Main Points

Mechanics of officiating

Layout and marking of play areas.

Impact of Latest Rules Changes on the Game

Brief Introduction of Organization, Conduct and Administration of Tournament

**UNIT-II: Techniques, Tactics and Strategy:**

Classification of Techniques/Skills

Steps of Skill training: Phase I, Phase II, Phase III

Selection of players/teams

Different tactical concepts applicable to the game/sport

Tactical training- Offensive and Defensive duties of Players

**Unit-III: Planning, Training & Evaluation:**

Short term and long term training plans

Periodisation (Preparatory, Competition & Transition)

Systematization of training process for a beginner, intermediate and high performance Players

Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility.)

Load dynamics (Principles of Training load, distribution of training load)

Basic Concept of preparation of training schedules.

Performance and Skill Test related with game/sports

## **BPPC 601(C) COACHING LESSON**

**Credit – 4**

### **Objectives:**

- To observe children and the teaching learning process in a systematic manner.
- To learn to relate to and communicate with children during physical education activity.
- To evaluate physical education curriculum in the schools.
- To experience the school in its totality; activities in addition to classroom teaching include school
- activities and interaction with parents.
- To assume the role of a regular physical education teacher with appropriate planning taking into
- account the diverse needs of students and the varying contexts that impact the teaching learning
- process in physical education.
- To be able to innovate within teaching & coaching of game / sport skills.
- To learn to conduct meaningful classroom activities by careful selection and
- Organization of such activities.
- To learn to assess different aspects of children learning in physical education.

### **Course Learning Outcomes:**

#### **After Completing the course, the students will be able to:**

- Demonstrate the practical concepts of teaching practice.
- Develop teaching proficiency for outdoor and indoor activities.
- Organize and compose mass demonstration /displays.
- Develop the knowledge of equipment that can be used for different indigenous activities.
- Develop the knowledge of free hand exercises emphasizing on physical fitness, rhythmic sense

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