

**Chhatrapati Shahu Ji Maharaj University, Kanpur  
Department of Physical Education**

**Ordinance  
Syllabus and Scheme  
of  
B.P.Ed. (Bachelor of Physical Education)  
(July 2015 Onwards)**

**Semester - I**

<b>PartA:TheoreticalCourse</b>						
<b>Course Code</b>	<b>TitleofthePapers</b>			<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
<b>CoreCourse</b>						
CC-101	History, Principles and foundation of Physical Education			20	80	100
CC-102	Anatomy and Physiology			20	80	100
CC-103	Health Education and Environmental Studies			20	80	100
<b>Elective Course (Anyone)</b>						
EC-101	Olympic Movement			20	80	100
EC-102	Officiating and Coaching					
<b>Part-B PracticalCourse</b>						
PC-101	Track and Field (Running Events)			20	80	100
PC-102	Swimming/Gymnastics/ Shooting			20	80	100
PC-103	Indigenous Sports: Kabaddi / Malkhambh/ Iezim / March past			20	80	100
PC - 104	Mass Demonstration Activities: Kho-Kho / dumbbells / tipri / wands / hoop /umbrella			20	80	100
<b>Total</b>				160	640	800

**Semester - II**

<b>PartA:TheoreticalCourse</b>						
<b>Course Code</b>	<b>TitleofthePapers</b>	<b>Total Hours</b>	<b>Credit</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
<b>CoreCourse</b>						
CC-201	Yoga Education			20	80	100
CC-202	Educational Technology and Methods of Teaching in Physical Education			20	80	100
CC-203	Organization and Administration			20	80	100
<b>Elective Course (Anyone)</b>						
EC-201	Contemporary issues in physical education, fitness and wellness			20	80	100
EC-202	Sports Nutrition and Weight Management					
<b>Part-B PracticalCourse</b>						
PC-201	Track and Field (Jumping Events)			20	80	100
PC-202	Yoga/Aerobics/ Gymnastics/ Swimming			20	80	100
PC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis			20	80	100
<b>Part - C Teaching Practices</b>						
TP - 201	Teaching Practices (05lessons in class room teaching and 05 lessons in outdoor activities)			20	80	100
<b>Total</b>				160	640	800

**Semester - III**

<b>PartA:TheoreticalCourse</b>						
<b>Course Code</b>	<b>TitleofthePapers</b>			<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
<b>CoreCourse</b>						
CC-301	Sports Training			20	80	100
CC-302	Computer Applications in Physical Education			20	80	100
CC-303	Sports Psychology and Sociology			20	80	100
<b>Elective Course (Anyone)</b>						
EC-301	Sports Medicine, Physiotherapy and Rehabilitation			20	80	100
EC-302	Curriculum Design					
<b>Part-B PracticalCourse</b>						
PC-301	Track and Field (Throwing Events)			20	80	100
PC-302	Combative Sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling (Any two out of these)			20	80	100
PC-303	Team Games: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any two of these)			20	80	100
<b>Part - C Teaching Practices</b>						
TP - 301	Teaching Practice: (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports) (out of 10 lessons 5 internal and 5 external at practicing school)			20	80	100
<b>Total</b>				160	640	800

**Semester - IV**

<b>PartA:TheoreticalCourse</b>						
<b>Course Code</b>	<b>TitleofthePapers</b>			<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
<b>CoreCourse</b>						
<b>CC-401</b>	<b>Measurement and Evaluation in Physical Education</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>CC-402</b>	<b>Kinesiology and Biomechanics</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>CC-403</b>	<b>Research and Statistics in Physical Education</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>Elective Course (Anyone)</b>						
<b>EC-401</b>	<b>Theory of sports and game</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>EC-402</b>	<b>Sports Management</b>					
<b>Part-B PracticalCourse</b>						
<b>PC-401</b>	<b>Track and Field / Swimming / Gymnastics (Any one out of three)</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>PC-402</b>	<b>Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any Two of these)</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>Part – C Teaching Practices</b>						
<b>TP-401</b>	<b>Sports specialization: Coaching lessons Plans (One for Sports 5 lessons)</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>TP-402</b>	<b>Games specialization: Coaching lessons Plans (One for Games 5 lessons)</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>Total</b>				<b>160</b>	<b>640</b>	<b>800</b>
				<b>640</b>	<b>2560</b>	<b>3200</b>

**SCHEME OF EXAMINATION**  
**SEMESTER - I**

Paper	Subject	Internal	External	Total Marks
	<b>THEORY (400)</b>			
CC-101	History, Principles and foundation of Physical Education	20	80	100
CC-102	Anatomy and Physiology	20	80	100
CC-103	Health Education and Environmental Studies	20	80	100
EC-101/102	Olympic Movement/Officiating and Coaching (Elective)	20	80	100
	<b>PRACTICAL (400)</b>			
PC-101	Track and Field (Running Events)	20	80	100
PC-102	Swimming/Gymnastics/Shooting	20	80	100
PC-103	Indigenous Sports: Kabaddi/ Malkhambh/ lezim / March past (Any of one out of these)	20	80	100
PC-104	Mass Demonstration Activities: Kho-Kho / dumbbells / tipri / wands / hoop / umbrella (Any one out of these)	20	80	100
	<b>Total</b>	<b>160</b>	<b>640</b>	<b>800</b>

**SEMESTER -II**

Paper	Subject	Internal	External	Total Marks
	<b>THEORY (400)</b>			
CC-201	Yoga Education	20	80	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	20	80	100
CC-203	Organization and Administration	20	80	100
EC-201/202	Contemporary issues in physical education, fitness and wellness/ Sports Nutrition and Weight Management (Elective)	20	80	100
	<b>PRACTICAL (300)</b>			
PC-201	Track and Field (Jumping Events)	20	80	100
PC-202	Yoga/Aerobics / Swimming / Gymnastics (Any of the two out of these)	20	80	100
PC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these)	20	80	100
	<b>TEACHING PRACTICE (100)</b>			
TP-201	Teaching Practice (Classroom and outdoor)	20	80	100
	<b>Total</b>	<b>160</b>	<b>640</b>	<b>800</b>

**SEMESTER –III**

Paper	Subject	Internal	External	Total Marks
	<b>THEORY (400)</b>			
CC-301	Sports Training	20	80	100
CC-302	Computer Applications in Physical Education	20	80	100
CC-303	Sports Psychology and Sociology	20	80	100
EC-301/302	Sports Medicine, Physiotherapy and Rehabilitation/Curriculum Design (Elective)	20	80	100
	<b>PRACTICAL (300)</b>			
PC-301	Track and Field (Throwing Events)	20	80	100
PC-302	Combative Sports : Martial Art, Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling (Any two out of these)	20	80	100
PC-303	Team Games: Baseball, Cricket, Football, Hockey, Softball, Volleyball, Handball, Basketball, Netball (Any two of these)	20	80	100
	<b>TEACHING PRACTICE (100)</b>			
TP-301	Teaching Practice (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports)	20	80	100
	<b>Total</b>	160	640	800

**SEMESTER -IV**

Paper	Subject	Internal	External	Total Marks
	<b>THEORY (400)</b>			
CC-401	Measurement and Evaluation in Physical Education	20	80	100
CC-402	Kinesiology and Biomechanics	20	80	100
CC-403	Research and Statistics in Physical Education	20	80	100
EC-401/402	Theory of sports and games(Specifically sports and games specialization)/Sports Management (Elective)	20	80	100
	<b>PRACTICAL (200)</b>			
PC-401	Track and Field/Swimming /Gymnastics (Any of one out of these)	20	80	100
PC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	20	80	100
	<b>TEACHING PRACTICE (200)</b>			
TP-401	Sports Specialization: Coaching lessons Plans Track and Field/Swimming /Gymnastics (Any of one out of these)	20	80	100
TP-402	Game specialization Coaching lessons: Kabaddi/ Kho-Kho/ Baseball/ Cricket/Football/Hockey /Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	20	80	100
	<b>Total</b>	160	640	800

## **B. P. Ed. – Outline of Syllabus**

### **Semester – I**

#### **Theory Courses**

#### **CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION**

##### **Unit – 1: Introduction**

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

##### **Unit- 2 – Historical Development of Physical Education in India**

- **Indus Valley Civilization Period. (3250 BC–2500 BC)** ○
- **Vedic Period (2500 BC–600 BC)**
- **Early Hindu Period (600 BC–320 AD) and Later Hindu Period (320 AD–1000 AD)** ○
- **Medieval Period (1000 AD–1757 AD)**
- **British Period (Before 1947)**
- **Physical Education in India (After 1947)**
- **Contribution of Akhadas and Vyayamshals** ○
- Y.M.C.A. and its contributions.**

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

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

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

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



○ **Sociological**

- **Society and culture**
- **Social acceptance and recognition**
- **Leadership**
- **Social integration and cohesiveness**

**References:**

**Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.**

**Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati:  
Degree college of Physical education.**

**Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.**

**Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*.  
Philadelphia: W.B. Saunders Co.**

**Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.**

**Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co.**

**William, J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.**

## Semester I

### Theory Courses

#### CO-2 ANATOMY AND PHYSIOLOGY

##### UNIT-I

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

##### UNIT-II

- Blood and circulatory system: Constituents of blood and their function – Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation. Cardiac output.
- The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.
- The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism,
- The Excretory system: Structure and functions of the kidneys and the skin.
- The Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid, Adrenal, Pancreas and the sex glands.
- Nervous systems: function of the Autonomic nervous system and Central nervous system. Reflex Action,
- Sense organs: A brief account of the structure and functions of the Eye and Ear.

##### UNIT-III

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

##### UNIT-IV

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

## **References:**

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

## Semester I

### Theory courses

#### CC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

##### Unit – I Health Education

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

##### Unit – II Health Problems in India

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

##### Unit – III Environmental Science

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

##### Unit – IV Natural Resources and related environmental issues: ○

**Water resources, food resources and Land resources**

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

##### References:

- Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.**
- Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.**
- Nemir, A. (n.d.). *The school health education*. New York: Harber and Brothers.**
- Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.**

## Semester – I

### Theory courses

#### EC-101 OLYMPIC MOVEMENT (ELECTIVE)

##### Unit – I Origin of Olympic Movement

###### ○Philosophy of Olympic movement

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

##### Unit – II Modern Olympic Games

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

##### Unit – III Different Olympic Games

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

##### Unit – IV Committees of Olympic Games

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

##### Reference:

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

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

## Semester – I

### Theory courses

#### EC-102 OFFICIATING AND COACHING

##### (Elective) Unit- I: Introduction of Officiating and coaching

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

##### Unit- II: Coach as a Mentor

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

##### Unit- III: Duties of Official

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

##### Unit- IV: Qualities and Qualifications of Coach and Official

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

##### Reference Books:

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.

Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice

Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London

Press Ltd. Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of

London Press Ltd. Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.

Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.

## Semester – II

### Theory Courses

#### CC-201 YOGA EDUCATION

##### Unit – I: Introduction

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

##### Unit - II: Foundation of Yoga

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

##### Unit - III Asanas

- Effect of Asanas and Pranayama on various system of the body
- Classification of asanas with special reference to physical education and sports
- Influences of relaxtive, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

##### Unit – IV Yoga Education

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

##### References:

- Brown, F. Y. (2000). *How to use yoga*. Delhi: Sports Publication.**
- Gharote, M. L. & Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaixydahmoe.**
- Rajjan, S. M. (1985). *Yoga strenthening of relaxation for sports man*. New Delhi: Allied Publishers.**
- Shankar, G. (1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.**
- Shekar, K. C. (2003). *Yoga for health*. Delhi: KhelSahitya Kendra.**

## Semester – II

### Theory Courses

#### CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING N PHYSICAL EDUCATION

##### Unit – I Introduction

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

##### Unit – II Teaching Technique

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

##### Unit – III Teaching Aids

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

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

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

##### Reference:

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



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

**CC-203 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION**

**Unit – I: Organization and administration**

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

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

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

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

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

**Unit-IV: Competition Organization**

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

**References:**

- Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.**
- Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Lolis: The C.V. Hosby Co.**
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.**
- Pandy, L.K. (1977). *Methods in Physical Education*. Delhe: Metropolitan Book Depo.**

- Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
- Thomas, J. P. (1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.
- Tirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.
- Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

**Semester – II**

**Theory Courses**

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

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

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

- Modern concept of Physical fitness and Wellness
- Physical Education and its Relevance in Inter Disciplinary Context.

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

- Fitness–Types of Fitness and Components of Fitness
- Understanding of Wellness

- Modern Lifestyle and Hypo kinetic Diseases–Prevention and Management
- Physical Activity and Health Benefits

**Unit – III Principles of Exercise Program**

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

- Concept of designing different fitness training program for different age group.

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

- Health and Safety in Daily Life

- First Aid and Emergency Care
- Common Injuries and their Management
- Modern Life Style and Hypo-kinetic Disease–Prevention and Management

**References:**

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

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

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

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

## Semester II

### Theory courses

#### EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)

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

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

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

- **Carbohydrates, Protein, Fat–Meaning, classification and its function**
- **Role of carbohydrates, Fat and protein during exercise**
- **Vitamins, Minerals, Water–Meaning, classification and its function**
- **Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.**

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

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

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

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

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

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

**Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.**

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

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

**Part – B**  
**Practical Courses**  
**Semester – I**

**PC - 101**

**Track and Field:**

**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.**

**PC 102**

**Gymnastics: Floor Exercise**

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

**PC – 102**

**Swimming: Fundamental Skills**

- **Entry into the pool.**
- **Developing water balance and confidence**
- **Water fear removing drills.**
- **Floating-Mushroom and Jelly fish etc.**
- **Gliding with and without kickboard.**
- **Introduction of various strokes**
- **Body Position, Leg, Kick, Arm pull, Breathing and Coordination.**
- **Start and turns of the concerned strokes.**
- **Introduction of Various Strokes.**
- **Water Treading and Simple Jumping.**

- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

PC – 102

### Shooting Fundamental Skills

- Basic stance, grip, Holding rifle/ Pistol, aiming target
- Safety issues related to rifle shooting
- Rules and their interpretations and duties of officials

(Any one out of three)

PC – 103 Indigenous sports:

### Kabaddi: Fundamental Skills

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
- Ground Marking, Rules and Officiating

PC – 103

### Malkhambh and Light Apparatus:

- Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.
- GhatiLezuim-AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chaupherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.
- Mass P.T. Exercises-Two count, four count and eight count exercises.
- Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, ChauRukh, Chaurukhbethak, 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.

**PC - 104**

**KhoKho:**

- **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-Zigzag 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.**

**PC – 104**

**Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri:      Fundamentals skills**

- **Apparatus/ Light apparatus Grip**
- **Attention with apparatus/ Light apparatus**
- **Stand-at-ease with apparatus/ light apparatus**
- **Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.**
- **Standing Exercise**
- **Jumping Exercise**
- **Moving Exercise**
- **Combination of above all**

**Semester –**

**II PC – 201**

**Track and Field**

**Athletics:      Jumping Events**

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



## PC – 202

### Gymnastics:

- **Parallel Bar:**
  - **Mount from one bar**
  - **Straddle walking on parallel bars.**
  - **Single and double step walk**
  - **Perfect swing**
  - **Shoulder stand on one bar and roll forward.**
  - **Roll side**
  - **Shoulder stand**
  - **Front on back vault to the side(dismount)**
  - **Horizontal /Single Bar:**
  - **Grip**
  - **Swings**
  - **Fundamental Elements**
  - **Dismount**
  - **Uneven Parallal Bar:**
  - **Grip**
  - **Swings**
  - **Fundamental Elements**
  - **Dismount**
- PC – 202

### Yoga:

- **SuryaNamaskara,**
- **Pranayams**
- **Corrective Asanas**
- **Kriyas**
- **Asanas**
  - **Sitting**
  - **Standing**
  - **Laying Prone Position,**
  - **Laying Spine Position**

## **PC – 202**

### **Swimming:**

#### **Introduction of water polo game**

##### **oFundamental skills**

- o Swimm with the ball**
- o Passing**
- o Catching**
- o Shooting**
- o Goal keeping**
- o Rules of the games and responsibility of officials**

#### **Introduction of Diving sports.**

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

## **PC – 202**

### **Aerobics: Introduction of Aerobics**

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

## **PC - 203**

### **Badminton: Fundamental Skills**

##### **oRacket parts, Racket grips, Shuttle**

##### **Grips.oThe basic stances.**

- o The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm**
- o Drills and lead up games**
- oTypes of games-Singles, doubles, including mixed doubles.oRules and their interpretations and duties of officials.**

## **PC - 203**

### **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 Shit, Loop Drive.**
- **Stance and Ready position and foot work.**
- **Rules and their interpretations and duties of officials.**

## **PC – 203**

### **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.**

## **PC – 203**

### **Tennis: Fundamental Skills.**

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

- TP – 201 Teaching practices:**  
10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.Ed course.
- TP – 301 Teaching practices:**  
10 teaching lesson plans for Racket Sport/ Team Games/ Indigenous Sports out of which 5 lessons internal and 5 lessons external at school.
- TP – 401 Sports Specialization: Track and field / Gymnastics / Swimming**  
(4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)
- TP- 402 Games Specialization: Kabaddi, Kho-kho, Base ball, cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis**

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

***Note: Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities.***