Ordinance
Syllabus and Scheme
of
B.P.Ed. (Bachelor of Physical Education)
(July 2015 Onwards)
<table>
<thead>
<tr>
<th>PartA: Theoretical Course</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Course Code</td>
<td>Title of the Papers</td>
<td>Internal Marks</td>
<td>External Marks</td>
</tr>
<tr>
<td>CC-101</td>
<td>History, Principles and foundation of Physical Education</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>CC-102</td>
<td>Anatomy and Physiology</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>CC-103</td>
<td>Health Education and Environmental Studies</td>
<td>20</td>
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<tr>
<td></td>
<td>Elective Course (Anyone)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EC-101</td>
<td>Olympic Movement</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>EC-102</td>
<td>Officiating and Coaching</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Part-B Practical Course</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PC-101</td>
<td>Track and Field (Running Events)</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>PC-102</td>
<td>Swimming/Gymnastics/Shooting</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>PC-103</td>
<td>Indigenous Sports: Kabaddi / Malkhamb / lezim / March past</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>PC-104</td>
<td>Mass Demonstration Activities: Kho-Kho / dumbbells / tipri / wands / hoop / umbrella</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>160</td>
<td>640</td>
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</table>
## Semester - II

### Part A: Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td>CC-201</td>
<td>Yoga Education</td>
<td>20</td>
<td>80</td>
<td>100</td>
<td></td>
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</tr>
<tr>
<td>CC-202</td>
<td>Educational Technology and Methods of Teaching in Physical Education</td>
<td>20</td>
<td>80</td>
<td>100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CC-203</td>
<td>Organization and Administration</td>
<td>20</td>
<td>80</td>
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### Elective Course (Anyone)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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</thead>
<tbody>
<tr>
<td>EC-201</td>
<td>Contemporary issues in physical education, fitness and wellness</td>
<td>20</td>
<td>80</td>
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<tr>
<td>EC-202</td>
<td>Sports Nutrition and Weight Management</td>
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### Part B: Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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</thead>
<tbody>
<tr>
<td>PC-201</td>
<td>Track and Field (Jumping Events)</td>
<td>20</td>
<td>80</td>
<td>100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PC-202</td>
<td>Yoga/Aerobics/Gymnastics/Swimming</td>
<td>20</td>
<td>80</td>
<td>100</td>
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<tr>
<td>PC-203</td>
<td>Racket Sports: Badminton/Table Tennis/Squash/Tennis</td>
<td>20</td>
<td>80</td>
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### Part C: Teaching Practices

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td>TP-201</td>
<td>Teaching Practices (05 lessons in class room teaching and 05 lessons in outdoor activities)</td>
<td>20</td>
<td>80</td>
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| Total       | 160                                               | 640          | 800    |                |                |             |
### Semester - III

#### Part A: Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td>CC-301</td>
<td>Sports Training</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>CC-302</td>
<td>Computer Applications in Physical Education</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>CC-303</td>
<td>Sports Psychology and Sociology</td>
<td>20</td>
<td>80</td>
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**Elective Course (Anyone)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td>EC-301</td>
<td>Sports Medicine, Physiotherapy and Rehabilitation</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>EC-302</td>
<td>Curriculum Design</td>
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#### Part B: Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td>PC-301</td>
<td>Track and Field (Throwing Events)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>PC-302</td>
<td>Combative Sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling (Any two out of these)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>PC-303</td>
<td>Team Games: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any two of these)</td>
<td>20</td>
<td>80</td>
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#### Part C: Teaching Practices

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>TP - 301</td>
<td>Teaching Practice: (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports) (out of 10 lessons 5 internal and 5 external at practicing school)</td>
<td>20</td>
<td>80</td>
<td>100</td>
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</tbody>
</table>

**Total**

<table>
<thead>
<tr>
<th></th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>160</td>
<td>640</td>
<td>800</td>
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</table>
### Semester - IV

#### Part A: Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td>CC-401</td>
<td>Measurement and Evaluation in Physical Education</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>CC-402</td>
<td>Kinesiology and Biomechanics</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>CC-403</td>
<td>Research and Statistics in Physical Education</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
</tbody>
</table>

#### Elective Course (Anyone)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>EC-401</td>
<td>Theory of sports and game</td>
<td>20</td>
<td>80</td>
<td>100</td>
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<tr>
<td>EC-402</td>
<td>Sports Management</td>
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#### Part - B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PC-401</td>
<td>Track and Field / Swimming / Gymnastics (Any one out of three)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>PC-402</td>
<td>Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any Two of these)</td>
<td>20</td>
<td>80</td>
<td>100</td>
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#### Part - C Teaching Practices

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>TP-401</td>
<td>Sports specialization: Coaching lessons Plans (One for Sports 5 lessons)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>TP-402</td>
<td>Games specialization: Coaching lessons Plans (One for Games 5 lessons)</td>
<td>20</td>
<td>80</td>
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</tbody>
</table>

Total: 640 2560 3200
# Scheme of Examination

## Semester - I

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

## Semester - II

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

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

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


Semester I  
Theory Courses  

**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, cell of blood, the structure of the heart — properties of the heart muscle, circulatory 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 physics 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 concept of physical fitness, warming up, conditioning and fatigue.  
- Basic concept of balanced diet — Diet before, during and after competition.
References:
Semester I

Theory courses

CC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

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

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

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

Unit – IV Natural Resources and related environmental issues: o
  Water resources, food resources and Land resources
  o Definition, effects and control measures of:
    o Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
    o Management of environment and Govt. policies, Role of pollution control board.

References:

Semester – I
Theory courses

EC-101 OLYMPIC MOVEMENT (ELECTIVE)

Unit – I Origin of Olympic Movement
  o Philosophy of Olympic movement
    o The early history of the Olympic movement
    o The significant stages in the development of the modern Olympic movement
    o Educational and cultural values of Olympic movement

Unit – II Modern Olympic Games
  o Significance of Olympic ideals, Olympic Rings, Olympic Flag
  o Olympic Protocol for member countries
  o Olympic Code of Ethics
  o Olympism in action
  o Sports for All

Unit – III Different Olympic Games
  o Para Olympic Games
  o Summer Olympics
  o Winter Olympics
  o Youth Olympic Games

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

Reference:

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:


Semester – II
Theory Courses
CC-201 YOGA EDUCATION

Unit – I: Introduction
- Meaning and Definition of Yoga
- Alms 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 relaxive, 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:

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.
  - 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, Chalkboard, 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:
Semester – II

Theory Courses

CC-203 ORGANZATION 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
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, organizing, staffing, directing, communicating, coordination, 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, outdoor.
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit-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:


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:
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:


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
- 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-Various 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.
- Ghati Lezuim-AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chaupherawaaz, Kadamtaal, Pavitra, Uchhapavitara, 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
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.

Dumbells/ 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
Gymnastics:

- Parallel Bar:
  - Mount from one bar
  - Straddle walking on parallel bars
  - Single and double step walk
- Perfect swing
- Shoulder stand on one bar and roll forward
- Roll side
- Shoulder stand
- Front on back vault to the side (dismount)

Horizontal / Single Bar:

- Grip
- Swings
- Fundamental Elements
- Dismount

Uneven Parallel Bar:

- Grip
- Swings
- Fundamental Elements
- Dismount

PC – 202

Yoga:

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

Introduction of water polo game

- Fundamental skills
  - Swimming 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

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.

Badminton: Fundamental Skills

- Racket parts, Racket grips, Shuttle Grip. 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 Shit, Loop Drive.
- Stance and Ready position and foot work.
- Rules and their interpretations and duties of officials.

Squash: Fundamental Skills

- Service- Under hand and Overhand
- 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 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: Wherever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities.*