

# **RADHA GOVIND UNIVERSITY**

## **RAMGARH, JHARKHAND.**



### **Regulations and Courses of Study**

#### **for**

### **Bachelor of Physical Education and Sports(BPES)**

#### **under**

### **Choice Based Credit System (C.B.C.S)**

## Regulation for Conducting the (BPES) Degree Programme

### I. Objective

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

### II. Eligibility for admission

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

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

### III. Duration of courses

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

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

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

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

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

### III. Attendance

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

### IV. Course Structure

### Semester I

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

## Semester II

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

### Semester III

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

### Semester IV

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

### Semester V

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

### Semester VI

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



### **III. Script and duration of examination**

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

### **IV. Promotion rules and supplementary examination**

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

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

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

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

### **V. The Course Fee**

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

### **VI. Ranking of the candidate**

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

### **VII. Restriction of completing the course**

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

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

**English / Hindi (Optional Papers)**

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

**Contents Preface to the Teachers :**

**Section-I :**

**Prose :**

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

**Section-II:**

**Poetry –**

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

हिन्दी

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

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

# Semester – I

## Theroy Paper– 2

### BPS-102: Principles and History of Physical Education

#### UNIT-I

1. **Physical Education:** Introduction, Aim & Objectives and Misconceptions about Physical Education.
2. Important of Physical Education in modern society
3. Modern concept of Physical Education

#### UNIT-II

1. **Development of Physical Education in India:** Indus Valley Civilization Period. (3250 BC – 2500 BC), Vedic Period (2500 BC – 600 BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD), British Period (Before 1947), Y.M.C.A. and its Contributions, Sports Associations and Scheme in India (Rajkumari Amrit Kaur Coaching Scheme), Physical Education in India (After 1947), Sports & Physical Education Institution in India (LNIPE, NIS, SAI) & its functions).
2. **National Sports Awards:** (Rajiv Gandhi Khel Ratna, Padma shri, Arjuna, Darohnacharya, Dhyan Chand, Maharaja Ranjit and Maulana Abul Kalam Azad Trophy)

#### UNIT-III

1. **Physical Education in The World:** Physical Education in Sparta, Education at Athens, Physical and Moral Education in Ancient Rome, The Circus, the Gladiatorial Combats, Germany (Johan Basedow, Guts muths), Sweden (Per Henric Ling), Swedish Medical Gymnastics, The Spartakiad in USSR, India (G.D. Sondhi, Padam Shree Dr. P. M. Joseph)
2. Asian Games, Afro Asian Games, S.A.F. Games, National School Games, SGFI and National Games.

#### UNIT-IV

1. **Olympic Games:**  
**Ancient Olympic Games:** Historical Background, Significance of Ancient Games, Ceremonies of Ancient Games, Decline and termination of Ancient Olympic Games.  
**Modern Olympic Games:** Introduction, Ceremonies, Venues, International Olympic Committee (IOC), and Functions of IOC
2. **Commonwealth Games:** Historical Background, Ceremonies and Venues.

#### Suggested Reading List

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

**Semester – I**  
**Theroy**  
**Paper – 3**

**BPS-103:Foundation of Physical Education**

**UNIT-I**

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

**UNIT-II**

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

**UNIT-III**

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

**UNIT-IV**

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

**Suggested Reading List**

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

# Semester – I

## Theroy Paper – 4

### BPS- 104: OLYMPICS STUDY

#### UNIT-I

##### THE OLYMPIC MOVEMENT

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

#### UNIT-II

##### STRUCTURE OF THE OLYMPIC MOVEMENT

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

#### UNIT-III

##### THE OLYMPIC GAMES

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

#### UNIT-IV IOC PROGRAMMES

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

#### Suggested Reading List

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

**Semester – I**  
**Practical**  
**Paper -5**

**BPS-105:Track Events**

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

**Semester – I**  
**Practical**  
**Paper -6**

**BPS-106: Jumping Events**

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

**Semester – I**  
**Practical**  
**Paper -7**

**BPS-107: Throwing Events**

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

**BPS-108: Specialization in Athletics**

**Semester – II**  
**Theroy**  
**Ppaper –1**

**BPS-201: ANATOMY AND PHYSIOLOGY**

**Unit-I**

Meaning and definition of anatomy

Cell, structure, properties of living matter

The role of anatomy and physiology in physical education & sports

Names and location and functions of bones, kinds of bones, joints and their types

Tissues and organs of the human body

**Unit-II**

Anatomy of muscular system

Structure of muscles and their types

Properties of muscles Muscles

Mechanism of respiratory

Function of heart

Heart beat, stroke volume, cardiac output.

### **Unit-III**

Function of digestive system  
structure and functions of excretory system  
meaning of endocrine glands and structure of the following glands –(pituitary glands, thyroid, parathyroid, adrenal glands).

### **Unit-IV**

Effect of exercise and training on cardiovascular system.  
Effect of exercise and training on respiratory system.  
Effect of exercise and training on muscular system  
Physiological concept of physical fitness, warming up, conditioning and fatigue.

### **Suggested Reading List**

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

## **Semester – II**

### **Theroy Paper –2**

### **BPS-202:Yoga**

#### **Unit – I**

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

#### **Unit-II**

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

#### **Unit-III**

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

#### **Unit-IV**

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



## **Suggested Reading List**

- Brown, F. Y. (2000). How to use yoga. Delhi: Sports Publication.
- Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaixydamoe.
- Iyengar B. K. S., (2000). Yoga Deepika. Vivekananda Kendra Publishers, Bangalore.
- Rajjan, S. M. (1985). Yoga: strengthening and relaxation for sports man. New Delhi: Allied Publishers.
- Shankar, G. (1998). Holistic approach of yoga. New Delhi: Aditya Publishers.
- Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra

## **Semester – II**

### **Theroy Paper –3**

## **BPS-203: Kinesiology**

### **Unit-I**

#### **Introduction to Kinesiology**

Definition

Objectives of Kinesiology

Role of Kinesiology in Physical education

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

Axes and planes

Center of Gravity

Line of Gravity

### **Unit- II**

Anatomical and Physiological fundamentals

Classification of joints and muscles

Terminology of fundamental movements.

Types of Muscle contractions

Angle of Pull

Kinesiology of Joints

Two joints muscles

Roles in which muscles may act.

### **Unit- III**

Upper Extremity

Major characteristics of joints

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

Lower Extremity

Major characteristics of joints

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

## Unit -IV

1. Application of Mechanical Concepts
  - Motion
  - Definition
  - Newton's Laws of Motion
  - Application to sports activities
  - Force
  - Definition
  - Magnitude of force
  - Direction of application of force
  - Application to sports activities
  - Equilibrium
  - Definition
  - Major factors affecting equilibrium
  - Role of equilibrium in sports
  - Lever
  - Definition Lever
  - Types of Lever
  - Application of Human body

### Suggested reading list

- Bunn, John M. Scientific Principles of coaching., Englewood cliffs, N.J : Prentice Hall, Inc., 1979.
- David, A Dainty: Standardizing Biomechanical Testing in sports, Champaign: Human kinetics publication, 1987.
- Hay, J. G. & Reid, J. G.(1982).The anatomical and mechanical basis of human motion. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1988). Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. (1970).The biomechanics of sports techniques. Englewood Cliffs, N.J.: Prentice Hall, Inc.
- James, G. Hay and Reid J.H. Gavin. Anatomy, Mechanics and Human Motion. Englewood cliffs, N.J : Prentice Hall Inc., 1988.
- Miller, Dorris, and Nelson, Richard C. Biomechanics of Sport. Philadelphia : Lea and Febriger, 1976.
- Narlene, J. Aerin and John M. Cooper. Biomechanics of Human Movement: New York : Mc Graw-Hill Publication, 1995.

**Semester – II**  
**Theroy**  
**Paper –4**

**BPS- 204: Sports nutrition**

**Unit- I**

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

**Unit-II**

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

**Unit-III**

- Management of Hypertension atherosclerosis and dieters mellitus in sports person.
- Management of the female sports person
  - Menarche and Menstruation
  - Amenorrhea
  - Anemia and Iron Supplementation
  - Bone Health and Calcium Supplementation
- Eating Disorders

**Unit-IV**

**Weight Control**

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

**Suggested reading list**

Bean, A. (2001).

Sports Nutrition. Biddles Ltd, Guildford and Kings Lynn.

Zimmermann, M. (2007). Handbook of Nutrition, Saurab Printers Pvt Ltd.

Antoonio, J and Stout, J.R. (2001). Sports supplements. Lippincott Williams & Wilkins

**Semester – II**  
**Practical**  
**Paper-1**

**BPS-205- Volleyball**

**Fundamental skill**

Players Stance-Receiving the ball and passing to the teammates,  
The Volley (Over headpass),  
The Dig(Under handpass).  
Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.  
Rules and their interpretations and duties of officials

**Semester – II**  
**Practical**  
**Paper-2**

**BPS-206: Basketball**

Fundamental Skills

Player stance and ball handling

Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand 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, Free-throw.

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

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

Pivoting.

Rules and their interpretations and duties of the officials.

**Semester – II**  
**Practical**  
**Paper-3**

**BPS-207: Football**

Fundamental Skills

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

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

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

Heading-From standing, running and jumping.

Throw in

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

Tackling-Simple tackling, Slide tackling.

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

## **BPS-208: Game specialization (Volleyball/ Basketball/ Football)**

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

### **Semester – III**

#### **Theory Paper-1**

## **BPS-301: Health Education**

### **Unit-I**

#### **Health Education**

- Concept and meaning of Health.
- Concept, meaning, definition, and scope of health education.
- Principles and practice of health education.
- Planning and evaluation in health education programmes.
- Organisation and administrative set up of health services in India

### **Unit-II**

#### **Hygiene**

- Hygiene: The concept of hygiene and personal hygiene.
- Care of skin, mouth, teeth, nose, eyes, hands, feet, nails, hair clothing, vital genital organs etc.
- Importance of rest, sleep, diet and exercise.

#### **Community Health:**

- Community Health: Brief account of housing water supply, sewerage and refusedisposal.

#### **School Health Programmes:**

School Health Service: History, School Health Problems. Health appraisal, healthy school environment nutritional services, mental health, school health programmes/services, school health records, Safety measures in the playfields – first aid and emergency care

### **Unit-III**

#### **Diseases**

- Disease: Meaning of a disease, diseases cycle, epidemiological trials, modes of disease transmission and immunity.
- Health Problem in India: Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus) nutrition, environmental sanitation, medical care and population.
- Eating Disorders - Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders

### **Unit-IV**

#### **Sex Education**

- Concept and meaning of sex education
- Need of sex education to the professional students.

## **Family Planning**

- Meaning and concept of family planning.
- Methods to control childbirth
- National family welfare programme
- Mother and child healthcare

## **Suggested reading list**

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

## Semester – III

### Theory

### Paper-2

## BPS-302: SPORTS PSYCHOLOGY

### UNIT – I

#### Introduction

Meaning definition and nature of Psychology and Educational Psychology.

Psychology as a Science.

Importance of Psychology in Physical Education.

### UNIT –II

#### Growth and Development

Meaning of growth and development.

Physical, Mental & Social development during following stages:-

Early childhood

Middle childhood

Late childhood

Adolescences

#### Individual Differences

Meaning of the term individual difference

Heredity and Environment as causes of Individual Differences

Interaction of Heredity and Environment

### Unit-III

#### Learning

Meaning definition and nature of learning

Principles/Laws of Learning

Factor affecting Learning

Meaning and Condition of Transfer to Training

#### Motivation and Emotion:

Meaning definition of Motivation and its important in Physical Education

### UNIT – IV

Concept of need, drive, motive, incentive and achievement

Types of Motivation

Role of Motivation in teaching physical activities

#### Emotion :

Meaning and nature of Emotion

Types of Emotion

#### Personality:

Meaning and nature of Personality

Dimensions of Personality

#### Introduction to Sports Psychology

Meaning and area/scope of sports psychology

Importance of sports psychology for physical educationists Coaches and players

#### Suggested reading list

Gates, A.I. at al. Educational Psychology (Macmillan Co. N.Y. 1957) Lindgram, H.E. Advanced Educational Psychology in the classroom.

Kuppnswami, B. Advanced Educational Psychology (Sterling Publishers Pri. Ltd., 1947) Oxendine,

J.B. Psychology and Motor Learning (Engle wood chffs : New Jersey, 1968)  
Dr. M.L. Kamlesh, "Psychology of Physical Education of Sports" metropolitan, New Delhi 1983.  
Jack H. Liewellyn, Judy A. Bluckeve., Psychology of Coaching Theory and application Surjeet  
Publication, Delhi 1982.

**.Semester – III**  
**Theory**  
**Paper-3**

**BPS-303:PHYSIOLOGY OF EXERCISE**

**UNIT – I**

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

Structure, Composition, Properties and functions of skeletal muscles.

Nerve control of muscular activity:

Neuromuscular junction

Transmission of nerve impulse across it.

Fuel for muscular activity

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

**Energy –**

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

Aerobic and anaerobic of muscular energy.

**UNIT-II**

**Muscles:-**

Types of muscles

Characteristics of skeletal muscles, innervation and blood supply.

Microscopic structure of muscles fiber, sensory organ of muscle.

Biochemical changes in muscles during exercise, second wind.

Muscles fatigue and recovery process, debt.

**UNIT-III**

**Circulatory System:**

Functioning of heart during exercise.

Stroke volume

Cardiac output

Pulse rate

Effect of training on functioning of heart.

Blood-constituents, Role during exercise-Blood lactate CO<sub>2</sub> in blood, O<sub>2</sub> carriage in body Oxyhemoglobin, Blood pressure changes during exercise.

**UNIT – IV**

**Respiratory System:**

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

Transportation of gases.

At lung level

At Cellular level

Changes during exercise in respiratory system.

Effect of long term training on respiratory capacities.

**Suggested reading list**

Physiology of Exercises – by Maccurdy and Mekenzh.

Physiology of Exercise – by Karpovich.

Sports physiology – by Fox

Exercise physiology – by Morehanse & Miller.

Physiological Basis of Physical Education and Athletics by Mathews and Fox.

Exercise Physiology – by David H. Clarke.



## **Semester – III**

### **Theory**

### **Paper-4**

#### **BPS-304: Management in Physical Education**

##### **Unit I**

##### **Management and Organization Structure**

Meaning and Definition of the Terms – Administration and Management.

Elements/Phases of Management (Planning; Organizing; staffing; Directing and Coordination; Supervision and Control/ Evaluation; Re-adjustments and Improvement/ Follow-up)

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

Principles of Management.

##### **UnitII**

##### **2. Facilities and Equipments:**

The Need for Out-door Facilities: Principles for their Location and the Recommended Area. Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking. Guidelines/Principles for the Lay-out of out door Facilities. Care and Maintenance of Out-door Facilities Gymnasium: The need, Location, Dimensions, Sample Floor Plans.

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

The need for Equipments and their Types. Procedure for the Purchase of Equipments.

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

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

##### **UNIT – III**

##### **3. Staff and Leadership**

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

Qualities of a Good Physical Education Teacher.

##### **UNIT - IV**

##### **4. Class Management & Office Management**

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

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

#### **Suggested Reading List**

Joseph P.M. Organization of physical Education. The old students Association, IPE, Candiwali, Bombay 1963. Voltmar, B.P. et. al. The Organization and Administration of Physical Education, Prentice Hall Inc. New Jersey, 1979. Bucher, C.H. Administration of Physical Education and Athletic programmes, The C.V. Mosby Company, London, 1983.

Zigler, E.M. and Dewie, G.W. Management Competency Development in Sports and Physical Education, Lea and Febiger, Philadelphia, 1983.

Maheshwari, B. Management by Objectives Tabe Mc. Graw Hill publishing company Ltd., New

Delhi, 1982. Allen,  
L.A. Management and Organization Mc-Graw Hill Book Company Inc. London 1958. Newman,  
W.D. Administrative Action, Prentice Hall I.C.,New Jersey 1963.  
Hugesm W.L.et.al. Administrative of Physical Education.The Ronaid Press, Company, New  
York,1962. Venderzwaq, H.J. Sports Management in Schools and Colleges, McMillian Publishing  
company, New York,1935. Larry Horine, Administration of Physical Education and Sports, Wm. C.  
Brown Publishers, 1991 (IInd Edition)

### **Semester – III**

#### **Practical**

#### **Paper-5**

#### **BPS-305: Table Tennis:**

Fundamental Skills

The Grip-The Tennis Grip, Pen HolderGrip.

Service-Forehand, Backhand, Side Spin, HighToss.

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

Stance and Ready position and footwork

Rules and their interpretations and duties ofofficials.

### **Semester – III**

#### **Practical**

#### **Paper-6**

#### **BPS-306: BADMINTON**

Fundamental Skills

o Racket parts, Racket grips, ShuttleGrips.

o The basicstances.

o The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overheadand underarm

o Drills and lead upgames

o Types of games-Singles, doubles, including mixeddoubles.

o Rules and their interpretations and duties ofofficials.

### **Semester – III**

#### **Practical**

#### **Paper-7**

#### **BPS-307: LAWN TENNIS**

Fundamental Skills.

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

o Stance and Footwork.

o Basic Ground strokes-Forehand drive, Backhand drive.

o Basic service.

o Basic Volley.

o Over-head Volley.

- o Chop
  - o Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials

## **Semester – III**

### **Practical**

### **Paper-8**

#### **BPS-308: Game Specialization**

(Table Tennis/ Badminton/ Lawn Tennis)

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

## **Semester – IV**

### **Theory**

### **Paper-1**

#### **BPS-401:Fundation of Computer and its use in Physical and sports**

##### **Unit-1**

##### **1. Introduction to Computers**

Brief history of development of computers Generations of computers  
Types of components of a computer system Basic components of a computer system  
Memory RAM – ROM, and other types of memory. Operating system  
Need of software, types of software  
Types of virus, virus detection and prevention Binary number system

##### **Unit II**

##### **2. 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**

##### **3. Introduction to Ms-office and word processor**

Types of word processor  
Creating and saving a documents, editing and formatting document including changing colour, size  
font, alignment of text.  
Formatting paragraphs with line or paragraph spacing adding headers and footers, numbering pages.  
Using grammar and spell check utilities, etc. printing document. Inserting word art, clipart and  
pictures.  
Page setting, bullet and numbering, borders, shading format painter find and replace.  
Inserting tables, mail merge.

##### **Unit IV**

##### **4. Introduction to information and communication technology**

Concept, importence, meaning and nature of information and communication technology. Need of

information and communication technology in physical education. Scope of ICT in education and physical education Teaching learning process, publication, evaluation, research administration. Paradigm shift in education due to ICT content with special reference to curriculum. Role to teacher, methods of teaching, classroom environment, evaluation procedure. POP and WEB based E-mail, merits address, Basics of sending and receiving, E-mail, protocols, Mailing list free e-mails services.

### **Suggested Reading List :**

- IITL Education solution ltd. Introduction to information technology research and development wing-2006.
- Simmons Ian, computer dictionary BPB publications-2005.
- Pradeep K. Sinha and Prit; Sinha foundations computing BFB publications-2006.
- Douglas E. Comer, The internet Book, Purdue University, West Lafayette in 2005.
- V. Rajarman, fundamentals of computers, prentice hall of India, New Delhi-2000.
- B. Ram, Computer fundamentals, New age international publishers 2006.

## **Semester – IV**

### **Theory**

#### **Paper-2**

### **BPS-402: BASIC PRINCIPLES OF SPORTS TRAINING**

#### **UNIT I**

##### **INTRODUCTION**

Meaning and Definitions of sports training.

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

Aims and Tasks of sports training.

Systematization of sports training

Basic Training

Intermediate Training

High performance training

#### **UNIT II**

##### **Training Load:**

Definition and Types of training load.

Features/Factors of Training Load.

##### **Overload**

Meaning and types of overload

Causes of overload.

Symptoms of overload.

#### **UNIT-III**

##### **Strength**

Concept and types of strength

Methods of strength training.

##### **Endurance**

Concept and types of endurance.

Methods of endurance training

##### **Speed**

Concepts and classification of speed

Methods of developing speed abilities

Reaction speed  
Speed of movement  
Acceleration speed  
Sprinting speed  
Speed endurance

## **UNIT-IV**

### **Technical Training**

Definition of Technique and skill  
Importance of Technique

### **Tactical Training**

Concept of Tactics and Strategy  
Methods of Tactical Training.

### **Planning**

Concept of Training Plan.  
Types of Training plan.

### **Periodization**

Meaning and Importance of Periodization  
Aim and Contents of Periods  
Types of Periodization

### **Suggested Reading List:**

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

## Semester – IV

### Theory

### Paper-3

#### **BPS-403: RECREATION**

##### **Unit I**

##### **1. Introduction**

Meaning, Definitions and characteristics of recreation Importance of Recreation.  
Misconceptions about Recreation Scope of Recreation

##### **Unit II**

##### **2. Influence of recreation in social institutions**

Family Education institutions Community/Cultural Religious organization

##### **Unit III**

Planning for recreation

Planning criteria and objectives of recreation facilities.

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

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

##### **Unit IV**

##### **Programmes in recreation**

Classification of Recreational Activities

##### **3. Indoor and outdoor activities**

water activities

Cultural activities Literary activities Nature and outing Social events Adventure activities

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

##### **4. Camping and leadership**

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

6. Selection and layout of camp site. Camping leadership

7. Types and functions of recreation leaders

8. Qualification, qualities and training and recreation leaders.

##### **Suggested Reading List:**

Bright Charles K. and Herold C. Meyer. Recreational test and readings, Eaglewood cliff, New Jersey Prentice Hall, Inc. 1953.

Ness wed, M.H. and New Meyer E.s. Leisure and Recreation, New Yourk, Ronald Press.

Vannier Maryhalen, Methods and Material in Recreation leadership Philadelphia, W.B. Saunders company, 1959 Planning Facilities for Health Physical Education and recreation, Chicago, the Athletic institute, 1936.

Recreation areas : Their Design and equipments, New York : Ronal Press 1958, Kran, R.G.

Recreation and the schools : New York : Mac melon company.

Shivers J.S., Principles and practices of recreational services, London : Mac Melon Company 1964.

Kledienst V. K. & Weston A the recreational sports programme prentice hall international Ic. London 1978. Butler George introduction to community recreation (Mc Gram Hill Book Company 1976)

Dubey and Nayak Recreation Reston AP publishers, Jalandhar. Marrow GS Therapuetic Recreation Reston Publishing company 1976.

Kelly JR Leisure Prentice Hall Inc. Englwood Cliffs N.J. (1982).

## Semester – IV

### Theory

## **BPS404: ADAPTED PHYSICAL EDUCATION**

### **Unit I**

#### **1. Introduction to Adapted Physical Education**

Meaning and definitions Aims, goals, & objectives  
Need & importance of adapted physical education

### **UNIT II**

#### **2. Classification of Disability**

Physical disabilities Causes  
Functional Limitations Characteristics  
Mental Retardation Causes Characteristics  
Functional Limitations Visual Impairment Causes  
Characteristics Functional Limitations Hearing Impairment  
Causes Characteristics Functional Limitations  
Behavioral Disorders Adjustment problems Personality disorder  
Modifications for teaching and programming in physical education and sports

### **Unit III**

#### **3. Adapted physical education programme**

Guiding principles for adapted physical education programme (AAPHER Principles)  
Physical Education program for disabled for Elementary school Middle school High School.

### **Unit IV**

#### **4. Co-curricular Activities for disabled** outdoor programme for the disabled Adventure based outdoor programme Rhythm and dance activities

##### **Rehabilitation**

Aims and objectives of rehabilitation council of India.  
Meaning of functional and occupational rehabilitation

##### **Governmental Welfare Programme**

Provision of Special rights and privilege for disabled through legislations.  
Social welfare programme for disabled  
Mass public education /Awareness programme  
Education approach  
Service approach  
Legislative approach

#### **Suggested Reading List:**

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

## **Semester – IV**

### **Practical**

#### **Paper-1**

**BPS-405: Cricket: Fundamental Skills**

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

**Semester – IV**  
**Practical**  
**Paper-2**

**BPS-406: Hockey****: Fundamental Skills**

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

**Semester – IV**  
**Practical**  
**Paper-7**

**BPS-407: Marching, Dumble Drill and Lezim**

Marching- Four Count exercises, eight count exercises, sixteen count exercises.

Dumble Drill-- Four Count exercise, Eight Count exercise, Sixteen Count exercise

Lezim- Four Count exercise, Eight Count exercise, Sixteen Count exercise

**Semester – IV**  
**Practical**  
**Paper-8**

**BPS-408: Game Specialization**  
**(Cricket/ Hockey)**



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

## **Semester – V**

### **Theory**

### **Paper-1**

## **BPS-501: SPORTS SOCIOLOGY**

### **Unit I**

#### **1. Concept of Sociology**

Meaning, nature and scope of sociology  
Methods of sociology and their relationship with other social sciences.  
Effect of various social forces on personality development.  
Sport – medium of socio-cultural change

### **UNIT-II**

#### **2. Introduction to sports sociology**

Meaning and scope of sports sociology  
Sports sociology as a discipline  
Sports as a social occurrence  
Effect of appearance, sociability and specialization on sport participation

### **UnitIII**

#### **3. Sports and society**

Socialization through games and sports  
Recreation and its scope through games and sports.  
Sport as an element of society  
Sport as an element of cultural development  
Sport as an art.

### **UnitIV**

#### **4. Social factors concerning sports in society**

Social stratification in sports  
Demonstration in sports  
Sport and women  
Sport and children  
Sport and older adults

## **Suggested Reading List**

1. Loy, John, W. Kenyan, Gerald S, & Mc Pherson, Barry D, “**Sports Culture and Society**”  
(Philadelphia Lea & Febiger,1981).
2. Ball, Donald W. and Low John W “**Sport and Social order contribution to the sociology of sport**”  
(London, Addison wesely publishing co, Inc,1975)
3. Loy John W. Mc Pherson, Barry D, and Kenyan Gerald, “**Sport and Social System**”  
(London, Addison wesely publishing company Inc,1978)

4. Edward Larry “**Sociology of Sport**” (Ilihois: The Dorsey Press,1973).

**Semester – V**  
**Theory**  
**Paper-2**

**BPS-502: METHOD OF PHYSICAL EDUCATION**

**Unit I**

1. Physical Educational Method:

Definitions – Scope and importance of method in Physical education:

Teaching Techniques in Physical Education

Lecturer Method

Command Method

Demonstration Method

Limitation Method

Project Method

Discussion Method

Group Directed Practice Method

Teaching Procedure in Physical Education:

Whole Method

Whole part whole method

Part whole method

Stage whole method

**Unit II**

2. Classification :-

Classification of pupils for routine physical Education activities and competitions

Various method of classification

Advantage and disadvantage of classification

**Unit III**

**Lesson Planning :**

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

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

iii) Planning and observation of field Activity Teaching lesson.

a) Teaching aids-importance, Types and uses, Audio-Visuals, Charts, Models, Films, Black Board,etc.

**UNIT-IV**

4.1 Tournaments and competitions : Group competitions and their importance, Methods of organizing competitions types of tournaments, methods of conducting tournaments 4.2 Methods of conducting intra- Mural and Extra mural completions, games of law organization, organization of excursions.

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

# **BPS-503: REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION**

## **UNIT-I**

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

## **UNIT-II**

2. Postural Deformities:

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

## **UNIT-III**

Sports Injuries:

Introduction to sports injuries

Role of trained personnel in the management of the sports injuries

Prevention injuries:

Factors causing sports injuries

Factors sports injuries

Complications of incomplete treatment

## **Unit IV**

Common sport injuries and their immediate treatment

Sprain

Strain

Contusion and hematoma

Dislocation

Fracture

Rehabilitation:

Definition objectives and scope

Effects and uses of the therapeutic modalities in Cold therapy Hot moist Infra Red

Contrast bath Wax bath therapy 5. Massage

Brief history of massage.

Principles of application of Massage.

Classification of the manipulations used in massage and the effects of each such type on  
different systems of

human body. Stroking manipulation Pressure manipulation Percussion Manipulation

### **Reference:-**

1. Corrective physical education by Rathbone (J.I.H.B. Saunders and Co.)
2. Manual of massage and movement by Prof. E.M. Naro (Faber & Faber)
3. Therapeutic exercises for body alignment and function by William Maclimond,  
Catherine Worthington (W.B. Saunders & Co.)
4. Massage and Medical Gymnastics by M.V. Lacey (J & A Churchill Ltd.)
5. Preventive and Corrective Physical Education by Stafford and Kelly (Ronald Press  
Co. New York)
6. Tests and Measurements by McCooly and Young.

# Semester – V

## Theory

### Paper-4

#### BPS-504:TEST AND MEASUREMENT IN PHYSICAL EDUCATION

##### Unit I

#### 1. History and Need:

History of measurement in physical education.  
Meaning of test and measurement  
Need for test and measurement in phy-education.  
The use of test and measurement in phy-education.

##### Unit II

#### 2. Criteria for selecting tests:

Validity  
Reliability  
Objectivity  
Norms  
Standard norms  
Accuracy and interpretability

##### Unit III

#### 3. Physical Fitness Test:

Strength Test  
Fleshman's battery on basic fitness test  
Physical fitness index  
Sargen test  
Motor Fitness Tests –  
J.C.R. Test  
National Physical efficiency test  
Cardiovascular test-  
Harward's Step test  
Foster test  
Copper's Twelve minuler Run and walk test

##### Unit IV

#### 4. Sport skills test

Application of skill test.  
Fundamental of measuring techniques in sports.  
Standard activity tests Miler Volley ball test,  
Johnson Basketball ability test. Goal shooting test in hockey.

#### Suggested Reading List:

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

**Semester – V**  
**Practical**  
**Paper-1**

**BPS-505:KHO-KHO**

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Ground Marking
- Rules and their interpretations and duties of officials

**Semester – V**  
**Practical**  
**Paper-2**

**BPS-506: Kabaddi**

**: Fundamental Skills**

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

**Semester – V**  
**Practical**  
**Paper-3**

**507Yoga:**

- Asanas
  - Sitting
  - Standing
  - Laying PronePosition,
  - Laying SpinePosition
- SuryaNamaskara,
- Pranayams
- CorrectiveAsanas
- Kriyas

**Semester – V**  
**Practical**  
**Paper-4**

**BPS-508: Game Specialization (Kho-Kho/ Kabaddi)**

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

**Semester – VI**  
**Theory**  
**Paper-1**

**BPS-601: PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION & SPORTS**  
**UNIT-I**

Meaning Nature and Criteria of profession.  
Physical Education as a profession.  
Aims and objectives of Genral Education contribution of professional preparation to the purpose of education. Forces and Factors affecting the policies and programmes of professional preparation educational, social, political, economical, religions etc.  
Accreditation and Certification.

**UNIT-II**

Qualifications for teaching courses of professional preparation in physical education.  
Specific qualifications for physical educattors.  
Teaching evaluation  
Duties and services of physical education teachers.  
Experience through movement education including games, sports and other activities.  
Professional preparation programmes Health, safty, recreation, camping and outdoor education.  
Coaching (d) conducting research.  
Administrative functions (f) Measurement and Evaluation.  
Community Responsibilities  
Professional Leadership

**UNIT-III**

Role of central and state Government in professional preparation.  
Role of non-official agencies in improving professional preparations.  
Historical perspective of teachers training in physical education in India.

**UNIT-IV**

Allied subjects their meaning, concept and scope sports, psychology, sports sociology, sports philosophy, sports, mechanics, kinesiology, physiology sports medicine, health education.  
Sports and other field  
Sports and polities  
Sports and Culture  
Sports and Economics(Commerce)

**Suggested Reading List**

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

# Semester – VI

## Theory Paper-2

### BPS-602:EDUCATIONAL TECHNOLOGY

#### Unit I

1. Introduction to Educational Technology:  
Definition  
Educative process  
The Teacher of Yesterday & Today.  
An outline of teaching method used then and now

#### Unit II

2. Teaching Aids:  
Importance of Teaching Aids. Criteria for selecting teaching aids  
Difference between teaching method and teaching aid Broad classification to teaching aids  
Audio Aids visual Aids  
Audio Visual Aids  
Effectiveness of Edger Dale's cone classification

#### UNIT-III

3. Advantage and suggestions for effective use of selected
4. teaching aids. Verbal Chock Board Charts Models
5. Slide Projector
6. Over Head Projector Motion Picture
7. Self Experiment and Projects.

#### UNIT-IV

8. New Teaching Techniques and INNOVATIONS-II : Micro Teaching  
Concept and features of micro teaching . Micro teaching verses traditional teaching. Steps in micro teaching  
Micro teaching skills Limitation of Microteaching
9. Simulation Teaching:  
Meaning of Simulation  
Types of activities in simulation  
Steps in simulation  
Advantages of simulation  
Limitations of simulation

#### Suggested Reading List:

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

**Semester – VI**  
**Theory**  
**Paper-3**

**BPS-603: OFFICIATING AND COACHING**

**Unit I**

Teaching and Training, Principles of Coaching.

Personality of Coach, Methods of Personality Skills.

2.1. Principles of conditioning, methodical principles of weight training isometric training. circuit training.

2.2 Cross country, Fartlek, pressure Training and Sprint Training

**UNIT-II**

Basic Principles and planning of training schedule maintenance fitness.

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

**UNIT-III**

Analysis of individual and team performance.

Sports hygiene, safety measures in sports.

**UNIT-IV**

Official his duties and qualities, factors influencing officiating.

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

**Suggested Reading List**

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



**Semester – VI**  
**Theory**  
**Paper-4**

**BPS-604: FITNESS & WELLNESS**

**Unit I**  
**INTRODUCTION**

Concept and meaning of fitness and wellness  
Components of fitness and their description  
Components of wellness and their description  
Significance of fitness and wellness in present scenario.  
Fitness and wellness for life

**UNIT – II**

**FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING**

Types :- physical ( cardio respiratory, strength, speed agility, flexibility, power, muscular endurance)  
healthrelated (cardio-respiratory, flexibility, body composition, muscular strength and endurance)  
motor skill related (speed, power, agility, coordination, endurance,balance)  
Principals of physical fitness  
Benefits of fitness programme  
Obesity (causes and prevention)  
Weight management (role of diet & exercise in maintenance of ideal weight)

**UNIT – III**

**WELLNESS**

Identifying dimensions of wellness, achieving and maintenance of wellness

- Adopting healthy & positive lifestyle.
- Identifying stressors and managing stress
- Staying safe & preventing injuries
- Knowledge of Nutrition & its implication on healthy li
- Factors leading to eating disorders
- Hazards of substance abuse (smoking, alchohol & tobacco)
- Adoption of spirituality principals & their remedial measures
- Yogic practices for achieving health and fitness
- Worthwhile use of leisure time
- Sexuality
- Emphasis on proper rest & sleep.
- Prevention of cancer, cardio

**UNIT – IV**

**BEHAVIOR MODIFICATION**

Barriers to change

Process of change (6 stages)SMART

Technique of change & smart goal setting.

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

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

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

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

### **Suggested Reading List**

- Anderson, B., Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.
- Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
- Bean, Anita, Food For Fitness, London : A & C Black, 1999.
- Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
- Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994.
- Difiore, Judy, Complete Guide to Postnatal Fitness, London : A & C Black, 1998.

## **Semester – VI** **Practical** **Paper-1**

### **BPS-605: Swimming:**

#### Fundamental Skills

- 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.

## **Semester – VI** **Practical** **Paper-2**

### **BPS-606:Handball**

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

## **Semester – VI** **Practical** **Paper-3**

### **BPS-607:General Lesson Plan**

## **Semester – VI** **Practical** **Paper-4**

### **BPS-608:Specific Lesson Plan**