

**Shree H.V.P. Mandal's
Degree College of Physical Education,
(Autonomous) Amravati**

**Faculty of Physical Education
BPES
(Semester I & II)**

Syllabus



2016-17 Onwards

**Syllabus Prescribe for
Examination for the Degree of Bachelor of Physical Education and Sports
(w.e.f. the Academic session 2016-2017)**

**BPES SEMESTER
(Each theory paper shall be of three hours duration)
Paper – I**

ejkBh

vH;kldzeklkBh useysys ikB;iqLrd

foHkkx v oSpkjhd

foHkkx c yfyr

foHkkx d dfork

izR;sd foHkkxkoj ,d fn?kksZRRjh iz'u

izR;sd foHkkxkoj ,d y?kqRrjh iz'u

foHkkx M fuca/k

fuca/k ikB;iqLrdkoj vk/kkjhr vlsy] fdeku 400 'kCnkapk fuca/k

16 BPES 101

fgUnh

1- fu;ksftr ikB;iqLrd & vfLerk & t;Hkkjrh izdk'ku] bykgkckn
v/;u rFkk v/;kiu ds fy;s fu/kkZfjr dh x;h gS

2- ikB;iqLrd rhu Hkkxks esa foHkDr gS

1- vk/kkjHkwr ikB;dze-

2- Hkk"kkxr ikB;dze

3- i|foHkkx

3- laiw.kZ ikB;dze fuEu bdkbZ;ksa esa foHkkthr gS

1- izFke bdkbZ & vk/kkjHkwr ikB;dze

2- f}rh; bdkbZ & Hkk"kkxar ikB;dze

3- r`rh; bdkbZ & i|foHkkx

4- prqFkZ bdkbZ & O;kogkfjd Hkk"kk ,oa O;kdj.k

iz'u i= dk Lo#i &

1- izFke bdkbZ $\frac{1}{4}$ vk/kkjHkwr ikB;dze $\frac{1}{2}$

d $\frac{1}{2}$ fn?kksZRRjh iz'u $\frac{1}{4}$ fodYi ds lkFk ,d iz'u $\frac{1}{2}$

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2- f}rh; bdkbZ $\frac{1}{4}$ Hkk"kkxar ikB;dze $\frac{1}{2}$

- d¹/₂ fn?kksZRrjh iz'u ¹/₄fodYi ds lkFk ,d iz'u¹/₂
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 3- r`rh; bdkbZ ¹/₄i|foHkkx¹/₂
 fodYi ds lkFk nks iz'u
 4- prqFkZ bdkbZ & O;kogkfjd Hkk"kk ,oa O;kdj.k

lgk;d iqLrdlqph &

- 1- ekud fgUnh dk 'kqf/nijd O;kdj.k & MkW-jes'kpanz esgjs=k
- 2- fgUnh Hkk"kk ,oa nsoukxjh fyih & txriky 'kekZ] v#.kksn; izdk'ku] fnYyh-
- 3- iz;kstu ewyd fgUnh & ys[kd & MkW-jkds'k dkekj ikjk'kj] izdk'ku & jk"V"Hkk"kk izpkj lferh] fgUnhuxj] o/kkZ
- 4- lkekU; fgUnh cks/kk;u & ys[kd & MkW-jken;ky dks"Vk ,oa fot;dkekj fla?kbZ izdk'ku & [kUuk izdk'ku] tycyiwj
- 5- fgUnh jpuk izcks/k & ys[kd & MkW-cPpwyky voLFkh] izdk'ku & lkfgR; Hkou izk-fy- ds-ih-dDdM jksM] bykgkckn&2
- 6- fgUnh O;kdj.k izcks/k ,oa jpuk & ys[kd & MkW-fot; iky flag] t;Hkkjrh izdk'ku] bykgkckn
- 7- iz;kstuewyd O;kogkfjd fgUnh & vkseizdk'kflagy] txrjke ,M IUl] u;h fnYyh-

English

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 Amravati 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 – Mark McCormack (Reflee)
- 4) The Suitor & Papa – Anton Chekhov (Image of Life)
- 5) Dr. C.V. Raman: The Celebrated Genius (Chainar)
- 6) The Model Millionait – Oscar Wilde (Reflection)
- 7) History of Chess – Babara 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 Affection 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)

PAPER – II 16 BPES 102

INTRODUCTION AND HISTORY OF PHYSICAL EDUCATION

UNIT – I

1. Introduction

- 1.1 Meaning & Definitions of Education
- 1.2 Aim & Objectives of Education
- 1.3 Importance of Education in the Modern Era
- 1.4 Meaning & Definitions of Physical Education
- 1.5 Aim & Objectives of Physical Education
- 1.6 Misconceptions about Physical Education

UNIT – II

2. Basics of Physical Education

A) Biological Foundation

- 2.1 Growth and Development
- 2.2 Somato Types
- 2.3 Heredity and Environment

B) Philosophical Foundation

- 2.4 Different Schools of Philosophy Applied to Physical Education

C) Psychological Foundation

- 2.5 Concept of Learning and Motor learning, Factors Influencing Motor Learning

D) Sociological Foundation

- 2.6 Games and Sports as Man's Cultural Heritage

UNIT – III

3. Development of Physical Education in India

- 3.1 Vedic Period (2500 BC -600 BC)
- 3.2 British Period (Before 1947)
- 3.3 Physical Education in India (After 1947)
- 3.4 Sports & Physical Education institution in India
(Y.M.C.A., LNIPE, NSNIS,HVPM,SAI,)

UNIT – IV

5. Olympic, Commonwealth and Asian Games

- 5.1 Ancient Olympic Games – Historical Background, Significance of Ancient Games.
- 5.2 Modern Olympic Games: Olympic Motto, Emblem, Rings, International Olympic Committee (IOC), functions of IOC
- 5.3 Asian Games

REFERENCES:

- Williams J.F. – Principles of Physical Education
- Bucher C.A. – Foundations of Physical Education
- Barrow H.M. – Man and Movement
- Singer Robert – Foundation of Physical Education
- Freeman – Physical Education in Changing Society
- Howell – Foundation of Physical Education, Friend publication, New Delhi.
- Wakharkar, D.G., manual of Physical Education, Bombay, Pearl Publishers Pvt. Ltd.
- Singh Ajmer, et. al. Modern Text Book of Physical Education Health & Sports, Kalyani Publisher.
- Khan, Eraj Ahmed. History of Physical Education, Patna; Scientific Book Co.
- Leonard, Fred Eugene and Affleck Gerge B. Guide to the History of Physical Education, Philadelphia Leo & Febiger, 1962
- Majumdar D.C. Encyclopedia of India Physical Culture Baroda Good Companions, 1952
- Rajgopalan K.A. Brief History of Physical Education in India, Delhi Army Publisher 1962.
- Rice Emmett, A Hutchinson John L. and Lee Marbal A. Brief History of Physical Education. New York: The Ronald Press Co. 1960.

PAPER – III 16 BPES 103
Anatomy and Physiology

UNIT – I

A. Introduction and Structural Organization of Human Body:

- 1.1 Meaning and Concept of Anatomy
- 1.2 Need and Importance of the Knowledge of Anatomy in the Field of Physical Education and Sports.

B. Classification and Structure of Cells and Tissues:

- 1.3 Definitions of Cell, Tissue, Organ and System
- 1.4 Composition of Cell.
- 1.5 Classification and Functions of Cell.
- 1.6 Classification and Functions of Tissue

UNIT – II

2. Skeletal System and Muscular System.

- 2.1 Skeleton
- 2.2 Types of Bones
- 2.3 Function of Bones of Upper and Lower Limbs.
- 2.4 Classification of Joint and their Movements.
- 2.5 Classification of Muscles
- 2.6 Structure and Functions of Skeletal, Smooth and Cardiac Muscles.

UNIT – III

3. Circulatory, Respiratory and Digestive system.

- 3.1 Structure and Functions of Heart
- 3.2 Blood Vessels-Artery, Vein and Capillaries
- 3.3 Systemic and Pulmonary Circulation
- 3.4 Structure & Functions of Lungs and Air Passage.
- 3.5 Introduction to Mechanism of Respiration
- 3.6 Organs of Digestive system, Structure and Functions of Different Organs.

UNIT – IV

Excretory and Nervous System

- 4.1 Structure and Functions of Kidney.
- 4.2 Various routes of Excretion from Human Body.
- 4.3 Structure and Function of Kidney.
- 3.4 Structural and Functional Divisions of Nervous System
- 3.5 Sensory Motor Nervous System
- 3.6 Parts of Brain
- 3.7 Structure and Functions of Spinal -Cord.

REFERENCE:

- Astrend, P.O. and RodahlKarre, Text Book of Work Physiology, Tokyo: McGraw-Hill Kogakusha Ltd.
- Bourne, Geoffery H. The structure and function of muscles, London Academic Press (1973)
- Chaurasia B.D. Human Anatomy Regional and applied (CBS publisher and Z distributors, 1979)
- Guybon, Arthur C. Text book of medical physiology (Philadelphia W.B. Saunder Company, 1976)
- James C. Clouch, fundamental Human anatomy (Lea and Febiger Philadelphia, 1971)
- Caprovich, P.V. and Sinning. Wayne E. Physiology of Muscular Activity (Philadelphia: W.B. Saunders,1976), 7th Edition.
- Mathew, D.K. and Fox E.L. Physiological Basis of Physical education and Athletics (Philadelphia. W.B. Saunders Company, 1976)
- Morehouse, I.E. Miller, A.T. Physiology of Exercise (St. Louis The C.V. Mosby Company, 1976) 7th Edition.
- Pears evelyr C. Anatomy and Physiology for Nurses (London Faber & Faber Ltd. 1929)
- Perrot J.W. Anatomy for students and physical education, London Adward Arnold and Co. 1967)
- Waruida, Roger and Williams, Peter L. Gray's Anatomy (London : Longmans Group Ltd. 1973)

PAPER – IV 16 BPES 104
COMPUTER APPLICATION IN PHYSICAL EDUCATION AND SPORTS

UNIT –I

1. **Introduction to Computer Hardware and Software**
 - 1.1 Brief history of Development of Computers
 - 1.2 Generations of Computers
 - 1.3 Types of Components of a Computer System
 - 1.4 Basic Components of a Computer System
 - 1.5 Memory RAM – ROM, and Other Types of Memory.
 - 1.6 Operating System
 - 1.7 Need of Software, Types of Software

UNIT – II

2. **Introduction to Windows**
 - 2.1 Using Mouse and Moving Icons on the Screen.
 - 2.2 My Computer, Recycle- bin, Status Bar.
 - 2.3 Start Menu Selection, Running an Application
 - 2.4 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.
 - 2.5 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**
 - 3.1 Types of Word Processor
 - 3.2 Creating and Saving a Documents, Editing and Formatting Document Including Changing Colour, Size, Font, Alignment of Text.
 - 3.3 Formatting Paragraphs with line or Paragraph Spacing Adding Headers and Footers, Numbering Pages.
 - 3.4 Using Grammar and Spell Check Utilities, etc. Printing Document
 - 3.5 Inserting Word Art, Clipart and Pictures.
 - 3.6 Page Setting, Bullet and Numbering, Borders, Shading Format Painter Find and Replace.
 - 3.7 Inserting Tables, Mail Merge.

UNIT – IV

- 4 (A) **Introduction to Information and Communication Technology**
 - 4.1 Need of Information and Communication Technology in Physical Education.
 - 4.2 Scope of ICT in Education and Physical Education
 - 4.3 Teaching Learning Process, Publication, Evaluation, Research Administration.

4(B) **Introduction to Internet Browsing**

- 4.1 Internet: Evolution.
- 4.2 Internet Vs Intranet, Growth of Internet, ISP
- 4.3 Connectivity Dial up, Leased line, USAT etc. URLs' Domains Names
- 4.4 Application, E-mail, Concepts, POP and WEB Based E-mail, Merits Address, Basics of Sending and Receiving, E-mail, Protocols, Mailing List Free E-mail Services.

RERERENCES:

- ITL Education solution ltd. Introduction to information technology research and development wing -2006
- Simmons lan, computer dictionary BPB publications – 2015
- 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.
- S. Jaiswal Galgotia publication Pvt. Ltd. I.T. (Today) revised Edi. 2004.
- Pradeep K. Sinha, PritiSionha, B.P.B. publication company fundamental, 3rd Edi. 2005.
- B. Ram, New Age international publication, computer fundamental, 3rd edition – 2006
- Sanjay saxena, Vikas publication house, Pvt. Ltd. Microsoft office for ever one, second edition – 2006
- Brain unders DG book, India(p) Ltd. Teach Yourself Office 2000, fourth edition 2001.
- Heidi Steel Low Prince Edition, Microsoft Office, Word 2003-2004
- Rebecca Bringes Altman Peachpit Press. Power point for window 1999.
- Alexandria addad Tech media publication, Microsoft Power Point 2000, Ed.1999
- Douglas E Corner low prince edition. The Internet Book, Third Edition 2005
- Tom Badyet IDB book, India, Microsoft Power Point 2000.
- Shashank Jain & Satish Jain, B.P.B. publication 'O' level internet and web design edition 2003.

Semester – I

PART –II (SKILLS)

Skills of different games and sports activities will be examined and evaluated on the basis of skills and performance of the concerned activities along with supporting general knowledge and experiences of the candidates.

The concerned activities of the examination will be conducted either in a group or individually (depends) following its prescribed procedure and system of examination.

Table No. 1: Shows six sections for part – II (Skills), total 200 Marks

Section - I Major Games(two) 50 Marks (25 + 25)	Section - II Athletics 50 Marks	Section - III Swimming 50 Marks (25+25)	Section - IV Mass Demo. Activity & Band (50 Marks) [Drill (10), Marching (10), Dumbbells (10), Band (10), Flute/Bugle (10)]	Total 200 Marks

Note: The following contents for the supporting knowledge and experiences of the candidates will be in terms of all the concerned games and sports activities.

Contents -(Supporting Knowledge & Experiences):

- i) Brief history of game
- ii) Measurement and preparation of the field
- iii) Fundamental skills
- iv) Lead up game
- v) Rules of the game
- vi) Score sheet
- vii) Record and awards
- viii) Officials
- ix) References of Books and Journals

SECTION – I (50 Marks)

MAJOR GAMES

System of Examination:

The examination will be conducted on the following two games – 25marks each.

1. Basket ball
2. Kabaddi

Distribution of marks for the examination of the games:

- | | | |
|-----------------------|----------------------|-------------------|
| 1. Fundamental Skills | - 2 skills x 5 marks | - 10 Marks |
| 2. Game Performance | | - 10 Marks |
| 3. Record Book | | - <u>05 Marks</u> |

Total 25 Marks

Individual Score Sheet - Table No. 2

Name of the games: 1st game _____ / 2nd game _____

Roll No.	Fundamental Skills (10 Marks)		Game Performance 10 Marks	Record Book 05 Marks	Total 25 Marks
	05	05			

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet - Table No. 3Name of the games: 1st game _____ / 2nd game _____

Roll No.	First Examiner 25 Marks	Second Examiner 25 Marks	Total 50 Marks	Out of 25 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Consolidation (1st & 2nd games) Score Sheet - Table No. 4

Roll No.	First Game 25 Marks	Second Game 25 Marks	Total 50 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

BASKETBALL**Contents: Skills and Techniques**

- i) Player's stance and ball handling
- ii) Passing and receiving
 - a) Two hand passes – overhead pass, base pass, chest pass, bounce pass, side pass.
 - b) One hand passes – overhead pass, base pass, bounce pass, side pass.
- iii) Dribbling: - a) Low dribble b) high dribble
- iv) Shooting:
 - a) Two hand shots – Overhead shot, Base shot, Set shot.
 - b) One hand shots – Overhead shot, base shot, set shot
- v) Rebounds – a) Offensive Rebound b) Defensive Rebound
- vi) Foot work
- vii) Officiating

KABADDI**Contents: Skills of Raider:**

- 1) Stance and Movements
- 2) Cant
- 3) Mule Kick
- 4) Back Kick
- 5) Side Kick
- 6) To escape from Antis hold
 - i) Breaking the chain by force
 - ii) To jump over an Anti
 - iii) Under the chain
- 7) How to cross the Bonus line
- 8) Touch by Hand
- 9) Pursue
- 10) Third Raid

Skills of Anti Raider

- 1) Stance and movement
- 2) Chain formation
- 3) Ankle hold
- 4) Knee hold
- 5) Thigh hold
- 6) Wrist hold
- 7) Block the cross line & bonus line
- 8) Compel the raider enter into lobby
- 9) Block the raider

SECTION – II (50 Marks)

ATHLETICS

System of examination:

The examination will be conducted on the following events: Sprints, Long Jump, Shot Put, first 03 events, each carries 15 marks for techniques concerning and 05 marks remain for Viva.

Each activity carries 15 marks, 05 marks for Viva.

1. Sprints:

- i) Fundamental skills and techniques of sprints
- ii) Types of Starts
- iii) Types of finish
- iv) Use of starting blocks, operation of stop watches

2. Long Jump:

- i) Hang style
- ii) Hitch Kick (approach, take off, flight, landing)

3. Shot Put:

- i) Perry 'O' Brien Technique
- ii) Disco put Technique
- iii) Orthodox Technique

4. Management of space on the ground for 400 mt. running track marking and basic concept of field events marking

Combined Score Sheet - Table No. 5

Roll No.	Techniques of First Event 15 Marks	Techniques of Second Event 15 Marks	Techniques of Third Event 15 Marks	Viva 05 Marks	Out of 50 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

SECTION – III (50 Marks)

A. Swimming

Total Marks - 50

Swimming:

- Fundamentals of all types Swimming
- Types of Competitions
- Rules and Regulation
- Records
- Basic Concepts of Coaching & Training
- Officiating

System of examination:

Distribution of Marks

Fundamental Skill any two by candidate choice, and two skill by examiner choice
(20 Marks)

Performance on any two events 10 Marks

Record book and Viva 10 Marks

Officiating swimming tournament 10 Marks

Individual Score Sheet - Table 1 (A)

Roll No.	Fundamental Skill		Performance Any Two Stroke	Record Book & Viva (10 Marks)	Officiating swimming tournament (10 Marks)	Total (50 Marks)
	Candidate Choice (10 Marks)	Examiner Choice (10 Marks)	50/100 M (10 Marks)			

Place:

Signature of Examiner: _____

Date:

Performance Conversion Chart for Men

(100 mt. free style)

Marks	Timing	Marks	Timing
10	1.20	4.5	1.31
9.5	1.21	4	1.32
9	1.22	3.5	1.33
8.5	1.23	3	1.34
8	1.24	2.5	1.35
7.5	1.25	2	1.36
7	1.26	1.5	1.37
6.5	1.27	1	1.38
6	1.28		
5.5	1.29		
5	1.30		

Performance Conversion Chart for Women

(100 mt. free style)

Marks	Timing	Marks	Timing
10	1.25	4.5	1.36
9.5	1.26	4	1.37
9	1.27	3.5	1.38
8.5	1.28	3	1.39
8	1.29	2.5	1.40
7.5	1.30	2	1.41
7	1.31	1.5	1.42
6.5	1.32	1	1.43
6	1.33	0	1.44
5.5	1.34		
5	1.35		

OR

B. GROUND GYMNASTICS : (50 Marks)

System of examination:

The examination will be conducted in ground Gymnastics.

The distribution of marks and examination system is given below:

Four stunts as told by examiners - 10 marks each

Individual Score Sheet - Table No. 13

Name of the event: Ground Gymnastics

Roll No.	04 Stunts Examiner Choice 40 Marks				Record Book 10 Marks	Total 50 Marks
	10	10	10	10	10	

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet - Table No. 14

Name of the event: _____

Roll No.	First Examiner 50 Marks	Second Examiner 50 Marks	Total 100 Marks	Out of 50 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Contents: Skills and Techniques

- i) Forward and backward roll from sitting position
- ii) Forward and backward roll from kneeling position
- iii) Forward and backward roll from Straddle position
- iv) Forward and backward roll from stooping position
- v) Cart wheel
- vi) Hand stand and forward roll
- vii) 'V' balance, frog balance, Aeroplane balance, 'T' Balance
- viii) Head stand balance
- ix) Dive and roll

SECTION – IV (50 Marks)

MASS DEMONSTRATION AND BAND

System of examination:

The examination will be conducted in a group of 03 to 05 candidate son Mass P.T. (10), Marching (10), Dumbbell (10), Band (Drum / Side drum (10), Flute/Bugle (10).

Individual Score Sheet - Table No. 15

Roll No.	MPT 10 Marks	Marching 10 Marks	D.Bell 10 Marks	Drum/Side Drum 10 Marks	Bugle / Flute 10 Marks	Total 50 Marks

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet - Table No. 16

MPT, Marching, Dumbles, Drums, Flute/Bugle: _____

Roll No.	First Examiner 50 Marks	Second Examiner 50 Marks	Total 100 Marks	Out of 50 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Contents:

Mass Demonstration:

Mass P.T.:

- Sitting and Standing Tables' Exercises.

Marching:

- Savdhan, Vishram, Daine Mood, Baye Mood, Pichhe Mood, Kadam Tal, TejChal, Thum, Dahine Salute, Samne Salute, Dahinedekh, Samnedekh, Khuli line Chal, Nikat line Chal, Kadam badal, DhireChal, DaudkeChal.

Dumbbell:

- Attention with Dumbbell
- Stand – at – ease with Dumbbell
- Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and sixteen count.
- Standing, Jumping, moving and combination of all exercise.

BAND (Drum, Side Drum, Flute and Bugle)

- i) National Anthem (Flute, Drums)
- ii) Salute (Flute, Drum, side drum and Bugle)
- iii) March past (Flute, Drum, side drum and Bugle)
- iv) Demonstrations of Drills (Flute, Drum and side drum)
- v) Guard of Honour (Bugle)

- vi) Retreat (Bugle)
- vii) Last Pose (Bugle)

Semester – I
Part – II (Skills)

Final Score Sheet

Table No. 17

Roll No.	Major Games 50 Marks	Athletics 50 Marks	Swimming 50 Marks	Mass Demonstration activities and Band 50 Marks	Total 200 Marks

Place:

Date: `11

Name & Signature of External Examiner: _____

Name & Signature of Internal Examiner: _____

BPES SEMESTER – II
PAPER –I 16 BPES 109
ENVIRONMENTAL STUDIES

UNIT –I1. Introduction:

- 1.1 Concept of environmental education
- 1.2 Definition, scope and importance of environmental studies
- 1.3 Needs of environmental education for public awareness
- 1.4 Historical background of environment education

UNIT –II 2. Ecosystem:

- 2.1 Concept, structure and functions of an ecosystem
- 2.2 Food chain, food web and ecological pyramids
- 2.3 Producers, consumers and decomposers
- 2.4 Introduction, types, characteristics, features, structure and functions of:
 - A) Forest ecosystem
 - B) Grass land ecosystem
 - C) Desert ecosystem
 - D) Aquatic ecosystem

UNIT –III 3 Environmental Pollution

- 3.1 Definition, effects and control measures of;
 - Air pollution
 - Water pollution
 - Soil pollution
 - Noise pollution
 - Thermal pollution
 - Nuclear hazards
- 3.2 Role Disaster Management: floods, earthquake, cyclone and land slides

UNIT – IV 4. Social Issues and the Environment;

- 4.1 Water conservation, rain water harvesting, water shed management
- 4.2 Global warming, acid rain, ozone layer depletion
- 4.3 Protection / Conservation acts: environment, air, water wild life, forest.
- 4.4 Human pollution and the environment
- 4.5 Population explosion family welfare programme
- 4.6 Environment and human health
- 4.7 Ill effects of fireworks and upkeep of clean environment

REFERENCE:

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- Cunningham W.P., And Others Environmental Encyclopedia Mumbai Jallo Publishers Home 2001.
- Hawkinsa, R.E. Encyclopedia of India natural history, Bombay Natural History Society
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- Mc. Kinney, M.L. and School, R.M. Environment Science system and solution (Web enhanced Ed.)1996
- Miller T.O. Jr. Environmental Science (Wadsworth Publishing Co.)
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- Rao M.N. & Datta, A.K. Waste water treatment (Oxford & BH publication co. Pvt. Ltd.) 1987
- Townsend C. and others, Essentials of Ecology (Black well Science)

PAPER –II 16 BPES 110

YOGA

UNIT-I

- 1.1 Yoga-Meaning, concept, misconceptions about Yoga.
- 1.2 Definitions, aims and objectives of yoga.
- 1.3 Relationship with physical education and sports.
- 1.4 Difference between exercise and asana.
- 1.5 Historical Background of yoga

UNIT –II

- (A) Yoga as a discipline of life; mode of living, cults of yoga (only central ideas)
 - 2.1 Gynana Yoga (Dnyana Yoga)
 - 2.2 Karma Yoga
 - 2.3 Bhakti Yoga
- (B) Hatha yoga philosophy
 - 1.4 Hatha Yoga
 - 2.5 Mantna Yoga
 - 2.6 Laya Yoga

UNIT-III

- (A) **Astangayoga Bahirang yoga**
 - 3.1 Yama
 - 3.2 Niyam
 - 3.3 Asana
 - 3.4 Pranayama
 - 3.5 Pratyahara
- (B) **Antarang yoga**
 - 3.6 Dharana
 - 3.7 Dhyana
 - 3.8 Samadhi

UNIT-IV

- (A) Shatkarma-personal hygiene of Yoga-Six purifactory methods of yoga with technique, Precautions.
 - 4.1 Neti
 - 4.2 Dhauti
 - 4.3 Basti
 - 4.4 Trataka
 - 4.5 Nauli
 - 4.6 Kapalbhathi

- (B) Bandha & Mudra
- 4.7 Bandha– Jalandhar, Uddiyana, Moola
 - 4.8 Mudra - their types and effect describe in Hathapradipika
 - 4.9 Kundalini and Chakras of Yoga

RERERENCE:

- Asana&Pranayama – Swami Kuvalayananda.
- Yoga Personal Hygiene – ShirYogendra
- Yogic Exercises by the Fit and the Ailing – S. Muzumdar
- Yogic Asanas for Health and Vigour – Dr. Role
- Hath Yoga:Goswami, S.S.
- Raj Yoga – Swami Vivekanand
- Bhakti Yoga – Swami Vivekanand
- Yoga-Key of Heatlh – Dr. A.N. Khodaskar (HVPM)
- Yoga-SwasthyKunji – Dr. A.N. Khodaskar (HVPM)
- Asana, Pranayama Bandha and Mudra – Swami Satyananda
- Patanjali Yoga Sutra – Dr. P.V. Karmbelkar

PAPER –III 16 BPES 111

KINESIOLOGY

UNIT-I

Introduction to Kinesiology:

- 1.1 Historical perspectives
- 1.2 Meaning and definition
- 1.3 Importance in physical education & sports
- 1.4 Planes & axes, center of gravity and line of gravity

UNIT-II

Kinesiology of Joints and Muscles:

- 2.1 Bony joints and their types
- 2.2 Fundamental movements of the major body segments
- 2.3 Structural and functional classification of muscles.
- 2.4 Direction of muscle fibers and its relation to muscle action, angle of pull, torque

UNIT-III

Location and functions of joints and muscles

- 3.1 Structure, movements, location of muscles of upper extremity joints:
i) Shoulder Joint ii) Elbow Joint iii) Wrist Joint
- 3.2 Structure, movements, location of muscles of Lower extremity joints:
i) Hip Joint ii) Knee Joint iii) Ankle Joint
- 3.3 What is efficient movement? Factors causing efficient movement.
- 3.4 Environmental factors influencing force & movement

UNIT-IV

Application of scientific Laws and Principles.

- 4.1 Lever and its application in sports
- 4.2 Motion and its types, Newton's laws of motion and its application in sports.
- 4.3 Principles of Inertia and Equilibrium.
- 4.4 Principles of giving & receiving impetus to external objects.

REFERENCE:

- Kinesiology – Scientific Basis of human motion (Eighth edition)
Kathryn Luttgens, Helga Deutsch, Nancy Hamilton
- Kinesiology - Scientific Basis of human motion, (Fourth edition)
Kathryn F wells, Ph.D.
 - Biomechanics – Mechanical Aspects of Human Motion
 - Ramesh Rai
- Kinesiology in Physical Education and Exercise science.
 - Mamta Manjari. Dr. A.K. Uppal, Dr. V. Lawrence Grey Kumar
- Kinesiology (Analysis of human motion)

- By M. Galdys Scott.

- Kinesiology -Cooper Adrian, Glasson
- Kinesiology - Dr. S.H. Deshpande
- Broer, M.R. Efficiency of Human movement (Philadelphia: W.D. Saunders Co., 1966)
- Bunn, John W. Scientific Principles of Coaching (Engle Wood Cliffs: N. Prentice Hall Inc., 1966)
- Duvall, E.N. Kinesiology (Engle wood cliffs : N.N. Prentice Hall Incl. 1956)
- Rasch and Burke, Kinesiology and Applied Anatomy (Philadelphia Lea and Fibger 1967)
- Scoot M.G. Analysis of Human Motion, New York
- Wells, K.P. Kinesiology (Philadelphia : W.B. Saunders Co. 1966)
- Cooper, John M. and Glassgow, R.B. Kinesiology (St. Louis C. McSby Co., 1963)
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication in 2005)
- Uppal A.K. Lawrence Mamta MP Kinesiology (Friends publication India 2004)

PAPER-IV 16 BPES 112

HEALTH, HYGIENE AND SANITATION

UNIT-I: Health

- 1.1 Concept of health, personal health, social health.
- 1.2 Care of eyes, ears, mouth, skin, air, clothing.
- 1.3 Factors influencing health, rest, exercise, relaxation and sleep.
- 1.4 Diet and nutrition, air, ventilation, beverages, alcohol, narcotics, smoking - their effects on health.

UNIT-II: First Aid

- 2.1 Meaning, importance and scope of first aid
- 2.2 Dressing and bandages with practical instruction
- 2.3 Asphyxia
- 2.4 Shock, its causes and treatment
- 2.5 Methods of artificial respiration

UNIT-III: Sports Injuries

- 3.1 Various types of wounds and hemorrhages with general rules of treatment and practical instruction.
- 3.2 The symptoms, types and general treatment of fractures and other injuries to the joints and muscles of human body.
- 3.3 General rules of treatment for –
 - 3.2.1 Poisoning by administering antidotes
 - 3.2.2 Burns and scalds

UNIT-IV

- 4.1 Foreign matter under the skin, eyes, ears etc.
- 4.2 Snake bite – symptoms and treatments
- 4.3 Drowning its treatments
- 4.4 The carrying of injured persons
- 4.5 Care of surroundings
- 4.6 Care of schools and colleges.

REFERENCE:

- Hand book of Hygiene and public health Y.P. Bedi
- The school Hygiene service by Leff Vera and Leff.S.
- A text book of health education Denis Priories and A.J. Dalzeltward
- Health education- Dr. S.P. Chaubey
- Health Education and Hygiene – B.C.Rai
- Anatomy Physiology for Nurses by Evelyn Pearce
- (Furmeaus's) Human physiology, Edited by William A.M. Smart.
- First Aid John Ambulance.

SEMESTER – II

(SKILLS)

Skills of different games and sports activities will be examined and evaluated on the basis of skills and performance of the concerned activities along with supporting general knowledge and experiences of the candidates.

The concerned activities of the examination will be conducted either in a group or individually (depends) following its prescribed procedure and system of examination.

Table No. 1: Shows four sections for part – II (Skills), total 200 marks

Roll No.	Section - I Major Games 50 Marks	Section - II Athletic 50 Marks	Section- III Yoga 50 Marks	Section - IV Mallkhamb+ Gymnastics 50 Marks	Total 200 Marks

Note: The following contents for the supporting knowledge and experiences of the candidates will be in terms of all the concerned games and sports activities.

Contents – Common for all events (Sporting Knowledge and Experiences):

- i) Brief history of game
- ii) Measurement and preparation of the field
- iii) Fundamental skills
- iv) Lead up game
- v) Rules of the game
- vi) Score sheet
- vii) Record and awards
- viii) Officials
- ix) References of books and journals

SECTION – I (50 Marks)

MAJOR GAMES (TWO)

System of Examination:

The examination will be conducted on the following two games –

1. Handball
2. Kho-Kho

Distribution of marks for game examination:

- | | | |
|-----------------------|----------------------|-------------|
| 1) Fundamental Skills | - 2 skills x 5 marks | - 10 Marks |
| 2) Game Performance | | - 10 Marks |
| 3) Practical Book | | - <u>05</u> |
| <u>Marks</u> | | |

Total 25 Marks

Individual Score Sheet - Table No. 2:Name of the games: 1st game _____ / 2nd game _____

Roll No.	Fundamental Skills 10 Marks		Game Performance 10 Marks	Practical Book 05 Marks	Total 25 Marks
	05	05			

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet - Table No. 3:Name of the games: 1st game _____ / 2nd game _____

Roll No.	First Examiner 25 Marks	Second Examiner 25 Marks	Total 50 Marks	Out of 25 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Consolidation (1st & 2nd games) Score Sheet - Table No. 4:

Roll No.	First Game 25 Marks	Second Game 25 Marks	Total 50 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

HANDBALL**Contents: Skills and Techniques****i) Passing:**

- i) Wrist pass
- ii) Ground pass
- iii) Chest pass
- iv) Back pass

ii) Shooting:

- i) Jump shot
- ii) Standing shot
- iii) Running shot
- iv) Stay up shot
- v) Dim shot

- iii) **Goal keeping**
 - i) Ground
 - ii) Base
 - iii) Overhead
- iv) **Dribbling**
 - i) High dribbling
 - ii) Low dribbling

KHO-KHO

Contents: Skills and Techniques

- i) **Skills of chasing:**
 - i) Giving and receiving Kho
 - ii) Pursuing
 - iii) Covering the runner
 - iv) Dive and touch
 - v) Taping at the ankle
 - vi) Taking direction from sitting position
- ii) **Skills of Running**
 - i) Dodging
 - ii) Zigzag run play
 - iii) Stepping judgment
 - iv) Single chain
 - v) Playing on pati
 - vi) Oval play

SECTION – II (50 marks)

ATHLETICS

System of examination:

The examination will be conducted on the following events: Middle distance, hop step and jump, discus throw 03 events, each carries 15 marks for techniques concerning and 05 marks remain for Viva.

Skill:

1. Middle distance running technique

2. Hop, Step and Jump

- i) The Approach
- ii) Take off (Hop 1st Jump)
- iii) Step (2nd Jump)
- iv) Jump (3rd Jump)

3. Discus Throw

- i) The Grip
- ii) Initial Stance
- iii) The Preliminary
- iv) Swing
- v) The Pivot on the foot
- vi) The Pivot
- vii) The Delivery
- viii) The Release
- ix) The Recovery

4. Sectors Marking (Discus)

Individual Score Sheet - Table No. 5:

Roll No.	Technique of First Event 15 Marks	Technique of Second Event 15 Marks	Technique of Third Event 15 Marks	Viva 05 Marks	Out of 50 Marks

Place: _____ Signature of External Examiner: _____

Date: _____ Signature of Internal Examiner: _____

SECTION – III (50 marks)

YOGA

System of examination:

The examination will be conducted in Kriya (Non-instrumental / Instrumental), pranayama, bandha, mudra as follows: one task from each

1. 4 task x 10 Marks - 40 Marks
2. Record Book - 10 Marks

Total = 50 Marks

YOGA (Kriyas: - Instrumental & Non-instrumental), Pranayama, Bandha, Mudra

Individual Score Sheet - Table No. 6:

Name of Event: Yoga

Roll No.	4 Demonstration of Examiner's Choice 10 Marks each					Total 50 Marks
	Kriya 10 M.	Pranayama 10 M.	Bandha 10 M.	Mudra 10 M.	Record Book 10 Marks	

Place: _____ Signature of Examiner: _____

Date: _____

Consolidation Score Sheet - Table No. 7:

Name of Event: _____

Roll No.	First Examiner's 50 Marks	Second Examiner's 50 Marks	Total 100 Marks	Out of 50 Marks

Place: _____ Signature of External Examiner: _____

Date: _____ Signature of Internal Examiner: _____

YOGA

Contents: Skills and Techniques

1. ASANAS -

- i) Vatayanasana
- ii) Bakasana
- iii) Yogmudra in vajrasana
- iv) Suptavajarasana
- v) Baddhapadmanasana
- vi) Janushirasana
- vii) Janushirasana
- viii) Utthithpadmasana
- ix) Dhanurasana
- x) Salbhasana
- xi) Mayurasana
- xii) Shirshasan

2. KRIYAS -

- i) Jalneti
- ii) Sutra Neti
- iii) Vaman
- iv) DandaDhauti

2.1 Non-instrumental Kriya -

- i) Uddyan
- ii) Agnisar
- iii) Nauli
- iv) Kapalbhati

-Pranayama:

Bhramari (humming Bee)

Ujjayi (Victorious)

Surya Bhedan (Right Nostril Breath)

Bhastrika (Bellow's Breath)

Murchha (Fainting Breath)

Sheetali (Cooling Breath)

Sitkari (Colling Breath)

-Bandha:

Jalandhar Bandha

Uddiyan Bandha

Mulbandha

-Mudra:

- i) Singha mudra
- ii) Viparitkarnimudra

- iii) Yoga mudra
- iv) Shambhavimudra
- v) Breathing

SECTION – IV

A) MALLKHAMB (25 Marks)

System of examination:

The examination will be conducted in Mallkhamb as follows:

2demonstrations as told by examiner	-	10 marks each
Viva	-	5 marks

Individual Score Sheet – Table No. 11:

Name of event: Simple, Cane, Hanging (Same Score Sheet for each)

Roll No.	02 Demonstration, Examiner's Choice 20 Marks	Viva 05 Marks	Total 25 Marks

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet - Table No. 12:

Name of event: _____

Roll No.	First Examiner's 25 Marks	Second Examiner's 25 Marks	Total 50 Marks	Out of 25 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

MALLKHAMB

Contents: Skills and Techniques

1. Simple Mallkhamb (Wooden)-

Salami, Ghoda Udi, Sadhi Udi Dasrang, Bagal Udi Dasrang, BagaliTedi, BagalFarara, Vrikshasan, Matsasana, Mayurasana, MayurPankhi.

2. Cane Mallkhamb –SadhiTedi, Padmasana, AkarnaDhanurasana, Pataka, Yesu, Sadhi Udi.

3. Hanging Mallkhamb –

Sadhi Udi Dasrang, Dasrang, SadhiTedi, AtilPhirki, Kurmasana, Guru Pakad.

Section - IV

B) **GYMNASTICS** (Apparatus: Parallel Bar / Uneven Bar, Roman Ring / Balancing Beam)

System of examination:

Apparatus Gymnastics

Two Demonstrations as told by examiners	-	10 marks each
Viva	-	5 marks each

Individual Score Sheet - Table No. 13:

Name of Gymnastic apparatus: _____

Roll No.	2 Demonstrations Examiner's Choice 20 Marks	Viva 05 Marks	Total 25 Marks

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet - Table No. 14:

Name of event: _____

Roll No.	First Examiner 25 Marks	Second Examiner 25 Mark	Total 50 Marks	Out of 25 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Contents: Skills and Techniques

2. Parallel Bar:

- i) Straight Rest
- ii) Bend Arm Arm Rest
- iii) Bend Arm Single March
- iv) Bend Arm Double March
- v) Single Arm Single March
- vi) Single Arm Double March
- vii) Shoulder Balance
- viii) Side Rest
- ix) 'L' Balance
- x) Change Over
- xi) Forward Roll
- xii) House Riding
- xiii) Front Dismount
- xiv) Straddle Sit
- xv) Swings

2. Uneven Bar (Girls)

- i) Swing
- ii) Mounts
- iii) Hip Circle
- iv) One leg circle
- v) Simple Dismount

3. Balancing Beam (Girls)

- i) Walk on Toe
- ii) Novelty Walk
- iii) 'V' Balance
- iv) Saggori Jump
- v) 180⁰ Turn
- vi) Simple Dismount
- vii) Forward Roll
- viii) Simple Jump
- ix) Knee Balance
- x) Aeroplane Balance
- xi) 'T' Balance

4. Roman Rings

- i) Straight Arm Hang
- ii) Inverted Hand
- iii) Reverse Hand
- iv) Pull Ups / Push Ups
- v) Forward Circle
- vi) UP start
- vii) Dislocation
- viii) Split Dismount
- ix) Half / Full Rest
- x) Short Arm Balance
- xi) 'L' Balance
- xii) Reverse Plank

**Shree H.V.P. Mandal's
Degree College of Physical Education,
(Autonomous) Amravati**

**Faculty of Physical Education
BPES
(Semester III and IV)**

Syllabus



2016-2017 Onwards

INDEX

SCHEME OF EXAMINATION FOR BPES – 3 YEARS COURSE (III and IV Semester)

Scheme of Examination BPES – III SEMESTER

Scheme of Examination BPES – IV SEMESTER

Semester Pattern	Part – I (Theory Subjects Including Internal Marks)	Part-II (Practical Activities)	Part-III (Teaching Practice)	Total Marks
Semester - III	200	150	50	400
Semester - IV	200	150	50	400
Total	400	300	100	800

Theory Syllabus

BPES III SEMESTER

Subject Code	Subjects
16BPES201	Marathi / Hindi / English (Optional)
16BPES202	Sports Psychology
16BPES203	Physiology of Exercise
16BPES204	Methods in Physical Education and Sports

BPES IV SEMESTER

Subject Code	Subjects
16BPES209	Management in Physical Education and Sports
16BPES210	Fitness Management
16BPES211	Recreation
16BPES212	Adapted Physical Education

ACTIVITY SYLLABUS

BPES – III SEMESTER

Activity Code	Activity
16BPES205	Major Games: 1) Football 2) Volleyball
16BPES206	Athletics: Hurdles, High Jump, Javelin
16BPES207	Indigenous Activity (Lezium, Lathi, Wands, Indian Clubs, Dumbbells) and Adventure Sports
16BPES208	Teaching Practice- General Lesson on Indigenous Activity

BPES – IV SEMESTER

Activity Code	Activity
16BPES213	Major Games: 1) Cricket 2) Table Tennis
16BPES214	Athletics: Relay, Hammer Throw, Pole Vault
16BPES215	Combative Activities (Boxing /Judo/Wrestling/Taekwondo (Any two)
16BPES216	Teaching Practice - Specific Lesson on Sports Activities.

The Schemes of Examinations for Semesters- III, IV for the Degree of Bachelor of Physical Education and Sports (BPES) Three Years Course (SEMESTER Pattern)

SEMESTER – III (Theory)

Subject Code	Theory Subjects	Maximum Marks External	Maximum Marks Sessional Internal	Minimum Aggregate Passing Marks	Total	Credits
16BPES201	Marathi/Hindi/English (Optional)	40	10	20	50	3
16BPES202	Sports Psychology	40	10	20	50	3
16BPES203	Physiology of Exercise	40	10	20	50	3
16BPES204	Method in Phy.Edu. and Sports	40	10	20	50	3
	Total	160	40	80	200	12

Theory Internal Marks: 10 Marks

- a. 1 Assignment on each paper : 05 Marks
- b. 1 Internal exam on each paper : 05 Marks

Note: Record of all Internal Assessment Marks be maintained by concerned subject teachers.

SEMESTER – III (Practical)

Activity Code	Activities	Max. Marks	Min. Pass Marks	Credits
16BPES205	Major Games :1) Football, 2) Volleyball	50	20	4
16BPES206	Athletics Hurdles, High Jump, Javelin	50	20	4
16BPES207	Indigenous Activities (Lezium, Lathi, Dumbells and Wands)	50	20	4
16BPES208	Lesson on general activity Teaching practice for general activity	50	20	4
	Total	200	80	16

SEMESTER – IV (Theory)

Subject Code	Theory Subjects	Maximum Marks External	Maximum Marks Sessional Internal	Minimum Aggregate Passing Marks	Total	Credits
16BPES209	Management in Physical Education and Sports	40	10	20	50	3
16BPES210	Fitness Management	40	10	20	50	3
16BPES211	Recreation	40	10	20	50	3
16BPES212	Adapted Physical Education	40	10	20	50	3
	Total	160	40	80	200	12

Theory Internal Marks: 10 Marks

- a. 1 assignment on each paper : 05 Marks
- b. 1 internal exam on each paper : 05 Marks

Note: Record of all Internal Assessment Marks be maintained by concerned subject teachers.

SEMESTER – IV (Practical)

Activity Code	Activities	Max. Marks	Min. Pass Marks	Credits
16BPES213	Major Games: 1) Cricket 2) Table- Tennis	50	20	4
16BPES214	Athletics: Relay, Hammer Throw, Pole Vault	50	20	4
16BPES215	Combative Activities Boxing/ Judo/ Wrestling / Taekwondo (Any two)	50	20	4
16BPES216	Lesson Plan (Specific Lesson) Teaching Practice on Sports Activities	50	20	4
	Total	200	80	16

**Syllabus Prescribe for
Examination for the Degree of Bachelor of Physical Education and Sports
(w.e.f. the Academic session 2016-2017)
BPES SEMESTER III
(Each theory paper shall be of three hours duration)
Paper –16 BPES201**

ejkBh

vH;kldzeklkBh useysys ikB;iqLrd

foHkkx v oSpkjhd

foHkkx c yfyr

foHkkx d dfork

izR;sd foHkkxkoj ,d fn?kksZRrjh iz'u

izR;sd foHkkxkoj ,d y?qkRrjh iz'u

foHkkx M fuca/k

fuca/k ikB;iqLrdkoj vk/kkjhr vlsy] fdeku 400 'kCnkapk fuca/k

fgUnh

1— ~~fu;ksftr ikB;iqLrd & vfLerk & t;Hkkjrh izdk'ku] bykgkekn~~

~~— v/;;u rFkk v/;kiu ds fy;s fu/kkZfjr dh x;h gS~~

2— ~~ikB;iqLrd rhu Hkkxks esa foHkDr gS~~

~~1— vk/kkjHkwr ikB;dze~~

~~2— Hkk"kkxr ikB;dze~~

~~3— i|foHkkx~~

3— ~~laiw.kZ ikB;dze fuEu bdkbZ;ksa esa foHkkthr gS~~

~~1— izFke bdkbZ & vk/kkjHkwr ikB;dze~~

~~2— f}rh; bdkbZ & Hkk"kkxar ikB;dze~~

~~3— r`rh; bdkbZ & i|foHkkx~~

~~4— prqFkZ bdkbZ & O;kogkfjd Hkk"kk ,oa O;kdj.k~~

iz'u i= dk Lo#i &

- 1— izFke bdkbZ ¼vk/kkjHkwr ikB;dze½
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- 2— f}rh; bdkbZ ¼Hkk"kkxar ikB;dze½
— d½ fn?kksZRRjh iz'u ¼fodYi ds lkFk ,d iz'u½
— [k½ y?kwRrjh iz'u ¼fodYi ds lkFk nks iz'u½
- 3— r`rh; bdkbZ ¼i|foHkkx½
— fodYi ds lkFk nks iz'u
- 4— prqFkZ bdkbZ & O;kogkfjd Hkk"kk ,oa O;kdj.k
lgk;d iqLrdlqph &
- 1— ekud fgUnh dk 'kqf/njd O;kdj.k & MkW-jes'kpanz-esgjs=k
2— fgUnh Hkk"kk ,oa nsoukxjh fyih & txriky 'kekZ] v#.kksn; izdk'ku] fnYyh-
3— iz;kstu ewyd fgUnh & ys[kd & MkW-jkds'k ddekj ikjk'kj] izdk'ku &
jk"V³Hkk"kk izpkj lferh] fgUnhuxj] o/kkZ
4— lkekU; fgUnh eks/kk;u & ys[kd & MkW-jken;ky dks"Vk ,oa fot;ddekj fla?kbZ
izdk'ku & [kUuk izdk'ku] tyeyiwj
5— fgUnh jpuk izeks/k & ys[kd & MkW-ePpwyky voLFkh] izdk'ku & lkfgR; Hkou
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6— fgUnh O;kdj.k izeks/k ,oa jpuk & ys[kd & MkW-fot;iky flag] t;Hkkjrh-izdk'ku]
bykgkekn
7— iz;kstuewyd O;kogkfjd fgUnh & vkseizdk'kflagy] txrjke ,M-IUI]
u;h-fnYyh-

English

Section – I

Prose:

- 1) My Early Days – APJ Abdul Kalam
- 2) The Wonders of the New Millenium- Michael David
- 3) What is Body Language?
- 4) Two Gentlemen of Verona- A. J. Cronin
- 5) The Sahyadri Hills, A Lesson in Humility – Sudha Murthy
- 6) Engine Trouble- R. K. Narayan
- 7) The Town by the Sea- Amitave Ghosh
- 8) How to Avoid an Argument – Sam Harn

Section – II: Poetry:

- 1) Song: Blow, Blow, Thou Winter Wind- William Shakespeare
- 2) Mending Wall – Robert Frost
- 3) Abraham Lincol's Letter to his Son's Teacher- Abraham Lincoln
- 4) To Mother – Usha Navaratnam

- 5) The Lamentation of the Old Pensioner- W. B. Yeats
- 6) Father Returning Home. Dilip Chitre

PAPER – 16 BPES 202
Sports Psychology

UNIT – 1. Introduction to Psychology of Sports

- 1.1 Meaning, Definition, nature of sports psychology
- 1.2 Scope, need and importance of sports psychology in Physical Education and Sports
- 1.2 History of sports psychology

UNIT – 2. Psychological traits in Physical Education and sports

- 2.1 Attention and concentration
- 2.2 Stress and anxiety
- 2.3 Self confidence
- 2.4 Positive approach
- 2.5 Motivation
- 2.6 Aggression

UNIT – 3. Perception in Athletics and Sports

- 3.1 Meaning and Definition of Perception
- 3.2 Nature of Perception
- 3.3 Role of Perception in the field of Games and Sports
- 3.4 Children and sports
- 3.5 Improving Perception
- 3.6 Factors affecting Perception

UNIT – 4. Personality and the Athletes

- 4.1 Personality Meaning and Definition
- 4.2. Salient feature of Personality
- 4.3. Role of Sports in Shaping Personality
- 4.4. Theories of Personality
- 4.5. Factors affecting development of Personality.

References:

- H. Cox. Richard, Sports Psychology concepts and opportunities (University of Missouri-Columbia) Fifth edition.
- Lawther Jhon, Sports Psychology, Suyog Prakashan Amravati
- Kamlesh, M. L. (2011) Psychology in Physical and Sports
- Verma Monica & Dr. Verma K. K. (2009) Khel Manovigyan, Friends Publication, India
- Kamlesh M. L. (2007), Vkey ideas in Sports Psychology Friends Publication (India) New Delhi

PAPER – 16BPES 203
Physiology of Exercise

UNIT – 1. Introduction of Physiology to Exercise and Energy Dynamics

- 1.1 Concept, meaning and importance of Physiology of Exercise
- 1.2 Energy-meaning, production, uses, types and transformation of energy
- 1.3 Biological energy cycle
- 1.4 ATP-structure and functions
- 1.5 Sources of muscular energy-
 - i) Anaerobic sources – ATP-PC system, Anaerobic system
 - ii) Aerobic Sources- Aerobic glycolysis, Krebs cycle and Electron Transport System

UNIT – 2. Physiology of Muscle

- 2.1 Types of muscle- Striated, Non striated, Voluntary, Involuntary, skeletal, smooth, cardiac muscle
- 2.2 Characteristics of skeletal muscles, smooth, cardiac and muscle
- 2.3 Biochemical changes in muscles during exercise
- 2.4 Muscle fatigue-Causes, symptoms and recovery
- 2.5 Second wind
- 2.6 Oxygen debt- Definition, types and importance

UNIT – 3. Physiology of Circulatory system

- 3.1 Physiological mechanism of circulation
- 3.2 Functions of heart during exercises-stroke volume, cardiac output and pulse rate
- 3.3 Effect of long term training on circulatory system- at rest, sub-maximal and maximal exercise
- 3.4 Blood-Constituents, functions and role during exercise
- 3.5 Blood Pressure- definition, factors

UNIT – 4. Physiology of Respiratory system

- 4.1 Physiological mechanism of respiration
- 4.2 Brief explanation of various measures and capacities- Vital Capacity, Tidal Volume, Residual air, Total Lung Capacity
- 4.3 Transportation of gases: i) At lung level ii) At tissue level
- 4.4 Effect of long term training on respiratory capacities

REFERENCE:

- 1. Physiology of Exercises – Maccurdy and Mekenzh
- 2. Physiology of Exercise- Karpovich
- 3. Sports Physiology- Fox L
- 4. Exercise Physiology – Morehouse and Millar
- 5. Physiological Basis of Physical Education and Athletics – Mathew and Fox
- 6. Exercise Physiology – David H. Clarke
- 7. Vyayam Kriyashastra and Khel Chikitsa- Rajkumar Sharma

PAPER – 16 BPES 204
Methods in Physical Education & Sports

UNIT –1. Introduction to Methods

- 1.1 Aims and objectives, Importance and Scope of Methods
- 1.2 Types of teaching methods in Physical Education
- 1.3 Teaching Procedures in Physical Education
Classification of students
- 1.4 Need, importance and factors of classification
- 1.5 Advantages and disadvantages of classification
- 1.6 Various methods of classification

UNIT – 2. Lesson Planning

- 2.1 Meaning and importance of lesson planning
- 2.2 Principles of lesson planning
- 2.3 Preparation of field activity lesson plan
 - a. General lesson
 - b. Specific lesson
- Teaching aids**
- 2.4 Needs and importance of Audio-Visual aids
- 2.5 Types of teaching aids
- 2.6 Precautions for use of teaching aids

UNIT – 3. Tournaments

- 3.1 Types of tournaments and fixtures
- 3.2 Advantages & disadvantages of different tournaments
- 3.3 Organization of tournaments
- Competitions**
- 3.4 Group competitions and their importance
- 3.5 Methods of conducting intra-mural and extra-mural competitions

UNIT – 4. Track and Play fields

- 4.1 Layout of running track
- 4.2 Construction of jumping pits & throwing sectors
- 4.3 Method of organization of athletic meet
- 4.4 Method of allotment of lanes for Sprint events
- 4.5 Method of breaking tie in jumping events
- 4.6 Method of breaking tie in throwing events

RERERENCES:

- 1. Methods in Physical Education – J. C. Williams
- 2. Principles of Education – Dr. R. S. Pandey
- 3. Principles of Methods of teaching- K. K. Bhatia
- 4. Introduction to teaching – H. C. Bernard
- 5. Educational Technology- Dr. Jagannath Mohanty
- 6. Sharirik Shiksha ki Paddhatiya- Prof. Deepak Kavishwar
- 7. Sharirik Shiksha Adhyapand Paddhati- Karmarkar, Sharma, Tiwari
- 8. Safal Path Yojna- Dr. R. H. Tiwari
- 9. Shikshan and Sharirik Shikshan Adhyapan paddhati- Prof. M. H. Asnare

10. Shiksha Ke saamanya Sidhant tatha Vidhiya- K. K. Bhatiya
11. Sharirik Shiksha – Dr. Rama Verma
12. Shikshan Taknik Awm Shiksha Ke nutan Ayam- Dr. Mayashankar Singh
13. Shiksha Kla, Shikshan Taknik Awm Navin Paddhtiya- Dr. S.S. Mathur

BPES Semester – III

Part – II (Skills)

Skill of different games and sports activities will be examined and evaluated on the basis of skill demonstration and performance of the concerned activities along with supporting general knowledge and experience of the candidates.

The concerned activities of the examination will be conducted either in a group or individually (depends) following its prescribed procedure and system of examination.

Table No. 1 : Shows four section for part – II (Skills) Total 200 marks.

S.No.	Section-I	Section-II	Section-III	Section-IV	Total 200
	Major Games (Two) 25+25 = 50 marks	Athletic 50 marks	Indigenous Activity + Adventure Sports 50 marks	Teaching Practice (General Lesson) 50 marks	

Note – The following contents for the supporting knowledge and experience of the candidates will be in terms of all the concerned games and sports activities.

Contents : Common for all events (Sporting Knowledge and Experiences)

- 1) Brief History of Game
- 2) Measurement and Preparation of the Field
- 3) Fundamental Skills
- 4) Equipments
- 5) Lead up games
- 6) Rules of the game
- 7) Officials
- 8) Liability of Officials
- 9) Score sheet
- 10) Records and awards
- 11) Reference books
- 12) Methods of coaching

Section – I (50 Marks)
16 BPES 205 Major Games (Two)

The examination will be conducted on the following two games

- 1) Football
- 2) Volleyball

16 BPES – 203 Football

Contents – Skills and Techniques

- 1) Kicking – Inside of the foot, outside of the foot Instep, High drive, Chip shot and Volley Kicks.
- 2) Dribbling – With instep, inside and outside of instep of the foot, Sole of the foot
- 3) Trapping/ Receiving – Trapping of rolling ball, trapping of aerial ball
- 4) Heading –Standing, Running & Jumping, heading for Accuracy and heading for distance
- 5) Tackling – Shoulder to shoulder, slide, face to face, poaking
- 6) Goal keeping – Collection of ground ball, aerial ball, kicking, throwing and deflecting
- 7) Throwing in – Throwing for distance, throwing of accuracy.
- 8) Feinting – Feinting with and without ball
- 9) System of Play – 5:3:2, 4:2:4, 4:3:3, 4:4:2

Volleyball :– Skills and Techniques

1) Service

Underhand service, side arm service, tennis service, jump service, floating service, Round arm service

2) Passing

The digpass (Under arm pass)
The Volley (over head pass)
Side arm pass

3) Spiking

Straight arm spike
Turn the body arm spike
Wrist turn spike, round arm spike

4) Blocking

Single blocking
Double blocking, Triple blocking

5) System of play : Rotation order
6:0, 5:1, 4:2

6) Officials and Officiating : Score sheet

7) Rules and their interpretations

8) Equipments

System of Examination

Distribution of marks for the examination of major game

1) Fundamental Skills	(2 Skills x 5 Marks)	-	10 Marks
2) Playing performance		-	05 Marks
3) Practical note book	1) Note Book – 05 Marks	-	10 Marks
	2) Vivoc - 05 Marks		
	Total	-	25 Marks

Individual Score Sheet for both the games – Table No. 2 (A) & (B)

Name of the game : -----

Roll No.	Fundamental Skill 10 Marks	Playing Performance 05 Marks	Practical Book		Total 25 Marks
			Note Book 05 Marks	Viva 05 Marks	

Place : _____ Name & Signature of External Examiner : _____

Date : _____ Name & Signature of Internal Examiner : _____

Consolidated Score Sheet – Table No. 3

Name of the game : -----

Roll No.	First Examiner 25 Marks	Second Examiner 25 Marks	Total 50 Marks	Out of 25 Marks

Place : _____ Name & Signature of External Examiner : _____

Date : _____ Name & Signature of Internal Examiner : _____

Consolidated (1st & 2nd Games) Score Sheet Table – 04

Roll No.	First Game 25 Marks	Second Game 25 Marks	Total 50 Marks

Place : _____ Name & Signature of External Examiner : _____

Date : _____ Name & Signature of Internal Examiner : _____

Section – II (50 Marks)
16 BPES 206 – Athletics

System of examination

The examination will be conducted on the Athletics events i.e., Hurdles, High Jump, Javelin throw (3 events).

Techniques of 3 events x 10 Marks	-	30 Marks
Performance of any 1 event x 10 Marks	-	10 Marks
Practical Note Book (5 Marks)	-	10 Marks
Viva (5 Marks)	-	
Total		50 Marks

Hurdles : Basic Techniques

- 1) Stance
- 2) Running / Approach run
- 3) Rhythm
- 4) Balance and smoothness are key factor in hurdling
- 5) Arm action in to the hurdle
- 6) Leg action in to the hurdle
- 7) Key concepts for efficient fast hurdle
- 8) Landing leg
- 9) Measurement of hurdle (men / women)

High Jump

Measurement of High Jump Pit

Style – Scissor style, Eastern cut, Western Role, Straddle Role, Fosbery Flop

Basic Techniques – Approach, cut, stride, stance, run up, arm action, the take off, the flight, the landing technique, officiating- marking of score sheet

Javelin Throw –

Types of Javelin Grip

- 1) Finnish Hold
- 2) American grip
- 3) Hungarian grip

Basic Techniques of Javelin Throw

- 1) The grip
- 2) Stance
- 3) Carrying the javelin
- 4) The approach
- 5) The delivery release and recovery

Individual score sheet – Table No. 5

S.No.	Techniques of first event Hurdle 10 Marks	Techniques of second event High Jump 10 Marks	Technique of third event Javelin Throw 10 Marks	Performance 10 Marks (any one event)	Practical Note-Book and Viva 10 Marks		Out of 50 Marks
					N.B. 05 M	Viva 05 M	

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Individual Score Sheet – Table No. 6

Name of Event : -----

S.No.	Examiner's Choice 05 Marks	Candidate's Choice 05 Marks	Total 10 Marks
	Style / Technique	Style Technique	

Place :

Date :

Individual Score Sheet – Table No. 7

Athletic performance

1) Hurdles - 110 / 100 mts.

2) High Jump

3) Javelin Throw

1) Athletic Performance Score Sheet – Table – 7 (a)

Date :

Name of Event – Hurdles (Men / Women) 110 / 100 meter

Roll. No.	Performance (Second)	Marks out of 10 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

2) Athletic Performance Score Sheet – Table 7 (b)

Date :

Name of Event – High Jump (Men / Women)

Roll.No.	1 st Height			2 nd Height			3 rd Height			4 th Height			Best Jump	Marks Out of 10 Marks

Place :

Name & Signature of External Examiner :

Date :

3) Athletic Performance Name & Signature of Internal Examiner :**Score Sheet – Table 7 (c)**

Date:

Name of Event – javelin Throw (Men / Women)

Roll No.	First Chance	Second Chance	Third Chance	Best Throw (Meters)	Marks Out of 10 Marks

Consolidated Score Sheet – Table No. 8
Athletic Event

S.No.	First Examiner 50 Marks	Second Examiner 50 Marks	Total 100 Marks	Out of 50 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Section – III 50 Marks
16BPES 207 Indigenous Activity

System of examination

The examination will be conducted in a group of 03 to 05 candidates (Lezim-10, Dumbells – 10, Lathi – 10, Wands – 10, Adventure Sports – 10)

Contents : Indigenous Activity

Lezim :

- 1) Ghati Lezim – Char Awaz, Ath Awaz, Age pav, Pav Chakkar, Adha Chakkar, Baithak
- 2) Hindustani – (Sadha Lezim) Char Awaz, Ath Awaz, Edi lagav
Pavitra, Age Phalang, Piche Phalang, Dorukh

Dumbells / Wands

- 1) Attention With Dumbells /wands
- 2) Stand of ease with dumbells / wands
- 3) Exercise with verbal command
- 4) Standing, Jumping moving and combination of all exercise

Lathi

Sidhi bel, Ultibel, Do, Rukh, Beliya, Bagalwar age falang, pichhe falang.

Individual score sheet for each activity
Table No. 9

Name of Activity : -----

Roll No.	Examiner's Choice 05 Marks	Candidate's Choice 05 Marks	Out of 10 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Individual score sheet Table No. 10

Roll. No.	Lezim 10 Marks	Dumbell 10 Marks	Lathi 10 Marks	Wands 10 Marks	Adventure Sports 10 Marks	Total 50 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Consolidated Score Sheet Table No. 11
Lezium, Dumbells, Lathi, Wands, Indian Clubs

Roll. No.	First Examiner 50 Marks	Second Examiner 50 Marks	Total 100 Marks	Out of 50 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Section – IV
Teaching Practice
16BPES208- General Lesson on Indigenous Activity
Practice Teaching
Individual Score Sheet – Table No. 12

1) General Lesson on Indigenous Activity

Roll No.	Personal Preparation 25 Marks	Technical Preparation 25 Marks	Total 50 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Consolidated Score Sheet – Table No. 13

1) General Lesson on Indigenous Activity

Roll No.	First Examiner 50 Marks	Second Examiner 50 Marks	Total 100 Marks	Out of 50 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Table No. 14
Semester – III
Part – II Skill
Final Score Sheet

Roll No.	Major Game 50 Marks	Athletic 50 Marks	Indigenous Activity + Adventure Sports 50 Marks	Teaching Practice 50 Marks	Total 200 Marks

BPES – III Semester

Activity Code	Activity
16BPES205	Major Games : 1) Football 2) Volleyball
16BPES206	Athletics : Hurdles, High Jump, Javelin
16BPES207	Indigenous Activity (Lezium, Lathi, Wands, Indian Clubs) and Adventure Sports
16BPES208	Teaching Practice- General Lesson

BPES Semester IV
PAPER – 16 BPES 209
Management in Physical Education & Sports

UNIT –1. Introduction to Sports Management

- 1.1 Introduction and definition of sports management
- 1.2 Basic principles of sports management
- 1.3 Function of Management
- 1.4 Quality and qualification of sports manager
- 1.5 Types of management

UNIT – 2. Program planning

- 2.1 Time Table: Definition and need
- 2.2 Principles of time table and factors influencing time table
- 2.3 Intramural: Meaning importance and organization
- 2.4 Extramural: Meaning, importance and organization
- 2.5 Camp: Meaning, importance, organization

UNIT – 3. Public relation and supervision

- 3.1 Meaning, definition, need, techniques of Public relation
- 3.2 Supervision: Definition, importance, techniques quality & qualification of supervisor
- 3.3 Budget: Meaning and importance, preparation of budget
- 3.4 Criteria of good budget
- 3.5 Principles of Budgeting and its monitoring

UNIT – 4. Management of facility and equipments

- 4.1 Introduction and importance of facilities
- 4.2 Gymnasium, swimming pool
- 4.3 Importance of equipments
- 4.4 Types of equipment
- 4.5 Principles of purchasing and maintenance of equipment

REFERENCES:

1. Management of Physical education and sports, March, L. Krotee, Charles A. Bucher
2. Prabandh ke siddhant, Dr. R. L. Naulakha
3. Samanya Prabandh, G. S. Sudha
4. Sharirik Shiksha Khel Prabandhan, Dr. S. Barad, Dr. Roji Joshi, Dr. Soniya Kavar
5. Sharirik Shiksha Sangthan, Laxmikant Pande
6. Prabandh or Prashashan, Kamlesh Sangral
7. Sharirik Shiksha, Sangthan Prashashan, Paryaveshan Shibir, Dr. Abhay Shriwastav, Prof. A. K. Karmarkar
8. Sports Management: Rachhpal Singh, Brar Rosy Joshi

BPES Semester - IV
Paper 16 BPES 210
Fitness Management

UNIT –1. Concept and importance of Physical Fitness

- 1.1 Definition, concept and importance of physical fitness
- 1.2 Value and Types of physical fitness
- 1.3 Components of different physical fitness
- 1.4 Factors affecting physical fitness

UNIT – 2. Principles of Exercise Program

- 2.1 Methods of Fitness Development- Aerobic and Anaerobic Exercises
- 2.2 Exercises and Heart rate Zones for various Aerobic Exercise Intensities
- 2.3 Concept of free weight Vs Machine, Sets and Repetition etc.
- 2.4 Concept of designing different Fitness Training Program for different age groups

UNIT – 3. Warming up and cooling down

- 3.1 Meaning, guidelines and types of warming up
- 3.2 Structure of warming up.
- 3.3 Effects of warming up
- 3.4 Types of warming-up Active and Passive
- 3.5 Cooling down purpose and procedure

UNIT – 4. Introduction to Sports Nutrients

- 4.1 Meaning and definition of sports Nutrition
- 4.2 Basic Nutrition for sports and role of Nutrition in sports
- 4.3 Carbohydrates, Protein, Fat, Vitamins, Minerals, Water-Meaning, Classification and their Functions
- 4.4 Role of Hydration during Exercise, Water Balance
- 4.5 Balanced diet- meaning, principles and components

REFERENCES:

- 1) Dr. A. K. Uppal (2004)- Physical fitness and wellness friends
- 2) Bessesen, D. H. (2008)- Update on obesity. J. ClinEndocrinol Metab. 93(6), 2027-2034
- 3) Butryn, M. L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity(Silver Spring). 15(12),3091-3096.
- 4) Giam, C. K. & The, K. C. (1994). **Sport medicine exercise and fitness**. Singapore: P. G. Medical Book.
- 5) McGlynn, G., (193). **Dynamics of fitness**. Madison: W.C.B. Brown. Sharkey, B. J. (1990). Physiology of fitness, Human Kinetics Book.
- 6) Nutritive value of Indian food: National Institute of Nutrition (NIN)
- 7) Nutrition and dietetics with Indian case studies: Shubhangini A. Joshi, Mc-Grow Hill Publication
- 8) Dr. Tapan Datta(2015) Sports Nutrition and Weight Management
- 9) Prof. Ajmer Singh, Dr. Jagtar Singh Gill, Dr. Jagdish Bais, Dr. Rachpal Singh Barar Sharirik Shiksha tatha Olympic Abhiyan fourth edition 2004

Paper 16 BPES 211
Recreation

UNIT –1.

- 1.1 History of Early and Modern Recreation and Leisure
- 1.2 Principles of Recreation
- 1.3 Benefits of Recreation
- 1.4 Importance of Recreation

UNIT – 2.

- 2.1 Objectives of Recreation
- 2.2 Scope and Significance of Recreation
- 2.3 Importance of parks and Recreation
- 2.4 Health and Recreation
- 2.5 Importance of Recreation in family

UNIT – 3.

- 3.1 Rural, Urban and Industrial Recreation
- 3.2 Recreation in School and Colleges
- 3.3 Recreation for ill and disabled
- 3.4 Recreation for the Aged persons
- 3.5 Recreation for the women

UNIT – 4.

- 4.1 Recreation facilities (Indoor and Outdoor)
- 4.2 Audio-Visual aids
- 4.3 Hiking, Camping and Picnic
- 4.4 Recreational leadership

References:

1. Introduction to Community Recreation – G. D. Butler
2. Krida Ranjan- H. P. Khalapurkar
3. Method of Physical Education- Bucher
4. Sharirik Shikshnachi tatwe and Manoranjan- D. G. Wakharkar
5. Sharirik Shiksha ani Sanghthan Sanchalan evam Manoranjan- P. K. Aroda

Paper -16 BPES 212
Adapted Physical Education

UNIT –1. Introduction to Adapted Physical Education

- 1.1 Meaning and Definitions
- 1.2 Aims, Goals and Objectives
- 1.3 Need and Importance of Adapted Physical Education

Adapted Physical Education activities

- 1.4 Games for Wheel Chair bound people
- 1.5 Physical activities, Recreation and Sports

UNIT – 2. Classification of Disability

- 2.1 Physical Disability
- 2.2 Causes, Functional Limitations and characteristics
- 2.3 Mental Retardation Causes, Characteristics
- 2.4 Visual Impairment
- 2.5 Hearing Impairment
- 2.6 Behavioral Disorders
- 2.7 Adjustment Problems
- 2.8 Personality Disorders
- 2.9 Modifications for teaching and programming in Physical Education and Sports

UNIT – 3. Adapted Physical Education Programme

- 3.1 Guiding principles of Adapted Physical Education programme
- 3.2 Physical Education programme for Disabled for Elementary School.

UNIT – 4.

- 4.1 Governing policies for adapted physical education
- 4.2 State Advisory Council

Reference:

- 1. Adapted Physical Education and Recreation- Kristi Roth
- 2. Adapted Physical Activity – Robert D. Wheeler
- 3. Principles and Methods of Adapted Physical Education and Recreation- Krishi Roth
- 4. Adapted Physical Education and Sports- Joseph P. Winnick

Part – II (Skills)

Skill of different games and sports activities will be examined and evaluated on the basis of skill and performance of the concerned activities along with supporting general knowledge and experience of the candidates.

The concerned activities of the examination will be conducted either in a group or individually (depends) following its prescribed procedure and system of examination.

Table No. 1 : Shows four section for part – II (Skills) Total 200 marks.

S.No.	Section-I	Section-II	Section-III	Section-IV	Total 200
	Major Games (Two) 25+25 = 50 marks	Athletics 50 marks	Combative Activities 50 marks	Teaching Practice (Specific Lesson) 50 marks	

Note – The following contents for the supporting knowledge and experience of the candidates will be in terms of all the concerned games and sports activity.

Contents : Common for all events

- 1) Brief History of Game
- 2) Measurements and Preparation of the Field
- 3) Fundamental Skills
- 4) Equipments and their Measurements
- 5) Lead up games
- 6) Rules of the game
- 7) Officials
- 8) Liability of Officials
- 9) Score sheet
- 10) Records and awards
- 11) Reference books
- 12) Methods of coaching

Section – I (50 Marks)
16 BPES 213 Major Games (Two)

The examination will be conducted on the following two games

- 1) Cricket
- 2) Table- Tennis

16 BPES 213 Cricket

Contents – Skill and Techniques

Cricket

1) Batting :- Fundamental skill of Batsman

- i) Grip ii) Stance iii) Back lift iv) Placement of the foot v) Forward and back foot defence

2) Bowling :- Fundamental skill of Bowling

- i) A current grip ii) Smooth run-up iii) Simple bowling techniques
iv) A balanced delivery & follow through

3) Fielding :- Fundamental skill of fielding

- i) Stopping and throwing the ball ii) Low and high catch

4) Catching techniques :- High catching and slip catching

5) Wicket keeping techniques

- i) Stance ii) The feet iii) The hands iv) Gathering the ball

Table Tennis

i) Grip of the racket – pen holder grip, shake hand grip / tennis grip

ii) Body position and action

- a) Back hand push
- b) Back hand drive
- c) Fore hand push
- d) Fore hand path
- e) Top spin style
- f) Back spin style

iii) Service :

- i) Simple service ii) Forehand iii) Back hand iv) Spin v) Side spin vi) High toss

iv) Strokes :

- i) Push, chop, drive, half volley.

v) **Smash** : Drop shot, balloon, flick shot, loop drive

vi) **Rules and their interpretations**

vii) **Game – single & double play**

viii) **System of Competitions / tournaments**

System of Examination

Distribution of marks

1) Fundamental Skills	(2 Skills x 5 Marks)	-	10 Marks
2) Playing performance		-	05 Marks
3) Practical Note Book	1) Note Book – 05 Marks	-	10 Marks
	2) Viva - 05 Marks		
	Total	-	25 Marks

Individual Score Sheet – Table No. 2

Name of the game : -----

Cricket / Table- Tennis

Roll No.	Fundamental Skill 10 Marks	Playing Performance 05 Marks	Practical Book		Total 25 Marks
			Note Book 05 Marks	Viva 05 Marks	

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Consolidated Score Sheet – Table No. 3

Name of the game : -----

Cricket / Table - Tennis

Roll No.	First Examiner 25 Marks	Second Examiner 25 Marks	Total 50 Marks	Out of 25 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Consolidated Score Sheet – Table No. 04

Roll No.	Cricket 25 Marks	Table Tennis 25 Marks	Total 50 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Section – II 50 Marks
16 BPES 214 – Athletics

System of examination

The examination will be conducted on the following events, Relay, Hammer Throw, Pole Vault (3 events). Total 50 marks consist of 10 marks for each techniques of Relay, Hammer Throw and Pole Vault. 10 marks for performance in any one event and 10 marks for practical note book and viva

i) Relays (4 x 100 M. and 4 x400 M.) : Basic Techniques

- 1) Various patterns of baton exchange
- 2) Understanding of relay zones – stagger marking
- 3) Interpretation of rules and officiating in relay races

ii) Hammer Throw – Basic Techniques

- 1) Preliminary swings
- 2) Transition
- 3) Turn
- 4) Delivery recovery

iii) Pole Vault – Basic Techniques

- 1) Pole grip
- 2) Pole carry (run with pole)
- 3) Planting the pole
- 4) Take off
- 5) Pull style
- 6) Clearance of bar
- 7) Landing techniques

Individual Score Sheet – Table No. 5

S.No.	Techniques of first event 10 Marks	Techniques of second event 10 Marks	Techniques of third event 10 Marks	Performance 10 Marks (any one event)	Practical Note-Book and Viva 10 Marks		Out of 50 Marks
					N.B. 05 M	Viva 05 M.	

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Individual Score Sheet – Table No. 6

Athletic style : Technique of event

Name of Event : -----

S.No.	Examiner's Choice 05 Marks	Candidate's Choice 05 Marks	Total 10 Marks
	Style / Technique	Style /Technique	

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Individual score sheet – Table No. 7

Athletic performance

- 1) Relay
- 2) Hammer Throw
- 3) Pole Vault

1) Athletic Performance Score Sheet – Table – 7 (a)

Name of Event – Relay

Roll No.	Performance (Sec)	Marks out of 10 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

2) Athletic Performance Score Sheet – Table 7 (b)

Name of Event – Hammer Throw

S.No.	Roll No.	1st Chance	2nd Chance	3rd Chance	Best Throw	Marks Out of 10 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

3) Athletic Performance Score Sheet – Table 7 (c)

Name of Event – Pole Vault

S.No.	Roll No.	1 st Height			2 nd Height			3 rd Height			4 th Height			Best Jump	Marks Out of 10 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Consolidated Score Sheet – Table No. 8
Athletic Event

Roll No.	First Examiner 50 Marks	Second Examiner 50 Marks	Total 100 Marks	Out of 50 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Section – III (50 Marks)

16 BPES 215 Combative Activities - Boxing, Judo, Wrestling, Taekwondo (any two)

Boxing: Fundamental Skills

- Stance - Right hand stance, left hand stance.
- Footwork – Attack
- Punches – Jab, Cross, Hook, Upper cut, Combinations.
- Defense – bob and weave, parry/block, cover up, clinch, counter attack
- Tactics – Toe to toe, Counter Attack, Fighting in Close, Feinting
- Rules and their interpretations and duties of officials.

Judo: Fundamental skills

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

Wrestling: Fundamental Skills

History of Wrestling

- Ancient Wrestling

- Indian Style Wrestling
- Modern Wrestling
 - Free Style Wrestling
 - Greco Roman style wrestling
 - Sumo Style Wrestling
 - Women Wrestling
- Rule and regulation of Modern Wrestling
Stance
- Cross Stance
 - Right Cross Stance
 - Left Cross Stance
- Square Stance
- Wrestling Grip
- Technique
 - Standing technique
 - Dasti
 - Sar-Zir a bagal dub
 - Fane Kamar
 - One arm throw
 - Khur Zin takan
 - Sitting technique
 - Nelson
 - Bangdi
 - Fitile
 - KastanaLatna
 - Bharandaj
 - Kunde

Taekwondo Fundamental Skills

- Player Stances – Walking, Extending Walking, L Stance, Cat Stance.
- Fundamental Skills – Sitting Stance Punch, Single Punch, Double Punch, Triple Punch.
- Punching Skill from Sparring Position – Front-fist Punch, Rear Fist Punch, Double Punch, and four Combination Punch.

- Foot Techniques (Balgisul) – Standing Kick (soseochagi), Front kick (AP chagi), Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse Turning Kick (BandaeDollyoChagi), Jump kick (TwimyoChagi),
- Poomsae (Forms) – Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement – eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques)
- Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks), Free Sparring.
- Board Breaking (Kyokpa) – Eye control, Balance, Power control, Speed, Point of Attack.
- Rules and their interpretations and duties of officials

System of Examination

Combative activity – Boxing / Judo / Wrestling / Taekwondo

i) Two skills of examiner choice	-	10 marks
ii) Two skills of candidate choice	-	10 marks
iii) Two minutes play	-	05 marks

Total		25 marks

The following tables will be applicable for both the activities

Table No. 9

Name of Activity : -----

Roll No.	Examiner's Choice		Candidate's Choice		Performance	Total 25 Marks
	Skill – 1 05 Marks	Skill – 2 05 Marks	Skill – 1 05 Marks	Skill – 2 05 Marks	5 Marks	

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Consolidated Score Sheet – Table No. 10

Roll No.	First Examiner 50 Marks	Second Examiner 50 Marks	Total 100 Marks	Out of 50 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Section – IV
Teaching Practice
16BPES216- Specific Lesson of Sports Activity
Individual Score Sheet – Table No. 11

1) Specific Lesson on Sports Activities

Roll No.	Personal Preparation 25 Marks	Technical Preparation 25 Marks	Total 50 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Consolidated Score Sheet – Table No. 12

1) Specific Lesson on Sports Activities

Roll No.	First Examiner 50 Marks	Second Examiner 50 Marks	Total 100 Marks	Out of 50 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Table No. 13
Part – II Skill
Final Score Sheet

Roll No.	Major Games 50 Marks	Athletic 50 Marks	Combative Activity 50 Marks	Teaching Practice 50 Marks	Total 200 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

BPES – IV Semester

Activity Code	Activity
16BPES213	Major Games : 1) Cricket 2) Table Tennis
16BPES214	Athletics : Relay, Hammer Throw, Pole Vault
16BPES215	Combative Activity - Boxing/Judo/Wrestling/Taekwondo (Any Two)
16BPES216	Teaching Practice – (Specific Lesson on Sports Activities)

APPENDIX-I

Athletic Performance Conversion Scoring Table (Men) Running Events

Marks	100 Mtrs. in Seconds	200 Mtrs. in Seconds	800 Mtrs in Minutes & Seconds	1500 Mtrs. in Minutes & Seconds	110 Mtrs & Hurdle in Seconds
10	12.5	26.5	2.40	4.50	17.5
9.5	12.7	26.7	2.42	4.53	17.6
9	12.9	26.9	2.44	4.56	17.7
8.5	13.1	27.1	2.46	4.59	17.8
8	13.3	27.3	2.48	5.02	17.9
7.5	13.5	27.5	2.50	5.03	18.0
7	13.7	27.7	2.52	5.08	18.2
6.5	13.9	27.9	2.54	5.11	18.4
6	14.1	28.1	2.56	5.14	18.6
5.5	14.3	28.3	2.58	5.17	18.8
5	14.5	28.5	3.00	5.20	19.0
4.5	14.6	28.7	3.02	5.23	19.1
3.5	14.8	29.1	3.06	5.29	19.3
3	14.9	29.3	3.08	5.32	19.4
2.5	15.0	29.5	3.10	5.35	19.5
2	15.1	29.7	3.12	5.38	19.6
1.5	15.2	29.8	3.14	5.41	19.7
1	15.3	29.9	3.16	5.42	19.8
0.5	15.4	30.0	3.18	5.47	19.9
0	15.5	30.1	3.20	5.50	20.0

Athletic Performance Conversion Scoring Table (Women) Running Events

Marks	100 Mtrs. in Seconds	200 Mtrs. in Seconds	800 Mtrs.in Min.& second	100 Mtrs. Hurdle in Seconds
10	15.0	31.5	3.00	19.5
9.5	15.2	31.7	3.03	19.6
9	15.4	31.9	3.06	19.7
8.5	15.6	32.1	3.09	19.8
8	15.8	32.3	3.12	20.0
7.5	16.0	32.5	3.15	20.2
7	16.2	32.7	3.18	20.4
6.5	16.4	32.9	3.21	20.7
6	16.6	33.0	3.24	21.0
5.5	16.8	33.5	3.37	21.5
5	17.0	33.8	3.30	22.0
4.5	17.2	34.0	3.33	22.2
4	17.4	34.2	3.36	22.4
3.5	17.6	34.4	3.34	22.6
3	17.8	34.6	3.42	22.8
2.5	18.0	34.8	3.45	23.0
2	18.2	34.0	3.48	23.2
1.5	18.3	34.2	3.52	23.4
1	18.4	34.4	3.55	23.6
0.5	18.5	34.6	3.58	23.8
0	18.6	34.7	4:00	24.5

Athletic Performance Conversion Scoring Table (Men) Throwing Events

Marks	Shot Put (7Kg. 260 Gram) in Meters	Hammer Throw in Meters	Discus Throw in Meters	Javelin Throw Mtrs in Meters
10	8.60	35.00	33.00	55.00
9.5	8.40	34.00	32.00	48.00
9	8.10	33.00	31.00	46.00
8.5	7.90	32.00	30.00	44.00
8	7.50	31.00	29.00	42.00
7.5	7.20	30.00	27.50	40.00
7	6.80	29.00	26.00	37.00
6.5	6.40	28.00	24.50	34.00
6	6.00	26.50	23.00	31.00
5.5	5.90	25.00	21.50	28.00
5	5.80	23.50	20.00	25.00
4.5	5.70	22.00	19.00	24.50
4	5.60	21.00	18.00	24.00
3.5	5.50	20.00	17.00	23.50
3	5.40	19.00	16.00	23.50
2.5	5.35	18.00	14.00	22.50
2	5.30	17.00	13.00	22.06
1.5	5.25	16.00	12.50	21.50
1	5.20	15.00	12.00	21.00
0.5	5.15	14.50	11.50	20.50
0	5.10	14.00	11.00	20.00

Athletic Performance Conversion Scoring Table (Women)

Throwing and Jumping Events

Marks	Shotput (4Kg) in Meters	Discus in Meters	Javelin in Mtrs.	Long Jump in meters	High jump in Meters
10	8.50	30.00	35.00	4.00	1.30
9.5	8.30	29.00	33.50	3.90	1.28
9	8.10	28.00	32.00	3.80	1.26
8.5	7.80	26.50	30.50	3.70	1.24
8	7.50	25.00	29.00	3.60	1.22
7.5	7.20	23.50	27.50	3.50	1.20
7	6.80	22.00	26.00	3.40	1.18
6.5	6.40	20.50	24.50	3.30	1.15
6	6.00	19.00	23.00	3.20	1.10
5.5	5.60	17.50.	21.50	3.10	1.05
5	5.20	16.00	20.00	3.00	1.00
4.5	5.05	15.00	19.00	2.95	0.95
4	4.90	14.50	18.00	2.90	0.90
3.5	4.75	14.00	17.00	2.85	0.85
3	4.60	13.50	16.00	2.80	0.80
2.5	4.45	13.00	15.50	2.75	18.5
1.5	4.20	12.00	14.50	2.65	0.74
1	4.10	11.50	14.00	2.60	0.72
0.5	4.00	11.00	13.50	2.55	0.70
0	3.90	10.90	13.00	2.50	0.68

Athletic Performance Conversion Scoring Table (Men) Jumping Events

Marks	Long Jump	Hop Step Jump	High Jump	Pole Vault
10	6.00	13.60	1.50	3.40
9.5	5.90	13.40	1.48	3.37
9	5.80	13.20	1.46	3.34
8.5	5.70	13.00	1.44	3.30
8	5.60	12.80	1.42	3.25
7.5	5.50	12.60	1.40	3.20
7	5.40	12.40	1.38	3.15
6.5	5.30	12.20	1.36	3.10
6	5.20	12.00	1.34	3.05
5.5	5.10	11.80	1.32	3.00
5	5.00	11.60	1.30	2.90
4.5	4.95	11.50	1.28	2.85
4	4.90	11.40	1.26	2.80
3.5	4.85	11.30	1.24	2.75
3	4.80	11.20	1.22	2.70
2.5	4.75	11.10	1.20	2.65
2	4.70	11.00	1.18	2.60
1.5	4.65	10.90	1.16	2.55
1	4.60	10.80	1.15	2.50
0.5	4.55	10.70	1.14	2.45
0	4.50	10.60	1.13	2.40

**Shree H.V.P. Mandal's
Degree College of Physical Education,
(Autonomous) Amravati**

**Faculty of Physical Education
BPES
(Semester V & VI)**

Syllabus



2016-2017 Onwards

Semester – V
Paper – 16 BPES 301
Principles and History of Physical Education

UNIT –1 Philosophy and Physical Education

- 1.1 Physical education – Meaning, Definition
- 1.2 Aims and objectives of Physical Education
- 1.3 Scope of Physical Education
- 1.4 Physical Education as an Art and Science
- 1.5 Philosophy – Meaning, importance

UNIT – 2 Biological Principles

- 2.1 Growth and development – meaning, stages and principles
- 2.2 Age and Sex in learning / Teaching Physical Skills
- 2.3 Use, disuse and overuse - Principles
- 2.4 Exercise for healthful living
- 2.5 Fatigue – meaning, types, symptoms and causes

UNIT – 3 Psychological and Sociological Principles

- 3.1 Theories of learning, laws of learning
- 3.2 Transfer of Training – concept and types.
- 3.3 Motivation – meaning, types and importance
- 3.4 Sociological aspects of sport
- 3.5 Tradition and their influence on behavior pattern

UNIT – 4. History of Physical education – Periodical status:

- 4.1 Ancient India
- 4.2 Ancient Greece
- 4.3 Physical Education after Independence
- 4.4 Asian Games
- 4.5 Awards : State and National
Dronacharya Award
Rajiv Gandhi Khel Ratna Award
Chhatrapati Award
Arjun Award

References:

1. Introduction to Physical Education- Sharma J. R.
2. Manual of Physical Education – Wakharkar
3. A History of Physical Education – Hariharan and Tirunarayan
4. Principles of Physical Education – Sujan Singh
5. Elements of Physical Education – Dr. Javed Ali
6. Psychology in Physical Education and Sports – Dr. M. L. Kamlesh
7. Essential of Physical Education – Dr. Ajmer Singh and Dr. Jagtar Singh Gill
8. Adhunik Olympic Abhiyan – Dr. Ajmer Singh and Dr. Jagtar Singh Gill
9. Physical Education – Dr. Javed Ali
10. Physical Education – Dr. M. L. Kamlesh
11. Physical Education – Dr. Ajmer Singh and Dr. Jagtar Singh Gill
12. Physical Education – Dr. Javed Ali

Semester – V

Paper – 16 BPES 302

Officiating and Coaching in Games and Sports

UNIT –1 Meaning, Aims & Objectives of Officiating

- 1.1 Basic Principles and importance of Officiating
- 1.2 Duties of officials- before, during and after competition
- 1.3 Factors influencing Officiating

UNIT – 2. Educational and professional qualities of an official

- 2.1 Characteristics of good official
- 2.2 Measures for improving the standard of official.
- 2.3 Relation of officials with Manager, Coaches, Captain, Players and Spectators

UNIT – 3. Duties and qualities of coach

- 3.1 Quality of good coach
- 3.2 Professional and educational qualifications of coach
- 3.3 Duties of coach-before, during and after competition
- 3.4 Relation of coach with players, officials, society and others

UNIT – 4. Coaching : Aims, objectives

- 4.1 Principles of coaching
- 4.2 Meaning of warming up, conditioning & cooling down exercise and its benefits
- 4.3 Analysis of performance in Game and Sports
- 4.4 Sport Hygiene, Safety measures in sports

References:

1. Tandan K. Officiating and Coaching “ Tandan Publication Book Market Ludhiyana Punjab
2. Rule Book prepared by – Association Federation IOA, IOC
3. Officiating and coaching- R. C. Kanwar
4. Officiating and coaching - Prakash Brothers

Semester - V
Paper- 16 BPES 303
Fundamentals of Sports Training

UNIT –1. Introduction of Sports Training

- 1.1 Meaning, definitions, aims and objectives of sports training
- 1.2 Characteristics of Sports Training
- 1.3 Principles of Sports training
- 1.4 Principles of conditioning

UNIT – 2. Planning and Organisation of Training

- 2.1 Planning- Meaning, Aims and objectives
- 2.2 Importance of Planning
- 2.3 Basic Principles of Planning
- 2.4 Types of Training Plans – Micro, Meso, Macro cycles

UNIT – 3. Training load and Recovery

- 3.1 Meaning and definition of training load
- 3.2 Factors of Training load
- 3.3 Types of load
- 3.4 Over load- and its effect and symptoms

UNIT – 4. Means and Methods of Sports training

- 4.1 Methods of training- Weight Training, Circuit training, Fartlek training, Interval training
- 4.2 Periodization- Meaning and types
- 4.3 Aim and contents of periodization. Preparatory, Competition, Transitional etc.
- 4.5 Meaning of the terms- technique, skill, strategy and tactics

References:

1. Jensen, R. C. & Fisher, A.G.(1979). Scientific Basis of Athletic Conditioning Philadelphia: Lea and Febiger, 2nd Edn.
2. Matvyew, L. P. (1981). Fundamentals of Sports Training, Moscow: Progress Publishers.
3. Singh, H. (1984). Sports Training, General Theory and Methods. Patiala: NSNIS
4. Uppal, A. K. , (1999) Sports Training, New Delhi: Friends Publication
5. Sharma R. K. (2000) Khel Training Ke Vigyanik Siddhant, Krida Sahitya Prakashan, New Delhi
6. Boma Tudar, O, “Periodisation”, Theory and Methodology of Training 4th Edition, 1999 Published by Kenedall / Hunt Publishing Company, U.S.A. Human Kinetics wet site www.humankinetics.com
7. Dick Franck W., “Sports Training Principles” 1st Edition 1980 Hency Kimpton Publisher Ltd. Leighton Road, London NWS 2QL
8. Harre Dietrish, “Principles of Sports Training 1982 Sports verlag, Germany

Semester - V
Paper-16 BPES 304
Test, Measurement and Evaluation

- UNIT –1. Introduction of Test, Measurement and Evaluation**
- 1.1 Meaning and definition of test, measurement and evaluation
 - 1.2 Need and importance of test, measurement and evaluation in Physical Education and Sports
 - 1.3 Administration of testing programme
 - 1.4 Advance Preparation
 - 1.5 Duties pre, during and after testing programme
- UNIT – 2. Selection and Construction of test**
- 2.1 Criteria of test selection- Scientific authenticity, Administrative Feasibilities and Educational application
 - 2.2 Scientific authenticity-Validity, Reliability, Objectivity Norms
 - 2.3 Principles of construction of test
 - 2.4 Classification of test-Standardized and Teacher made test
 - 2.5 Objective and Subjective test
- UNIT – 3. Fitness and Skill test**
- 3.1 Physical fitness- definition, components and types
 - 3.2 AAHPERD- Physical fitness test
 - 3.3 National Physical Fitness Programme (NPFP)
 - 3.4 Motor fitness-definition, components, JCR and Indiana Motor Fitness Test
 - 3.5 Importance of Skill Test
 - 3.6 Johnson Basketball Ability Test and SAI Football Test
- UNIT – 4. Fundamental of Statistics**
- 4.1 Meaning and importance of statistics in Physical Education and Sports
 - 4.2 Frequency Table- Meaning, Construction and Uses
 - 4.3 Measures of Central Tendencies- Meaning and computation of Mean, Median and Mode of grouped and ungrouped data
 - 4.4 Measures of variability – Meaning and computation of Standard Deviation Quartile Deviation and Mean Deviation of grouped and Un-grouped data

References:

1. Barrow, H. M., & Mcgee, R. (1997). *A practical Approach to Measurement in Physical education*. Philadelphia: Lea and Febiger.
2. Kansal, D.K. (1996). *Test and Measurement in Sports and Physical Education*. New Delhi: D.V.S. Publications.
3. Mathews, D.K., (1973). *Measurement in Physical Education*, Philadelphia: W.B.Sounders Company.
4. Phillips, D. A., & Hornak, J. E. (1979). *Measurement and Evaluation in Physical Education*. New York: John Willey and Sons.

B.P.E.S. V Semester Practical
System of Examination on Part-II (Practical Activities)

Activity Code

16 BPES 305 Racket Games: Badminton, Tennis, Table Tennis (Any two)
(25+25 = 50)

Table – 1(A)

Individual Score Sheet

Name of Internal / External Examiner -----

Name of the Game : - 1st Game ----- 2nd Game -----

Roll No.	Fundamental Skills (10 Marks)		Game Performance (10 Marks)	Practical Book & Viva (05 Marks)	Total (25 Marks)
	Skill -1 (05 Marks)	Skill – 2 (05 Marks)			

Date -

Name and Signature of Examiner

Table – 1(B)

Consolidated Score Sheet of I or 2nd Examiners

Roll No.	First Examiner (25 Marks)	Second Examiner (25 Marks)	Total (50 Marks)	Out of (25 Marks)

Date -

Name and Signature of External Examiner

Name and Signature of Internal Examiner

Table – 1 (C)

Consolidated Score Sheet of First Game and Second Game

Roll No.	First Game (25 Marks)	Second Game (25 Marks)	Total (50 Marks)

Name and Signature of Internal Examiner :

Name and Signature of External Examiner

- 1.
- 2.

- 1.
- 2.

Table – 2 (A)

Activity Code

16 BPES 306 Athletics Performance on any four events

100M/200M, 400M / 800 M, L. Jump / H. Jump, Dis. Throw / J. Throw/ S. Put

Name of the Event: -----

Roll No.	Performance	Marks out of 10

Date:

Name and Signature of
External Examiner -----

Internal Examiner -----

Table – 2 (B)

Individual Score Sheet

Record Book and Viva

Roll No.	Record Book (5 Marks)	Viva (5 Marks)	Total (10 Marks)

Date:

Name and Signature of
External Examiner -----

Internal Examiner -----

Table – 2 (C)

Consolidated Score Sheet of Athletics Performance

Roll No.	Event 1 (10 Marks)	Event 2 (10 Marks)	Event 3 (10 Marks)	Event 4 (10 Marks)	R. Book & Viva (10 Marks)	Total (50 Marks)

Name and Signature of

Date:

External Examiner -----

Internal Examiner -----

16 BPES 307 Specialization in major game : (Any One)

(Basketball, Cricket, Football, Handball, Hockey, Volleyball, Water-Polo) (30 + 10 +10)

Table – 3 (A)

Individual Sheet

Name of the Game _____

Roll No.	Playing Performance (30 Marks)	Officiating (10 Marks)	Viva (10 Marks)	Total (50 Marks)

Date:

Name and Signature of

External Examiner -----

Internal Examiner -----

Table – 3 (B)

Consolidated Score Sheet of Game Specialization

Roll No.	First Examiner	Second Examiner	Total 100 Marks	Out of 50 Marks

Date:

Name and Signature of Examiner -----

16 BPES 308 Weight Lifting and Power Lifting

(50 Marks)

Table – 4 (A)

	Demonstration of style / Technique					
Roll No.	I Event (10 Marks) (Snatch)	2nd Event (10 Marks) (Clean & Jerk)	3 rd Event (10 Marks) (Power Lifting)	Record Book (10 Marks)	Viva- Voce (10 Marks)	Total (50 Marks)

Date:

Name and Signature of

External Examiner -----

Internal Examiner -----

Table – 4 (B)

Consolidated Score Sheet of Weight Lifting and Power Lifting

Roll No.	First Examiner	Second Examiner	Total 100 Marks	Out of 50 Marks

Date:

Name and Signature of Examiner -----

Table - 5

Final Score Sheet of Practical Examination of Semester - V

Roll No.	Activity Code				Total (200 Marks)
	305 (50 Marks)	306 (50 Marks)	307 (50 Marks)	308 (50 Marks)	
1					
2					
3					
4					
5					

Name and Signature of External Examiner

Name and Signature of Internal Examiner

- 1.
- 2.
- 3.

BADMINTON

- Types of Grip
Types of Services – Top Service, High Service, Low Service, Toss Play, Back Hand Service.
- Strokes – Fore Hand Drive, Back hand Under Arm Clear, Drop Shot, Back Hand Smash, Fore Hand smash, Back Hand Drop, Fore Hand Overhead Clear.
- Single Game and Double Game- System of play in the competition.
- Rules and their interpretations
- Officials – Duties, responsibilities and Mechanism

TENNIS

Fundamental Skills –

- Introduction, origin, history and development of Tennis
- Rules and regulations
- Fundamental Skills
- Grips – Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- Stance and Footwork
- Basic Ground strokes –
 - i. Forehand drive ii. Backhand drive
- Basic Service
- Basic Volley
- Over- head volley
- Chop
- Tactics-
 - i. Defensive ii. Attacking
- Officiating and signal
- Score Sheet

TABLE TENNIS

Fundamental Skills

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- Stance and Body position and Foot Work.
- Rules and their interpretations
- System of Competitions
- Officials- Duties and mechanism

16 BPES 306 Athletics : Performance on any four events

(Any Four)

External 50 Marks

System of Examination :

The Examination of Performance of the following activities will be conducted .

The Marks are given below:

i) 100 or 200 Meters Run	10 Marks
ii) High Jump or Pole Vault ...	10 Marks
iii) Long Jump or Hop Step and Jump ...	10 Marks
iv) Discus / Javelin / Shot / Hammer Throw	10 Marks
v) Notebook and Viva	10 Marks

	50 Marks

Teaching content :

The Teaching Contents of Athletic Activities are as follows :-

- Techniques and styles of every events
- Rules and Regulations of Track and Field Events
- Officiating – mechanism and responsibilities
- Records (National and International)
- Organisation of Athletic Meet
- Basic concept of training for the different athletic events

16 BPES 307 Specialization in Major Game:

(Basketball / Cricket / Football / Handball/ Hockey / Volleyball / Waterpolo) (Any One)
50 Marks

BASKETBALL

- **Fundamental Skills of the Game**

- Player's stance and Ball Handling
- Passing and Receiving
- Dribbling
- Shooting
- Rebounds
- Defence and Offence
- Foot work : Fakes, sprints, pivots and drive
- Rules and their interpretation
- Layout and marking of the play area
- Officiating – Mechanism and Responsibilities
- Training and coaching lesson plan

CRICKET

- **Fundamental Skills of the Game**

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

FOOTBALL

- **Fundamentals Skills of the Game**

- Kicking (Low drive, high drive, chipped pass, punt)
- Receiving (low ball and high ball)
- Heading (Stationary and Jumping)
- Dribbling (Inside and outside of the foot dribble, Full instep dribbling)
- Tackling (Front Block, Sliding, Shoulder to shoulder)
- Throwing in
- Feinting with ball and without ball
- Goalkeeper's Technique

a) Defensive :

- Low Ball : Stopping Method, Kneeling Method
- Medium Ball – Half kneeling Method, withdrawal Method ‘W’ Method
- High Ball :- Nest Method
- Diving to Low, Medium and High Ball

b) Attacking

- Through Hand :- Under Hand Throw, Side Arm Throw, Overhead Throw
- Through leg :- Punt-Volley, Side-Volley, Front-Volley.
- **System** **of** **Play**
(4-2-4; 4-3-3; 4-4-2)
- **Tactics**
 - Attacking Tactics
 - Defensive Tactics
- Officiating – Mechanism and responsibilities
- Laws of the game and their responsibilities

HANDBALL

- Passing
- Wrist Pass
- Ground Pass
- Chest Pass
- Back Pass
- Shooting
- Jump Shot
- Standing Shot
- Running Shot
- Stay up shot
- Dim Shot
- Goal Keeping
 - a) Ground

- b) Base
 - c) Over Head
- Dribbling
 - a) Low Dribbling
 - b) High Dribbling
- Fake and Feint
- System of the Game
 - a) Defence and
 - b) Offence
- Rules and Regulations of the game and their interpretations
- Officiating – Mechanism and Responsibilities

HOCKEY

Fundamental and Advance skills

- Hitting :- Straight, Wrong Foot, Turn Around and Hit, Reverse Hit
- Stopping : Straight Stopping, Stopping to the Right Side and Left Side, Reverse Stopping
- Pushing : Straight, Wrong Foot, Reverse push.
- Flicking : Straight, Wrong Foot, Reverse Flicking
- Scooping : Straight and Push Scooping
- Dribbling
- Passing : Parallel Pass, Through Pass, Return Pass
- Tackling : Shadow Tackling Lunge and Tackle, Fainting, Tackle Reverse Side Tackling
- System of Play
- Officiating – Mechanism and Responsibilities.
- Rules and Regulation of the game and their interpretation

VOLLEYBALL

- Service - Under Hand, Side Arm, Round Arm, Tennis, Float and spin
- Receiving - Under Hand and Over Hand
- Passing -
 - a) According to Height : High, Medium, Low Passes
 - b) According to Direction
 Forward, Over Head and Back Passes

- Smashing - Straight Arm Smash, Wrist Smash, Body turn and smash, Round Arm Smash, Tapping.
- Blocking
 - a) Individual Block (Single Man)
 - b) Group Block (Double and Tripple Men)
- Team Offence - Single Attack, Double Attack, Group Attack
- Team Defence – Forward Angle and Backward Angle Defence
- Individual Defence – Dive and Roll (Forward, Sideward, Backward)
- System of Play 4-2, 5-1, 6-0.
- For skill Examination 10 Assignments through the year.
- Officiating- Mechanism and Responsibilities
- Rules of the game and their interpretation

WATER POLO

- Introduction to the Game
 - 1) Historical Development of the Rules
 - 2) Development of skills and Tactics
 - 3) The International Game
 - 4) The Attraction of Water Polo –
- General Playing Conditions :
 - 1) The Rules of Water Polo
 - a) The Playing Area b) The Equipment c) the Players d) The Play
- Fouls :
 - A) Ordinary Fouls
 - B) Major Fouls
 - 1) Substitutions
 - 2) Officials
 - a) The Referee
 - b) Time Keeper
 - c) The Secretary
 - d) The Goal Judges
- III) Basic Skills :
 - 1) Off the Ball
 - a) Swimming Strokes in Water Polo
 - b) Other Waterman ship skills
 - Book Recommended
 - At the end
 - c) Off the Defence :-
 - i) Positioning ii) Trackling

- d) Off the Ball Attack
- i) Positioning ii) Collecting iii) Driving
- iv) Cutting v) Turning Your Man vi) Rotating

*** On the Ball Skills :**

- a) Lifting from under neath b) Rotating Lift
- c) toss Up Lift d) Pressure Lift e) Grasp and Lift
- A) Throwing the Ball
- B) Catching the Ball
- C) Passing the Ball
- D) Dribbling
- E) Carrying the Ball

- **Shooting :**

- a) The Straight Shot
- b) The Top Shot
- c) Forward Sling Shot
- d) Backward Shot
- e) The Layout Shot
- f) Hook Shot
- g) Swimming Shots

- **Goal Keeping :**

- a) Positing for a shot
- b) Maintaining the Angle
- c) After the save

- **Tactics :**

- a) Basic Attacking Formation
- b) Basic Attacking Principles
- c) Basic Defensive Principles

*** Conditioning for water Polo**

16 BPES 308 Weight Lifting and Power Lifting

Weight Lifting

a) Teaching Contents:

- i) Technique of lift
 - a) Snatch
 - b) Clean and Jerk
- ii) Knowledge of weight groups
- iii) Rules and regulations of weight lifting competitions.

b) Power Lifting – Rules and their interpretation, Technique and styles

b) Examination System

Examinee has to exhibit two techniques of lift with the weight mentioned against their weight category table. Attached in Appendix- III Upon the basis of the style correctly demonstrated the examiner will assess. The technique for 10 marks

Semester – VI
Paper – BPES 309
EDUCATIONAL TECHNOLOGY

Unit – I Introduction

- Education and Education Technology- Meaning and Definitions
- Types of Education- Formal, Informal and Non- Formal Education.
- The Roles and Functions of Educational Technology
- Importance and scope Education Technology: In revitalizing and reorienting existing resources, In systemic reforms, In refreshing skills of in-service teachers, In pre-service teacher education, In school education, In research
- Efforts to Mobilize ET, Large and Small, Efforts Initiated by the Government

Unit – II Teaching Techniques

- Methods of Teaching Techniques – Lecture method, Command method, Demonstration method, Imitation method, Project method.
- Teaching Procedure – Whole method, whole – Part – Whole method, Part – Whole method.
- Presentation Technique – Personal and Technical preparation
- Command- Meaning, Types and its uses in different situations.

Unit – III Teaching Aids

- Teaching Aids – Meaning, Importance and Criteria for selecting teaching aids.
- Types of Teaching aids – Audio aids, Visual aids, Audio – Visual aids, Verbal, Chalk Board, Charts, Model, Slide & LCD projector, Motion pictures, Computers, Laptops, etc
- Team Teaching – Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aids.

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.
- Use of teaching aids in class room and outdoor lessons.
- Factors affecting execution of teaching per lesson

Reference:

- Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup and Sons.
- Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House.
- Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
- R. H. Tiwari – *Prachin Bharat Me Sharirik Shikshan Darshan*, Amravati
- R. H. Tiwari – *Saphal Path Niyojan*, H.V.P. Mandal Publication, Amravati
- Sampath, K. Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.
- Walia, J.S. (1999). *Principles and methods of education*. Jullandhar: Paul Publishers.

Semester - VI
Paper- 16 BPES 310
Sports Specialization Handball
Handball

UNIT – 1. History of Hand Ball and Rules of the Game

- 1.1 History – India
- 1.2 Rules of the game – Playing court
- 1.3 Playing Time, Final Signal and Time-out
- 1.4 The Ball, The Team, Substitutions
- 1.5 Equipment, Player Injuries
- 1.6 The Goalkeeper
- 1.7 The Goal Area
- 1.8 Playing the Ball
- 1.9 Passive Play
- 1.10 Fouls and Unsportsmanlike Conduct
- 1.11 Scoring
- 1.12 The Throw-off
- 1.13 The Throw-in
- 1.14 The Goalkeeper Throw
- 1.15 The free Throw
- 1.16 The 7 Metered-Throw
- 1.17 The Punishments
- 1.18 The Referees
- 1.19 The Timekeeper and the Scorer

UNIT – 2. Skills of the Game

- 2.1 Types of Catching
- 2.2 Passing
- 2.3 Throwing
- 2.4 Dribbling
- 2.5 Feints
- 2.6 Skills of Goalkeeper-Defend with Hand, Feet, Trunk, Jumping, To Feint, Participate-in attack, counter attack

UNIT – 3. System of Play (Strategy of Game)

- 3.1 : 6.0
- 3.2 : 5.1
- 3.4 : 4.2
- 3.5 : 3.2.1
- 3.6 Training and Lead-up games.

UNIT – 4. Officiating

- 4.1 The Referees and their duties
- 4.2 Hand Signals
- 4.3 Rhythms of whistle
- 4.4 Score Sheet
- 4.5 Awards

Semester - VI
Paper- 16 BPES 310
Sports Specialization Kho- Kho

Unit- 1.

- a. History of Kho-Kho game
- b. Ground measurement and marking
- c. Technology with Diagram
- d. Equipment of the game

Unit -2.

- a. Skills of Chakris- Sitting position, Giving Kho Kho, Kinds of Kho, Covering position, Tapping-kinds and Pole tapping, Dive- Front/Side/ Running.
- b. Skills of Runners- a) Chain- Single, Tripple
1-3-4,1-3-1-1-2, 1-5-2
b) Oval- Long, Short, Middle
c) Dodse- Face/ Back

Unit- 3.

- a. Rules of match a) Judgement- Sudden death method b) Replay c) follow on
- b. Rules of game

Unit -4.

- a. Officiating a) symbols of official b) Rhythoms of whistle
- b. Awards- Chatrapati/Arjun/ Eklavya/ Rani laxmi, Janki, Veer Bharat, Veer Bala
- c. Score sheet

Semester - VI
Paper- 16 BPES 310
Sports Specialization Basketball

UNIT – 1.

- a) History of Basketball Game
 - i) Basketball in Asia
 - ii) Basketball in India
- b) Federation of Basketball
- c) Different age group of tournament
- d) Awards

UNIT – 2.

- a) Fundamental skill of Basketball game
- b) Types, construction and marking of Basketball courts
- c) Original rules of Basketball game
- d) Rules of Amateur Basketball game

UNIT – 3.

- a) Teaching techniques for fundamentals skills
- b) Types of Basketball skill drills
- c) Lead up games for different skills
- d) Offensive and defensive team strategy and tactics

UNIT – 4.

- a) Officiating and coaching
- b) Principal of officiating and coaching
- c) Duties of officiating
- d) Qualities and qualification of officials

References :

- 1. Basketball Sikhe (Hindi) – Dikshit Suresh, Delhi : Sports Publication, 2006
- 2. Basketball Coaching Manual – K. Kanika, Delhi : Sports Publication, 2005
- 3. Basketball : A manual for coaches, instructors and players – Dettow Boris, Sportvertag Berlin, 1984
- 4. Basketball multiple offense and defense – Dean Smith, 1st ed. – Englewood cliffs : Prentice Hall, 1981
- 5. Basketball – Srivatsan S, Patiala : NIS Publication, 1971
- 6. Modern Basketball Team Techniques – Mike Harkins Harry L, 1st ed. New York : Parket publishing company Inc., 1985
- 7. Basketball : The basics for coach and player – Ambler Vic, London : Faber and Faber limited, 1979
- 8. Basketball techniques for woman : Neal Patsy, new York : The ronals press company, 1966
- 9. The theory and science of basketball- Cooper John M. Siedentop Daryl, 2nd London : Henry Kimpton, 1975
- 10. Principles of basketball – Moontasir Abbas, Bombay : Skanda Publication, 1979

Semester - VI

Paper- 16 BPES 310

Sports Specialization Volleyball

UNIT -1. History

- 1.1 History of Volleyball
- 1.2 Ground Measurement & Marking
- 1.3 Rules and their interpretation
- 1.4 Skills measurement of Volleyball Players
(Bardy's, AAHPER and Russle and Lange Volleyball Test)

UNIT – 2. Fundamental Skill of Volleyball and their types

- 2.1 Service
- 2.2 Passing
- 2.3 Smashing
- 2.4 Blocking
- 2.5 Rotation order

UNIT – 3.

- 3.1 Techniques & Tactics of Volleyball
- 3.2 Libero players
- 3.3 Formation of Volleyball
- 3.4 Dress of players
- 3.5 Exercise and drills of Volleyball
- 3.6 Lead up games

UNIT – 4. Duties of Official

- 4.1 Pre, During and Post
- 4.2 First Referee, Second Referee, Scorer and line judges
- 4.3 Officiating of Volleyball
- 4.4 Score sheet

References :

- 1. Steps of success, Barbara L. Viera, Bonase Jill for Guson, Human Kineties publishers, 1996 ISBN 0-87322-646-1
- 2. Volleyball the skill of the game, Keith Nichalls The crowood press, 1986, ISBN-852238(IB)
- 3. Play the game Volleyball, G. Corge Bulman Bland ford Villiers house London, 1994 ISBN 0-7137-2440-4
- 4. Volleyball Rules ,Skills and Techniques, 2007, Satchikitsa Prasarak Madanl
- 5. Volleyball, AP Publishers, Jalandhar
- 6. Volleyball Sikhiye, 2006, Sports publication, New Delhi
- 7. Volleball, Amit Brothers Publication, 2004

Semester - VI

Paper- 16 BPES 310

Sports Specialization Cricket

UNIT- 1. History

- 1.1 History of Cricket
- 1.2 Laws of Cricket
- 1.3 Tournaments and Championship

UNIT – 2. Fundamental Skill of Batting

- 2.1 Grip of the Bat
- 2.2 Stance
- 2.3 Back Lift
- 2.4 Foot Work
- 2.5 Contact the ball
- 2.6 Follow Through

UNIT- 3. Fundamental Skill of Bowling

- 3.1 Grip of the ball
- 3.2 Run up
- 3.3 Mid Air Action
- 3.4 Follow Through

UNIT– 4. Fielding Skill

- 4.1 Defensive fielding
- 4.2 Attacking fielding
- 4.3 Wicket keeping
- 4.4 Catching

Reference:

- 1) Keith Andrew – The handbook of Cricket, Published by the Penguin Group 27 Wrights lane, London W85TZ, England, 1989
- 2) Malcolm Marshall's – Bowling and Fielding Skills, First published in great Britain in 1994
- 3) Dr. Ashok Kumar Singh – A to Z, published in India Sports Educational Technologies 101, 4787/23, Ansari Road, Delhi 2009 ISBN 978-81-89902-29-2
- 4) Arun Arnav, Anil Verma – Cricket Khelna Sikhe, Manoj Publications, Delhi 2010 ISBN 978-81-8133-281-3
- 5) Dr. Devendra Balayan – Cricket Khel Sahitya Kendra, New Delhi 2014 ISBN 978-81-7524-326-0

Semester - VI
Paper- 16 BPES 310
Sports Specialization Football

- Unit I
- i. History of the Game and Development of Football
 - ii. Construction and Marking of Play grounds
 - iii. Laws of the Game and their interpretations
 - iv. International and National Body of Football-FIFA, AIFF

- Unit II Techniques
- i. Technique without Ball
 - ii. Technique with Ball
 - iii. Fundamental skills of the Game
 - iv. Step of Skill Teaching
 - v. Motor Fitness requires for a Football players

- Unit III Principles of Play
- i. Principles of Attack
 - ii. Principles of Defence
 - iii. Attacking Tactics
 - iv. Defending Tactics
 - v. Qualifications and duties of officials

- Unit IV Systems of Play or Formations

- i. 4:2:4 Balanced formation
- ii. 4:3:3 Full balanced
- iii. 4:4:2 Defence wing formation
- iv. 3:5:2 Midfield oriented formation
- v. Advantages, Importance and situation of set plays

References:

- 1. Ken Jones, Play the game Soccer (The Hamlyn Publishing Group Limited, New York)
- 2. Richard Widdows, Football Techniques and Tactics (The Hamlyn Publishing Co. Ltd., London)
- 3. Sigi Schmid & Bob Alego, Complete conditioning for Soccer (Human Kinetics, USA)
- 4. William Thomson, Teaching Soccer (Surjeet Publication, Delhi)
- 5. Stan Liversedge, Let's Play Soccer (Octopus Books Ltd. , London)
- 6. N. P. Sharma, Football (Khel Sahitya Kendra, N. Delhi)
- 7. Hardayal Singh, Science of Sports Coaching (DVS Publications New Delhi)
- 8. Biru Mal and B.C. Kapri A to Z Soccer (Friends Publications New Delhi – 110009)

Semester VI
16 BPES 311
Remedial and Corrective Physical Education

Unit-1.	Posture						Education
	1.1. Meaning, Definition & importance of posture						
	1.2. Scope of Posture Education						
	Classification			of			Posture
	1.3. Correct and incorrect Posture						
	1.4. Static and Dynamic Posture						
	1.5. Body types						
Unit-2.	Postural Deformities – causes, symptoms and Corrective exercises						
	2.1. Kyphosis						
	2.2. Lordosis						
	2.3. Scoliosis						
	2.4. Knocked						Knees
	2.5. Bowed Legs						
	2.6. Flat Foot						
Unit-3.	Common athletic injuries and their Rehabilitation						
	3.1. Sprain						
	3.2. Strain						
	3.3. Muscle Pull & Cramp						
	3.4. Contusion & Abrasion						
	3.5. Fracture						
	3.6. Dislocation						
	3.7. General principles regarding the prevention of injuries						
	3.8. Definition, aims and objectives of rehabilitation						
	3.9. Scope of Rehabilitation						

Unit-4.	Massage	and	Manipulation
	4.1. Principles	of	massage manipulation
	4.2. Importance	of	Massage in Sports
	4.3. Indication and Contra-indications of massage movement		
	Classification	of	massage manipulation
	4.4. Stroking		manipulation
	4.5. Pressure		manipulation
	4.6. Percussion		manipulation
	4.7. Shaking manipulation		

References:-

1. Essentials of Athletic Training (Danid D. Arhein)
2. Sports Medicine (R. Jain)
3. Health Education (Dr. S. Chaube)
4. Health Education and Hygiene(B. C. Rai)
5. Health Education (Moss and others)
6. Turner,et al : School Health and Health Education, (S.Louis, The C.V. Mosby Co.), 1970.
7. Ober Teuffer, D : School Health Education : (Harper & Bross. New York), 1966
8. Corrective Physical Education (Rathbone (J.I.H.B. Saunders and Co.)
9. Manual of Massage and Movement(Prof. E.M. Naro-Faber & Faber)
10. Therapeutic Exercises for Body Alignment and Function
(William Maclimond, Catherine Wrothinghaw (W.B. Saundrs & Co.)
11. Massage and Medical Gymnastics (M.V.Lace (J & A Churchhill Ltd.)
12. Preventive and Corrective Physical Education (Stafford and Kelly Ronald Press Co.,
New York)
13. Tests and Measurements (McCloy and Young.)
14. Principles of Exercise Therapy (Dana Garkinar-G.Bell & Son)
15. D. Tidy's Message and Remedial Exercises for Medical and Surgical Conditions
(Wale-Bristol, John Wright and Sons, Ltd.)
16. Arogyashastra Awm Swasthya Shiksha- Dr. R. C. Kavar
17. Massage- Dr. M. S. Madiwale

Semester - VI
Paper- 16 BPES-312
HEALTH EDUCATION AND SPORTS NUTRITION

UNIT –1. Health Education

- 1.1 Concept, Dimensions, Spectrum and Determinants of Health
- 1.2 Definition of Health, Health Education, Health Instruction, Health Supervision
- 1.3 Aim, objectives and Principles of Health Education
- 1.4 Health service and guidance instruction in personal hygiene

UNIT – 2. Health Problems in Indian

- 2.1 Obesity, Diabetes
- 2.2 Malnutrition, Adulteration in food, Environment sanitation, Explosive population
- 2.3 Personal and Environmental Hygiene in schools
- 2.4 Objective of school health service, Role of health education in schools

UNIT – 3. Introduction to Sports Nutrition

- 3.1 Meaning and Definition of Sports Nutrition
- 3.2 Role of nutrition in sports, Basic Nutrition guidelines
- 3.3 Nutrients : Ingestion to energy metabolism (Carbohydrate, Protein and Fat)
- 3.4 Role of Carbohydrates, Fat and protein during exercise

UNIT – 4. Nutrition and Weight Management

- 4.1 Concept of BMI (Body mass index), Obesity and its hazards
- 4.3 Dieting versus exercise for weight control maintaining a healthy lifestyle
- 4.3 Weight management program for sporty child, Role of diet and exercise in weight management
- 4.4. Design diet plan and exercise schedule for weight gain and loss

References:

- 1. Bucher, Charles A. “Administration of Health and Physical Education Programme”.
- 2. Delbert, Oberteuffer, et.al. “The School Health Education”.
- 3. Ghosh, B. N. “Treaties of Hygiene and Public Health”.
- 4. Hanlon, John J. “Principles of Public Health Administration” 2003.
- 5. Turner, C.E. “ The School Health and Health Education”.
- 6. Moss and et. At. “Health Education” (National Education Association of U.T.A.)
- 7. Nemir A. “The School Health Education” (Harber and Brothers, New York).
- 8. Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.

Semester – VI (Practical)

(50 Marks)

16 BPES 313 YOGA (Asanas) :(50 Marks)

System of examination:

The examination will be conducted in Asana as follows:

1. Four Asana as told by examiners - 10 Marks each

Individual Score Sheet - Table No. 6

Name of Event : Asana

Roll No.	04Asana- Examiner's Choice 20 Marks				Record Book	Total 50 Marks
	10	10	10	10	10	

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet - Table No. 7

Name of the event: _____

Roll No.	First Examiner 50 Marks	Second Examiner 50 Marks	Total 100 Marks	Out of 50 Marks
----------	----------------------------	-----------------------------	--------------------	--------------------

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Contents: Skills and Techniques

- 1) Vrikshasana
- 2) Garudasana
- 3) Yogmudra in Vajarasana
- 4) Swastikasana
- 5) Ushtrasana
- 6) ArdhaMatsyendrasana
- 7) Siddhasana
- 8) Gaumukhasana
- 9) Shavasana
- 10) Vipritkarni
- 11) Sarvangasana
- 12) Makarasana
- 13) Halasana
- 14) Uttakatasana
- 15) Tolasana
- 16) Padmasana
- 17) Trikonasana
- 18) Pachimottanasana
- 19) Matsyasana
- 20) Karnapidasana
- 21) Naukasana
- 22) Bhujang Asana
- 23) Suryanamaskar

SECTION –III (25 Marks)

A. GROUND GYMNASTICS : (25 Marks)

System of examination:

The examination will be conducted in ground Gymnastics.

The distribution of marks and examination system is given below:

Four stunts as told by examiners - 5 marks each

Individual Score Sheet - Table No. 13

Name of the event: Ground Gymnastics

Roll No.	04 Stunts Examiner Choice 20 Marks				Record Book 05 Marks	Total 25 Marks
	05	05	05	05	05	

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet - Table No. 14

Name of the event: _____

Roll No.	First Examiner 25 Marks	Second Examiner 25 Marks	Total 50 Marks	Out of 25 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Contents: Skills and Techniques

- Forward and backward roll from sitting position
- Forward and backward roll from kneeling position
- Forward and backward roll from Straddle position
- Forward and backward roll from stooping position
- Cart wheel
- Hand stand and forward roll
- 'V' balance, frog balance, Aeroplane balance, 'T' Balance
- Head stand balance
- Dive and roll

16 BPES 314 – Laboratory and Field Tests on Anthropometric and Physical Performance

- Laboratory Tests- Stadiometer, Weighing machines, Back Leg and Grip Dynamometer, Harvard Step-Test, Sit and Reach Test
- Field Tests- Pull –up, Push-ups, S. B. Jump, Vertical Jump, Straddle Chin, Sit-ups, Medicine Ball Throw, 9 Min / 12 Minutes R/W, Shuttle and Zigzag Run
- Record books on 3 laboratory and 3 field tests

16 BPES 315 - Massage and Therapeutic Modalities

- Types and Techniques of Massage Manipulation
- Principles of Massage
- Contra-indications of Massage
- Classification of Therapeutic Modalities

Hydro-Therapy, Cryo-Therapy, Hot & Cold

- Magnetic Therapy * Practical knowledge
- Thermo Therapy * Project at least five treatments
- Electro Therapy

16 BPES 316 – Teaching Practice and playing performance on Games and Sports Specialization

- Each candidate must take 4 lessons during regular periods on their concerned game or sport event

Table – 1B

Consolidated Table of External and Internal Examiners

R. No.	External Examiner (50 Marks)	Internal Examiner (50 Marks)	Total (100 Marks)	Out of (50 Marks)

Date:

Name and Signature of Examiner

External -----

Internal -----

16 BPES 314 Laboratory and Field Tests on Anthropometric and Physical Performance

Distribution of Marks -

- Demonstration of Two Laboratory Tests
(2 x 10 Marks = 20 Marks)
- Demonstration of Two Field Tests on Fitness and Sports Skill Test
(2 x 10 Marks = 20 Marks)
- Viva and Record Book (10 Marks)

Table – 2 (A)

Individual Score Sheet

Roll No.	Demonstration of Laboratory Test		Demonstration of Field Test		Viva & Record Book	Total (50 Marks)
	Test - 1 (10 Marks)	Test – 2 (10 Marks)	Test - 1 (10 Marks)	Test - 2 (10 Marks)	10 Marks	

Date:

Name and Signature of Examiner

Table – 2 (B)

Consolidated Table of Laboratory and Field Test

R. No.	External Examiner 50 Marks	Internal Examiner 50 Marks	Total 100 Marks	Out of 50 Marks

Date:

Name and Signature of Examiner

16 BPES 315 Massage and Therapeutic Modalities

Total Marks- 50

Distribution of Marks

- Demonstration of Massage techniques (Any two)
- (2 x 10 M = 20 Marks) One Candidates Choice

One Examiner's Choice

- Demonstration of any two from Electro / Magnetic / Hydro / Thermal Therapy (2 x 10 Marks = 20 Marks) One Candidates and One Examiners Choice
- Record Book and Viva (10 Marks)

Table – 3 (A)

Individual Score Sheet

Roll No.	Demonstration of Massage technique		Demonstration Of Therapeutic Modalities		Record Book & Viva (10 Marks)	Total 50 Marks
	Candidate Choice (10 Marks)	Examiner's Choice (10 Marks)	Candidates Choice (10 Marks)	Examiner's Choice (10 Marks)		

Date -

Name and Signature of Examiner

Table – 3 (B)

Consolidated Table of Massage & Therapeutic Modalities

R. No.	External Examiner (50 Marks)	Internal Examiner (50 Marks)	Total (100 Marks)	Out of (50 Marks)

Date:

Name and Signature of Examiner

External -----

Internal -----

16 BPES 316 Teaching Practice and Playing Performance on Games or Sports Specialization

Distribution of Marks

- Candidate has to take 04 lessons during their regular classes.
- External Examination 01 lesson (50 Marks)

Table – 4 (A)

Individual Score Sheet

R. No.	Personal Preparation (25 Marks)	Technical Preparation (25 Marks)	Total (50 Marks)

Date:

Name and Signature of Examiner

Table – 4 (B)

Consolidated Table of Teaching Practice

R. No.	External Examiner (50 Marks)	Internal Examiner (50 Marks)	Total (100 Marks)	Out of (50 Marks)

Date:

Name and Signature of Examiner

External -----

Internal -----

Final Score Sheet

R. No.	Activity Code				Total (200 Marks)
	313 (50 Marks)	314 (50 Marks)	315 (50 Marks)	316 (50 Marks)	

Date :-

Name and Signature of the Examiners

Internal

External

1

1

2

2

3

3

4

4

5

5