

Curriculum Scheme												Program code BPES2022					
SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN																	
Bachelor of Physical Education and Sports [BPES] Three Years Degree Course (SEMESTER– I)																	
Subject Code No.	Short Name	Course Category	Subject Name	Credit	Teaching Scheme		Theory Examination						Practical Examination				Total
					Lecture/ Week		Duration of Paper (Hrs)		Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	
					Theory	Practical	Theory	Practical									
22BPES 101	IHPE	CCT	Introduction and History of Physical Education.	4	4		3		40	10	50	20					50
22BPES 102	HA	CCT	Human Anatomy	4	4		3		40	10	50	20					50
22BPES 103	SN	CCT	Sports Nutrition	4	4		3		40	10	50	20					50
22BPES 104	EL-1	G/I	Elective 1: Language	3	3		3		40	10	50	20					50
22BPES 105	SWI-PR	CCP	Swimming	2		4		3					40	10	50	20	50
22BPES 106	GYMN-PR	CCP	Gymnastics	2		4		3					40	10	50	20	50
22BPES 107	MDA-PR	CCP	Mass Demo. Activity [Lathi, Lazium, Mass P.T, Marching, Mass drills]	2		4		3					40	10	50	20	50
22BPES 108	MG-PR	AECC	Major Game	2		4		3					40	10	50	20	50
			TOTAL	23	15	16					200				200		400

Elective 1

- EL-1 A Marathi
- EL-1 B Hindi
- EL-1 C English

Major Game

1. Basketball,
2. Kabaddi

Note: As per CBCS norms the credit has been distributed along with the teaching hours.

Curriculum Scheme										Program code BPES2022							
SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN																	
Bachelor of Physical Education and Sports [BPES] Three Years Degree Course (SEMESTER– II)																	
Subject Code No.	Short Name	Course Category	Subject Name	Credit	Teaching Scheme		Theory Examination						Practical Examination				Total
					Lecture/ Week		Duration of Paper (Hrs)		Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	
					Theory	Practical	Theory	Practical									
22BPES 109	YG	CCT	Yoga	4	4		3		40	10	50	20					50
22BPES 110	HP	CCT	Human Physiology	4	4		3		40	10	50	20					50
22BPES 111	HHS	CCT	Health, Hygiene and Sanitation	4	4		3		40	10	50	20					50
22BPES 112	EVS	G/I	Environmental Studies	3	3		3		40	10	50	20					50
22BPES 113	EL-2	GET	Generic Elective 2 (Theory)	2	2		2		40	10	50	20					50
22BPES 114	TEA-PR	CCP	Track Event in Athletic	2		4		3					40	10	50	20	50
22BPES 115	YG-PR	CCP	Yoga Practical	2		4		3					40	10	50	20	50
22BPES 116	MAL-PR	CCP	Mallakhamb	2		4		3					40	10	50	20	50
22BPES 117	BBS-PR	DSP	Band, Bigule and Song	2		4		3					40	10	50	20	50
			TOTAL	25	17	16					250				200		450

Generic Elective 2 (Theory)
 Select any available course from the list attached herewith. The courses which already have been completed cannot be repeated.

Note: As per CBCS norms the credit has been distributed along with the teaching hours.

Curriculum Scheme												Program code BPES2022					
SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN																	
Bachelor of Physical Education and Sports [BPES] Three Years Degree Course												(SEMESTER– III)					
Subject Code No.	Short Name	Course Category	Subject Name	Credit	Teaching Scheme		Theory Examination						Practical Examination				Total
					Lecture/ Week		Duration of Paper (Hrs)		Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	
					Theory	Practical	Theory	Practical									
22BPES 201	SP	CCT	Sports Psychology	4	4		3		40	10	50	20					50
22BPES 202	MPES	CCT	Method in Physical Education and Sports	4	4		3		40	10	50	20					50
22BPES 203	EL-3	G/I	Elective 3: Language	3	4		3		40	10	50	20					50
22BPES 204	KIN	DS	Kinesiology	4	4		3		40	10	50	20					50
22BPES 205	CG-PR	CCP	Combative game Boxing, Wrestling, Taekwondo, Judo	2		4		3					40	10	50	20	50
22BPES 206	TP-PR	CCP	Teaching Practice (General)	2		4		3					40	10	50	20	50
22BPES 207	FA-PR	DSP	First Aid	2		4		3					40	10	50	20	50
22BPES 208	EL-4	GEP	Generic Elective 4 (Practical)	2		4		3					40	10	50	20	50
			TOTAL	23	16	16					200				200		400

Elective 3

- EL-3 A Marathi
- EL-3 B Hindi
- EL-3 C English

Note: As per CBCS norms the credit has been distributed along with the teaching hours.

Generic Elective 4 (Practical)

Select any available course from the list attached herewith.

The courses which already have been completed cannot be repeated.

Curriculum Scheme										Program code BPES2022							
SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN																	
Bachelor of Physical Education and Sports [BPES] Three Years Degree Course										(SEMESTER– IV)							
Subject Code No.	Short Name	Course Category	Subject Name	Credit	Teaching Scheme		Theory Examination						Practical Examination				Total
					Lecture/ Week		Duration of Paper (Hrs)		Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	
					Theory	Practical	Theory	Practical									
22BPES 209	TME	CCT	Test Measurement and Evaluation	4	4		3		40	10	50	20					50
22BPES 210	REC	CCT	Recreation	4	4		3		40	10	50	20					50
22BPES 211	APE	CCT	Adapted Physical Education	4	4		3		40	10	50	20					50
22BPES 212	FM	DS	Fitness Management	3	3		3		40	10	50	20					50
22BPES 213	EL-5	GET	Generic Elective 5 (Theory)	2					40	10	50	20					50
22BPES 214	MG-PR	CCP	Major Games: 1) Handball 2) Football	2		4		3					40	10	50	20	50
22BPES 215	TP-PR	CCP	Teaching practice (Specific)	2		4		3					40	10	50	20	50
22BPES 216	AFE-PR	GEP	Athletics Field Event	2		4		3					40	10	50	20	50
			TOTAL	23	15	12					250				150		400

Generic Elective 5 (Theory)
 Select any available course from the list attached herewith. The courses which already have been completed cannot be repeated.

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Curriculum Scheme												Program code BPES2022					
SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN																	
Bachelor of Physical Education and Sports [BPES] Three Years Degree Course (SEMESTER– V)																	
Subject Code No.	Short Name	Course Category	Subject Name	Credit	Teaching Scheme		Theory Examination						Practical Examination				Total
					Lecture/ Week		Duration of Paper (Hrs)		Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	
					Theory	Practical	Theory	Practical									
22BPES 301	FST	CCT	Fundamentals of Sports Training	4	4		3		40	10	50	20					50
22BPES 302	EL-6	G/I	Elective 6 Language	3	3		3		40	10	50	20					50
22BPES 303	OCGS	DSP	Officiating and Coaching of Games and Sports	3	3		3		40	10	50	20					50
22BPES 304	OE	SEC	Open Elective / MOOC	2	2		2		40	10	50	20					50
22BPES 305	AE-PR	SEC	Aerobic	2		4		3					40	10	50	20	50
22BPES 306	PW-PR	CCP	Project Work	2		4		3					40	10	50	20	50
22BPES 307	SMG-PR	DSP	Specialization in Major Game: (Any one) Basketball, Cricket, Football, Handball, Hockey, Volleyball, Water Polo	2		4		3					40	10	50	20	50
22BPES 308	EL-7	GEP	Generic Elective 7 (Practical)	2		4		3					40	10	50	20	50
			TOTAL	20	12	16					200				200		400

Elective 6

- EL-6 A Marathi
- EL-6 B Hindi
- EL-6 C English

Note: As per CBCS norms the credit has been distributed along with the teaching hours

Generic Elective 7 (Practical)

Select any available course from the list attached herewith.

The courses which already have been completed cannot be repeated.

Curriculum Scheme												Program code BPES2022					
SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN																	
Bachelor of Physical Education and Sports [BPES] Three Years Degree Course (SEMESTER– VI)																	
Subject Code No.	Short Name	Course Category	Subject Name	Credit	Teaching Scheme		Theory Examination						Practical Examination				Total
					Lecture/ Week		Duration of Paper (Hrs)		Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	
					Theory	Practical	Theory	Practical									
22BPES 309	RCPE	CCT	Remedial and Corrective Physical Education	4	4		3		40	10	50	20					50
22BPES 310	MPES	CCT	Management In Physical Education and Sports	4	4		3		40	10	50	20					50
22BPES 311	ET	DSP	Educational Technology	3	3		3		40	10	50	20					50
22BPES 312	AS	ABEC	Applied Statistics	3	3		2		40	10	50	20					50
22BPES 313	EL-8	SEC	Elective-8	3	3		3		40	10	50	20					50
22BPES 314	LAB-PR	CCP	Laboratory and Field Tests on Anthropometric and Physical Performance	2		4		3					40	10	50	20	50
22BPES 315	TPG-PR	CCP	Teaching Practice on Games and Sports Specialization	2		4		3					40	10	50	20	50
22BPES 316	MTM-PR	DSP	Massage and Therapeutic Modalities	2		4		3					40	10	50	20	50
22BPES 317	EL-9	GET	Generic Elective 9 (Practical)	2		4		3					40	10	50	20	50
			TOTAL	28	17	16					250				200		450

EL-8 A Handball
 EL-8 B Kho-Kho
 EL-8 C Basketball

Generic Elective 9 (Practical)
 Select any available course from the list atta
 The courses which already have been completed cannot be repeated.

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

**Faculty of Physical Education
B.P.E.S.
(Semester I & II)**



Syllabus

2022-23 Onwards

Syllabus Prescribe for
Examination for the Degree of Bachelor of Physical Education and Sports
(w.e.f. the Academic session (2022-2023))
BPES SEMESTER
(Each theory paper shall be of three hours duration)
B.P.E.S. Sem - I

INTRODUCTION AND HISTORY OF PHYSICAL EDUCATION
Paper – I (22BPES101)

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.

HUMAN ANATOMY **PAPER – II (22 BPES 102)**

UNIT – 01

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 tissue.

- 1.3 Definition of Cell, Tissue, Organ and System.
- 1.4 Structure and Classification of Cell.
- 1.5 Structure and Classification of Tissue.

UNIT -- 02

A) Skeletal system and Muscular system.

- 2.1 Structure of Skeleton and types of Bones.
- 2.2 Joints - Definition, Structure and classification.

B) Muscular system --

- 2.3 Classification of muscles.
- 2.4 General structure of muscles.

UNIT -- 03

A) Circulatory, Respiratory and Digestive system.

- 3.1 Structure of Blood vessels – Artery, Veins and Capillaries.

- 3.2 Structure of Heart.
- 3.3 Structure of Organs of respiration.
- 3.4 Structure of Digestive Organs.
- 3.5 Structure of Digestive glands.

UNIT -- 04

Excretory, Endocrine, Nervous system and Sensory Organs.

A) Excretory and Endocrine system.

- 4.1 Structure of Kidney and Urinary bladder.
- 4.2 Endocrine system -- Location of endocrine glands and their general structure.

B) Nervous system and sensory organs.

- 4.3 Structural Classification of Nervous system.
- 4.4 Parts of Brain.
- 4.5 Structure of Spinal Cord.
- 4.6 General structure of Sensory Organs.

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)

SPORTS NUTRITION

PAPER – III (22 BPES 103)

Unit 1

General Physical Preparedness, Workload and Intensity, Body Composition and Goal Setting

1. Understanding the 5 Components of Fitness (Muscular Endurance, Musculoskeletal Strength, Cardio-respiratory Endurance, Flexibility, and Ideal Body Composition).
2. Understanding what is intensity and workload when it comes to exercise science and its application.
3. Understanding body composition i.e., the ratio of Lean Body Mass (LBM) and Adipose Tissue (Fat) in the human body (and the need to improve it) along with Health Indicators.
4. Practical includes calculation of Ideal Body Weight (IBW) Range.

Cos : Understand the concept of Sports Training, Physical Fitness and Desired body composition.

Unit II

Introduction to Macronutrients, Micronutrients and Electrolytes

1. Understanding the functions, sources, digestion of Macro Nutrients (Fat, Protein, Carbohydrates)
2. Introduction to Glycaemic Index & Glycaemic Load
3. Types of fats (dietary fat and body fat)
4. Cholesterol clarity, lipid profile and supplements.

COs: Understand the concept of Macronutrients, Micronutrients and Electrolytes.

Unit III

Energy Systems and Hormones:

1. Understanding the 4 energy systems of the body (ATP-CP System, Anaerobic Energy system, Aerobic Energy System, and Nutritional Ketosis)
2. Pre- and Post- workout nutrition in both fat-adapted and carb-adapted states.
3. The major hormones and their critical role in the regulation of physiological processes.

COs: To learn energy systems, their parameters and their importance.

To study the different nutritional states and the role of hormones during exercise this impacts sports performance.

Unit IV

Macro Calculations Fat Loss Cases, Muscle Gain Cases, Anti-Catabolic, Ergogenic and Fat Loss Aids:

1. Understanding the macro-nutrient (Fat, Protein, Carbohydrates) calculation for Fat loss and Muscle Gain cases.
2. Ergogenic and fat loss aids.
3. Supplements forms and dosages.

COs: To learn macro nutrients calculations, their parameters and importance.

To study the supplements forms.

Practical: Diet Planning Presentation

Text Books:

- F. Browns, “Essential of Sports Nutrition”, Wiley; 2nd edition (27 September 2002), **ISBN-13:** 978-0471497646
- Herre Dictrich, “Principles of Sports Training”, 1982 Sports verlag, Germany.

Reference Books:

- Robert C. Atkins, “Dr. Atkins’ Diet Revolution”, Harper Collins Publishers India Limited; Revised edition (20 June 2014), ISBN-13: 978-0060012038
- Gary Taubes; “What if Fat Doesn’t make you Fat?” The New York Times Magazine.
- Gary Taubes; “Good Calories, Bad Calories”, RHUS; Reprint edition (23 September 2008), **ISBN-13:** 978-1400033461
- Uppal A.K. Science of Sports Training (Delhi: Friends Publications) 2009.
Willam Davis, “Wheat Belly”, The New York Times Magazine

PAPER – IV (22 BPES 104) Elective -1 (EL-1)

Subject : Marathi

Preamble: मातृभाषा मानवी जीवनाचा पाया आहे . विचारांची देवाणघेवाण मातृभाषेतूनच होते . मातृभाषेतूनच ज्ञान मिळवणे सुलभ जाते . मराठी समृद्ध अशी भाषा आहे . त्या माध्यमातून विद्यार्थ्यांचा सर्वांगीण विकास होतो.

Course Outcomes:

- 1 अभ्यासक्रमासाठी नेमलेल्या साहित्यातून जीवनदर्शनसमाजदर्शन होईल.
- 2 विविध प्रकारचे जीवनमूल्यनितीमुल्ययाची शिकवण विद्यार्थ्यांना मिळेल.
- 3 उपयोजितमराठी घटकाच्या माध्यमातून विविध प्रकारची कौशल्ये त्यांच्यात निर्माण होतील व ते रोजगारक्षम होतील.
- 4 वैचारिक, ललित, कविता या विविधवाङ्मयप्रकाराचे ज्ञानहोईल.

अ.क्र. Sr. No.	घटक Topic	अध्यापनतासिका Teaching Hours	श्रेयस्कर Credits
विभाग -अ	वैचारिक	12	
1)	माझेतीनगुरूवतीनदैवते- डॉ.बाबासाहेबआंबेडकर		
2)	सत्यशोधकपंढरीनाथपाटीलआणिमहात्माफुलेयांचेचरित्र- डॉ.प्रल्हादजी.लुलेकर		03
3)	छत्रपतीशिवरायांच्याव्यवस्था-चंद्रशेखरशिखरे		
विभाग - ब	ललित	12	
1)	जनानीजयपुरी-वसंतबापट		
2)	गढी-प्रतिमाइंगोले		
3)	वाघापूरपॅटर्न-अशोकमानकर		
विभाग - क	कविता	11	
1)	संतवाणी		
	अ) पैलतीरी....- संतज्ञानेश्वर ब) कांदा , मुळाभाजी-संतसावतामाळी		
2)	नवाशिपाई-केशवसुत		
3)	याभारतातबंधुभावनित्यवसूदे- राष्ट्रसंततुकडोजीमहाराज		

4)	विमान-अजीमनवाजराही		
5)	पोशिंदा-रवींद्रमहल्ले		
6)	अतिक्रमण-विशालइंगोले		
विभाग - ड	उपयोजितमराठी	10	
	लेखनविषयकनियम		
	मुद्रितशोधन		

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक - शब्दगंध-भाग 1(संपादित)

(विभाग अ, ब, क साठी) प्रकाशक : राघव पब्लिशर्स अँड डिस्ट्रीब्युटर्स, नागपूर

उपयोजित मराठी- संपादकडॉ.केतकी मोडक, संतोषशेणई सुजाता शेणई- पद्मगंधा प्रकाशन, पुणे :
प्रकरण 15 व 16

हिन्दी

PAPER – IV (22 BPES 104) Elective -1 (EL-1)

गद्य विभाग –:

- 1) मित्रता (निबंध) – रामचन्द्र शुक्ल
- 2) जनभाषा के रूप में हिन्दी (निबंध) –श्रीराम परिहार
- 3) शिक्षा का उद्देश – महादेवी वर्मा
- 4) मैं : एक बेरोजगार आदमी (व्यंग्य)– सर्वेश्वरदयाल सक्सेना
- 5) रसोईघर में प्रजातंत्र (एकांकी) – विष्णु प्रभाकर
- 6) संस्कृति है क्या ?– रामधारी सिंह 'दिनकर'

पद्य विभाग -:

- (1) पद - कबीर
- (2) उनको प्रणाम - नागर्जुन
- (3) पूंजीवादी समाज के प्रति – गजानन माधव मुक्तिबोध
- (4) सूरज पाना है – परशुराम शुक्ल
- (5) एक वृक्ष की हत्या – कुँवर नारायण

(6) रोटी ओर संसद – धूमिल

व्यवहारिक भाषा, 'व्याकरण' विराम चिन्ह -:

(1) भाषा की महत्ता और उनके विविध रूप

(2) भाषा कौशल

(3) वाक्य – संरचना और विराम चिन्ह

नियोजित पाठ्य पुस्तक

1) भाषा कौशल एवं संचार साधन

2) हिन्दी भाषा संरचना

3) आस्था – राघव पब्लिशर्स अँड डिस्ट्रीब्यूटर्स (नागपुर/जबलपुर)

4) आभा - राघव पब्लिशर्स अँड डिस्ट्रीब्यूटर्स (नागपुर/जबलपुर)

5) काव्यादर्श – राघव पब्लिशर्स अँड डिस्ट्रीब्यूटर्स (नागपुर/जबलपुर)

हिन्दी प्रश्न पत्रिका का स्वरूप

समय – 3 घंटे

कुल अंक -40

प्र. १ गद्य विभाग - दीर्घोत्तरी एक – 10 लघुत्तरी एक - 03

प्र. २ पद्य विभाग - दीर्घोत्तरी एक – 10 लघुत्तरी एक - 03

प्र. ३ –व्यवहारिक भाषा और 'व्याकरण' – 04

प्र. ४ सभी ईकाई पर वस्तुनिष्ठ प्रश्न – 10

अंतर्गत गुण:-

ENGLISH

PAPER – IV (22 BPES 104) Elective -1 (EL-1)

Name of the Book “Inspirations” (Orient Blackswan)

Total Marks : 40

Paper Duration : 1 Hr. 30 Minutes

Unit One : Prose

Unit Two : Poetry

Unit Three	: Grammar
Unit Four	: Business Correspondence and Writing Skill.
Unit One	: All prose Lessons from 'Inspirations'
Unit Two	: All Poems from 'Inspiration' (Orient Blackswan) Prepared by Gadge Baba Amravati University Amravati
Unit Three	: Change the narration, Change the voice, Synonyms and antonym, Idioms and phrases, Tense form.
Unit Four	: Letter writing, Newspaper Report

Distribution of Marks.

Unit One: Phrase - Any Two question to be attempted out of four	5 x 2=10
Unit Two: Poems - Any Two question to be attempted out of four	5 x 2=10
Unit Three: Grammar - No internal choice. Two Marks each for all five items	5 x 2=10
Unit Four: a) Letter writing, One to be attempted out of two	5
b) Newspaper Reports - (News item)	5

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.

Part – II (Skills), total 200 Marks

Section - II Swimming	Section - III Gymnastics	Section - IV Mass Demo. Activity [Lathi (8), Lazum (8), Mass P.T (8), Marching (8), Mass drills (8)]	Section - I Major Games (20 + 20)	Internal Marks	Total
40 Marks	40 Marks	40 Marks	40 Marks	40 Marks	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

22BPES 105
SWIMMING

BPES First Semester-Swimming

Total Marks-50

Swimming:

- Basic Fundamentals Skill
Breathing, Floating, Leg action, Arm action. Jumping
- Fundamentals of Two Strokes
 1. Free Style:- Body Position, Breathing, Coordination, Leg action, Arm action, Starting
 2. Breast Stroke: Body Position, Breathing. Coordination, Leg action. Arm action, Starting position.
- Types of Competitions

- Rules and Regulation
- Records

System of Examinations

BPES First Semester Swimming

(40 Marks)

Distribution of Marks

Fundamental Skill any two by candidate choice, and two skill by examiner choice (10 Marks)

Performance on any two events (10 Marks)

Record Book and Viva (10 Marks)

Officiating Swimming Tournament (10 Marks)

Individual Score Sheet

Combined Score Sheet-

Roll No.	Fundamental Skills 10 Marks		Performance Any Two Stroke 50/100 Meters 10 Marks	Record Book & Viva 10 Marks	Officiating and Swimming Tournament 10 Marks	Total 40 Marks
	Candidate Choice 5 Marks	Examiner Choice 5 Marks				

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22BPES 106

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 - 8 marks each

Individual Score Sheet - Name of the event: Ground Gymnastics

Roll No.	04 Stunts Examiner Choice 32 Marks				Record Book 8 Marks	Total 40 Marks
	8	8	8	8	8	

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet -

Name of the event: _____

Roll No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place: _____ Signature of External Examiner: _____

Date: _____ Signature of Internal Examiner: _____

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

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

22BPES 107 MASS DEMONSTRATION

System of examination:

The examination will be conducted in a group of 03 to 05 candidate.

Individual Score Sheet -

Roll No.	Lathi 8 Marks	Lazuim 8 Marks	Mass P.T 8 Marks	Marching 8 Marks	Mass drills 8 Marks	Total 40 Marks

Place: _____ Signature of Examiner: _____

Date: _____

Consolidation Score Sheet -

Roll No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place: _____ Signature of External Examiner: _____

Date: _____ Signature of Internal Examiner: _____

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

Contents:

Dumbells/ Wands/ Lazium/Jodi / Lathi:

Fundamental Skills

- **Lathi**

Lathi-Sidhi Bel, Ulti Bel, Do Rukh, Beliya, Beliya Choumukhi, Bagalwar, Jung war, Age Falang, Pichhe Falang

- **Lazium**

Ghati Lazium-Char Awaz, Ath Awaz, Age Pav, Pav Chakkar, Adha Chakkar, Adhi Baithak,

Hindustani (Sadha) Lezuim-Char Awaaz, Ath Awaaz, Edi lagav, Pavitra, Age Phalang, Piche Phalang, Do Rukh

- **Mass P.T.:**

Seating and standing tables' exercises.

- **Marching**

Marching - Savdhan, Vishram, Daine Mood, Baye Mood, Pichhe Mood, Kadam Tal, Tej Chal, Thumb, Dahine Salute, Samne Salute, Dahinedekh, Samnedekh, Khuli line chal, Nikat line chal, Kadambadal, Dhire Chal, Daudke Chal

- **Mass drills with apparatus (Dumbell / Wands / Jodi)**

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

22BPES 108 MAJOR GAMES

Total Marks

(50 Marks)

System of Examination:

40 Marks

The examination will be conducted on the following two games – 20 marks each.

1. Basket ball
2. Kabaddi

Distribution of marks for the examination of the games:

1. Fundamental Skills	- 2 skills x 4 marks	-	8 Marks
2. Game Performance		-	8 Marks
3. Record Book		-	<u>04 Marks</u>
Total			20 Marks

Individual Score Sheet -

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

Roll No.	Fundamental Skills (8 Marks)		Game Performance 8 Marks	Record Book 4 Marks	Total 20 Marks
	04	04			

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet -Name of the games: 1st game _____ / 2nd game _____

Roll No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

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

Roll No.	First Game 20 Marks	Second Game 20 Marks	Total 40 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

BASKETBALL**01) History and Introduction of Basket Ball.**

- i) Indian History.
- ii) International History.
- iii) Asian History.

02) Measurement of Basket Ball Court.

- i) Senior Boys and Girls.
- ii) Junior Boys and Girls.

03) Rules and Regulations of Basket Ball Game.

- i) International level.
- ii) National level.
- iii) Federation level.
- iv) Total Numbers of Players.
- v) Numbers of Officials.
- vi) Duties of Officials.
- vii) Duration of Game.

04) Fundamental Skills and Techniques of Basket Ball Game.

- i) Stance – Players Stance and Ball Holding.
- ii) Foot Work.
- iii) Passing and Receiving

- iv) **Types of One Hand Passes** – A) One Hand Over Hand Pass. B) One Hand Base Pass. C) One Hand Bounce Pass. D) One Hand Side Pass. E) One Hand Hook Pass. F) One Hand Under Hand Pass. G) One Hand Role Pass. H) One Hand Back Pass. G) One Hand Long Pass.

Types of Two Hand Passes – A) Two Hand Over Head Pass. B) Two Hand Chest Pass.

C) Two Hand Base Pass. D) Two Hand Bounce Pass. E) Two Hand Side Pass.

Types of Dribbling – A) Low Dribbling. B) High Dribbling.

Types of Shooting - A) One Hand Over Head Shot. B) One Hand Base Shot. C) One Hand Set Shot. D) One Hand Jump Shot. E) One Hand Lay-up-Shot. F) One Hand Hook Shot.

Two Hand Shooting – A) Two Hand Over Head Shot. B) Two Hand Base Shot. C) Two Hand Set Shot. D) Two Hand Jump Shot.

05)**Rebounds** – A) Offensive Rebounds. B) Defensive Rebounds .

06)**Defensive Skills**. A) Man to Man Defense. B) 1-2-2. C) 2-1-2. D) 2-3. E) 3-2. Box Out.

07)**Offensive Skill** – A) Screen and Role. B) Give and Go. C) Fast Break.

KABADDI

UNIT NO – 01

1. Introduction.
2. Forms of Kabaddi.
3. Types of Kabaddi.

4. Rules of Play.
5. Rules of Match.

UNIT NO – 02)

1. Field measurement.
2. Ground Marking.
3. Mechanism of officiating.

4. Whistling and Hand signals of officials.
5. Score-sheet.
6. New rules of Kabaddi.

UNIT – 03) Skills of Anti Raider.

1. Stance.
2. Foot Work.
3. Chain formation.
4. Position of the anti-raider.
5. Chain Hold.
6. Thigh Hold.

7. Knee Hold.
8. Wrist Hold.
9. Waist Hold.
10. Blocking.
11. Diving.
12. Advance tackling.

UNIT – 04) Skills of Raider.

1. Foot Work.
2. Crossing the line. (Bonus line / Bulk line)
3. Kicking.
4. Turning. (Inward / Outward)
 - a. Escaping.
 - b. Pursuit.

5. Hand Touch.
6. Toe Touch.
7. Jumping over the Chain OR anti
8. Plunging below the Chain
9. Sliding.

B.P.E.S. Semester – II

22BPES109

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

REFERENCE:

- 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 Health – 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.

22BPES110

HUMAN PHYSIOLOGY

UNIT No. 01

A) Introduction and Functional Organization of Human Body.

1.1 Meaning and Concepts of Physiology.

1.2 Need and Importance of knowledge of Physiology in the field of Physical Education and Sports.

B) Physiology of Cell, Tissue and Systems of Human Body.

1.3 Importance of Cell, Tissue and Various System in the Human Body.

1.4 Composition and Functions of Cell and Tissues.

UNIT No. 02

A) Skeletal , Articular and Muscular System.

2.1 Factors essential for development of Bone.

2.2 Joints – Analysis of movement of joints.

B) Muscular System.

2.3 Functional Characteristics of varies types of muscles Muscle fatigue, Muscle **tone** etc.

UNIT No. 03

A) Circulatory Respiratory and Digestive System.

3.1 Difference Between Artery and Veins.

3.2 Heart – Functions, Cardiac cycle, Types of Blood circulation.

3.3 Blood pressure, Blood composition and Functions.

3.4 Respiratory system – Types of Respiration, Functions of Respiratory organs, Process of Respiration.

B) Digestive System

3.5 Functions of Digestive Organs, Introduction of process of digestion and metabolism.

3.6 Digestive Glands – Functions and Introduction of process of Absorption and Excretion.

UNIT No. 04

Excretory, Endocrine, Nerves system and Sensory Organs.

A) Excretory and Endocrine System.

4.1 Excretory organs – Functions of Kidney, formation of Urine, its composition.

4.2 Endocrine system – Hormone, Definition and its Importance, Difference between Duct and Ductless glands, Various Endocrine glands in the Body, their functions and effects of Hypo and Hyper functioning.

B) Nerves System and Sensory Organs.

4.3 Sensory and Motor Path Way, Functions of Brain, Cranial nerves.

4.4 Spinal cord, Spinal nerves, Reflex action.

4.5 Autonomic nerves system.

4.6 Sensory Organs – General introduction about sense of Sight, Smell, Touch and Hearing.

Functions of Skin and regulation of body temperature.

22BPES111

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.

22BPES 112

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:

- Agrawal K.C. Environmental Biology (Bikaner Nidhi publishers Ltd) 2001
- Cunningham W.P., And Others Environmental Encyclopedia Mumbai Jallo Publishers Home 2001.
- Hawkinsa, R.E. Encyclopedia of India natural history, Bombay Natural History Society
- Heywood V.H. and Watson V.M. Glob Biodiversity Assessment (U.K.) Cambridge University Press) 1995
- Jadhav H. and Bhosale, V.M. Environmental protection and laws (Delhi Himalaya pub. House) 1995
- 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.)
- Odum I.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971
- 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)

22BPES 113

GENERIC ELECTIVE 2 (THEORY)

Total Marks	50 Marks
Examination system	40 Marks
Internal	10 Marks

Note:

- Select any available course from the list attached herewith.
- The courses which already have been completed cannot be repeated.

Practical Semester-II
22BPES 114
Track Event in Athletic

Track Events (Running and walking events)

Contents:

100mts, 200mts, 400mts, 800mts, 1500mts, 110mts Hurdle(M), 100mts Hurdle(W), Walking, Steeple Chase.

From the above-mentioned track events the examinee has to demonstrate any 03 events to their best of choices, each event consists of 8 marks, thus 30 marks stand for examination.

➤ **External Marks – (40)**

Roll No.	Record Book (8 M)	Viva on Rules & Regulation (8 M)	Performance any three events		Total (40M)
			(24 M)		
			1		
			2		
			3		

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

i) **Contents Record Book (8 Marks):**

- History (Indian)
- Fundamental Skills
- Advance Drills
- Marking
- Rules
- Technical Equipments
- Score sheets
- Records of National and International events

ii) **Viva-Voce (8 Marks)**

Viva shall be conducted on the track events of contents of note book as already cited.

iii) **Performance on Track events (24 Marks)**

Performance has to be given on the opted three track events.

The external examination for the track events is of 40 marks which is divided into four subheads:

i) Note book ii) Viva iii) Physical performance of track events that consist of 8, 8, and 24 marks respectively.

A note book has to be prepared by the examinee containing track marking on a graph paper, track events- fundamental skills, advance drills, marking, rules and its interpretations, technical equipments, score sheets, record of National and International track events.

The Examinee has to face a Viva-voce pertaining to the track events referring the contents of the note book to prove the general and technical knowledge in the concerned area.

Physical performance of any three events listed above for the track events, shall be selected by the examinee to test one's prowess in the event.

Yoga Practical 22BPES115

Total Marks

50 Marks

System of examination:

40 Marks

(Asanas) : (16 Marks)

The examination will be conducted in Asana as follows:

1. Four Asana as told by examiners - 04 Marks each

Individual Score Sheet -

Name of Event: Asana

Roll No.	04Asana- Examiner's Choice 16 Marks				Total 16 Marks
	04	04	04	04	

Place:

Signature of Examiner: _____

Date:

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

Individual Score Sheet -

Name of Event: Yoga

Roll No.	4 Demonstration of Examiner's Choice 10 Marks each				Total 16 Marks
	Kriya 04.	Pranayama 04.	Bandha 04.	Mudra 04.	

Place:

Signature of Examiner: _____

Date:

Record Book 8 Marks

Consolidation Score Sheet -

Name of the event: _____

Roll No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

Contents: Skills and Techniques

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

Contents: Skills and Techniques

1. ASANAS -

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

2. KRIYAS -

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

2.1 Non-instrumental Kriya -

- | | |
|-------------|-----------------|
| i) Uddyan | iii) Nauli |
| ii) Agnisar | iv) Kapalbhathi |

-Pranayama:

- | | |
|---|---------------------------------------|
| 1. <u>Bhramari (humming Bee)</u> | 4. <u>Bhastrika (Bellow's Breath)</u> |
| 2. <u>Ujjayi (Victorious)</u> | 5. <u>Murchha (Fainting Breath)</u> |
| 3. <u>Surya Bhedan (Right Nostril Breath)</u> | 6. <u>Sheetali (Cooling Breath)</u> |
| | 7. <u>Sitkari (Colling Breath)</u> |

-Bandha:

- | | |
|----------------------------|---------------------|
| 1. <u>Jalandhar Bandha</u> | 3. <u>Mulbandha</u> |
| 2. <u>Uddiyan Bandha</u> | |

-Mudra:

- | | |
|-----------------------|--------------------|
| i) Singha mudra | iv) Shambhavimudra |
| ii) Viparitkarnimudra | v) Breathing |
| iii) Yoga mudra | |

MALLKHAMB
22BPES 116

Total Marks

50 Marks

System of examination:

40 Marks

The examination will be conducted in Mallkhamb as follows:

2 demonstrations as told by examiner	-	15 marks each
Viva	-	10 marks

Individual Score Sheet :

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

Roll No.	02 Demonstration, Examiner's Choice 30 Marks	Viva 10 Marks	Total 40 Marks

Place:

Signature of Examiner: _____

Date:

Consolidation Score Sheet :

Name of event: _____

Roll No.	First Examiner's 40 Marks	Second Examiner's 40 Marks	Total 80 Marks	Out of 40 Marks

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

Contents: Skills and Techniques

POLE MALLKHAMB.

- | | | |
|------------------|------------------------|-------------------------|
| 01) Salami. | 05) Bandar Udi. | 09) Parwatasan. |
| 02) Sadhi Udi. | 06) Kandha Udi. | 10) Maurpankhi Landing. |
| 03) Sina Udi. | 07) Straddle | |
| 04) Kamani Udii. | 08) Paschhimottanasan. | |

ROPE MALLAKHAMB.

- | | |
|------------------------|-------------------------|
| 01) Claimbing on Rope. | 07) Nidrrasan. |
| 02) Straddle. | 08) Gaurai. |
| 03) Cross Yeshu. | 09) Bajrang. |
| 04) Sadhi Udi. | 10) Maurpankhi Landing. |
| 05) Padmasan. | |
| 06) Paschhimottanasan. | |

22BPES117

Band, Bigule and Song

Total Marks

BAND

Event: Bugle, Drum, Side-drum, Flute and Song

Note: Each activity will be assed for ten marks.

50 Marks

40 Marks

Sr. No.	Activity	Details	Marks
1	Bigule	Call House of Honor General Salute	8
2	Drum	To play: National Anthem, March Past, Slow march. Mass PT Kadam taal	8
3	Side Drum	To play: National Anthem, March Past. Slow march, Mass PT, General Salute	8
4	Flute	To play: National Anthem., Salami, Rajasthan Slow march, Quick March , Vandemataram	8
5	Song	Group Song Solo Song	8

Score Sheet

Bigule (8M)	Drum (8M)	Side Drum (8M)	Flute (8M)	Song (8M)	Total (40M)

Place:

Signature of External Examiner: _____

Date:

Signature of Internal Examiner: _____

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

SEMESTER – I

Roll No.	Swimming 40 Marks	Gymnastics 40 Marks	Mass demonstration activities (Lathi Lizum Mass PT, Marching, Mass Drills) 40 Marks	Indigenous Activities Major Game 40 Marks	Internal 40 Marks	Total 200 Marks
Code	22BPES 105	22BPES 106	22BPES 107	22BPES 108		

Place: _____ Name & Signature of External Examiner: _____

Date: _____ Name & Signature of Internal Examiner: _____

SEMESTER – II

Final Score Sheet

Roll No.	Track Event in Athletic Elective 2 40 Marks	Yoga Practical 40 Marks	Mallakhamb 40 Marks	Band, Bigule and Song 40 Marks	Internal 40 Marks	Total 200 Marks
Code	22BPES 114	22BPES 115	22BPES 116	22BPES 117		

Place: _____ Name & Signature of External Examiner: _____

Date: _____ Name & Signature of Internal Examiner: _____

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

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

Syllabus



2022-2023 Onwards

THEORY
22 BPES201
SPORTS PSYCHOLOGY

UNIT – 1. Introduction of Sports Psychology

- 1.1 Meaning, Definition and 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 Improving Perception
- 3.5 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

22BPES 202
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

22BPES 203

Elective 3

हिन्दी

गद्य विभाग –:

- | | |
|--------------------------------------|--|
| (1) भोलाराम का जीव | - हरीशंकर परसाई |
| (2) बढ़ते शोर का गहराता संकट (निबंध) | - राजेंद्र कुमार राय, रवीन्द्र कुमार वर्मा |
| (3) कर्ज | - रामदरश मिश्र |
| (4) कायक वे कैलाश | - बी. डी. जत्ती |
| (5) सयानी बुआ (कहानी) | - मन्नू भंडारी |
| (6) महानगर की मैथिली (कहानी) | - सुधा अरोड़ा |

पद्य विभाग -:

- | | | | |
|--------------------|-----------------------|-------------------------|--------------------|
| (1) पद | - सूरदास | (4) हरा-भरा है देश | - अज्ञेय |
| (2) माँ | - नरेश मेहता | (5) जो शिलाए तोड़ते हैं | - केदारनाथ अग्रवाल |
| (3) राखी की चुनौती | - सुभद्राकुमारी चौहान | (6) गजल | - दुष्यंत कुमार |

हिन्दी भाषा एवं व्याकरण

- (1) पत्र लेखन का महत्व और उसके विविध रूप
- (2) शब्द संरचना – तत्सम, तद्भव, देशज, विदेशी
- (3) हिन्दी की शब्द – संपदा

नियोजित पाठ्य पुस्तक

- (1) भाषा कौशल एवं संचार साधन
- (2) हिन्दी भाषा संरचना
- (3) आस्था – राघव पब्लिशर्स अँड डिस्ट्रीब्यूटर्स (नागपुर/जबलपुर)
- (4) आभा - राघव पब्लिशर्स अँड डिस्ट्रीब्यूटर्स (नागपुर/जबलपुर)
- (5) काव्यादर्श – राघव पब्लिशर्स अँड डिस्ट्रीब्यूटर्स (नागपुर/जबलपुर)

हिन्दी प्रश्न पत्रिका का स्वरूप

समय – 3 घंटे	कुल अंक - 40
प्र. १ गद्य विभाग - दीर्घोत्तरी एक –	10
लघुत्तरी एक -	03
प्र. २ पद्य विभाग - दीर्घोत्तरी एक –	10
लघुत्तरी एक -	03
प्र. ३ – व्यवहारिक भाषा और ‘व्याकरण’ –	04
प्र. ४ सभी ईकाई पर वस्तुनिष्ठ प्रश्न –	10
अंतर्गत गुण -:	

22BPES 203

Elective 3

ENGLISH

Total Marks	:	40
Paper Duration	:	1 hr. - 30 minutes
Unit One	:	Prose - 10 marks
Unit Two	:	Poetry - 10 marks
Unit Three	:	Grammar - 10 marks
Unit Four	:	Business Correspondence and writing skills - 10 marks
Unit One	:	All prose lessons from textbook ‘Blossoming Flowers’ published by Orient black swan
Unit Two	:	All Poems from:- Blossoming Flowers (Text book) published by (Orient Black swan)
Unit Three	:	Grammar 1) Change the narration 2) Change the Voice 3) Synonyms and antonyms 4) Idioms and Phrases 5) Tense Forms
Unit Four	:	1) Resume Writing 2) E-mail writing

DISTRIBUTION OF MARKS:

Unit One	:	Phrase – Any two question to be attempted out of four	5x2=10
Unit Two	:	Poems – Any Two question to be attempted out of four	5x2=10
Unit Three	:	Grammar – No internal choice Two marks each for all five items	
Unit Four	:	a) Letter writing One to be attempted out of two	5

- b) 1) Resume Writing
2) E-mail Writing

CONTENTS

“BLOSSOMING FLOWERS” : PUBLISHED BY (ORIENT BLACKSWAN)

PROSE

- | | | |
|----------------------------------|---|------------------|
| 1) Why are beggars Despised | : | George Orwell |
| 2) One the Conduct of Life | : | William Hazlit |
| 3) The Girl (Extract) | : | O Hendry |
| 4) The Magic Shop | : | H. Wells |
| 5) India's Message To the World | : | Swami Vivekanand |
| 6) The Pleasure of the Ignorance | : | Robert Lynd |
| 7) The Happy Prince | : | Oscar Wild |
| 8) The Three Questions | : | Leo Tolstoy |

POETRY :

- | | | |
|-----------------------------------|---|-------------------|
| 1) Sonnet 116 | : | Shakes Peare |
| 2) Dirge | : | James Shirley |
| 3) Where the mind is without Fear | : | R.B. Tagore |
| 4) A Lament | : | P.B. Shelley |
| 5) Love is Life | : | Robert Browning |
| 6) U P | : | Christing Rosseti |
| 7) Leisure | : | W.H. Davies |
| 8) A Baby a sleep after pain | : | D.H. Lawrence |

22BPES 203

Elective 3

Marathi

Preamble: मातृभाषा मानवी जीवनाचा पाया आहे . विचारांची देवाणघेवाण मातृभाषेतूनच होते .
मातृभाषेतूनच ज्ञान मिळवणे सुलभ जाते . मराठी समृद्ध अशी भाषा आहे . त्या माध्यमातून विद्यार्थ्यांचा
सर्वांगीण विकास होतो.

Course Outcomes:

- 1 अभ्यासक्रमासाठी नेमलेल्या साहित्यातून जीवनदर्शन समाजदर्शन होईल.
- 2 विविध प्रकारचे जीवनमूल्य नितीमूल्य याची शिकवण विद्यार्थ्यांना मिळेल.
- 3 उपयोजित मराठी घटकाच्या माध्यमातून विविध प्रकारची कौशल्ये त्यांच्यात निर्माण होतील व ते रोजगारक्षम होतील.
- 4 वैचारिक, ललित, कविता या विविध वाङ्मय प्रकाराचे ज्ञान होईल.

अ.क्र. Sr. No.	घटक Topic	अध्यापन तासिका Teaching Hours	श्रेयस्कर Credits
विभाग -अ	वैचारिक	12	
1)			
2)			03
3)			
विभाग - ब	ललित	12	
1)			
2)			
3)			
विभाग - क	कविता	11	
1)			
2)			
3)			
4)			
5)			
6)			
7)			
विभाग - ड	उपयोजित मराठी	10	

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक-

- शब्दगंधभाग- 3 (संपादित) (विभाग अ,ब,क साठी)प्रकाशक :
राघव पब्लिशर्स अँड डिस्ट्रीब्युटर्स,नागपूर
- उपयोजित मराठी - संपादक डॉ.केतकी मोडक ,
संतोष शेणई सुजाता शेणई- पद्मगंधा प्रकाशन, पुणे

22BPES 204

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:

- 1.1 Bony joints and their types
- 1.2 Fundamental movements of the major body segments
- 1.3 Structural and functional classification of muscles.
- 1.4 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
- मानव क्रिया विज्ञान (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)

Semester-III Practical
22 BPES 205

COMBATIVE GAME BOXING, WRESTLING, TAEKWONDO, JUDO

Total Marks

50 Marks

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.

Wrestling: Fundamental Skills

History of Wrestling

- Ancient Wrestling
- Indian Style Wrestling
- Modern Wrestling
 - 1) Free Style Wrestling
 - 2) Greco Roman style wrestling
 - 3) Sumo Style Wrestling
 - 4) Women Wrestling
- Rule and regulation of Modern Wrestling

Stance

- Cross Stance
 - 1) Right Cross Stance
 - 2) Left Cross Stance
- Square Stance
- Wrestling Grip
- Technique

Standing technique

- 1) Dasti
- 2) Sar-Zir a bagal dub
- 3) Fane Kamar
- 4) One arm throw
- 5) Khur Zin takan

Sitting technique

- 1) Nelson
- 2) Bangdi
- 3) Fitile
- 4) KastanaLatna
- 5) Bharandaj
- 6) 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

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 mawari Ukemi (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)
- Nage Waza (Throwing techniques) Nege Waza – O Goshi, Ippon Seoi Nage, O-uchi Gari, Harai Goshi, O-Soto Gari, Kouchi Gari, Uchimata, Tai Otoshi, Seoi Nage, Tomoe Nage, Ko Soto Gari
- Katamawaze (Grappling techniques) kesa gatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (upper for quarters) Yoko shiho gatame (side four quarters)
- Shime Waza (Choking Tech.) Hadaka Jime (Neck Choak) o kuriarigimie (Sliding Lape Choak)
- Kansetsu Waza (Locking Tech.) UdeGaramie (Bent Arm Lock)
- Counters – Tani otoshi, osoto gari by osoto gari
- Combination – O-Goshi to kuzure kesa Gatame, O-uchigari to seoi Nage, O-uchi gari to tai otoshi.

System of Examination

40 Marks

Combative activity – Boxing / Wrestling / Taekwondo

- i) Two skills of examiner choice - 8 marks
 ii) Two skills of candidate choice - 8 marks
 iii) Two minutes play - 04 marks

Total 20 marks

The following tables will be applicable for both the activities

Name of Activity: -----

Roll No.	Examiner's Choice		Candidate's Choice		Performance	Total 20 Marks
	Skill – 1 04 Marks	Skill – 2 04 Marks	Skill – 1 04 Marks	Skill – 2 04 Marks	4 Marks	

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Consolidated Score Sheet –

Roll No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22BPES 206

TEACHING PRACTICE (General)

Individual Score Sheet –

General Lesson on Indigenous Activity

Roll No.	Personal Preparation 20 Marks	Technical Preparation 20 Marks	Total 40 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Consolidated Score Sheet –

General Lesson on Indigenous Activity

Roll No.	First Examiner 40 Marks	Second Examiner 50 Marks	Total 80 Marks	Out of 40 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22BPES 207

FIRST AID

UNIT 1

- i) Introduction and basics of first aid
- ii) Techniques of first aid – dressings and bandages rescuing and transport of casualty.

UNIT 2

First aid related with bone joint and muscular system

- i) General idea of physiology of bone, joint and muscle
- ii) First aid for sprain, strain, fracture, dislocation, cramp, contusion

UNIT 3

First aid related with wounds and injuries

UNIT 4

First aid related with respiratory system

- i) Basic introduction of process of respiration
- ii) Handling breathing related emergencies like difficulty in breathing, no breathing, choking, drowning, suffocation etc.

UNIT 5

First aid related with circulatory system

- i) Introduction of physiology of heart and blood circulation
- ii) Handling emergency situation – Position of casualty, shock, ABC, CPR, Chest discomfortness.

UNIT 6

First aid related with digestive system like diarrhoea, dehydration, food poisoning

UNIT 7

First aid related with Nervous system

- i) Basic physiology of nervous system
- ii) Unconsciousness, stroke, fits, convulsions etc.

UNIT 8

First aid related with skin and burns

- i) Burning from fire, heat and steam
- ii) Sunburn, heatstroke
- iii) Cold burns – Frost bite, Hyper and Hypothermia

UNIT 9

- i) First aid related with bites and stings
- ii) First aid related with eye, ear, nose, skin, swallowing of foreign objects.

Reference

- Indian First Aid Manual-<https://www.indianredcross.org/publications/FA-manual.pdf>
- Red Cross First Aid/CPR/AED Instructor Manual
- <https://mhfa.com.au/courses/public/types/youthedition4>
- Finkelhor, D. (2009). The prevention of childhood sexual abuse. Durham, NH: Crimes Against Children Research Center. www.unh.edu/ccrc/pdf/CV192.pdf
- Kantor L. & Levitz N. (2017). Parents' views on sex education in schools: How much do Democrats and Republicans agree? PLoS ONE, 12 (7): e0180250.
- Orenstein, P. (2016). Girls and sex: Navigating the complicated new landscape. New York, NY: Harper.
- Schwietershausen, E. (2015, May 28). The Cut. www.thecut.com/2015/05/most-women-are-catcalled-before-they-turn-17.html
- Wiggins, G. & McTighe, J. (2008). Understanding by design. Alexandria, VA: ASCD.
- <https://marshallmemo.com/marshall-publications.php#8>

Individual score sheet for each activity

Name of Activity: -----

Roll No.	Candidate's Choice 16 Marks	Examiner's Choice 16 Marks	Note book & Viva 8 Marks	Out of 40 Marks

Place:

Name & Signature of External Examiner:

Date:

Name & Signature of Internal Examiner:

Individual score sheet

Roll. No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place:

Name & Signature of External Examiner:

Date:

Name & Signature of Internal Examiner:

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22BPES 208

GENERIC ELECTIVE 4 (PRACTICAL)

Total Marks **50 Marks**

Examination system **40 Marks**

Internal **10 Marks**

Note:

- **Select any available course from the list attached herewith.**
- **The courses which already have been completed cannot be repeated.**

FINAL SCORE SHEET

Roll No.	Generic Elective Practical 40 Marks	Combative game Boxing, Wrestling, Taekwondo, Judo 40 Marks	First Aid 40 Marks	Teaching Practice (General) 40 Marks	Internal 40 Marks	Total 200 Marks

BPES Semester IV (THEORY)
22 BPES 209
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.

22BPES 210

RECREATION

UNIT –1.

- 1.1 History of Early and Modern Recreation
- 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 for society
- 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

22BPES 211
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

22BPES 212

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., (1993). **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

22BPES 213

GENERIC ELECTIVE 4 (THEORY)

Total Marks **50 Marks**

Examination system **40 Marks**

Internal **10 Marks**

Note:

- Select any available course from the list attached herewith.
- The courses which already have been completed cannot be repeated.

BPES Semester IV (PRACTICAL)

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.

Sr. No.	22BPES 214	22BPES 215	22BPES 216	Internal	Total 150
	Major Games 20+20 = 40 marks	Teaching Practice (Specific Lesson) 40 marks	Athletics Field Event Shot-put, Long Jump, Javelin 40 marks	30 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

22 BPES 214
MAJOR GAMES

Total Marks

50 Marks

The examination will be conducted on the following two games

40 Marks

1) Handball

2) Football

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

2) FOOTBALL: – 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

System of Examination (Handball, Football) 50 Marks

Distribution of marks for the examination of major game

1) Fundamental Skills	(2 Skills x 4 Marks)	-	08 Marks
2) Playing performance		-	04 Marks
3) Practical note book	1) Note Book	- 04 Marks	- 08 Marks
	2) Vivo	- 04 Marks	
	Total	-	20 Marks

Individual Score Sheet –

Name of the game: -----

Handball / Football

Roll No.	Fundamental Skill 8 Marks	Playing Performance 4 Marks	Practical Book		Total 20 Marks
			Note Book 4 Marks	Viva 4 Marks	

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Consolidated Score Sheet –

Name of the game: -----

Handball / Football

Roll No.	First Examiner 20 Marks	Second Examiner 20 Marks	Total 40 Marks	Out of 20 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Final Score Sheet –

Roll No.	Handball 20 Marks	Football 20 Marks	Total 40 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22BPES215

TEACHING PRACTICE (SPECIFIC)

Individual Score Sheet –

Specific Lesson on Sports Activities

Roll No.	Personal Preparation 20 Marks	Technical Preparation 20 Marks	Total 40 Marks

Place : Name & Signature of External Examiner :

Date : Name & Signature of Internal Examiner :

**Consolidated Score Sheet –
Specific Lesson on Sports Activities**

Roll No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place : _____ Name & Signature of External Examiner :

Date : _____ Name & Signature of Internal Examiner :

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

**22 BPES 216
ATHLETICS FIELD EVENT**

Total Marks

50 Marks

System of examination

40 Marks

The examination will be conducted on the following events, Shot-put, Discus, and Javelin (3 events). Total 40 marks consist of 8 marks for each technique of Shot-put, Discus, and Javelin. 8 marks for performance in any one event and 8 marks for practical note book and viva

Shot-put, Discus, Javelin

Individual Score Sheet –

Sr. No.	Techniques of first event 8 Marks	Techniques of second event 8 Marks	Techniques of third event 8 Marks	Performance 8 Marks (any one event)	Practical Note-Book and Viva 8 Marks		Out of 40 Marks
					N.B. 04 M	Viva 04 M	

Place: _____ Name & Signature of External Examiner:

Date: _____ Name & Signature of Internal Examiner:

Individual Score Sheet –

Athletic style: Technique of event

Name of Event: -----

Sr. No.	Examiner's Choice 04 Marks	Candidate's Choice 04 Marks	Total 8 Marks
	Style / Technique	Style /Technique	

Place : _____ Name & Signature of External Examiner :

Date : _____ Name & Signature of Internal Examiner :

Athletic performance

- 1) Shot-put
- 2) Long Jump

3) Javelin

Shot Put (Perry – O'Brien, Disco put)

- The Grip
- The Stance
- The Leg-Swing
- The Shift
- The Delivery
- The Release
- The Recovery

Long Jump

- 1) Start
- 2) Approach
- 3) Drive Phase
- 4) Transition Phase
- 5) Attack Phase
- 6) Take-off
- 7) Flight
The hang, The Sail, Hitch kick
- 8) Landing

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

1) Athletic Performance Score Sheet –

Name of Event – Shot Put

Sr. No.	Roll No.	1 st Chance	2 nd Chance	3 rd Chance	Best Throw	Marks Out of 8 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

2) Athletic Performance Score Sheet –

Name of Event – Long Jump

Sr. No.	Roll No.	1 st Chance	2 nd Chance	3 rd Chance	Best Throw	Marks Out of 8 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Name of Event –

3) Athletic Performance Score Sheet –

Date:

Name of Event – Javelin Throw (Men / Women)

Roll No.	First Chance	Second Chance	Third Chance	Best Throw (Meters)	Marks Out of 8 Marks

Consolidated Score Sheet –Athletic Event

Roll No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

Final Score Sheet

Sr. No.	22BPES 214	22BPES 215	22BPES 216	Internal	Total 150
	Major Games 20+20 = 40 marks	Teaching Practice (Specific Lesson) 40 marks	Athletics Field Event Shot- put, Long Jump, Javelin 40 marks	30 Marks	

Place:

Name & Signature of External Examiner:

Date:

Name & Signature of Internal Examiner:

APPENDIX-I

Athletic Performance Conversion Scoring Table (Men) Throwing Events

Marks	Shot Put (7Kg. 260 Gram) in Meters	Javelin Throw in Meters	Long Jump
10	8.60	55.00	6.00
9.5	8.40	48.00	5.90
9	8.10	46.00	5.80
8.5	7.90	44.00	5.70
8	7.50	42.00	5.60
7.5	7.20	40.00	5.50
7	6.80	37.00	5.40
6.5	6.40	34.00	5.30
6	6.00	31.00	5.20
5.5	5.90	28.00	5.10
5	5.80	25.00	5.00
4.5	5.70	24.50	4.95
4	5.60	24.00	4.90
3.5	5.50	23.50	4.85
3	5.40	23.50	4.80
2.5	5.35	22.50	4.75
2	5.30	22.06	4.70
1.5	5.25	21.50	4.65
1	5.20	21.00	4.60
0.5	5.15	20.50	4.55
0	5.10	20.00	4.50

APPENDIX-II
Athletic Performance Conversion Scoring Table (Women)
Throwing and Jumping Events

Marks	Shotput (4Kg) in Meters	Long Jump in meters	Javelin in Meters
10	8.50	4.00	35.00
9.5	8.30	3.90	33.50
9	8.10	3.80	32.00
8.5	7.80	3.70	30.50
8	7.50	3.60	29.00
7.5	7.20	3.50	27.50
7	6.80	3.40	26.00
6.5	6.40	3.30	24.50
6	6.00	3.20	23.00
5.5	5.60	3.10	21.50
5	5.20	3.00	20.00
4.5	5.05	2.95	19.00
4	4.90	2.90	18.00
3.5	4.75	2.85	17.00
3	4.60	2.80	16.00
2.5	4.45	2.75	15.50
1.5	4.20	2.65	14.50
1	4.10	2.60	14.00
0.5	4.00	2.55	13.50
0	3.90	2.50	13.00

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

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

Syllabus

2022-2023 Onwards

B.P.E.S. Semester V (Theory)
22 BPES 301
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.
- 4.4 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

22BPES 302
ELECTIVE 6 LANGUAGES
मराठी

हिन्दी

❖ गद्य विभाग

1. उधार मांगना भी एक कला है- व्यंग्य बरसानेलाल चतुर्वेदी
2. साझ की बेला पछी अकेला कहानी मालती जोशी
3. बैलगाडी बेढब बनारसी
4. ग्राम लक्ष्मी की उपासना- आ. विनोबा भावे
5. रुपा की आजी कहानी- रामवृक्ष बेनीपुरी

❖ पद्य विभाग

1. किनारा वह हमसे सूर्यकांत त्रिपाठी 'निराला'
2. फसल सर्वेश्वरदयाल सक्सेना
3. प्रभाती रघुवीर सहाय
4. यह तुम थी नागार्जुन
5. हम नदी के साथ साथ अज्ञेय
6. आंखो से सिर्फ जहीर कुरेशी

❖ प्रयोजन मूलक हिन्दी

1. अनुवाद परिभाषा, प्रकार, महत्व, विशेषताएँ
2. विज्ञापन
3. पत्रकारिता न्यूज रिपोर्टर

पाठ्य पुस्तक:

आस्था - राघव पब्लिशर्स अँडडिस्ट्रीब्यूटर्स नागपुर / जबलपुर आभा - राघव पब्लिशर्स अँडडिस्ट्रीब्यूटर्स नागपुर / जबलपुर काव्यादर्श - राघव पब्लिशर्स अँडडिस्ट्रीब्यूटर्स नागपुर / जबलपुर हिन्दी भाषा संरचना मध्यप्रदेश हिन्दी ग्रंथ अकादमी, भोपाल

22BPES 302

ELECTIVE 6 LANGUAGES

ENGLISH

Unit One:-	Prose	10 Marks
Unit Two:-	Poetry	10 Marks
Unit Three:-	Grammar	10 Marks
Unit Four:-	Business Correspondence and Writing Skills 10 Marks	

Unit One:- All Prose Lesson From :- The Prescribed Textbook “The Sands of The Time”
Published by (Orient Blackswan)

Unit Two:- All Poems from the given Textbook “ The Sands of the Time”

Unit Three:- Grammar
1) Change the Narration
2) Change the Voice
3) Synonyms and Antonyms
4) Idioms and Phrases
5) Tense Forms

Unit Four:- 1) News Paper Report
2) Resume Writing
3) E-mail Writing

Distribution of Marks:-

Unit One:- Prose- Any two questions to be attempted out of four	5 x 2 = 10
Unit Two:- Poetry – Any Two questions to be attempted out of four	5 x 2 = 10
Unit Three:- Grammar – No internal choice two marks each for all	5 x 2 = 10
Unit Four:- A Newspaper Report (News Item) = 5	
B Resume Writing or Email Writing	
One can be attempted out of two + 5	

Contents: Name of the Textbook “ The Sand of the Time”
(Published by Orient Blackswans)

Prose: 1) The Open Window	by Saki	01
2) The Three hermits	by Leo Tolstoy	08
3) What is Swaraj	by M. K. Gandhi	18
4) Bangal Seller	by Sarojini Naidu	29
5) A Letter to His Son	by (art of chesterfield)	23
6) The Mountain and the Squirell	by R. W. Emerson	33
7) Socrutes and the School / Master	by B. L. Brayen	72
8) My Financial Careerer	by Stephen Leacock	

Poetry : - 1) The Solitary Reaper	-	Vlliam Wordsworth
2) Stay Calm	-	Grenvulle Klesier

22 BPES 303

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
- 4.5 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

22 BPES 304

OPEN EDUCATION

B.P.E.S. Semester V (Practical)
22 BPES 305
AEROBICS

Total Marks

50 Marks

Aerobics: Introduction of Aerobics

- Rhythmic Aerobics - dance
- Low impact aerobics
- High impact aerobics
- Aerobics kick boxing
- Postures – Warm up and cool down

Examination

40 Marks

Roll No.	Demonstration of any Five Skills					Total (40 M)	Marks obtd. Out of 40 M
	Skill 1 (8 M)	Skill 2 (8 M)	Skill 3 (8 M)	Skill 4 (8 M)	Skill 5 (8 M)		

Consolidated Score Sheet –

Roll No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22 BPES 306
PROJECT WORK

Total Marks

50 Marks

1. Project on Game and Sports (They will present on Power Point)
 Five students group (Each group)
 They will write project of Game and Sports (Any game)
2. Project on organization of competition (Game and Sports)
 Five student group (Each group) (Any Game and Sports)
3. Project on organization of Education tour

Marking System – 40 Marks

Roll No.	Any one Ball Game P.P.T. Present 16 M	Any one Racket Sports from PPT 16 M	Marks V.V. 08 M	Total Marks 40 M

Consolidated Score Sheet –

Roll No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place :

Name & Signature of External Examiner :

Date :

Name & Signature of Internal Examiner :

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22 BPES 307
SPECIALIZATION IN MAJOR GAME (Any one)
BASKETBALL

- **Fundamental Skills of the Game**
- Player's stance and Ball Handling
- Passing and Receiving
- Dribbling
- Shooting
- Rebounds
- Defense 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

22 BPES 307
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

22 BPES 307 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

22 BPES 307

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

22 BPES 307

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

22 BPES 307

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 DirectionForward, 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

22 BPES 307 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

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

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

(30 + 10 +10)

Individual Sheet

Name of the Game _____

Roll No.	Playing Performance (20 Marks)	Officiating (10 Marks)	Viva (10 Marks)	Total (40 Marks)

Name and Signature of

Date:

External Examiner -----

Internal Examiner -----

Consolidated Score Sheet –

Roll No.	First Examiner 40 Marks	Second Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Place:

Name & Signature of External Examiner:

Date:

Name & Signature of Internal Examiner:

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22BPES 308**GENERIC ELECTIVE 7 (Practical)****Total Marks** **50 Marks****Examination system** **40 Marks****Internal** **10 Marks****Note:**

- Select any available course from the list attached herewith.
- The courses which already have been completed cannot be repeated.

Semester – VI
22 BPES 309
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. Saunders & 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 Massage 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

22 BPES 310

MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS

Unit – I: Introduction

- Brief introduction of Sports Management (Meaning, Definition, Purpose and Scope)
- Program Planning: Time Table Management, Meaning, Importance,
- Principles of Program Planning in Physical Education.
- Factors affecting Time Table

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

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of Attendance Register, Stock Register, Cash Register, Physical Efficiency Record, Medical Examination Record.
- Budget- Meaning and Importance

Unit-III: Facilities & Supervision

- Facilities and equipment management
- Types of facilities: Infrastructure-indoor, out door, academic & administrative blocks, research wing, library etc
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.

Unit-IV: Competition Organization

- Importance of Tournament
- Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and Challenge Tournament.
- Track and Field – Characteristics, Layout- Marking of Track and Field

References:

- Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
- Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Louis: The C.V. Mosby Co.
- Earl, F. Z., & Gary, W. B. (1963). *Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
- Pandey, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depot.
- Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

22 BPES 311

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.
- Current Types of Educational Technology Systems
- Current Applications of Educational Technology Systems: Instructional Technology Applications, Productivity Tools, Tools for Students:
- 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.

22 BPES 312

APPLIED STATISTICS

Unit – I

- Fundamental of Statistics- Definition, meaning, functions & limitations of statistics
- Scope of Statistics in different field (Industrial and Medical)
- Quantitative, qualitative & time series data with example
- Geographical data, Nominal data ordinal data with example

Unit – II

- Methods used for collection of data primary & secondary data
- Definition & rules of classification with its types
- Meaning of tabulation with definition & parts of table
- Types of table & construction of table

Unit – 2

- Methods used for collection of data primary & secondary data
- Definition & rules of classification with its types
- Meaning of tabulation with definition & parts of table
- Types of table & construction of table

Unit- 3

- Diagrammatic representation, meaning, definition & concept
- Types of bar diagram simple & subdivided bar diagram
- Multiple bar diagram with example
- Histogram with example
- Frequency polygon, ogive curves (with example)

- Frequently distribution (Discrete & Continuous)

Unit- 4

- Concept & meaning of MCT Arithmetic mean for discrete series with merits & demerits
- Arithmetic mean for continuous series with merits and demerits
- Mode, Median, G. M. & H. M. (Merits & Demerits)
- Properties of Arithmetic, Relation between G. M. H. M. & A. M.

22 BPES 313

ELECTIVE 8 - SPORTS SPECIALIZATION HANDBALL (Theory)

HANDBALL

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

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

UNIT – 2. Skills of the Game

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

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

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

UNIT – 4. Officiating

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

22 BPES 313

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

22 BPES 313

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

B.P.E.S. Semester VI (PRACTICAL)
22BPES 314
LABORATORY AND FIELD TESTS

Total Marks

50 Marks

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

Individual Score Sheet

40 Marks

Roll No.	Demonstration of Laboratory Test		Demonstration of Field Test		Viva & Record Book	Total (40 Marks)
	Test - 1 (8 Marks)	Test – 2 (8 Marks)	Test - 1 (8 Marks)	Test - 2 (8Marks)	8 Marks	

Date:

Name and Signature of Examiner

Consolidated Table of Laboratory and Field Test

Roll No.	External Examiner 40 Marks	Internal Examiner 40 Marks	Total 80 Marks	Out of 40 Marks

Date:

Name and Signature of Examiner

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22BPES 315
TEACHING PRACTICE AND PLAYING PERFORMANCE ON GAMES
OR SPORTS SPECIALIZATION

Total Marks

50 Marks

Distribution of Marks

- Candidate has to take 04 lessons during their regular classes.
- External Examination 01 lesson (40 Marks)

Table – 4 (A)

Individual Score Sheet

R. No.	Personal Preparation (20 Marks)	Technical Preparation (20 Marks)	Total (40 Marks)

Date:

Name and Signature of Examiner

Table – 4 (B)

Consolidated Table of Teaching Practice

R. No.	External Examiner (40 Marks)	Internal Examiner (40 Marks)	Total (80 Marks)	Out of (40 Marks)

Date:

Name and Signature of Examiner

External -----

Internal -----

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22 BPES 316

MASSAGE AND THERAPEUTIC MODALITIES

Total Marks

50 Marks

Distribution of Marks

40 Marks

- Demonstration of Massage techniques (Any two)
- (2 x 8 M = 16 Marks) One Candidates Choice

One Examiner's Choice

- Demonstration of any two from Electro / Magnetic / Hydro / Thermal Therapy
(2 x 8 Marks = 16 Marks) One Candidates and One Examiners Choice
- Record Book and Viva (8 Marks)

Individual Score Sheet

Roll No.	Demonstration of Massage technique		Demonstration Of Therapeutic Modalities		Record Book & Viva (8 Marks)	Total 40 Marks
	Candidate Choice (8 Marks)	Examiner's Choice (8 Marks)	Candidates Choice (8 Marks)	Examiner's Choice (8 Marks)		

Date -

Name and Signature of Examiner

Consolidated Table of Massage & Therapeutic Modalities

R. No.	External Examiner (40 Marks)	Internal Examiner (40 Marks)	Total (80 Marks)	Out of (40 Marks)

Date:

Name and Signature of Examiner

External -----

Internal -----

Internal Marks: 10 Marks

[Distribution: Attendance (5M), Performance (5M)] = 10 Marks

22BPES 317

GENERIC ELECTIVE 9 (PRACTICAL)

Total Marks **50 Marks**

Examination system **40 Marks**

Internal **10 Marks**

Note:

- **Select any available course from the list attached herewith.**
- **The courses which already have been completed cannot be repeated.**

Final Score Sheet

Roll No.	Activity Code				Internal	Total (200 Marks)
	22 BPES 314 Laboratory and Field Test (40 Marks)	22 BPES 315 Practice Teaching (40 Marks)	22 BPES 316 Massage Therapeutic (40 Marks)	22 BPES 317 Generic Elective (40 Marks)	40 Marks	

Date :-

Name and Signature of the Examiners