

Shree H. V. P. Mandal's
Degree College of Physical Education,
Amravati.
(An Autonomous College)
Programme
Bachelor of Physical Education and Sports (B.P.E.S)

Programme Outcomes :

Physical Education and Sports is the study, Practice and appreciation of the Art and Science of human movement. While movement is both innate and essential to an individual's growth and development, it is the role of physical education to provide instructional activities that not only promote skill development and proficiency but also enhance an individual's over health. Physical education not only fulfills a unique role in education but is also an integrate part of the whole education process.

To develop a comprehensive outlook of an individual with a strong civic position moral qualities, sense of responsibilities, an independent, initiative, tolerant person who is able to successfully socialize and to use different forms of physical education and sports in daily life to protect his or her own health and promote effective professional activities.

Programme Specific Outcomes :

The programme specific outcomes are :

- i) To provide each student with the opportunity to participate in a comprehensive programme consisting of skill development, lead up games, team sports and physical fitness activities.
- ii) The students achieve skills, and strategies associated with different sports, and get learning experiences physical conditioning activities.
- iii) To inculcate in students the spirit of co-operation, leadership, fair play and sportsmanship.
- iv) To provide foundation of sport studies with the knowledge of various science viz exercise physiology, sport psychology etc.
- v) To promote mass participation in physical education and sports through intramural and extramural programmes.

- vi) To develop research attitude
- vii) Achieve a thorough knowledge and issues related to sports.
- viii) To enable students to apply knowledge, skills and expertise gained from the programme to sport events.

Syllabus Prescribe for Examination for the Degree of Bachelor of Physical Education and Sports

BPES SEMESTER- I

Course Code: 16BPES101

Course Name : Marathi

**Syllabus Prescribe for
Examination for the Degree of Bachelor of Physical Education and Sports
BPES SEMESTER- I
Course Code : 16 BPES 101
मराठी**

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक
विभाग अ विचारीक
विभाग ब ललित
विभाग क कविता
प्रत्येक विभागावर एक द्विर्वैल्लरी प्रश्न
प्रत्येक विभागावर एक लघुवैल्लरी प्रश्न
विभाग ड निबंध
निबंध पाठ्यपुस्तकावर आधारित असेल, किमान ४०० शब्दांचा निबंध

Course Code : 16 BPES 101

हिन्दी

१. नियोजित पाठ्यपुस्तक - अखिला - जयभारती प्रकाशन, इलाहाबाद
अध्ययन तथा अध्यापन के लिये निर्धारित की गयी है।
२. पाठ्यपुस्तक तीन भागों में विभक्त है
१. आधारभूत पाठ्यक्रम
२. भाषागत पाठ्यक्रम
३. पक्षविभाग
३. संपूर्ण पाठ्यक्रम निम्न इकाईयों में विभाजित है
१. प्रथम इकाई - आधारभूत पाठ्यक्रम
२. द्वितीय इकाई - भाषागत पाठ्यक्रम
३. तृतीय इकाई - पक्षविभाग
४. चतुर्थ इकाई - व्यावहारिक भाषा एवं व्याकरण

प्रश्न पत्र का स्वरूप -

१. प्रथम इकाई (आधारभूत पाठ्यक्रम)
क) द्विर्वैल्लरी प्रश्न (विकल्प के साथ एक प्रश्न)
ख) लघुवैल्लरी प्रश्न (विकल्प के साथ दो प्रश्न)
२. द्वितीय इकाई (भाषागत पाठ्यक्रम)
क) द्विर्वैल्लरी प्रश्न (विकल्प के साथ एक प्रश्न)
ख) लघुवैल्लरी प्रश्न (विकल्प के साथ दो प्रश्न)
३. तृतीय इकाई (पक्षविभाग)
विकल्प के साथ दो प्रश्न
४. चतुर्थ इकाई - व्यावहारिक भाषा एवं व्याकरण

सहायक पुस्तकसूची -

१. मानक हिन्दी का शुद्धिपत्रक व्याकरण - डॉ. रमेशचंद्र मेहरोत्रा

Examiner's Mark Page

२. हिन्दी भाषा एवं देवनागरी लिपी - जगतपाल शर्मा, अरुणोदय प्रकाशन, दिल्ली.
३. प्रयोजन मूलक हिन्दी - लेखक - डॉ. राकेश कुमार पाराशर, प्रकाशन - राष्ट्रभाषा प्रचार समिती, हिन्दीनगर, वर्धा
४. सामान्य हिन्दी बोधायन - लेखक - डॉ. रामदयाल कोण्टा एवं विजयकुमार सिंघई प्रकाशन - खन्ना प्रकाशन, जलबलपूर
५. हिन्दी रचना प्रबोध - लेखक - डॉ. बच्चूलाल अवस्थी, प्रकाशन - साहित्य भवन प्रा. लि. के.पी.कक्कड रोड, इलाहाबाद-२
६. हिन्दी व्याकरण प्रबोध एवं रचना - लेखक - डॉ. विजय पाल सिंह, जयभारती प्रकाशन, इलाहाबाद
७. प्रयोजनमूलक व्यावहारिक हिन्दी - ओमप्रकाशसिंहल, जगतराम एण्ड सन्स,

Course Code : 16BPES101

English

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

Contents Preface to the Teachers:

Section – I:

Prose:

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

Section – II:

Poetry:

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

Course Outcomes
Course Code : 16BPES101

मराठी

- १) या अभ्यासक्रमामुळे मुलाचे वैचारीक, ललीत, लेखनातील व काव्यसंग्रहातील ज्ञान वाढेल व त्याच्या लेखन कौशल्यामध्ये सुधार होईल.
- २) या पाठ्यक्रमामुळे मुलाचे मराठी ज्ञान संपादन, कौशल्य वैचारीक दृष्टीकोन व लेखनशैलीत सुधारणा होवून निबंध लेखनाचे कौशल्य आत्मसात होईल.

हिन्दी

- १) इस पाठ्यक्रम के द्वारा छात्रों के भाषागत ज्ञान में वृद्धि होगी, आधारभूत पाठ्यक्रम द्वारा ज्ञान संपादन कौशल्य में वृद्धि होगी तथा उनके कौशल्य वृद्धीगत होंगे.
- २) इस पाठ्यक्रम द्वारा के व्याकरण कौशल्य वृद्धीगत होंगे तथा सही व्याकरण का उपयोग हिंदी भाषा में कैसा कीया जाता है इसका ज्ञान विस्तारपूर्वक होगा. जिसके कारण उनके रोजमर्रा के जिवन में उपयोगिता का अनुठा ज्ञान छात्रों में वृद्धीगत होगा।

Course Outcomes
Course Code : 16BPES101

English

- 1) After learning this course the student will acquire reading ability of English literature and understand English constructs.
- 2) The ability to understand the poems and know information on poets and authors, know about well known English novels.

SYLLABUS
Course Code : 16BPES102

INTRODUCTION AND HISTORY OF PHYSICAL EDUCATION

UNIT – I

1. Introduction

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

SYLLABUS

Course Code : 16BPES102

INTRODUCTION AND HISTORY OF PHYSICAL EDUCATION

UNIT – I

1. Introduction

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

UNIT – II

2. Basics of Physical Education

A) Biological Foundation

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

B) Philosophical Foundation

- 2.4 Different Schools of Philosophy Applied to Physical Education

C) Psychological Foundation

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

D) Sociological Foundation

2.6 Games and Sports as Man's Cultural Heritage

UNIT – III

3. Development of Physical Education in India

3.1 Vedic Period (2500 BC -600 BC)

3.2 British Period (Before 1947)

3.3 Physical Education in India (After 1947)

3.4 Sports & Physical Education institution in India

(Y.M.C.A., LNIPE, NSNIS,HVPM,SAI,)

UNIT – IV

5. Olympic, Commonwealth and Asian Games

5.1 Ancient Olympic Games – Historical Background, Significance of Ancient Games.

5.2 Modern Olympic Games: Olympic Motto, Emblem, Rings, International Olympic Committee (IOC), functions of IOC

5.3 Asian Games

REFERENCES:

- Williams J.F. – Principles of Physical Education
- Bucher C.A. – Foundations of Physical Education
- Barrow H.M. – Man and Movement
- Singer Robert – Foundation of Physical Education
- Freeman – Physical Education in Changing Society
- Howell – Foundation of Physical Education, Friend publication, New Delhi.

- Wakharkar, D.G., manual of Physical Education, Bombay, Pearl Publishers Pvt. Ltd.
- Singh Ajmer, et. al. Modern Text Book of Physical Education Health & Sports, Kalyani Publisher.
- Khan, Eraj Ahmed. History of Physical Education, Patna; Scientific Book Co.
- Leonard, Fred Eugene and Affleck Gerge B. Guide to the History of Physical Education, Philadelphia Leo & Febiger, 1962
- Majumdar D.C. Encyclopedia of India Physical Culture Baroda Good Companions, 1952
- Rajgopalan K.A. Brief History of Physical Education in India, Delhi Army Publisher 1962.
- Rice Emmett, A Hutchinson John L. and Lee Marbal A. Brief History of Physical Education. New York: The Ronald Press Co. 1960.

Course Outcomes

Course Code : 16BPES102

Name of Course : Introduction and History of Physical Education

- i) To acquire the meaning, aims and objectives of education and importance of education in modern era
- 2) To acquire the meaning, aims and objectives of physical education and mis-concept of physical education
- 3) To understand the Biological foundation, Philosophical foundation, psychological foundation and sociological foundation.
- 4) To gain the knowledge of development of physical education in India from Vedic period, British period and independent India
- 5) To get knowledge of sports and physical education institution in India
- 6) To acquire knowledge of Olympics, commonwealth and Asian Games.

SYLLABUS

Course Code : 16BPES103

Anatomy and Physiology

UNIT – I

A. Introduction and Structural Organization of Human Body:

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

B. Classification and Structure of Cells and Tissues:

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

UNIT – II

2. Skeletal System and Muscular System.

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

UNIT – III

3. Circulatory, Respiratory and Digestive system.

- 3.1 Structure and Functions of Heart

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

UNIT – IV

Excretory and Nervous System

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

REFERENCE:

- Astrend, P.O. and RodahlKarre, Text Book of Work Physiology, Tokyo: McGraw-Hill Kogakusha Ltd.
- Bourne, Geoffery H. The structure and function of muscles, London Academic Press (1973)
- Chaurasia B.D. Human Anatomy Regional and applied (CBS publisher and Z distributors, 1979)
- Guybon, Arthur C. Text book of medical physiology (Philadelphia W.B. Saunder Company, 1976)
- James C. Clouch, fundamental Human anatomy (Lea and Febiger Philadelphia, 1971)
- Caprovich, P.V. and Sinning. Wayne E. Physiology of Muscular Activity (Philadelphia: W.B. Saunders,1976), 7th Edition.

- Mathew, D.K. and Fox E.L. Physiological Basis of Physical education and Athletics (Philadelphia. W.B. Saunders Company, 1976)
- Morehouse, I.E. Miller, A.T. Physiology of Exercise (St. Louis The C.V. Mosby Company, 1976) 7th Edition.
- Pears evelyr C. Anatomy and Physiology for Nurses (London Faber & Faber Ltd. 1929)
- Perrot J.W. Anatomy for students and physical education, London Adward Arnold and Co. 1967)
- Waruida, Roger and Williams, Peter L. Gray's Anatomy (London : Longmans Group Ltd. 1973)

Outcomes Course

Course Code : 16BPES103

Name of Course : Anatomy and Physiology

- 1) To acquire knowledge of structural organization of human body
- 2) To understand the importance of knowledge of Anatomy in the field of physical education and sports
- 3) To understand the classification, structure and functions of cells and tissues.
- 4) To understand the knowledge of skeletal system and muscular systems
- 5) To acquire knowledge of circulatory, respiratory and digestive systems.
- 6) To understand the structure and functions of excretory and nervous systems.

SYLLABUS

Course Code : 16BPES104

COMPUTER APPLICATION IN PHYSICAL EDUCATION AND SPORTS

UNIT –I

1. **Introduction to Computer Hardware and Software**

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

UNIT – II

2. Introduction to Windows

- 2.1 Using Mouse and Moving Icons on the Screen.
- 2.2 My Computer, Recycle- bin, Status Bar.
- 2.3 Start Menu Selection, Running an Application
- 2.4 Window Explorer to View Files, Folders and Directories, Creating and Renaming of Files and Folders, Operating and Closing of Different Windows, Minimize, Restore and Maximize Forms of Windows.
- 2.5 Basic Components of a Window: Desktop, Frame, Title Bar, Menu Bar, Status Bar, Scroll Bars, Using Right Button of the Mouse Creating Shortcut, Basic Windows Accessories: Power- point Presentation, Notepad, Paint, Calculator, Word Pad, Using Clipboard

UNIT – III

3. Introduction to MS-office and Word Processor

- 3.1 Types of Word Processor
- 3.2 Creating and Saving a Documents, Editing and Formatting Document Including Changing Colour, Size, Font, Alignment of Text.
- 3.3 Formatting Paragraphs with line or Paragraph Spacing Adding Headers and Footers, Numbering Pages.
- 3.4 Using Grammar and Spell Check Utilities, etc. Printing Document
- 3.5 Inserting Word Art, Clipart and Pictures.
- 3.6 Page Setting, Bullet and Numbering, Borders, Shading Format Painter Find and Replace.
- 3.7 Inserting Tables, Mail Merge.

UNIT – IV

4 (A) Introduction to Information and Communication Technology

4.1 Need of Information and Communication Technology in Physical Education.

4.2 Scope of ICT in Education and Physical Education

4.3 Teaching Learning Process, Publication, Evaluation, Research Administration.

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

4.1 Internet: Evolution.

4.2 Internet Vs Intranet, Growth of Internet, ISP

4.3 Connectivity Dial up, Leased line, USAT etc. URLs' Domains Names

4.4 Application, E-mail, Concepts, POP and WEB Based E-mail, Merits Address, Basics of Sending and Receiving, E-mail, Protocols, Mailing List Free E-mail Services.

RERERENCES:

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

Course Outcomes
Course Code : 16BPES104

Name of Course : Computer Application in Physical Education and Sports

- 1) To gain the knowledge of Hardware and software and also study the development of computer
- 2) To get the knowledge of windows and also acquire the knowledge of basic components of windows
- 3) To understand the operative knowledge of MS-office and word processor
- 4) To acquire the knowledge of information and communication technology in teaching, learning process, publication evolution and research administration.

SYLLABUS
BPES SEMESTER – II

Course Code : 16 BPES 109

ENVIRONMENTAL STUDIES

UNIT –I 1 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.) Oambridge University Press) 1995
- Jadhav H. and Bhosale, V.M. Environmental protection and laws (Delhi Himalaya pub. House) 1995
- Mc. Kinney, M.L. and Schoel, 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)

Course Outcomes

Course Code : 16BPES109

Name of Course : Environmental Studies

- 1) To gain the knowledge, scope and importance of environmental studies.
- 2) To understand the importance of environmental studies and public awareness.
- 3) To acquire the knowledge of historical background of environmental studies.
- 4) To understand structure, functions of ecosystem and ecological pyramids
- 5) To understand the meaning of producers, consumers and decomposers
- 6) To acquire the knowledge of different types of ecosystem
- 7) To understand the knowledge of effect of control measues of different types of pollutions.
- 8) To acquire the knowledge of different types of disaster management
- 9) To study the different social environmental issues like water conservation, global warming and conservation acts.
- 10) To understand the need of knowledge of human pollution, population, human health and effect of fire environment

SYLLABUS

Course Code : 16 BPES 110

YOGA

UNIT-I

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

UNIT –II

(A) Yoga as a discipline of life; mode of living, cults of yoga (only central ideas)

- 2.1 Gynana Yoga (Dnyana Yoga)
- 2.2 Karma Yoga
- 2.3 Bhakti Yoga

(B) Hatha yoga philosophy

- 1.4 Hatha Yoga
- 2.5 Mantna Yoga
- 2.6 Laya Yoga

UNIT-III

(A) **Astangayoga Bahirang yoga**

- 3.1 Yama
- 3.2 Niyam
- 3.3 Asana
- 3.4 Pranayama
- 3.5 Pratyahara

(B) **Antarang yoga**

3.6 Dharana

3.7 Dhyana

3.8 Samadhi

UNIT-IV

(A) Shatkarma-personal hygiene of Yoga-Six purifactory methods of yoga with technique, Precautions.

4.1 Neti

4.2 Dhauti

4.3 Basti

4.4 Trataka

4.5 Nauli

4.6 Kapalbhata

(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

Course Outcomes
Course Code : 16BPES110
Name of Course : Yoga

- 1) To understand the objectives, misconcept and relationship of yoga with physical education and sports
- 2) To acquire knowledge of historical prospective and difference between exercise and asana
- 3) To understand the knowledge of yoga as a discipline of life and also study the hatha yoga philosophy
- 4) To gain the knowledge astanga yoga, bahurang yoga and antarang yoga
- 5) To study and well equipped with the concept of shatkarma and bandha & mudra

SYLLABUS

Course Code : 16 BPES 111

KINESIOLOGY

UNIT-I

Introduction to Kinesiology:

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

UNIT-II

Kinesiology of Joints and Muscles:

- 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) KneeJoint 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)
Kathryanluttgens, 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.
- MamtaManjari. Dr. A.K. Uppal, Dr. V. Lawrence Grey Kumar
- Kinesiology (Analysis of human motion)
- By M. Galdys Scott.
- Kinesiology -Cooper Adrian, Glasson
- सांख्यिकी 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)

Course Outcomes
Course Code : 16BPES111
Name of course : Kinesiology

- 1) To acquire the historical perspectives, concept and importance of kinesiology in physical education and sports.
- 2) To understand the knowledge of planes, axes and centre of gravity.
- 3) To study the bony joints, types and fundamental movements of the major body segments.
- 4) To acquire the knowledge of structural & functional classification of muscles.
- 5) To study direction of muscle and its relation of muscle action, angle of pull and torque.
- 6) To understand the structure, movements, location of different places of muscles and functions of joints and muscles.
- 7) To understand the application of scientific laws and principles.

SYLLABUS

Course Code : 16 BPES 112

HEALTH, HYGIENE AND SANITATION

UNIT-I: Health

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

UNIT-II: First Aid

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

UNIT-III: Sports Injuries

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

UNIT-IV

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

REFERENCE:

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

Course Outcomes

Course Code : 16BPES112

Name of Course : Health Hygiene and sanitation

- 1) To understand the concept of health, personal health & social health.
- 2) To acquire knowledge of body care, factors influencing health.
- 3) To study and acquire the knowledge of diet, nutrition and different effect of drugs.
- 4) To acquire and understand the concept of first aid and well equipped with the practical knowledge of dressing and bandages.
- 5) To acquire knowledge of asphyxia shock and artificial respiration.
- 6) To understand the knowledge of various sports injuries and to acquire the practical knowledge.
- 7) To acquire the knowledge general treatment of fractures and other injuries and muscles of human body.
- 8) To understand the general rules of investment for poisoning, burns and scalds.
- 9) To acquire the knowledge of foreign matter under different part of body, snake bite, drowning and their treatment.
- 10) To acquire knowledge of carrying injured person and care of surrounding of, schools and colleges.

Syllabus Prescribe for

Examination for the Degree of Bachelor of Physical Education and Sports

BPES SEMESTER III

Syllabus Prescribe for
Examination for the Degree of Bachelor of Physical Education and Sports
BPES SEMESTER III
Course Code : 16 BPES201

मराठी

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक
विभाग अ वैचारीक
विभाग ब ललित
विभाग क कविता
प्रत्येक विभागावर एक दिर्घोत्तरी प्रश्न
प्रत्येक विभागावर एक लघुत्तरी प्रश्न
विभाग ड निबंध
निबंध पाठ्यपुस्तकावर आधारित असेल, किमान ४०० शब्दांचा निबंध

हिन्दी

- नियोजित पाठ्यपुस्तक - अस्मिता - जयभारती प्रकाशन, इलाहाबाद
अध्ययन तथा अध्यापन के लिये निर्धारित की गयी है
- पाठ्यपुस्तक तीन भागों में विभक्त है
४. आधारभूत पाठ्यक्रम
५. भाषागत पाठ्यक्रम
६. पद्यविभाग
- संपूर्ण पाठ्यक्रम निम्न इकाईयों में विभाजित है
५. प्रथम इकाई - आधारभूत पाठ्यक्रम
६. द्वितीय इकाई - भाषागत पाठ्यक्रम
७. तृतीय इकाई - पद्यविभाग
८. चतुर्थ इकाई - व्यावहारिक भाषा एवं व्याकरण

प्रश्न पत्र का स्वरूप -

- प्रथम इकाई (आधारभूत पाठ्यक्रम)
क) दिर्घोत्तरी प्रश्न (विकल्प के साथ एक प्रश्न)
ख) लघुत्तरी प्रश्न (विकल्प के साथ दो प्रश्न)
- द्वितीय इकाई (भाषागत पाठ्यक्रम)
क) दिर्घोत्तरी प्रश्न (विकल्प के साथ एक प्रश्न)
ख) लघुत्तरी प्रश्न (विकल्प के साथ दो प्रश्न)
- तृतीय इकाई (पद्यविभाग)
विकल्प के साथ दो प्रश्न
- चतुर्थ इकाई - व्यावहारिक भाषा एवं व्याकरण

सहायक पुस्तकसूची -

- मानक हिन्दी का शुद्धिपरक व्याकरण - डॉ. रमेशचंद्र मेहरोत्रा
- हिन्दी भाषा एवं देवनागरी लिपी - जगतपाल शर्मा, अरुणोदय प्रकाशन, दिल्ली

३. प्रयोजन मूलक हिन्दी - लेखक - डॉ. राकेश कुमार पाराशर, प्रकाशन - राष्ट्रभाषा प्रचार समिती, हिन्दीनगर, वर्धा
४. सामान्य हिन्दी बोधायन - लेखक - डॉ. रामदयाल कोष्टा एवं विजयकुमार सिंघई प्रकाशन - सन्ना प्रकाशन, जलबलपूर
५. हिन्दी रचना प्रबोध - लेखक - डॉ. बच्चूलाल अवस्थी, प्रकाशन - साहित्य भवन प्रा. लि. के.पी.कक्कड रोड, इलाहाबाद-२
६. हिन्दी व्याकरण प्रबोध एवं रचना - लेखक - डॉ. विजय पाल सिंह, जयभारती प्रकाशन, इलाहाबाद
७. प्रयोजनमूलक व्यावहारिक हिन्दी - ओमप्रकाशसिंहल, जगताराम एण्ड सन्स, नयी दिल्ली.

English

Section – I

Prose:

- 9) My Early Days – APJ Abdul Kalam
- 10) The Wonders of the New Millenium- Michael David
- 11) What is Body Language?
- 12) Two Gentlemen of Verona- A. J. Cronin
- 13) The Sahyadri Hills, A Lesson in Humility – Sudha Murthy
- 14) Engine Trouble- R. K. Narayan
- 15) The Town by the Sea- Amitave Ghosh
- 16) How to Avoid an Argument – Sam Harn

Section – II: Poetry:

- 7) Song: Blow, Blow, Thou Winter Wind- William Shakespeare
- 8) Mending Wall – Robert Frost
- 9) Abraham Lincol's Letter to his Son's Teacher- Abraham Lincoln
- 10) To Mother – Usha Navaratnaram
- 11) The Lamentation of the Old Pensioner- W. B. Yeats
- 12) Father Returning Home. Dilip Chitre

Course Outcomes Course Code : 16BPES201

मराठी

- १) या अभ्यासक्रमामुळे मुलांचे वैचारीक, ललित, लेखनातील व काव्यसंग्रहातील ज्ञान वाढेल व त्याच्या लेखन कौशल्यामध्ये सुधार होईल.
- २) या पाठ्यक्रमामुळे मुलांचे मराठी ज्ञान संपादन, कौशल्य वैचारीक दृष्टीकोन व लेखनशैलीत सुधारणा होवून निबंध लेखनाचे कौशल्य आत्मसात होईल.

हिन्दी

- १) इस पाठ्यक्रम के द्वारा छात्रों के भाषागत ज्ञान में वृद्धि होगी, आधारभूत पाठ्यक्रम द्वारा ज्ञान संपादन कौशल्य में वृद्धि होगी तथा उनके कौशल्य वृद्धिगत होंगे।
- २) इस पाठ्यक्रम द्वारा के व्याकरण कौशल्य वृद्धिगत होंगे तथा सही व्याकरण का उपयोग हिंदी भाषा में कैसा किया जाता है इसका ज्ञान विस्तारपूर्वक होगा। जिसके कारण उनके रोजमर्रा के जिवन में उपयोगिता का अनुठा ज्ञान छात्रों में वृद्धिगत होगा।

Course Outcomes

Course Code : 16BPES201

English

- 1) After learning this course the student will acquire reading ability of English literature and understand English constructs.
- 2) The ability to understand the poems and know information on poets and authors, know about well known English novels

SYLLABUS

BPES - Semester – III

Course Code : BPES 202

Sports Psychology

- UNIT – 1. Introduction to Psychology of Sports**
- 1.1 Meaning, Definition, nature of sports psychology
 - 1.2 Scope, need and importance of sports psychology in Physical Education and Sports
 - 1.2 History of sports psychology
- UNIT – 2. Psychological traits in Physical Education and sports**
- 2.1 Attention and concentration
 - 2.2 Stress and anxiety
 - 2.3 Self confidence
 - 2.4 Positive approach
 - 2.5 Motivation
 - 2.6 Aggression
- UNIT – 3. Perception in Athletics and Sports**
- 3.1 Meaning and Definition of Perception
 - 3.2 Nature of Perception
 - 3.3 Role of Perception in the field of Games and Sports
 - 3.4 Children and sports
 - 3.5 Improving Perception
 - 3.6 Factors affecting Perception

Course Outcomes
Course Code : 16BPES201

English

- 1) After learning this course the student will acquire reading ability of English literature and understand English constructs.
- 2) The ability to understand the poems and know information on poets and authors, know about well known English novels

SYLLABUS
BPES - Semester – III
Course Code : BPES 202

Sports Psychology

UNIT – 1. Introduction to Psychology of Sports

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

UNIT – 2. Psychological traits in Physical Education and sports

- 2.1 Attention and concentration
- 2.2 Stress and anxiety

- 2.3 Self confidence
- 2.4 Positive approach
- 2.5 Motivation
- 2.6 Aggression

UNIT – 3. Perception in Athletics and Sports

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

UNIT – 4. Personality and the Athletes

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

References:

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

- Kamlesh M. L. (2007), Vkey ideas in Sports Psychology Friends Publication (India) New Delhi

Course Outcomes

Course Code : BPES 202

Name of Course : Sports Psychology

- 1) To acquire knowledge of psychology of sports, importance in physical education and historical perspective of sports-psychology.
- 2) To understand the psychological traits in physical education and sports.
- 3) To acquire knowledge about perception in Athletics and sports
- 4) To understand the concept of personality and the athletes.

SYLLABUS

Course Code – 16BPES 203

Physiology of Exercise

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

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

UNIT – 2. Physiology of Muscle

- 2.1 Types of muscle- Striated, Non striated, Voluntary, Involuntary, skeletal, smooth, cardiac muscle

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

UNIT – 3. Physiology of Circulatory system

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

UNIT – 4. Physiology of Respiratory system

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

REFERENCE:

1. Physiology of Exercises – Maccurdy and Mekenzh
2. Physiology of Exercise- Karpovich
3. Sports Physiology- Fox L
4. Exercise Physiology – Morehouse and Millar

5. Physiological Basis of Physical Education and Athletics – Mathew and Fox
6. Exercise Physiology – David H. Clarke
7. Vyayam Kriyashastra and Khel Chikitsa- Rajkumar Sharma

Course Outcomes

Course Code : 16BPES203

Name of Course : Physiology of Exercise

- 1) To understand the concept of physiology of exercise and energy dynamics.
- 2) To acquire the knowledge of physiology of muscles.
- 3) To study and acquire the knowledge of physiology of circulatory system.
- 4) To understand the knowledge of physiology of respiratory system.

SYLLABUS

Course Code : BPES 204

Methods in Physical Education & Sports

UNIT –1. Introduction to Methods

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

UNIT – 2. Lesson Planning

- 2.1 Meaning and importance of lesson planning
- 2.2 Principles of lesson planning
- 2.3 Preparation of field activity lesson plan
 - a. General lesson
 - b. Specific lesson

Teaching aids

- 2.4 Needs and importance of Audio-Visual aids
- 2.5 Types of teaching aids
- 2.6 Precautions for use of teaching aids

UNIT – 3. Tournaments

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

UNIT – 4. Track and Play fields

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

REFERENCES:

- Methods in Physical Education – J. C. Williams
- Principles of Education – Dr. R. S. Pandey
- Principles of Methods of teaching- K. K. Bhatia
- Introduction to teaching – H. C. Bernard
- Educational Technology- Dr. Jagannath Mohanty
- Sharirik Shiksha ki Paddhatiya- Prof. Deepak Kavishwar
- Sharirik Shiksha Adhyapan Paddhati- Karmarkar, Sharma, Tiwari
- Safal Path Yojna- Dr. R. H. Tiwari
- Shikshan and Sharirik Shikshan Adhyapan paddhati- Prof. M. H. Asnare
- Shiksha Ke saamanya Sidhant tatha Vidhiya- K. K. Bhatiya

- Sharirik Shiksha – Dr. Rama Verma
- Shikshan Taknik Awm Shiksha Ke nutan Ayam- Dr. Mayashankar Singh
- Shiksha Kla, Shikshan Taknik Awm Navin Paddhtiya- Dr. S.S. Mathur

Course Outcomes

Course Code : 16BPES204

Name of Course : Methods in Physical Education and Sports

- 1) To understand the knowledge and importance of methods in physical education and sports
- 2) To understand the concept of lesson planning and importance of teaching aids.
- 3) To understand and well equipped with the knowledge of tournaments & competitions
- 4) To gain knowledge regarding track and field.

BPES Semester – IV

SYLLABUS

Course Code : 16 BPES 209

Management in Physical Education & Sports

UNIT –1. Introduction to Sports Management

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

UNIT – 2. Program planning

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

UNIT – 3. Public relation and supervision

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

UNIT – 4. Management of facility and equipments

- 4.1 Introduction and importance of facilities
- 4.2 Gymnasium, swimming pool
- 4.3 Importance of equipments

- 4.4 Types of equipment
- 4.5 Principles of purchasing and maintenance of equipment

REFERENCES:

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

Course Outcomes

Course Code : 16BPES209

Name of Course : Management in Physical Education and Sports

- 1) To understand the concept, principles, functions, types of sports management.
- 2) To understand the concept, importance of programme planning.
- 3) To study and acquire the knowledge of public relation and supervision.
- 4) To understand and well equipped with the knowledge of management of facility and equipment.

BPES Semester – IV

Syllabus

Course Code : 16 BPES 210

Fitness Management

UNIT –1. Concept and importance of Physical Fitness

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

UNIT – 2. Principles of Exercise Program

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

UNIT – 3. Warming up and cooling down

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

UNIT – 4. Introduction to Sports Nutrients

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

REFERENCES:

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

- 9) Prof. Ajmer Singh, Dr. Jagtar Singh Gill, Dr. Jagdish Bais, Dr. Rachpal Singh Barar
Sharirik Shiksha tatha Olympic Abhiyan fourth edition 2004

Course Outcomes

Course Code 16BPES210

Name of Course : Fitness Management

- 1) To understand and well equipped with concept and importance of physical fitness.
- 2) To understand the concept and principles of exercise programme.
- 3) To acquire the knowledge of warning up and cooling down.
- 4) To understand the concept importance of sport nutrition and balanced diet.

Syllabus

Course Code : 16 BPES 211

Recreation

UNIT –1.

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

UNIT – 2.

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

UNIT – 3.

- 3.1 Rural, Urban and Industrial Recreation

- 3.2 Recreation in School and Colleges
- 3.3 Recreation for ill and disabled
- 3.4 Recreation for the Aged persons
- 3.5 Recreation for the women

UNIT – 4.

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

References:

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

Course Outcomes

Course Code : 16 BPES2111

Name of Course : Recreation

- 1) To understand the historical perspectives, benefits and importance of recreation.
- 2) To acquire scope importance, significance, health, parks and family recreation.
- 3) To gain the knowledge of recreation in rural, urban & industrial recreation.
- 4) To gain knowledge of recreation in schools & colleges, ill and disabled, aged and womens.
- 5) To understand the facilities, audiovisual aids camping and leadership in recreation.

Syllabus

Course Code : 16 BPES 212

Adapted Physical Education

UNIT –1. Introduction to Adapted Physical Education

- 1.1 Meaning and Definitions
- 1.2 Aims, Goals and Objectives

- 1.3 Need and Importance of Adapted Physical Education

Adapted Physical Education activities

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

UNIT – 2. Classification of Disability

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

UNIT – 3. Adapted Physical Education Programme

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

UNIT – 4.

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

Reference:

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

4. Adapted Physical Education and Sports- Joseph P. Winnick

Course Outcomes

Course Code : 16BPES212

Name of Course : Adapted physical Education

- 1) To understand the concept and importance of Adapted Physical Education.
- 2) The types of physical activities for adapted physical education.
- 3) To understand the different types of disabilities and modification of teaching and programming in physical education and sports.
- 4) To gain knowledge of guiding principles of adapted physical education programme.
- 5) To acquire knowledge of different programmes for adapted physical education for Elementary school.
- 6) To understand the importance governing policies and state advisory council in adapted physical education.

BPES - Semester – V

Syllabus

Course Code : 16 BPES 301

Principles and History of Physical Education

UNIT –1 Philosophy and Physical Education

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

UNIT – 2 Biological Principles

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

UNIT – 3 Psychological and Sociological Principles

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

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

- 4.1 Ancient India
- 4.2 Ancient Greece
- 4.3 Physical Education after Independence
- 4.4 Asian Games

4.5 Awards : State and National

Dronacharya Award
Rajiv Gandhi Khel Ratna Award
Chhatrapati Award
Arjun Award

References:

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

Course Outcomes

Course Code : 16BPES301

Name of Course : Principle and History of Physical Education

- 1) To gain the knowledge scope, concept and objectives of physical education.
- 2) To understand the importance of philosophy and different branches of philosophy.
- 3) To be equipped with the knowledge of educational and professional qualities of an official.
- 4) To understand the different psychological theories and to study the sociological principles.
- 5) To acquire knowledge of historical perspective of physical education with reference to different periodical status.

Semester – V

Syllabus

Course Code : 16 BPES 302

Officiating and Coaching of Game and Sports

UNIT –1 Meaning, Aims & Objectives of Officiating

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

- 1.3 Factors influencing Officiating

UNIT – 2. Educational and professional qualities of an official

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

UNIT – 3. Duties and qualities of coach

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

UNIT – 4. Coaching : Aims, objectives

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

References:

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

Course Outcomes

Course Code : 16BPES302

Name of Course : Officiating Coaching of Games and Sports

- 1) To acquire knowledge of basic principles, importance, factors influencing, duties relating to officiating.
- 2) To understand the knowledge of characteristics, educational qualification and professional qualities of an official.

- 3) To gain the knowledge of duties and important qualities of coach.
- 4) To acquire knowledge of principles of coaching, objectives specification and philosophy of coaching.

Semester – V

Syllabus

Course Code : 16BPES 303

Fundamentals of Sports Training

UNIT –1. Introduction of Sports Training

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

UNIT – 2. Planning and Organisation of Training

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

UNIT – 3. Training load and Recovery

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

UNIT – 4. Means and Methods of Sports training

- 4.1 Methods of training- Weight Training, Circuit training, Fartlek training,
Interval training

- 4.2 Periodization- Meaning and types
- 4.3 Aim and contents of periodization. Preparatory, Competition, Transitional etc.
- 4.5 Meaning of the terms- technique, skill, strategy and tactics

References:

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

Course Outcomes

Course Code : 16BPES303

Name of Course : Fundamentals of Sports Training

- 1) To acquire the concept, characteristics principles of sports training.
- 2) To understand the need of planning importance and basic principles of planning.
- 3) To acquire knowledge of organization of training and types of training.
- 4) To understand the training load and recovery.
- 5) To understand the importance of different means and methods of sports training.

Semester – V

Syllabus

Course Code : 16 BPES 304

Test, Measurement and Evaluation

UNIT –1. Introduction of Test, Measurement and Evaluation

- 1.1 Meaning and definition of test, measurement and evaluation
- 1.2 Need and importance of test, measurement and evaluation in Physical Education and Sports
- 1.3 Administration of testing programme
- 1.4 Advance Preparation
- 1.5 Duties pre, during and after testing programme

UNIT – 2. Selection and Construction of test

- 2.1 Criteria of test selection- Scientific authenticity, Administrative Feasibilities and Educational application
- 2.2 Scientific authenticity-Validity, Reliability, Objectivity Norms
- 2.3 Principles of construction of test
- 2.4 Classification of test-Standardized and Teacher made test
- 2.5 Objective and Subjective test

UNIT – 3. Fitness and Skill test

- 3.1 Physical fitness- definition, components and types
- 3.2 AAHPERD- Physical fitness test
- 3.3 National Physical Fitness Programme (NPFP)
- 3.4 Motor fitness-definition, components, JCR and Indiana Motor Fitness Test
- 3.5 Importance of Skill Test
- 3.6 Johnson Basketball Ability Test and SAI Football Test

UNIT – 4. Fundamental of Statistics

- 4.1 Meaning and importance of statistics in Physical Education and Sports
- 4.2 Frequency Table- Meaning, Construction and Uses
- 4.3 Measures of Central Tendencies- Meaning and computation of Mean, Median and Mode of grouped and ungrouped data
- 4.4 Measures of variability – Meaning and computation of Standard Deviation Quartile Deviation and Mean Deviation of grouped and Un-grouped data

References:

- Barrow, H. M., & McGee, R. (1997). *A practical Approach to Measurement in Physical education*. Philadelphia: Lea and Febiger.
- Kansal, D.K. (1996). *Test and Measurement in Sports and Physical Education*. New Delhi: D.V.S. Publications.

- Mathews, D.K., (1973). *Measurement in Physical Education*, Philadelphia: W.B.Sounders Company.
- Phillips, D. A., & Hornak, J. E. (1979). *Measurement and Evaluation in Physical Education*. New York: John Willey and Sons.

Paper – IV

Course Code : 16BPES304

Name of Course : Test, Measurement and Evaluation

- 1) To understand the need, importance, administration of test, measurement and evaluation in physical education.
- 2) To gain and well equipped with the knowledge of selection and constructions of a test needed for physical education and sports.
- 3) To understand the knowledge of different types of fitness and skill test.
- 4) To acquire knowledge of fundamentals of statistics.

BPES – Semester – VI
Semester – VI

Course Code : 16BPES 310

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.

Paper - I

Course Code :16BPES310

Name of Course : Educational Technology

- 1) To acquire knowledge of education and educational technology.
- 2) To gain the knowledge of importance, scope, roles and functions of educational technology.
- 3) To understand the knowledge of different teaching techniques.
- 4) To gain the knowledge and well equipped with different teaching aids.
- 5) To understand the different types of lesson planning and teaching innovations.

Semester VI

Course Code : 16 BPES 312

Remedial and Corrective Physical Education

Unit-1. Posture Education

- 1.1. Meaning, Definition & importance of posture
- 1.2. Scope of Posture Education

Classification of Posture

- 1.3. Correct and incorrect Posture

- 1.4. Static and Dynamic Posture
- 1.5. Body types

Unit-2. Postural Deformities – causes, symptoms and Corrective exercises

- 2.1. Kyphosis
- 2.2. Lordosis
- 2.3. Scoliosis
- 2.4. Knocked Knees
- 2.5. Bowed Legs
- 2.6. Flat Foot

Unit-3. Common athletic injuries and their Rehabilitation

- 3.1. Sprain
- 3.2. Strain
- 3.3. Muscle Pull & Cramp
- 3.4. Contusion & Abrasion
- 3.5. Fracture
- 3.6. Dislocation
- 3.7. General principles regarding the prevention of injuries
- 3.8. Definition, aims and objectives of rehabilitation
- 3.9. Scope of Rehabilitation

Unit-4. Massage and Manipulation

- 4.1. Principles of massage manipulation
- 4.2. Importance of Massage in Sports
- 4.3. Indication and Contra-indications of massage movement

Classification of massage manipulation

- 4.4. Stroking manipulation
- 4.5. Pressure manipulation

4.6. Percussion manipulation

4.7. Shaking manipulation

References:-

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

Paper – II

Course Code : 16BPES303

Name of Course : Remedial & Corrective Physical Education

- 1) To acquire the knowledge of posture education and classification of posture.
- 2) To understand the knowledge of postural deformities, causes, symptoms and corrective exercises.
- 3) To gain the knowledge of common athletics injuries and their rehabilitation.
- 4) To acquire and well equipped with the knowledge of massage and manipulation.
- 5) To gain the knowledge of different types of classification of massage manipulation.

Semester - VI

Course Code : 16 BPES-313

Sports Sociology

UNIT –1. Introduction to Sports Sociology

- 1.1 Meaning, definitions and importance of Sports Sociology
- 1.2 Scope of Sports Sociology
- 1.3 Sports Sociology as a discipline
- 1.4 Sports as a Social occurrence
- 1.5 Effect of appearance, sociability and specialization on sports participation
- UNIT – 2. Sports and Society**
 - 2.1 Socialization through games and sports
 - 2.2 Sports as an element of society
 - 2.3 Sports as an element of cultural development
 - 2.4 Sports as an Art
 - 2.5 Sport as a Science
- UNIT – 3. Social factors concerning sports in society**
 - 3.1 Social stratification in Sports
 - 3.2 Demonstration in Sports
 - 3.3 Sport and Women
 - 3.4 Sport and Children & Adults
 - 3.5 Role of family, Institution and peer group in sport socialization
- UNIT – 4. Sport and the life cycle**
 - 4.1 Politics and sports, role of politics in sports
 - 4.3 Role of media in sports
 - 4.3 Economy and sports, role of economy in the development of sports and games
 - 4.4. Violence in sports and its causes
 - 4.5 Role of sports in the promotion of National Integration

References:

1. Sharma S. R. , “Sociological Foundation in Physical Education and Sports”, Friends Publication New Delhi
2. Singh Kawaljeet, “Sociology of Sports”, Friends Publication, New Delhi
3. Singh Bhupinder, “Sports Sociology: An Indian Perspective”, Friends Publication, New Delhi
4. Yobu. A., “Sociology of Sports”, Friends Publication, New Delhi
5. Singh Ajmer Et. Al. “Essentials of Physical Education”, Kalyani Publishers Ludhiana, Second revised addition, 2008
6. Dr. Dinesh Chandra Kand Pal, “Sports Psychology and sport sociology”, Sports Publication.

Paper - III

Course Code : 16BPES313
Name of Course : Sport Sociology

- 1) To gain the knowledge of concept, importance scope of sport sociology.
- 2) To understand the relations of sports and society.
- 3) To acquire the knowledge of social factors concerning sports in society.
- 4) To understand the relation of sport and the life cycle.

Semester - VI

Course Code : 16 BPES 311

Sports Specialization Handball

Handball

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

- 1.1 History – India
- 1.2 Rules of the game – Playing court
- 1.3 Playing Time, Final Signal and Time-out
- 1.4 The Ball, The Team, Substitutions
- 1.5 Equipment, Player Injuries
- 1.6 The Goalkeeper
- 1.7 The Goal Area
- 1.8 Playing the Ball
- 1.9 Passive Play
- 1.10 Fouls and Unsportsmanlike Conduct
- 1.11 Scoring
- 1.12 The Throw-off
- 1.13 The Throw-in

- 1.14 The Goalkeeper Throw
- 1.15 The free Throw
- 1.16 The 7 Metered-Throw
- 1.17 The Punishments
- 1.18 The Referees
- 1.19 The Timekeeper and the Scorer

UNIT – 2. Skills of the Game

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

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

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

UNIT – 4. Officiating

- 4.1 The Referees and their duties

4.2 Hand Signals

4.3 Rhythms of whittle

4.4 Score Sheet

4.5 Awards

Course Code : 16BPES311

Handball

- 1) To provide detail knowledge regarding rules regulation skills, strategies and tactics of Handball. To enhance performance to regular practices.
- 2) To provide teaching and coaching opportunities to the students.
- 3) To provide opportunities to organize different level of tournaments.

Semester - VI

Course Code : 16 BPES 311

Sports Specialization Kho- Kho

Unit- 1.

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

Unit -2.

- a. Skills of Chakris- Sitting position, Giving Kho Kho, Kinds of Kho, Covering position, Tapping-kinds and Pole tapping, Dive- Front/Side/ Running.

- b. Skills of Runners- a) Chain- Single, Tripple
1-3-4,1-3-1-1-2, 1-5-2
- b) Oval- Long, Short, Middle
- c) Dodse- Face/ Back

Unit- 3.

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

Unit -4.

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

Course Code : 16BPES311

Kho-Kho

- 1) To provide detail knowledge regarding rules regulation skills, strategies and tactics of Kho-Kho. To enhance performance to regular practices.
- 2) To provide teaching and coaching opportunities to the students.
- 3) To provide opportunities to organize different level of tournaments.

Semester - VI

Course Code : 16 BPES 311

Sports Specialization Basketball

UNIT – 1.

- a) History of Basketball Game
 - i) Basketball in Asia
 - ii) Basketball in India

- b) Federation of Basketball
- c) Different age group of tournament
- d) Awards

UNIT – 2.

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

UNIT – 3.

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

UNIT – 4.

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

References :

1. Basketball Sikhe (Hindi) – Dikshit Suresh, Delhi : Sports Publication, 2006
2. Basketball Coaching Manual – K. Kanika, Delhi : Sports Publication, 2005

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

Course Outcomes

Course Code : 16BPES311

Sports Specialization Basketball

- 1) To provide detail knowledge of Basketball regarding rules, regulation skills, strategies
and tactics of Basketball. To enhance performance to regular practices.
- 2) To provide teaching and coaching opportunities to the students
- 3) To provide opportunities to organize different level of tournaments.
- 4) To provide opportunities of officiating and to develop the qualities of official concerning
the duties of official in Basketball.

Semester - VI

Course Code : 16 BPES 311

Sports Specialization Volleyball

UNIT 1. History

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

UNIT – 2. Fundamental Skill of Volleyball and their types

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

UNIT – 3.

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

UNIT – 4. Duties of Official

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

References :

- 1. Steps of success, Barbara L. Viera, Bonase Jill for Guson, Human Kineties publishers, 1996 ISBN 0-87322-646-1
- 2. Volleyball the skill of the game, Keith Nichalls The crowood press, 1986, ISBN-852238(IB)
- 3. Play the game Volleyball, G. Corge Bulman Bland ford Villiers house London, 1994 ISBN 0-7137-2440-4
- 4. व्हॉलीबॉल, डॉ. रमेशचंद झंवर, नागपूर शा.शिक्षण महाविद्यालय, धंतोली नागपूर, अनिल बदर्स पब्लिकेशनजी २ रमाकृती धंतोली नागपूर २००४
- 5. व्हॉलीबॉल नियम, कौशल्य और तंत्र, प्रणव प्रधान, संदीप कुमार गावकवाडा संत चिकीत्सा प्रसारक मंडळ यवतमाळ, २०१७

Outcomes Course Course Code : 16BPES311

Volleyball

- 1) To provide detail knowledge regarding rules regulation skills, structures and tactics of the volleyball. To enhance performance to regular practices.
- 2) To provide teaching and coaching opportunities to the student.
- 3) To provide opportunities to organize different level of tournament.

- 4) To provide opportunities of officiating and to develop the qualities of official in the student.

Semester - VI

Course Code : 16 BPES 311

Sports Specialization Cricket

UNIT 1. History

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

UNIT – 2. Fundamental Skill of Batting

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

UNIT – 3. Fundamental Skill of Bowling

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

Unit – 4 – Fielding Skill

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

Reference:

- 1) Keith Andrew – The handbook of Cricket, Published by the Penguin Group 27 Wrights lane, London W85TZ, England, 1989
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Course Code : 16BPES311

Cricket

- 1) To provide detail knowledge regarding rules regulation skills, strategies and tactics of Cricket. To enhance performance to regular practices.
- 2) To provide teaching and coaching opportunities to the students.
- 3) To provide opportunities to organize different level of tournaments.
