


**ANNAMALAI**  **UNIVERSITY**  
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS  
SCIENCES

**BACHELOR OF PHYSICAL EDUCATION (B.P.Ed) DEGREE COURSE**

(TWO YEARS)

Choice Based Credit System

**REGULATIONS**

**1.Preamble**

The Bachelor of Physical Education (B.P.Ed) program is a professional program meant for preparing teachers for physical education for classes VI-X and for conducting physical education and sports activities for classes XI-XII

**2.Duration and Working days**

**2.1. Duration**

The duration of the course of study is two academic years, consisting of four semesters. However, the students shall be permitted to complete the program requirements within a maximum of three years from the date of admission to the program

**2.2. Working days**

The total working days shall not be less than 200 days in an Academic year. Each semester consists of not less than 100 working days excluding examinations.

**3. Eligibility for Admission to the Course**

A candidate shall be eligible for admission to the Bachelor of Physical Education degree course (B.P.Ed) if he/she has

Bachelor degree in any discipline with 50% marks and having participated in Inter-college / Inter-Zonal / District / School competitions in sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.

Or

Bachelor degree in Physical education with 45% marks

Or

Bachelor degree in any discipline with 45% marks and studied physical education as a compulsory elective subject

Or

Bachelor degree in any discipline with 45% marks and having participated in National/inter University/State competition or secured 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> position in Inter-college / Inter-Zonal / District / School competitions in sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.

Or

Graduates with 45% marks and at least three years of teaching experience (for deputed in service candidate, i.e. trained physical education teachers and coaches)

Subject to the following conditions.

- The degree must have been obtained from a university recognized by Annamalai University.
- The candidates should not have completed 30 years of age as on 1<sup>st</sup> July. However, relaxation of 2 years may be given for SC/ST/Ex-servicemen / Experienced Physical Education Teachers.
- Should be medically fit and free from any deformity.

#### 4. Admission Procedure

Admission shall be made on the basis of ranking for a total of 150 marks as detailed below:-

1.	Qualifying Examination	20 marks
2.	Participation in Games & Sports	25 marks
3.	Games Skill test	50 marks
4.	Track and Field Skill test	50 marks
5.	Bonus marks for possession of basic degree in Physical Education (B.Sc., Physical Education or Bachelor of Physical Education (B.P.E) or Bachelor of Physical Education and Sports [B.P.E.S]) or Diploma in Physical Education (D.P.Ed)	05 marks
<b>Total</b>		<b>150 marks</b>

**Note:** Marks obtained in qualifying Degree (excluding language papers) shall be converted to a maximum of 20 marks. For example if a candidate secured 1800 marks out of 2400. His / Her marks for qualifying examinations is  $[1800 / 2400] \times 20 = 15$  marks.

## 2. Course of Study

- Duration of the Course - The duration of the course of study is two academic years, consisting of four semesters. The total working days shall not be less than 200 days in an Academic year. Each semester consists of not less than 100 working days excluding examinations.
- Each working day shall consist of four hours of Practical Work (Morning and Evening – 2 hours for each session) and three hours of theory in between.
- Undergoing Intensive Practice Teaching in neighboring schools and attending the annual leadership training camp shall be compulsory for all the students.
- The programme of study shall consist of four parts Viz Part-A-Theoretical course (Core and Elective), Part – B – Practical Course, and Part – C- Teaching Practice.

### Part A – Theory Course

		Semester I
<b>Core</b>	<b>Paper</b>	
	BPDC-101	HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION
	BPDC-102	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE
	BPDC-103	RULES OF SPORTS AND GAMES -I
<b>Elective</b>	BPDE-104	a) ADAPTED PHYSICAL EDUCATION (or) b) OFFICIATING AND COACHING
		Semester II
<b>Core</b>	<b>Paper</b>	
	BPDC-201	YOGA EDUCATION
	BPDC-202	EDUCATIONAL TECHNOLOGY AND METHODS IN PHYSICAL EDUCATION
	BPDC-203	ORGANIZATION, ADMINISTRATION AND SPORTS MANAGEMENT
<b>Elective</b>	BPDE-204	a) FITNESS AND WELLNESS (or) b) GUIDANCE AND COUNSELING
		Semester III
<b>Core</b>	<b>Paper</b>	
	BPDC-301	SPORTS TRAINING
	BPDC-302	COMPUTER APPLICATION IN PHYSICAL EDUCATION.
	BPDC-303	SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION
<b>Elective</b>	BPDE-304	a) PROFESSIONAL PREPARATION AND CURRICULUM DESIGN (or) b) SPORTS PSYCHOLOGY AND SOCIOLOGY
		Semester IV
<b>Core</b>	<b>Paper</b>	
	BPDC-401	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION
	BPDC-402	KINESIOLOGY AND BIOMECHANICS
	BPDC-403	RULES OF SPORTS AND GAMES -II
<b>Elective</b>	BPDE-404	a) HEALTH EDUCATION AND ENVIRONMENTAL STUDIES (or) b) SPORTS NUTRITION

### Part B – Practical Course

Participation and learning the skills and techniques and the teaching methods of the activities are as follows.

S.No	Activities for Semester I
A	Marching, Indigenous Activities Dands and Baithaks.
B	<b>Calisthenics and Light apparatus</b> Standing, Sitting, Turning, Clapping, Bending, Moving, Stepping, Twisting, Lanching. Light apparatus: Indian Clubs, Dumb-bells, Hoops, Wands, Pole Drills.
C	<b>Games and Sports</b> : Basketball, Cricket, Football,
D	<b>Track and Field Events:</b> Sprint, Middle and Long Distance Running, .
E	<b>Minor Games:</b> Relay Games, Circle Games
F	<b>Yogic Practices:</b> Asanas, Pranayamas, Kriyas, Bandhas,
G	<b>Fitness Training</b> : Conditioning Exercises: General and Specific. Training Methods : Weight Training ( Free Weights and Machine Weights)- Circuit Training – Interval Training- Fartlek Training
Activities for Semester II	
A	<b>Rhythmic Activities:</b> Rhythmic Activities : Folk Dances, Aerobic Dance, Lezium
B	<b>Gymnastics:</b> Gymnastics: Tumbling and Pyramids.
C	<b>Games and Sports:</b> Handball, Hockey and Volleyball.
D	<b>Track and Field Events Part I</b> : Shot Put, Discus Throw, Javelin Throw, Hammer Throw
E	<b>Minor Games:</b> Tag Games, Goal/ Point Scoring Games, Miscellaneous Games.
F	<b>Yogic Practices:</b> Mudras, Suryanamaskar and Meditation.
G	<b>Fitness Training</b> : Plyometrics, Swiss ball Training – Medicine Ball Training – Core Board Training- Cross Training.
S.No	Activities for Semester III
H	<b>Track and Field Events Part II</b> : Triple Jump, Pole Vault, High Jump, Long Jump
I	<b>Games and Sports</b> : Kabaddi, Kho-Kho, Ball badminton
J	<b>First Aid and Management of Athletic injuries:</b> Prevention and Management of Injuries, Physiotherapy Treatments.
K	<b>Care and Maintenance of Play Fields</b>
L	I. <b>Other Activities</b> such as : a. Organizing Tournaments , Project Sports Meet and Play days b. Intramural and Extramural Tournaments

<b>Activities for Semester IV</b>	
H	<b>Track and Field Events Part II</b> : Hurdles, Combined Events, Relay Races
I	<b>Games and Sports – II:</b> Tennis, Table Tennis, Tennikoit, Throwball, and Weight Lifting
J	<b>First Aid and Management of Athletic injuries:</b> Rehabilitative processes and Massage.
K	<b>Marking of Play Fields</b>
L	I. <b>Other Activities</b> such as : a. Annual Leadership Training Camp b. Educational Tour : Visits to fitness, Recreational centers and Sports Meet, Stadia and other reputed Physical Education Institutions

### **Part C - Practice Teaching**

Practice teaching includes Teaching & observation in the Department/ College. Intensive Teaching Practice in the neighboring Schools. Schools for intensive teaching shall be decided by the Staff-in-charge of Teaching Practice and Head of the Department / Principal of the College.

The practice teaching examination shall be conducted by the University at the end of the II<sup>nd</sup> and IV<sup>th</sup> Semester. A minimum of 30 lessons out of which 20 shall be taken in schools in 20 working days and 10 lessons shall be conducted in the Department of Physical Education and Sports Sciences, Annamalai University. The Practice teaching lesson plan record shall be submitted at the time of the University practice teaching practical examinations.

**Note:**

- i. For the practice teaching examination conducted by the University, there shall be one External and one Internal Examiner.
- ii. For Practice Teaching, each student shall maintain a Teaching Practice Record book, which shall contain records of 15 general and 15 Particular lessons.

A candidate who fails in Practice Teaching Examination may present himself/herself in the subsequent University practice teaching Examination

## SCHEME OF EXAMINATION

### Part –A - Theory

<b>Semester I</b>						
	<b>Paper</b>		<b>Credit</b>	<b>Int.</b>	<b>Ext.</b>	<b>Total</b>
<b>Core</b>	BPDC-101	HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION	4	30	70	100
	BPDC-102	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE	4	30	70	100
	BPDC-103	RULES OF SPORTS AND GAMES -I	4	30	70	100
<b>Elective</b>	BPDE-104	a) ADAPTED PHYSICAL EDUCATION (or) b) OFFICIATING AND COACHING	4	30	70	100
<b>Semester II</b>						
<b>Core</b>	BPDC-201	YOGA EDUCATION	4	30	70	100
	BPDC-202	EDUCATIONAL TECHNOLOGY AND METHODS IN PHYSICAL EDUCATION	4	30	70	100
	BPDC-203	ORGANIZATION, ADMINISTRATION AND SPORTS MANAGEMENT	4	30	70	100
<b>Elective</b>	BPDE-204	a) FITNESS AND WELLNESS (or) b) GUIDANCE AND COUNSELING	4	30	70	100
<b>Semester III</b>						
<b>Core</b>	BPDC-301	SPORTS TRAINING	4	30	70	100
	BPDC-302	COMPUTER APPLICATION IN PHYSICAL EDUCATION.	4	30	70	100
	BPDC-303	SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION	4	30	70	100
<b>Elective</b>	BPDE-304	a) PROFESSIONAL PREPARATION AND CURRICULUM DESIGN (or) b) SPORTS PSYCHOLOGY AND SOCIOLOGY	4	30	70	100
<b>Semester IV</b>						
<b>Core</b>	BPDC-401	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	4	30	70	100
	BPDC-402	KINESIOLOGY AND BIOMECHANICS	4	30	70	100
	BPDC-403	RULES OF SPORTS AND GAMES -II	4	30	70	100
<b>Elective</b>	BPDE-404	a) HEALTH EDUCATION AND ENVIRONMENTAL STUDIES (or) b) SPORTS NUTRITION	4	30	70	100
<b>Total Credits and Marks for Part A</b>			<b>64</b>	<b>480</b>	<b>1120</b>	<b>1600</b>

**PART –B- PRACTICAL**  
**Activities particulars- Semester wise**

<b>Semester I</b>						
Paper	Activities	Credit	Total credits	Internal Marks	External marks	Total Marks
BPDP-105	<b>Marching</b> , Indigenous activities, Dands and Baithaks.	1	4	100		100
	<b>Calisthenics and Light Apparatus</b> Callisthenics: Standing, Sitting, Turning, Clapping, Bending, Moving, Stepping, Twisting, Launching. Light apparatus: Indian Clubs, Dumb-bells, Hoops, Wands, Pole Drills.	2				
	<b>Marking of Play Fields -Care and Maintenance of Play Fields</b>	1				
BPDP-106	<b>Minor Games:</b> Relay Games, Circle Games	1	4	100		100
	<b>Yogic Practices:</b> Asanas, Pranayamas, Kriyas, Bandhas, Mudras, Suryanamaskar and Meditation.	1				
	<b>Fitness Training</b> : Conditioning Exercises: General and Specific. Training Methods : Weight Training ( Free Weights and Machine Weights)- Circuit Training – Interval Training- Fartlek Training	2				
BPDP-107	Basketball, Cricket, Football,	4	4	100		100
BPDP-108	Sprint, Middle and Long Distance Running, Long Jump.	4	4	100		100
	<b>Total</b>		<b>16</b>	<b>400</b>		<b>400</b>
<b>Semester II</b>						
Paper	Activities	Credit	Total credits	Internal Marks	External marks	Total Marks
BPDP-205	Handball, Hockey and Volleyball.	4	4	100		100
BPDP-206	Shot Put, Discus Throw, Hammer Throw, Javelin Throw	4	4	100		100
BPDP-207	<b>Minor Games:</b> Tag Games, Goal/ Point Scoring Games, Miscellaneous Games.	1	4	100		100
	<b>Fitness Training</b> : Plyometrics, Swiss ball Training – Medicine Ball Training – Core Board Training- Cross Training.	1				
	<b>Rhythmic Activities:</b> Rhythmic Activities : Folk Dances, Aerobic Dance, Lezium	1				
	<b>Gymnastics:</b> Gymnastics: Tumbling and Pyramids.	1				
	<b>Total</b>		<b>12</b>	<b>300</b>		<b>300</b>

<b>Semester III</b>						
	<b>Activities</b>	<b>Credit</b>	<b>Total credits</b>	<b>Internal Marks</b>	<b>External marks</b>	<b>Total Marks</b>
BPDP-305	Triple Jump, Pole Vault, High Jump,	4	4	100		100
BPDP-306	Kabaddi, Kho-Kho, Ball badminton	4	4	100		100
BPDP-307	Organizing Tournaments , Project Sports Meet and play days, Intramural and Extramural Tournaments	1	4	100		100
	Annual Leadership Training Camp Educational Tour : Visits to fitness, Recreational centers and Sports Meet, Stadia and other reputed Physical Education Institutions	2				
	<b>First Aid and Management of Athletic injuries:</b> Rehabilitative processes and Massage.	1				
	<b>Total</b>		<b>12</b>	<b>300</b>		<b>300</b>
<b>Semester IV</b>						
	<b>Activities</b>	<b>Credit</b>	<b>Total credits</b>	<b>Internal Marks</b>	<b>External marks</b>	<b>Total Marks</b>
BPDP-405	Relay Races. Hurdles, Combined Events,	4		100		100
BPDP-406	Lawn Tennis, Table Tennis, Tennikoit, Throwball, and Weight Lifting	4		100		100
	<b>Total</b>		<b>8</b>	<b>200</b>		<b>200</b>
	<b>Total Credit and Marks for Part -B</b>		<b>48</b>			<b>1200</b>

**PART –C- PRACTICE TEACHING**  
**Activities particulars- Semester wise**

<b>Semester II</b>						
<b>Paper</b>	<b>Activities</b>	<b>Credit</b>	<b>Total credits</b>	<b>Internal Marks</b>	<b>External marks</b>	<b>Total Marks</b>
BPDT-208	Teaching practice-I	4		100		100
BPDT-209	Teaching practice-II	4		30	70	100
	<b>Total</b>		<b>8</b>	<b>130</b>	<b>70</b>	<b>200</b>
<b>Semester IV</b>						
<b>Paper</b>	<b>Activities</b>	<b>Credit</b>	<b>Total credits</b>	<b>Internal Marks</b>	<b>External marks</b>	<b>Total Marks</b>
BPDT-407	Teaching practice-III	4		100		100
BPDT-408	Teaching practice-IV	4		30	70	100
	<b>Total</b>		<b>8</b>	<b>130</b>	<b>70</b>	<b>200</b>
	<b>Total Credits and Marks for Part C</b>		<b>16</b>	<b>260</b>	<b>140</b>	<b>400</b>



#### IV. Attendance

- 1) A Student must have 75% attendance in theory and practical classes to appear for university examinations.
- 2) Students who have 74% to 65% attendance shall apply for condonation in the prescribed form with prescribed fee.
- 3) Students who have 64% to 50% attendance shall apply for condonation in the prescribed form with prescribed fee along with medical certificate.
- 4) Students who have below 50% attendance are not allowed to appear for the examination.

#### V. Format of Question papers for Four Units

Each question paper shall have five questions corresponding to four units of each theory paper.

Question No.	Description	Marks
1	Answer in Detail (Long Question) Or Answer in Detail (Long Question) (From Unit No.I)	15
2	Answer in Detail (Long Question) Or Answer in Detail (Long Question) (From Unit No.II)	15
3	Answer in Detail (Long Question) Or Answer in Detail (Long Question) (From Unit No.III)	15
4	Write short notes: any Two of Four. (From Unit No.IV)	15
5	M.C.Q Type Question (10 out of 12 Questions) – 3 questions from each unit	10
	Total	70

#### V. Continuous Assessment for Part I – Theory Papers

##### a. Written Examination - 25 Marks :

- I. Continuous assessment shall be graded by the concerned subject teachers. Three tests will be conducted for each paper.
- II. Each test carries a maximum of 25 marks and the average of best two tests shall be considered.
- III. However, in the case of students who miss the tests for any valid reasons with prior permission from the Head of the Department (Viz. Participating in Sports and Games competitions), he/she

may be granted special permission to write the tests before the commencement of semester examination.

**b. Assignment / Seminar - 3 Marks:**

The teachers shall give assignments to the students and 3 marks are allotted for assignments. This may be of any accepted method such as Seminar, Project, Written materials, Record etc.

**c. Attendance - 2 Marks:**

Regularity in attending theory and practical classes shall be graded as per the percentage of attendance.

Percentage of Attendance	Marks
96- 100	2
91-95	1.5
86-90	1
81- 85	0.5

Method of Calculation :

First Test - 25 Marks.

Second Test - 25 Marks.

Third Test - 25 Marks.

Average of the best two tests = 25 Marks

Assignment = 03 Marks

Attendance = 02 Marks.

**Total = 30 Marks .**

**d. Pre-Semester/ Model Examination (70 Marks)**

- i. Pre-Semester/ Model examination shall be held at the end of each semester before the final semester examination covering all the portions and 70 marks are awarded for this examination.
- ii. Each paper carries 70 marks and this will be converted into 30 marks.
- iii. The Continuous assessment marks plus Pre semester/Model Examination divided by two shall be the **final internal mark for 30.**

## VI. Requirement for Passing

No candidate shall be eligible for the award of the B.P.Ed degree unless he/she has passed the written examinations (Part I), the Practical (Part II) and Practice Teaching (Part III).

## VII. Grading System

To pass in an examination a student has to score a minimum of 50% marks in each theory (Part-I) paper; Practice Teaching (Internal and External Combined) (Part-II) and Practical (Part - III) and has to score a minimum of 40% of marks in the external examination alone. The grading system is given below:

CGPA	Grade	Classification of Final Result
9.5- 10.0	O+	First Class with Exemplary*
9.0 and above but below 9.5	O	
8.5 and above but below 9.0	D++	First Class with Distinction*
8.0 and above but below 8.5	D+	
7.5 and above but below 8.0	D	
7.0 and above but below 7.5	A++	First Class
6.5 and above but below 7.0	A+	
6.0 and above but below 6.5	A	
5.5 and above but below 6.0	B+	Second Class
5.0 and above but below 5.5	B	
0.0 and above but below 5.0	U	Re-appear

\* The candidates who have passed in the First appearance and within the prescribed semester of the programme are eligible.

## Scheme of Examinations

### Semester I

PART-A-Theoretical Courses						
Paper	Title of the Paper	Total Hours	Credit	Int.	Ext.	Total
<b>Core Course</b>						
BPDC-101	HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION	4	4	30	70	100
BPDC-102	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE	4	4	30	70	100
BPDC-103	RULES OF SPORTS AND GAMES -I	4	4	30	70	100
<b>Elective Course</b>						
BPDE-104	a) ADAPTED PHYSICAL EDUCATION (or) b) OFFICIATING AND COACHING	4	4	30	70	100
<b>PART-B-Practical Courses</b>						
BPDP-105	Games and Sports – I	6	4	100		100
BPDP-106	Track and Field Events -I.	6	4	100		100
BPDP-107	Practical-I	6	4	100		100
BPDP-108	Practical-II	6	4	100		100
<b>Total</b>			32	520	280	800

### Semester II

PART-A-Theoretical Courses						
Paper	Title of the Paper	Total Hours	Credit	Int.	Ext.	Total
<b>Core Course</b>						
BPDC-201	YOGA EDUCATION	4	4	30	70	100
BPDC-202	EDUCATIONAL TECHNOLOGY AND METHODS IN PHYSICAL EDUCATION	4	4	30	70	100
BPDC-203	ORGANIZATION, ADMINISTRATION AND SPORTS MANAGEMENT	4	4	30	70	100
<b>Elective Course</b>						
BPDE-204	a) FITNESS AND WELLNESS (or) b) GUIDANCE AND COUNSELING	4	4	30	70	100
<b>PART-B-Practical Courses</b>						
BPDP-205	Games and Sports – II	6	4	100		100
BPDP-206	Track and Field Events -II.	6	4	100		100
BPDP-207	Practical-III	6	4	100		100
<b>PART-C- Practice Teaching</b>						
BPDT-208	Teaching practice-I	6	4	100		100
BPDT-209	Teaching practice-II	6	4	30	70	100
<b>Total</b>			36	550	350	900

## Semester III

PART-A-Theoretical Courses							
Paper	Title of the Paper	Total Hours	Credit	Int.	Ext.	Total	
<b>Core Course</b>							
BPDC-301	SPORTS TRAINING	4	4	30	70	100	
BPDC-302	COMPUTER APPLICATION IN PHYSICAL EDUCATION.	4	4	30	70	100	
BPDC-303	SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION	4	4	30	70	100	
<b>Elective Course</b>							
BPDE-304	a) PROFESSIONAL PREPARATION AND CURRICULUM DESIGN	4	4	30	70	100	
	(or) b) SPORTS PSYCHOLOGY AND SOCIOLOGY						
<b>PART-B-Practical Courses</b>							
BPDP-305	Games and Sports – III	6	4	100		100	
BPDP-306	Track and Field Events -III.	6	4	100		100	
BPDP-307	Practical-IV	6	4	100		100	
Total				28	420	280	700

## Semester IV

PART-A-Theoretical Courses							
Paper	Title of the Paper	Total Hours	Credit	Int.	Ext.	Total	
<b>Core Course</b>							
BPDC-401	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	4	4	30	70	100	
BPDC-402	KINESIOLOGY AND BIOMECHANICS	4	4	30	70	100	
BPDC-403	RULES OF SPORTS AND GAMES -II	4	4	30	70	100	
<b>Elective Course</b>							
BPDE-404	a) HEALTH EDUCATION AND ENVIRONMENTAL STUDIES	4	4	30	70	100	
	(or) b) SPORTS NUTRITION						
<b>PART-B-Practical Courses</b>							
BPDP-405	Games and Sports – IV	6	4	100		100	
BPDP-406	Track and Field Events -IV	6	4	100		100	
<b>PART-C-Teaching Practice</b>							
BPDT-407	Teaching practice-III	6	4	100		100	
BPDT-408	Teaching practice-IV	6	4	30	70	100	
Total				32	450	350	800

## Summary of Scheme of Examination

Part	Section			Credits	Marks
<b>A</b>	<b>Theory</b>			<b>64</b>	<b>1600</b>
	<b>Semester</b>	<b>Credit</b>	<b>Marks</b>		
	First	16	400		
	Second	16	400		
	Third	16	400		
	Fourth	16	400		
<b>B</b>	<b>Practical</b>			<b>48</b>	<b>1200</b>
	<b>Semester</b>	<b>Credit</b>	<b>Marks</b>		
	First	16	400		
	Second	12	300		
	Third	12	300		
	Fourth	8	200		
<b>C</b>	<b>Teaching Practice</b>			<b>16</b>	<b>400</b>
	<b>Semester</b>	<b>Credit</b>	<b>Marks</b>		
	Second	8	200		
	Fourth	8	200		
	<b>Total</b>			<b>128</b>	<b>3200</b>

**OUTLINE OF SYLLABUS  
PART I – THEORY  
SEMESTER-I**

	Paper	Semester I
<b>Core</b>	BPDC-101	HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION
	BPDC-102	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE
	BPDC-103	RULES OF SPORTS AND GAMES -I
<b>Elective</b>	BPDE-104	a) ADAPTED PHYSICAL EDUCATION (or) b) OFFICIATING AND COACHING

**Semester I  
Theory Courses**

**BPDC-101- HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION**

**Unit-I: Introduction**

- Meaning, Definition and Scope of Physical Education
- Aims and Objectives of Physical Education
- Importance of Physical Education in present era.
- Misconceptions about Physical Education.
- Relationship of Physical Education with General Education.
- Physical Education as an Art and Science.

**Unit- 2 - Historical Development of Physical Education in India and Olympic Movement**

- Indus Valley Civilization Period. (3250 BC - 2500 BC)
- Vedic Period (2500 BC - 600 BC)
- Early Hindu Period (600 BC - 320 AD) and Later Hindu Period (320 AD - 1000 AD)
- Medieval Period (1000 AD - 1757 AD)
- British Period (Before 1947) and Physical Education in India (After 1947)
- Y.M.C.A. and its' contributions.
- The significant stages in the development of ancient Olympics and modern Olympics
- Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- Para Olympic Games - Summer Olympics - Winter Olympics - Youth Olympic Games

**Unit- 3- Foundation of Physical Education**

- Philosophical foundation:
- Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture.
- Fitness and wellness movement in the contemporary perspectives
- Sports for all and its' role in the maintenance and promotion of fitness.

**Unit-4- Principles of Physical Education**

## Biological

- Growth and development
- Age and gender characteristics
- Body Types
- Anthropometric differences

## Psychological

- Learning types, learning curve
- Laws and principles of learning
- Attitude, interest, cognition, emotions and sentiments

## Sociological

- Society and culture
- Social acceptance and recognition
- Leadership
- Social integration and cohesiveness

**References:**

Bucher, C. A. (Ed.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.

Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.

Mohan, v. M. (1969). *Principles of Physical Education*. Delhi: Metropolitan Book Dep.

Nixon, E. E. & Cozen, F.W. (1969). *An Introduction to Physical Education*. Philadelphia: W.B. Saunders Co.

Obertuffer, (1970). *Physical Education*, New York: Harper & Brothers Publisher.

Sharman, 1. R. (1964). *Introduction to Physical Education*. New York: A.S. Barnes & Co.

William, J. F. (1964). *The principles of Physical Education*. Philadelphia: W.B. Saunders Co.

Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic' dreams: the impact of mega-events on local politics*: Lynne Rienner



## Semester I

## Theory Courses

**BPDC-102- ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE****UNIT-I**

- Introduction of Basic Concepts of Anatomy and Physiology
- Structure and Functions of cell.
- Tissues and their Classification.
- Basic introduction of body systems.
- Anatomical and Physiological difference in Male and Female.

**UNIT-II**

- Definition of Physiology and its importance in the field of Physical Education and Sports
- Classification of Skeletal system.
- Types and structure of bones and joints.
- Different types of Movement around the Joints.
- Structure and Classification of Muscles
- Properties of Muscles
- Types of Muscular contraction
- Function of the Autonomic nervous system and Central nervous system, Reflex Action.

**UNIT-III**

- Constituents of blood and their function
- Blood groups and Clotting of blood,
- The structure and properties of the heart
- The Respiratory passage and exchange of gases in the lungs
- Mechanism of respiration (internal and external respiration)
- oxygen debt, second wind, vital capacity
- structure and functions of the digestive system,
- Metabolism,

**UNIT-IV**

- Effect of exercise and training on cardiovascular system.
- Effect of exercise and training on respiratory system.
- Effect of exercise and training on muscular system
- Physiological concept of physical fitness, warming up, conditioning and fatigue.
- Basic concept of balanced diet - Diet before, during and after competition.

**Reference:**

- Gupta, A. P. (2010). *Anatomy and Physiology*. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). *Body and Anatomical science*. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.
- Karpovich, P. V. (Ed.). *Philosophy of Muscular activity*. London: W.B. Saunders Co.
- Lamb, G. S. (1982). *Essentials of Exercise physiology*. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). *Anatomy Physiology and Health education*. Karaikud : Madalayam, Publication.
- Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). *Anatomy and Physiology for nurses*. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). *Health and Physical Education*, Gupta Prakashan.
- Singh, S. (1979). *Anatomy , Physiology and Health Education*. Ropar: Jeet Publications.

**Semester I**  
**Theory Courses**  
**BPDC-103- RULES OF SPORTS AND GAMES -I**

**UNIT-I:****General Introduction , Rules and regulations of games and sports-**

- Athletics
- Badminton - Tennis –Ball Badminton - Volleyball
- Basketball -Handball
- Cricket

**UNIT -II Each game or sports to be dealt under the following heads**

- History and development of the Game and Sports
- Ground preparation, dimensions and markings
- Standard equipment and their specifications
- Ethics of sports and sportsmanship

**UNIT-III**

- Duties of officials, system of officiating and official signals of the following games; Badminton & Ball badminton, Basketball, Cricket, Tennis ,and Volleyball.
- Planning, Construction and Marking of play fields, Standard and Non-Standard Track
- Arc start – Double arc start
- Computation of R.D.R – Stagger distance and Diagonal Excess
- Marking of Shotput and Discus throwing sector
- Long Jump and High Jump, Runway and Landing area.

**UNIT-IV Conditioning exercises and warming up ( Game /Event Specific).**

- Concept of conditioning and warming up.
- Role of weight training in games and sports.
- Teaching of fundamental skills & their mastery (technique, tactic and different phases of skill acquisition).
- Recreational and Lead up games
- Strategy - Offence and defense, Principles of offence and defense.

**References:**

- Bunn, 1. W. (1968). The Art of Officiating Sports. Englewood cliffs N.J. Prentice Hall.  
 Bunn, J. W. (1972). Scientific Principles of Coaching. Englewood cliffs N. J. Prentice Hall.  
 Dyson, G. H. (1963). The Mechanics of Athletics. London: University of London Press Ltd.  
 Lawther, J.D. (1965). Psychology of Coaching. New York: Pre. Hall.  
 Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.'

**Semester I**  
**Theory courses**  
**BPDE-104- (a) - ADAPTED PHYSICAL EDUCATION (Elective)**

**Unit-1 Introduction to adapted Physical Education.**

- Meaning of the term Adapted
- Purpose and goals of adapted Physical Education.
- Movement Educational concept.

**Unit-II Classification of Disability**

- Disability
- Differentially able classification and sub classification in each disability.
- Blind, Deaf and Dumb,
- Orthopaedic disability,
- Mentally Challenged-
- Autism-Cerebral palsy.

**Unit-III Adaptation of Motor Activities**

- Principles for adaptation of motor activities-
- Classification of activities according to the disabilities
- Equipments and ground marking
- Equipments for personal and group activities
- Rules.

**Unit-IV Classification Structure**

- International Competition
- Classification structure
- Dark Olympics- Silent Olympics
- Paralytic Olympics -Special Olympics.

**Reference:**

1. Barrow, H.M., & McGee, R. A Practical Approach to Measurement in Physical Education, Philadelphia, Lea and Febiger, 1964.
2. Campbell, W.R., and Tucker, N.M. An Introduction to Physical Education, London G. Bell and Sons Ltd., 1967.
3. Jamitra S. Physical Education for Blind, Grace Printers, Chennai-1990.
4. Oxendine, J.B. Psychology of Motor Learning, Prentice hall, Engle Wood, New Jersey.

**Semester I**  
**Theory Courses**  
**BPDE-104- (b) - OFFICIATING AND COACHING (Elective)**

**Unit- I: Introduction to Officiating and coaching**

- Concept of officiating and coaching - Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

**Unit- II: Coach as a Mentor**

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach - on and off the field
- Psychology of competition and coaching

**Unit- III: Duties of Official**

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating - position, signals and movement etc.
- Ethics of officiating

**Unit- IV: Qualities and Qualifications of Coach and Official**

- Qualities and qualification of coach and official
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of T A, DA bills
- Integrity and values of sports.

**Reference:**

- Bunn,1. W. (1968). *The Art of Officiating Sports*. Englewood cliffs N.J. Prentice Hall.  
 Bunn, J. W. (1972). *Scientific Principles of Coaching*. Englewood cliffs N. J. Prentice Hall.  
 Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd .  
 Lawther, J.D. (1965). *Psychology of Coaching*. New York: Pre. Hall.  
 Singer, R. N. (1972). *Coaching, athletic & Psychology*. New York: M.C. Graw Hill.

**SEMESTER-II**

	Paper	Semester II
<b>Core</b>	BPDC-201	YOGA EDUCATION
	BPDC-202	EDUCATIONAL TECHNOLOGY AND METHODS IN PHYSICAL EDUCATION
	BPDC-203	ORGANIZATION, ADMINISTRATION AND SPORTS MANAGEMENT
<b>Elective</b>	BPDE-204	a) FITNESS AND WELLNESS (or) b) GUIDANCE AND COUNSELING

**Semester II  
Theory Courses**

**BPDC-201- YOGA EDUCATION****Unit - I: Introduction**

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Yoga in Early Upanishads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

**Unit - II: Foundation of Yoga**

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita
- Karma Yoga, Raja Yoga
- Jnana Yoga and Bhakti Yoga

**Unit - III Ananas**

- Classification of asanas with special reference to physical education and sports
- Pranyama
- Types of Bandhas, mudras and kriyas
- Effect of yogic practices on various systems of the body

**Unit – IV Yoga Education**

- Basic, applied and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yogasanas

**References:**

- Brown, F. Y.(2000). *How to use Yoga*. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). *Teaching Methods for Yogic Practices*, .Lonawala: Kaixydhmoe.
- Rajjan, S. M. (1985). *Yoga Strengthening for Relaxation for Sports man*. New Delhi:Allied Publishers.
- Shankar,G.(1998). *Holistic approach of Yoga*. New Delhi:Aditya Publishers.
- Shekar,K. C. (2003). *Yoga for Health*. Delhi: Khel Sahitya Kendra.

**Semester – II**  
**Theory Courses**  
**BPDC-202- EDUCATIONAL TECHNOLOGY AND METHODS IN PHYSICAL EDUCATION**

**Unit - I Introduction**

- Education and Educational Technology- Meaning and Definitions
- Types of Education- Formal, Informal and Non- Formal education.
- Educative Process
- Importance of Devices and Methods of Teaching.

**Unit - II Teaching Technique**

- Teaching Technique - Lecture method, Command method, Demonstration method, Imitation method, project method, etc.
- Teaching Procedure - Whole method, whole - part - whole method, part - whole method.
- Presentation Technique - Personal and technical preparation
- Micro Teaching - Meaning, Types and steps of micro teaching.
- Simulation Teaching - Meaning, Types and steps of simulation teaching.

**UNIT-III**

- General Lesson
- Specific Lesson
- Audio-Visual aids - their types, uses and values.
- Criteria of Audiovisual aids selection.
- Incentives; credit, awards, trophies, certificates.
- Methods of Physical education promotion.

**UNIT-IV – Drawing of Fixtures and organization of tournaments and competitions**

• **Tournament:**

Single Elimination (Knock-out) seeding etc.- . Double Elimination for consolation.- League – cum Knockout type.- Knock out cum league.- League – cum – League.- . Ladder.- Spider and Pyramids.

• **Competition:**

Athletic type of competitions.- Group competitions.- Gymnastic Competitions.- Rhythmic Activities.

**Reference:**

Bhardwaj, A. (2003). *New Media of Educational Planning*. New Delhi: Sarup of 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. Sampath, K., Pannirselvam, A. & Santhanam, s. (1981). *Introduction to Educational Technology*. New Delhi: Sterling Publishers Pvt. Ltd.

Tirunarayanan, C; Sharma, S. Hariharan: *Methods in Physical Education*.

Kozman, B; Cassidy, Rosalind and Jackson, C, O: *Methods in Physical Education*.

Knapp, Cyde; Hagma, E.P.: *Teaching Methods for Physical Education*.

Allen D., Phillips & James E. Hornork.: *Measurement and Evaluation in Physical Education*. John Willey & Sons, New York (1979).

Harold M. Borrow & Rosemary Mc Gee.: *A practical approach to Measurement in Physical Education*. Lea & Febiger Philadelphia (1979).

Harrison H. Clarke.: *Application of Measurement to Health & Physical Education*, Prentice Hall Inc. Englewood Cliffs N. J. (1976-1987).

**Semester II  
Theory Courses**

**BPDC-203- ORGANIZATION, ADMINISTRATION AND SPORTS MANAGEMENT**

**Unit - I: Organization and administration**

- Meaning and importance of Organization and Administration in physical education
- Qualification and Responsibilities of Physical Education teacher and pupil leader
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

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

- 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.
- Meaning, Importance of budget making, Criteria of a good budget,
- Sources of Income, Expenditure,
- Preparation of budget.

**Unit-III: Facilities, & Time-Table Management**

- Facilities and equipment management: Types of facilities - Infrastructure-indoor, out door.
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Need and importance of equipment:- Purchase, care and maintenance of equipments.
- Meaning, need, importance of time table management
- Factor affecting time table.
- Types of tournaments and its organization structure
- Knock-out, league or round robin, combination and challenge tournament.
- Organization structure of athletic meet
- Sports events- Intramurals & Extramural -Tournament planning

**Unit-IV**

- Nature and Concept of Sports Management.
- Progressive concept of Sports Management.
- The purpose and Scope of Sports Management.
- Essential skills of Sports Management.
- Qualities and Competencies required for the Sports Manager.
- Event Management in Physical Education and Sports

**References:**

- Broyles, F. 1. & 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. Lolis: The C.V. Hosby Co. 29
- Kozman, H.C. Cassidly, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.8. Saunders Co.
- Pandy, L.K. (1977). *Methods in Physical Education*. Delhe: Metropolitan Book Depo.
- Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
- Thomas, J. P.( 1967). *Organization & Administration of Physical Education*. Madras: Gyanodayal Press.
- Tirunarayanan, C.& Haiharan.S(1969), *Methods in Physical Education* . Karaikudi: SouthIndia Press
- Voltmer, E. F. & Esslinger, A. A. (1979). *The Organization and Administration of Physical Education*. New York: Prentice Hall Inc.

**Semester - II**  
**Theory Courses**  
**BPDE-204- (a)- FITNESS AND WELLNESS (Elective)**

**Unit - I Concept of Physical Education and Fitness**

- Definition, Aims and Objectives of Physical Education, Fitness and Wellness
- Importance and Scope of Fitness and wellness
- Modern concept of Physical fitness and Wellness
- Physical Education and its Relevance in Inter Disciplinary Context.

**Unit - II Fitness, Wellness and Life style**

- Fitness - Types of Fitness and Components of Fitness
- Understanding of Wellness
- Modern Lifestyle and Hypo kinetic Diseases - Prevention and Management of Hypo kinetic Diseases
- Physical Activity and Health Benefits
- 

**Unit - III Principles of Exercise Program**

- Means of Fitness development - aerobic and anaerobic exercises
- Exercises and Heart rate zones for various aerobic exercise intensities
- Concept of free weight Vs Machine, Sets and Repetitions etc
- Concept of designing different fitness training program for different age group.

**Unit - IV Safety Education and Fitness Promotion**

- Health and Safety in Daily Life
- First Aid and Emergency Care
- Common Injuries and their Management

**References:**

- Difiore, 1.(1998). *Complete Guide to Postnatal Fitness*. London: A &C Black,.
- Giam, C.K &The, K.C. (1994). *Sport Medicine Exercise and Fitness*. Singapore: P.G. Medical Book.
- Mcglynn, G., (1993). *Dynamics of Fitness*. Madison: W.C.B Brown.
- Sharkey, B. 1.(1990).. *Physiology of Fitness*, Human Kinetics Book.



**Semester - II**  
**Theory Courses**  
**BPDE-204 - (b) -GUIDANCE AND COUNSELING**

**Unit-I - Guidance and Guidance movement**

A Brief Historical perspective. Guidance Programme in India and meaning of the term Guidance. Need for guidance in changing society  
Scope of Guidance.  
The inter-disciplinary Basis of Guidance.  
Aims and objectives of Guidance.

**Unit-II - Major Areas of Guidance**

Educational Guidance, Vocational Guidance, Personal-Social Guidance.  
Aims and objectives of Guidance in the above areas  
Contributions of Rousseau, Pestalozzi, Froebel and Dewey to Guidance.

**Unit-III - Characteristics of Guidance.**

Guidance as process.  
Guidance services.  
Objectives of Guidance at primary, secondary and college levels of education  
Agencies of Guidance.

**Unit-IV- Meaning and nature of counseling.**

Counseling services or approaches.  
Personality of Counselor  
Tools and techniques of Guidance and Counseling.  
Guidance of the exceptional (gifted, personality deviate, under achievers etc.).

**References:**

Agarwal, J.C. Educational and Vocational Guidance and Counseling. New Delhi: Doba House, 1977.  
Kochhar, S.K. Educational and Vocational Guidance in Secondary Schools. New Delhi: Sterling Publisher Pvt. Ltd, 1976.  
Kaur, Surjith. Foundation of Counseling and Guidance. New Delhi: Sterling Publishers Pvt. Ltd, 1971.

## SEMESTER-III

Core	Paper	Semester III
	BPDC-301	SPORTS TRAINING
	BPDC-302	COMPUTER APPLICATION IN PHYSICAL EDUCATION.
	BPDC-303	SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION
<b>Elective</b>	BPDE-304	a) PROFESSIONAL PREPARATION AND CURRICULUM DESIGN (or) b) SPORTS PSYCHOLOGY AND SOCIOLOGY

### Semester - III Theory Courses

#### BPDC-301 - SPORTS TRAINING

##### Unit - I Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aims and Objectives of Sports Training
- Principles of Sports Training
- System of Sports Training - Basic Performance, Good Performance Performance Training and High Performance Training

##### Unit - II Training Components :-

- Strength - Means and Methods of Strength Development
- Speed - Means and Methods of Speed Development
- Endurance - Means and Methods of Endurance Development
- Coordination - Mean and Methods of coordination Development
- Flexibility - Means and Methods of Flexibility Development

##### Unit - III Training Process

- Training Load- Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technical Training - Meaning and Methods of Technique Training
- Tactical Training - Meaning and Methods of Tactical Training

##### Unit - IV Training - Programming and Planning

- Periodization - Meaning and types of Periodization
- Aim and Content of Periods - Preparatory, Competition, Transitional etc.
- Planning - Training session
- Talent Identification and Development

##### Reference:

- Dick, W. F. (1980). *Sports Training Principles*. London: Lepus Books.
- Harre, D. (1982). *Principles of sports training* Berlin: Sporulated.
- Jensen, R. c. & Fisher, A.G. (1979). *Scientific Basis of Athletic Conditioning*. Philadelphia: Lea and Fibiger, 2<sup>nd</sup>Edn.
- Matvyew, L.P. (1981). *Fundamental of Sports Training* Moscow: Progress Publishers.
- Singh, H. (1984). *Sports Training, General Theory and Methods*. Patials: NSNIS.
- Uppal, A.K., (1999). *Sports Training*, New Delhi: Friends Publication.

**Semester - III**  
**Theory Courses**  
**BPDC-302 - COMPUTER APPLICATION IN PHYSICAL EDUCATION**

**Unit-I**

- Meaning, need and importance of information and communication technology (ICT).
- Application of Computers in Physical Education
- Internet: Network,
- World Wide Web (www). Browsing, search engines,
- Electronic mail, Information retrieval, Websites,

**Unit-II**

- Operating systems
- Major components of operating system
- Hardware and software
- Concept of an active *window*
- Icons, Buttons and Task bar,

**Unit -III**

- Creating Folders, Copying and Moving items, Deleting items,
- Creating Shot-cuts on desktops.
- Ms Word, Formatting, Inserting, Creating, Bullets, Numbers,
- Spell Checks and Printing.

**Unit-IV**

- Ms Excels basics, Editing Cells Contents,
- Applications of Simple Formula on Physical Education related examples,
- Useful Functions with reference to Physical Education.
- Power Point presentation,

**Reference:**

Annie L. Rothstein, "Research Design & Statistics for Physical Education Englewood Cliffs : Prentice Hall Inc., 1985.  
Maria Langer, " Word for Windows " : Peachpit Press, Berkeley.

**Semester - III**  
**Theory Courses**  
**BPDC-303 - SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION**

**Unit-I:**

- Meaning, Definition, Aims, Objectives of Sports Medicine.
- Athletes Care and Rehabilitation:
- Contribution of Physical Education Teachers and Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education

**Unit-II:**

- Prevention of injuries in sports
- Common sports injuries
- Diagnosis and First Aid
- Treatment for Laceration - Blisters - Contusion - Strain - Sprain - Fracture- Dislocation and Cramps
- Bandages - Types of Bandages - trapping and supports.

**Unit-III:**

- Guiding principles of physiotherapy,
- Importance of physiotherapy,
- Electrotherapy - infrared rays - Ultraviolet rays -short wave diathermy - ultrasonic rays.
- Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath
- Steam Bath - Sauna Bath - Hot Water Massage
- Physiological effects of Massage.

**Unit-IV: Therapeutic Exercise:**

- Principles of Therapeutic Exercise
- Classification of Therapeutic Exercise,
- Effects and uses of Therapeutic exercise - passive Movements (Relaxed, Forced and passive - stretching)  
Active movements (concentric, Eccentric and static)
- Application of the therapeutic exercise:
- Free Mobility Exercise - Shoulder, Elbow - Wrist and Finger Joints - Hip, Knees, ankle and Foot joints –
- Trunk. Head and Neck exercises.

**References:**

- Christine, M. D., (1999). Physiology of Sports and Exercise. USA: Human Kinetics.
- Conley, M. (2000). Bioenergetics of Exercise Training. In T.R. Baechle, & R. W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, 1L: Human Kinetics.
- David, R. M. (2005). Drugs in Sports, (4th Ed). Routledge Taylor and Francis Group.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., (1990). Exercise Physiology & Sports Medicine. Delhi: Lucky Enterprises.
- Mathew, O.K. & Fox, E.L, (1971). Physiological Basis of Physical Education and Athletics. Philadelphia: W.B. Saunders Co.
- Pandey, P.K., (1987). Outline of Sports Medicine, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). Sports Medicine. London: Edward Arnold Ltd.

**Semester - III  
Theory Courses**

**BPDE-304 - (a) - PROFESSIONAL PREPARATION AND CURRICULUM DESIGN (Elective)**

**UNIT-I: Historical Perspective**

Professional Preparation in India

Pre Independence perspective

Post Independence perspective

Comparative analysis of professional preparation program in U.S.A., Europe and China

**UNIT-II: Professional Preparation Policy Perspective**

Role and responsibilities of Centre and State in the implementation of policies on education and physical education.

Compulsions and constrains affecting planning and implementation of educational policies and programs.

Physical Education And Professionalism - Concept and meaning of Profession, Professional and Professionalism.

Physical education as a profession.

**UNIT-III : Career Avenues & Job Opportunities In Physical Education & Sports**

Career avenues after under graduation and post graduation and research degrees.

Exploring and venturing into new avenues: challenges and opportunities in physical education

Inter-relationship among various careers in physical education and sports

Planning for a career : self-assessment, motivational dynamics, decision making, counseling and guidance

**UNIT-IV: Professional Preparation Programmes**

Foundation: need, objectives and characteristic of professional preparation programmes

Courses available in physical education and sports.

Level of study : undergraduate preparation, graduate study, post-graduate study, advance professional study

Laboratory experience, teaching practice, field work, non-curricular preparation

Role of physical education teacher and institutes in professional preparation programmes

**References**

Adams William C. Foundation of Physical Education Exercise and Sports Sciences, Philadelphia, 1991

Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum Design in Physical Education & sports Sciences, New Delhi, Friends Publications, 2004

Hoover. Kenneth H., The Professional Teacher's Handbook, Boston, Allyn and Bacocon, 1972

Krik David, Physical Education and Curriculum Study, Kent, Croom Helm, 1988

Sandhu Kiran, Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications, 2004

**Semester - II  
Theory Courses**

**BPDE-304 - (b) - SPORTS PSYCHOLOGY AND SOCIOLOGY(Elective)**

**Unit -I: introduction**

- Meaning, Importance and scope of Sports Psychology
- General characteristics of Various Stages of growth and development
- Types and nature of individual differences; Factors responsible
- -Heredity and environment
- Psycho-sociological aspects of Human behavior In relation to physical education and sports

**Unit-II: Sports Psychology**

- Nature of learning, theories of learning, Laws of learning,
- Plateau in Learning; & transfer of training
- Meaning and definition of personality, characteristics of personality,
- Dimension of personality, Personal ity and Sports performance
- Nature of motivation: Factors influencing motivation;
- Motivational techniques and its impact on sports performance.
- Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.
- Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
- Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

**Unit-III: Relation between Social Science and Physical Education.**

- Orthodoxy, customs, Tradition and Physical Education.
- Festivals and Physical Education.
- Socialization through Physical Education.
- Social Group life, Social conglomeration and Social group, Primary group and Remote group.

**Unit-IV Culture: Meaning and Importance.**

- Features of culture,
- Importance of culture.
- Effects of culture on-people's life style.
- Different methods of studying - Observation/ Inspection method, Questionnaire method, Interview method

**References:**

- Ball, D. W. & Loy, oJ. W. (J975).Sport and Social order; Contribution to The Sociology of Sport. London: Addison Wesley Publishing Co., Inc.
- Blair, J.& Simpson, R.( 1962). Educational Psychology, New York:, McMillan Co.
- Kamlesh, M.L. (1998). Psychology in Physical Education and Sport. New Delhi:, Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and Social System. London: Addison Wesley Publishing Company Inc.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981).Sports Culture and Society. Philadelphia: Lea &Febiger.
- Mathur, S.S., (1962). Educational Psychology. Agra.VinodPustakMandir.
- Skinnger, C. E., (1984.). Education Psychology. New Delhi: Prentice Hall of India.
- William, F. O.&Meyer, F. N. (1979). A handbook of Sociology. New Delhi: Eurasia Publishing House Pvt Ltd.

## SEMESTER-IV

	Paper	Semester IV
<b>Core</b>	BPDC-401	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION
	BPDC-402	KINESIOLOGY AND BIOMECHANICS
	BPDC-403	RULES OF SPORTS AND GAMES -II
<b>Elective</b>	BPDE-04	a) HEALTH EDUCATION AND ENVIRONMENTAL STUDIES (or) b) SPORTS NUTRITION

### Semester IV Theory Courses BPDC-401 - MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

#### Unit- I Introduction to Test measurement and Evaluation

- Meaning of Test , Measurement & Evaluation in Physical Education
- Need & Importance of Test, Measurement & Evaluation in Physical Education
- Principles of Evaluation

#### Unit- II Criteria; Classification and Administration of Test

- Criteria of good Test
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- Type and classification of Test
- Administration of test, advance preparation - Duties during testing - Duties after testing.

#### Unit- III Physical Fitness Tests

- AAHPER youth fitness test
- National physical Fitness Test
- Indiana Motor Fitness Test
- JCR test
- U.S Army Physical Fitness Test

#### Unit- IV Sports Skill Tests

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I volleyball test
- S.A.I Hockey test

#### References:

- Bangsbo, J. (1994). Fitness Training in Football: A Scientific Approach. Bagsvaerd, Denmark: HoStorm.
- Barron, H. M., & Mchee, R. (1997). A Practical Approach to Measurement In Physical Education. Philadelphia: Lea and Febiger.
- Kansal, O.K. (1996) .. Test and Measurement in Sports And Physical Education. New Delhi: D.V.S. Publications.
- Mathews, Phillips, O. A., & Hornak, J. E. (1979). Measurement and Evaluation in Physical Education. New York: John Willey and Sons.
- Sodhi, H.S., & Sidhu, L.S. (1984). Physique and Selection Of Sports- A Kin Anthropometric Study. Patiala: Punjab Publishing House.

**Semester IV**  
**Theory Courses**  
**BPDC-402 - KINESIOLOGY AND BIOMECHANICS**

**Unit - I Introduction to Kinesiology and Sports Biomechanics**

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental Concepts of Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

**Unit - II Fundamental Concept of Anatomy and Physiology**

- Classification of Joints and Muscles
- Types of Muscle Contractions
- Posture - Meaning, Types and Importance of Good Posture.
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innervations

**Unit - III Mechanical Concepts**

- Force - Meaning, definition, types and its application to sports activities
- Lever - Meaning, definition, types and its application to human body.
- Newton's Laws of Motion - Meaning, definition and its application to sports activities.
- Projectile - Factors Influencing projectile trajectory.

**Unit - IV Kinematics and Kinetics of Human Movement**

- Linear Kinematics - Distance and Displacement, speed and velocity, Acceleration
- Angular kinematics - Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- Linear Kinetics - Inertia, Mass, Momentum, Friction.
- Angular Kinetics - Moment of inertia ,Couple, Stability.

**Reference:**

Bunn, J. W. (1972). *Scientific Principles of Coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.

Hay, J. G. & Reid, J. t.(1982). *The Anatomical and Mechanical Basis of Human Motion*. Englewood Cliffs, N.J.: prentice Hall Inc.

Hay, J. G. & Reid, J. G.(1988). *Anatomy, Mechanics and Human Motion*. Englewood Cliffs, N.J.: prentice Hall Inc.

Hay, J. G. (1970). *The Biomechanics of Sports Techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.



**Semester IV**  
**Theory Courses**  
**BPDC-403 - RULES OF SPORTS AND GAMES -II**

**UNIT-I:****General Introduction , Rules and Regulations of Games And Sports-**

- Hockey - Football
- Kabaddi - Kho-Kho,
- Gymnastic - Yoga.

**UNIT -II Each Game or Sports to be dealt under the following heads**

- History and Development of the Game and Sports
- Ground preparation, Dimensions and Markings
- Standard equipments and their specifications
- Ethics of sports and Sportsmanship

**UNIT-III**

- Duties of officials - System of officiating and Official signals of the following games; Football, , Hockey, Kabaddi and Kho-kho, Gymnastics and Yoga.
- Planning, Construction and Marking of Play fields

**UNIT-IV Conditioning exercises and warming up ( Game /Event Specific).**

- Concept of Conditioning and warming up.
- Role of Weight training in Games and Sports.
- Teaching of Fundamental skills & their mastery (technique, tactic and different phases of skill acquisition).
- Recreational and Lead up games
- Strategy - Offense and defense, Principles of offense and defense.

**References:**

- Bunn, 1. W. (1968). The Art of Officiating Sports. Englewood cliffs N.J. Prentice Hall.  
 Bunn, J. W. (1972). Scientific Principles of Coaching. Englewood cliffs N. J. Prentice Hall.  
 Dyson, G. H. (1963). The Mechanics of Athletics. London: University of London Press Ltd.  
 Lawther, J.D. (1965). Psychology of Coaching. New York: Pre. Hall.  
 Singer, R. N. (1972). Coaching, Athletic & Psychology .New York: M.C. Graw Hill.'

**Semester IV  
Theory Courses**

**BPDE-404 - (a)- HEALTH EDUCATION AND ENVIRONMENTAL STUDIES (Elective)**

**Unit - I Health Education**

- Concept, Dimensions,
- Spectrum and Determinants of Health
- Definition of Health, Health Education, Health Instruction, Health Supervision
- Aims, Objectives and Principles of Health Education
- Health Service and Guidance instruction in Personal hygiene

**Unit - II Health Problems in India**

- Communicable and Non Communicable Diseases
- Obesity, Malnutrition, Adulteration in food,
- Environmental sanitation, Explosive Population,
- Personal and Environmental Hygiene for schools
- Objective of School Health Service, Role of Health Education in schools
- Health Services - Care of skin, Nails, Eye
- Health appraisal, Health record,
- First- aid and Emergency care.

**Unit - III Environmental Science**

- Definition, Scope, Need and Importance of Environmental Studies.
- Concept of environmental education, Historical background of Environmental Education,
- Celebration of various days in relation with environment.
- Plastic recycling & Prohibition of plastic bag / cover.
- Role of school in Environmental Conservation and Sustainable Development.

**Unit – IV Natural Resources and related Environmental Issues:**

- Water resources, food resources and land resources
- Definition, effects and control measures of:
- Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- Management of environment and Govt. policies, Role of pollution control board.

**References:**

- Agrawal, K.C. (2001). *Environmental Biology*. Bikaner: Nidhi publishers Ltd.
- Frank, H. & Walter, H., (1976). *Turners School Health Education*. Saint Louis: The C. v. Mosby' Company.
- Nemir, A. (n.d.). *The School Health Education*. New York:Harber and Brothers.
- Odum, E.P. (1971). *Fundamental of Ecology*. U.S.A.: W.B. Saunders Co.

**Semester IV**  
**Theory Courses**  
**BPDE- 404 - (b)-SPORTS NUTRITION (Elective)**

**Unit I. Introduction to the science of Nutrition**

Basics of Nutrition.

Malnutrition

Over Nutrition and Under Nutrition.

Need and Importance of nutrition

Functions, Sources and Recommended, daily allowance of Nutrients

Proteins, Carbohydrates, Fats, Vitamins, Minerals and Water.

**Unit II. Food and Nutritional Planning.**

Classification of Food: Acidic, Alkaline and Neutral foods.

Nutritive and Caloric value of different food stuffs

Energy requirement for different Sports Activities.

Balanced diet

Nutritional planning and Nutritional tips for Sports Persons

**Unit III. Nutritional Status**

Factors affecting Nutritional status.

Measuring Nutritional status.

Place of Nutrition in health,

Importance of Nutrition in fitness.

Obesity, Nutrition, diet, exercise and weight control.

**Unit IV. Special Considerations in Sport Nutrition**

Brief concepts of the following: Use of Alcohol, drugs and doping and their effects on sports performance

Dietary fiber; fiber deficiency

Symptoms of various nutrients and remedies for malnutrition

Glycogen loading; Importance of fluids in sports.

**Reference:**

Mc.Devitt, Maxine, E and Sumathy Rajagopal Mudambi, Human Nutrition: Principles and Application in India. New Delhi:, Prentice Hall of India, 1969.

Mottram, V.H. Human Nutrition London: Arnold Company, 1968.

Somagi J.C. and others (Editors). Nutrition in Early Childhood and Its Effect on Later Life. Basel: Karger Publishers, 1982.

Melwin H. William. Nutrition for Health Fitness And Sports. New York: McGraw-hill company, 1995.

Scott, K. Powers and Stephen L. Dodd. Total fitness: Exercise, Nutrition and Wellness. Boston: Allyn and Bacon , 1999.