PROSPECTUS
Bachelor of Physical Education
(B.P.Ed.) - Session 2018-20
(Two Year Course)

DEPARTMENT OF
PHYSICAL EDUCATION
I. Minimum Eligibility Requirements:

As per NCTE Norms:

a) A bachelor’s degree in any discipline with 50% marks and having at least participation in the Inter- College / Inter-Zonal/ District/ School competition in Sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.

   or

b) Bachelor’s degree in physical education with 45% marks.

   or

c) Bachelor’s degree in any discipline with 45% marks and studied physical education as compulsory/elective subject.

   or

d) Bachelor’s degree with 45% marks and having participated in National/ Inter University/State competition or secured 1st, 2nd or 3rd position in Inter College/Inter-Zonal/District/School competition in Sports and games as recognizes by the AIU/IOA/SGFI/Govt. of India.

   or

e) Bachelor’s degree with participation in International competitions or secured 1st 2nd or 3rd position in National/ Inter-University competition in sports and games as recognized by respective federations/AIU/IOA/SGFI/Govt. of India

   or

f) Graduation with 45% marks and at least three years of teaching experience (for deputed in service candidates i.e. trained physical education teachers/coaches)

   The relaxation in the percentage of mark in the qualifying examination and in the reservation of seats for SC/ST/OBC and other Categories Shall be as per the rules of the central Govt /State Goverment is applicable

II Admission Procedure:- (A) There shall be One Theory Paper comprising 100 multiple-choice questions of 90 minutes (one and half hours) duration carrying 100 marks. Questions shall be based on General Studies, Aptitude Test, current Affairs and General Knowledge about sports. Physical Fitness Test (modified AAHPER fitness test) of 100 marks will be conducted by External Examiners appointed by Controller of Examinations at Department of Physical Education, Jan Nayak
Chandra Shekhar University, Ballia only. The final merit for admission will be declared only after compilation of theory and practical marks of entrance test. Or any other selection Process as per the policy of the university/ state govt. NCTE Regulation.

(B) Medical Examination: - Qualified candidates will have to undergo medical examination in the University health centre. Those candidates who are pronounced medically fit by the Medical Board will be given admission.

III Number of Seats:- Decided by JNCU, Ballia and NCTE.

Reservation:- As per University Rule's/state govt.

Note:- *If girl candidates not found eligible the seats will be filled from the category of the male Candidates of each category.
*Only unmarried women, widows or divorcees without encumbrances, will be admitted to B.P.Ed. Course.
*No Physically challenged candidate is eligible for the admission in B.P.Ed. Course.

IV. Uniform:- Decided by Jan Nayak Chandra Shekhar University, Ballia.

V. Fee Structure and Examination: The following will be the fee structure and rules of Examination for B.P.Ed. Course.

a) Fees:- As Per University Guideline's

b. Medium:- The medium of instruction and examination shall be in English and Hindi.

c. Attendance:- Each student shall have attendance as per University rules, in Theory and Practical activities separately. The attendance shall be recorded in terms of working days, lectures and practical classes separately.

c. In addition to the above rules the student must fulfill the following requirements to appear in the final examination.

- Educational Tour organized by the Department of Physical Education.

  OR

- Adventure Leadership Training Camp organized by the Department of Physical Education

  The student will have to submit tour/camp report within 5 (Five) days after arrival from tour/camp compulsorily in the Department of Physical Education, Jan Nayak Chandra Shekhar University, Ballia failing which the result will not be declared.

d. Examination:-

  (i) There shall be Semester examination at the end of each Semester and a candidate must pass separately in:

  Part - A .......... Theory
  Part - B .......... Practical
1. Compulsory Games
2. Teaching Ability
3. Game Specialization
4. Advance Coaching Lesson

Part - C ........... 1. Internship
2. Educational Tour/ Leadership Camp

Part - D ........... Lab Test Practical of Sports Sciences

Exam of specialization will be conducted as per the choice of the student opted out of ten games offered in B.P.Ed. Syllabus except indigenous activity in semester IV.

(ii) The result of examination shall be given separately in mark sheet under four heads,

Part - A ........... Theory
Part - B ........... Practical
1. Compulsory Games
2. Teaching Ability
3. Game Specialization
4. Advance Coaching Lesson

Part - C ........... 1. Internship
2. Educational Tour/ Leadership Camp

Part - D ........... Lab Test Practical of Sports Sciences

Including marks of Educational Tour/Leadership Training Camp. Division of student will be given on the basis of aggregate marks obtained from all the parts including tour/camp marks. The degree will have the division of the student as well as the game specialization mentioned on it.

(iii) For teaching ability and advance coaching ability the minimum percentage required is 40%, that shall consist of the sessionals as well final examination marks. Final teaching ability exam will be conducted by the external examiner in general and special category separately.

(iv) The practical examination must be conducted by the internal examiners after completing the syllabus. The minimum aggregate marks required shall be 40%. The following games are included for the practical examination – Athletics(Track and Field) Badminton, Basketball, Cricket, Football, Kabaddi, Hockey, Volleyball, Tennis/Kho-Kho Gymnastics, Indigenous activities and Yogasana.

(v) Game Specialization:- Every student has to opt one game out of the ten games given in the list The student is required to submit a project book and will have to appear in the skill proficiency exam of the game opted by the candidate.
(vi) Lab Testing of Sports Sciences: The student has to opt for lab tests of any two sports sciences out of Kinesiology, Biomechanics, Psychology Analysis, Exercise Physiology and Anthropometry etc.

(vii) Advance coaching lesson from specialization, as per choice of student in semester four will be evaluated external & internal both.

(viii) If a candidate fails in the theory (one or more) paper will have to appear in the supplementary exam, but if he fails in the practical, Sessional, teaching ability or game specialization then he will have to appear in the next main examination as an ex-student.

(ix) Each student has to complete minimum 20 lessons in different schools separately for general and special lesson that will be evaluated by internal examiners.

(x) The candidate who passes in all the examinations with minimum 40% of marks as aggregate will be declared pass. Such pass candidate will be awarded with the division according to the following criteria

**First Division:** Candidate securing 60% of marks and above in aggregate secured in Part A, B, C and D examination.

**Second Division:** Less than 60% but not less than 50% in the aggregate

**Third Division:** Less than 50% but not less than 40% in aggregate.

All the students who have not passed will be categorized as failed.

e. **Paper Structure:** The subject and scheme of examination shall be as following
### Semester I

**Part – A: Written Examination, (Conducted by University)**

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Subjects</th>
<th>Marks</th>
<th>Max.</th>
<th>Min.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1</td>
<td>Principles of Physical Education</td>
<td>Theory</td>
<td>100</td>
<td>40</td>
</tr>
<tr>
<td>1.2</td>
<td>Fundamentals of Anatomy</td>
<td>Theory</td>
<td>100</td>
<td>40</td>
</tr>
<tr>
<td>1.3</td>
<td>Recreation &amp; Camping</td>
<td>Theory</td>
<td>100</td>
<td>40</td>
</tr>
<tr>
<td>1.4</td>
<td>Methods, Materials and Supervision of Physical Education</td>
<td>Theory</td>
<td>100</td>
<td>40</td>
</tr>
</tbody>
</table>

**Part – B 1: Practical Examination (Conducted by the Department)**

**Each Activity:**
- Skill Testing ........... 10 Marks
- Playing Ability ...... 10 " "
- Officiating ........... 10 " "
- Ground Marking ...... 10 " "
- Record Book (Project) ...... 10 " "

Total Marks : 50

Athletics (Track Events) 
Badminton, Basketball, 
Football, 
Marks 50 X 4 games = 200 Max. Marks
80 Min. Marks
Total Marks : 200 Marks

**Part – C 1: Educational Tour/Adventure Leadership Camp:**

Max. Marks: 50
Min. Marks: 20

Total Marks for Semester- I = 400+250=650
# Semester II

**Part – A: Written Examination, (Conducted by University)**

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Subjects</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Max.</td>
</tr>
<tr>
<td>2.1</td>
<td>Kinesiology and Care of Athletic injuries</td>
<td>Theory</td>
</tr>
<tr>
<td>2.2</td>
<td>Organisation, Administration &amp; Events Management</td>
<td>Theory</td>
</tr>
<tr>
<td>2.3</td>
<td>History of Physical Education</td>
<td>Theory</td>
</tr>
<tr>
<td>2.4</td>
<td>Principles of Coaching and Officiating</td>
<td>Theory</td>
</tr>
</tbody>
</table>

**Part – B 1. Practical Examination (Conducted by the Department)**

**Each Activity:**
- Skill Testing ........... 10 Marks
- Playing Ability ...... 10 " "
- Officiating .......... 10 " "
- Ground Marking ...... 10 " "
- Record Book (Project) ...... 10 " "

Total Marks: 50

Athletics (Field Events), Hockey, Volleyball, Cricket, 

50 X 4 games = 200 Max. Marks
80 Min. Marks

Total Marks: 200

**B 2. Teaching Ability (External & Internal)**

A. General Lesson
   External 70 Marks, Internal 30 Marks

B. Skill Lesson
   External 70 Marks, Internal 30 Marks

Total: 200 Marks

**Total Marks for Semester- II = 400+400=800**

Practical Exam by External examiner.
### Semester III

**Part – A: Written Examination, (Conducted by University)**

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Subjects</th>
<th>Marks</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3.1</td>
<td>Perspectives of Sports Psychology</td>
<td>Theory</td>
<td>100</td>
<td>40</td>
</tr>
<tr>
<td>3.2</td>
<td>Essentials of Physiology and Exercise Physiology</td>
<td>Theory</td>
<td>100</td>
<td>40</td>
</tr>
<tr>
<td>3.3</td>
<td>Health Education : Concepts and Issues</td>
<td>Theory</td>
<td>100</td>
<td>40</td>
</tr>
<tr>
<td>3.4</td>
<td>Yoga Education : Practices and issues</td>
<td>Theory</td>
<td>100</td>
<td>40</td>
</tr>
</tbody>
</table>

**Part – B:1 Practical Examination (Conducted by the Department)**

**Each Activity:**
- Skill Testing ....... 10 Marks
- Playing Ability ...... 10 " "
- Officiating .......... 10 " "
- Ground Marking ...... 10 " "
- Record Book (Project) 10 " "

**Total Marks : 50**

Kabaddi, Yoga, Tennis, Gymnastics

50 x 4 games = 200Max. Marks
80 Min. Marks
**Total Marks: 200**

**Part – C 1: Internship (Internal Assessment)**

100Max. Mark 40Min. Marks

**Total Marks for Semester- III = 400+200+100 = 700**
Semester IV  
Part – A: Written Examination, (Conducted by University)  

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Subjects</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Max.</td>
</tr>
<tr>
<td>4.1</td>
<td>Test Measurement &amp; ICT Application</td>
<td>Theory</td>
</tr>
<tr>
<td>4.2</td>
<td>Principles, Sports Training &amp; Gym. Management</td>
<td>Theory</td>
</tr>
<tr>
<td>4.3</td>
<td>Fundamentals of Sport Sociology</td>
<td>Theory</td>
</tr>
<tr>
<td>4.4</td>
<td>Sports Specialization</td>
<td>Theory</td>
</tr>
</tbody>
</table>

Part – B:3 Game Specialization  
- i) Skill Testing 50 marks  
- ii) Officiating 25 marks  
- iii) Project Book 25 marks  
**Total Marks : 100 Mark**

B- 4. Advance Coaching Lesson  
Coaching Lesson (External & Internal Assessment)  
External – 75 Max., 35 Min.  
Internal – 75 Max., 35 Min.  
(Coaching Practice Lessons)  
**Total Marks: 150**

Part – D: Sports, Sciences Lab Testing (External &  
Internal Assessment of Selected Two Disciplines)  
70 Max. Mark 28 Min.  
(Anatomy, Kinesiology, Sports Psychology,  
Exercise Physiology and Anthropometry etc.)  
30 Max., 12 Min.  
**Total Marks = 100**

Total Marks for Semester- IV = 400+100+150+100 = 750  
Grand Total of Sem. I, II, III & IV = 650+800+700+750=2900 Marks  
Semester-IV practical exam External.
**EPC/Practical Examination : Evaluation Pattern**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Marks</th>
<th>Nature of exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>250</td>
<td>Internal</td>
</tr>
<tr>
<td>II</td>
<td>400</td>
<td>External (By BOS)</td>
</tr>
<tr>
<td>III</td>
<td>300</td>
<td>Internal</td>
</tr>
<tr>
<td>IV</td>
<td>350</td>
<td>External (By BOS)</td>
</tr>
</tbody>
</table>

**Total : 1300**

**External Evaluation : (Theory Paper)**

The format for the marking scheme for question papers in the theory courses (Mamimum marks = 100) in external written examination shall be as follows:

Q.No.-1 short answers (about 200 words)
  Ten questions of 4 marks each 10x4 = 40 marks

Q.No.-2 to 9 (Unitwise - A, B, C, D)
  Four questions with internal choices (500 words) 4x15 = 60 marks.
  Maximum marks = 100
  Pass Marks = 40

**Total Sem-I, II, III, IV = 400+400+400+400 = 1600 marks**
A. Principles of Physical Education

Unit – I - Introduction:-
1) Meaning, Definition Scope and importance of Education
2) Aims and objectives of Physical Education
3) Importance of Education in ICT age.
4) Scope of Physical Education
5) Terminology used in physical Education (Misconceptions)
6) Importance and Types of Principles of Physical Education
7) Relationship between Physical Education and general Education

Unit – II - Philosophical & Physiological Foundation of physical Education:-
1) Idealism
2) Pragmatism
3) Naturalism
4) Humanism
5) Relevance of School of Philosophy.
6) Definition of Physical fitness
7) General benefits of exercise
8) Basic principal of exercise and Physical fitness

Unit – III - Biological Aspect: -
1 Growth and Development-Meaning, Importance, and Stage of development Theories of child development.
2 Effect of Heredity and Environment on child development.
3 Difference between boys and girls during the period of adolescence.
4 Body Types by Dr. William Sheldon.
5 Different Ages- a) Chronological, b) Physiological, c) Anatomical, e) Mental

Unit –IV - Sociological Perspective:-
1. Meaning and Definition of sociology and Sports Sociology
2. Physical education and Sports as a need of the society
3. Physical Education and sports as a social Institution.
4. Game and Sports as Man’s Cultural Heritage.
References:
Unit – I
1. Meaning, concept, and relevance of anatomy
2. Need and importance of anatomy in the field of Physical Education.
3. Personal Hygiene, Rules of wearing clothes.

Unit – II
1. Character of living bodies (animals).

Unit – III
1. Tissues in the human Body and the general arrangement of the body.
2. Types if Tissues organs of the body.
3. Types of muscles in the body and their differences.

Unit – IV
1. The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities /Sex differences in the skeleton – Arches of the feet.
2. General Classification of the joints of the body and examples for each type.

Books Recommended:
Unit I: Introduction of Recreation
1. Meaning, Definition, Objective, Scope, and Importance of Recreation.
2. Historical development of recreation - India.

Unit II: Organization and Administration of Recreation

Unit III: Play
1. Meaning, Definition, Importance,
3. Theories of Play
4. Role of Play in all round development in electronic age.

Unit IV: Introductions, Organization & Administration of Camp
1. Meaning, Definition, Objective, Scope, and Significance of Camping
2. Types of Camping
3. Selection and Lay-out of Camp sites.
4. Camp programme and activities.
5. Evaluation of Camp work.

References:
9. Dr. Chandrahas Dubey & Mrs. Alka Nayak Recreation,
Unit-I **Method and Materials**
1. Introduction: Meaning and importance of Method, Factors influencing method.
2. Presentation Techniques:
   3. Aarious methods of Teaching of activities-command methods – Demonstration method-At will method – Set drill method – Part and whole method etc.
4. Commanding.

Unit-II **Teaching Method, Lesson Plan**
1. Selection and Teaching of activities: Play way method, Brain Storming. Formal activities including indigenous exercises, Gymnastics, Rhythmic Activities, Major Games, Minor Games, Track and Field, Defensive Arts, Aquatic
2. Lesson Plans: General and Specific. Steps of Lesson plan.
3. Incentives and Awards:

Unit-III **Assessment**
1. Test and Measurements: Need and importance – Different types of tests in Physical Education – AAHPER youth fitness test, JCR test, Harvard step test, Cooper 12 min. run/walk test, Mc Clow’s general motor ability test.
2. Sports skill tests – Lockart and McPherson Badminton Test, Johnson Basketball Ability Test, McDonald Soccer Test, Brady Volleyball Test, Dribble and Goal Shooting test in Hockey.
4. Essay of type test, objective test, formative and summative test.

Unit-IV **Supervision : Meaning, Concept and relevance**
1. Introduction:
   1.1. Meaning and need for supervision – Guiding Principles of supervision.
   1.2. Essential features of supervision. Participant and Non Participant supervision planned & supervision.
2. Qualities of supervisor: Qualification – His relation-ship with the Administrator and the Physical Education Teacher. His position in indian society.
References:
(Theory)
B.P.Ed. (Two Year Course)
Semester II
Paper I
KINESIOLOGY AND CARE OF ATHLETIC INJURIES

Unit-I
KINESIOLOGY
1. Definition, Need and importance of Kinesiology in Physical Education and Sports.
2. Fundamental Concepts: Definition and brief explanation of the following terms and their application to the human body. Axes and Planes, Center of Gravity, Line of Gravity, Basic Starting Position, Direction of pull and Angle of pull.

Unit-II
2. Types of muscles contraction, group action of the muscles and Origin, insertion and action of the muscles with special reference to the following muscles:
4. Posture, Fatigue and rest.

Unit-III
CARE OF ATHLETIC INJURIES
1. Introduction: Need for the subject in Physical and Medical examination of all Athletes – Diet – physiological rest – Graduated Muscular exercise.
3. Common types of Athletic Injuries (Pathology, Diagnosis and Treatment) & regional injuries and their first aid treatment.
6. Internal Injuries. Symptoms and Treatment.
7. Regional Injuries and their first aid Treatment.
   1. Ankle
   2. Knee
   3. Elbow
   4. Shoulder
   5. Wrist
   6. Finger

Unit-IV
1. Exercise programme for the development of the various parts of the body with special reference to the following:
   1.1 Muscles of the Chest
   1.2 Muscle of the Abdomen
   1.3 Muscles of the Back
1.4 Muscles of the Neck
1.5 Muscles of the upper Arm
1.6 Muscles of the Fore arm
1.7 Muscles of the Thigh
1.8 Muscles of the Calf
1.9 Role of Guidance and counselling in various exercise programmes.

2. Physiotherapy
2.1 Guiding Principles of Physiotherapy. Precaution and awareness.
2.2 Modalities and their application and effects.
2.3 Hydrotherapy
2.4 Cold compression.
2.5 Hot water bottle hot water bag.
2.6 Immersion in hot water
2.7 Contrast bath (Hot and cold)
2.8 Whirl pool bath
2.9. Electro Therapy
2.10 Infrared
2.11 Diathermy
2.12 Ultra Sonic
2.14 Role of Physiotherapy in physical education.

References:
Organization

Unit-I
1. Introduction: Relationship of Physical Education to General Education.
   1. Meaning of Organization and Administration Difference between Administration and Management.
   2. Importance of Organization. Organizational Structure.
2. Scheme of Health and Physical Education: Schools, Colleges Universities, District, State.
3. Human relation theory, scientific management by tayear.

Unit-II
1. Facilities and Standards in Physical Education.
4. Swimming pool – Standard for Educational Institution – Types of a Pool (Fill and Draw type-Perennial type-perpetual circulation type) construction of Pool care and maintenance including pool regulations.

Unit-III
1. Staff and Leadership – Need for trained leader – Qualifications of Physical Education Teacher– Teaching Load and Teacher-Pupil ratio-Relationship of Physical Education Teacher with the Headmaster, Supervisor, Class-room teachers students, Parents and the community-student leadership.
2. Preparation of Time-Table – Fitting Physical Education into school Time-Table Before School after school activities Types of Physical Education periods – Daily periodical and annual schedules. Difficulties in preparing time table need and importance of time table.

Unit-IV
1. Finance and Budget: Source of income – Approved items of expenditure. Rules for the utilization of Games Fund or Physical Education Fund – Preparation and administration of a budget – Accounting.
2. Office Management: Maintaining various types of records and registers and reports, checkups and their follow-ups.
3. Promotion of Physical Education: Public Relations – Conference, Clines and Institutes – Physical Education Associations.
References:
(Theory)
B.P.Ed. (Two Year Course)
Semester II
Paper III

HISTORY OF PHYSICAL EDUCATION

Unit – 1 History of Physical Education
3. Turnverein Movement.
4. Ancient India – Aryans, Epic age, Philosophic age, Buddhist age, Mohammedan period.
6. Teacher Training Institutes in Physical Education in India.
7. Contributions of Y.M.C.A.
8. Physical education in India, Programme of Physical education in School.

Unit – 2 History and Introduction
1. Sports Authority of India. (SAI)
2. National Institute of Sports. (NIS)
3. Lakshmibai National Institute of Physical Education.
4. Indian Olympic Association. (IOA)
5. National School Game Federation of India.
6. Association of Indian Universities (AIU).
7. All India Council of Sports.
8. NCC, NSS, NYK and Youth Hostel.

Unit – 3 Olympic Games –
1. History of Ancient Olympic game.
2. History of Modern Olympic game - Olympic charter, Olympic Moto, Flag, Mascot and Opening and Closing ceremony.
3. Difference between Old and New Olympic.

Unit – 4 Awards –
1. Arjun, Dronacharya, Dyahanchand, Rajiv Gandhi Khel Ratna Puraskar.
2. Physical education in NCF 2005 and NCFTE 2009
3. Role of Awards in Promotion of Culture of Physical Education.

References:
8. Dr. Chandrahas Dubey & Mrs. Alka Nayak Recreation,
10. Atwal & Kansal History of Physical Education, Jalandhar.
Unit -I
1. Coaching concept and Importance.
2. Philosophy of Coaching.
3. Personal qualities and qualification of a Coach.
5. Training load – Components, Principles of load, Over load (causes and symptoms).
6. Teaching, Training and Coaching

Unit -II
2. Scientific principles of coaching:
   2.1 Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton’s Law of motions.
   2.2 Force – Friction, Centripetal and Centrifugal force, Principles of force.
   2.3 Equilibrium and its types
   2.4 Lever and its types
3. Coaching components for Physical Education
   3.1 Speed and its types, characteristics of speed.
   3.2 Strength and its types, Principles of Strength training.
   3.3 Endurance and its types, Factors determining endurance.
   3.4 Flexibility and its types, Characteristics of flexibility.
   3.5 Coordinative ability and its types, importance of co-ordinative abilities.

Unit -III
Officiating
4. Theory and Practice of officiating and coaching of the following games and sports: Football – Hockey – Volleyball – Basketball – Cricket – Kabaddi – Track and Field Events, Tennis, Gymnastic and Badminton (Shuttle). Each game or sports to be dealt under the following heads
   4.1 History and development of the Game and Sports
   4.2 Ground dimensions and marking
   4.3 Standard equipment

Unit -IV
5. Rules & Regulations of Sports
   5.1 Rules and interpretation of rules
   5.2 Duties of Officials – and mechanics of officiating – Position, signals etc.
   5.3 Competition – Types of Competition, Competitions according to different weight category and direct preparation to competition.

References:
(Theory)
B.P.Ed. (Two Year Course)
Semester III
Paper I
Perspectives of Sports Psychology

Unit-I
1. Introduction:
   1. Meaning, Definitions and Scope of Psychology.
   2. Branches of Psychology, relationship between psychology and other subjects.
   3. Psychology is an art or science, positive and Normative Science.
   4. Importance of Psychology in Physical Education, sports psychology: concept, nature and importance.

Unit-II
2. Growth and Development:
   2. Development by exercise and learning
   3. Individual differences: Concept and relevance in physical education.

Unit-III
3. Learning:
   1. Meaning and nature of learning, conditions of Learning (Robert, M. Gagne)
   2. Factors affecting learning-Learning, Learner and Learning process.
   4. Theories of learning (Imitation, Conditioned, Response, Trial and error, Insight)
   5. Transfer of learning: Meaning, concept, Types and Theories.

Unit-IV
1. Personality: Meaning and types of personality
2. Motivation: Meaning and types of motivation
3. Role of Motivation in sports
4. Intelligence and classification of individual according to I.Q. EQ and SQ.
5. Instincts and emotions and their role in sports

References:
(Theory)
B.P.Ed. (Two Year Course)
Semester III
Paper II
Essentials of Physiology and Exercise Physiology

Unit-I
1. Meaning and concept of physiology nature of Physiology and exercise Physiology.
2. Need and importance of Physiology in the field of Physical Education.
3. Definition of Exercise Physiology and its importance in the field of Physical Education and Sports.
4. Relevance of Physiology and exercises Physiology in Digital age.

Unit-II
2. The Respiratory system:
3. The Respiratory passage – the lungs and their structure ad exchange of gases in the lungs – mechanism of respiration.
5. The Excretory system: Brief account of the structure and functions of the kidneys and the skin.

Unit-III
1. The Ductless glands: A Brief account of the functions only of pituitary, Thyroid, Parathyroid. Adrenal and the sex glands.
2. Nervous systems: The Neurone – Function of the cerebrum and cerebral localisation – Function of the cerebellum, Modula and spinal cord – Reflex Are-Autonomic Nervous system add Central nervous system..
3. Structure, Composition, Properties and functions of skeletal muscles.

Unit-IV
1. Nerve control of muscular activity:
   1. Neuromuscular junction
   2. Transmission of nerve impulse across it.
2. Effect of exercise and training on cardio-respiratory system.
3. Physiological concept of physical fitness, warming up, conditioning and fatigue.
4. Basic concept of balanced diet – Diet before, during and after competition.
5. Effect on body for want of Balanced Diet.

Books Recommended:
(Theory)
B.P.Ed. (Two Year Course)
Semester III
Paper III
Health Education : Concepts and Issues

Unit-I
3. Immunity.
4. Personal Hygiene-desirable hygienic habits for each system of the body. Rules of wearing clothes.

Unit-II
2. Common Communicable diseases like Malaria and Filaria, Typhoid, Cholera, and Dysentery, Small Pox, Whooping Cough, Diphtheria, Tetanus, Hydrophobia,
3. Tuberculosis and Leprosy with special emphasis on their preventive methods:

Unit-III
1. Public Health Administration.
4. Role of Physical education teacher in Healthy education programme.

Unit-IV
1. Balance diet, classification of food and role of various nutrients.
3. International Health Agency – W.H.O., UNICEF.
4. Posture, Fatigue and Rest, Health related awareness programme in School/College.

References:
Unit-I
1. Yoga and its definitions.
2. Historical background and its development
4. Types of Yoga, Yoga training.
5. Yoga and Patanjali: Ashtang Yoga.

Unit-II
1. Meaning of Yogic Therapy and Types of Yogic Therapy
2. Curing different diseases through Yogic Therapy
3. Meaning, Scope, Types and Methods of Meditation

Unit-III
1. Present status of Yoga in the Country - In Schools, Colleges and Universities
2. Present Yogic Facilities in India. Compulsary Yoga training programme.
3. Bandha: Uddiyan
4. Mudra: Viparutakarani,
5. Kriya: kapalabhati
6. Role of Yoga education in digital era.

Unit-IV
1. Pranayam and asana with their advantages and effect on human body
2. Tsath Karma Ashanas:
   (a) Meditative: Sukhasan, Swastikasan, Padmasan, Vajrasan and Siddhasan.
   (b) Cultural: Bhujangasan, Ardha-Shalabhasana, Dhanurasan, Naukasana,
       Padhastasana, Halasan, Matsyasana, Vakrasan, Chakrasan, Lateral bend Tadasan,
       Utkatasana, Vrikshasan, Parvatasan, Shavasan.
3. Pranayam: Anuloma - Viloma and Ujjai (both without Kumbhak)
4. Yoga and Lifestyle Disorders: Hypertension, Diabetes, Obesity, Dyslipidemia.

Reference:
1. Yoga se Arogya. Indian Yoga Society, Sagar.
4. Indira Devi,”Yoga for you.” Gibbs, Smith publishers, salt lake city, 2002
7. T.V.V. Desikachar, "The Heart of Yoga" Huner traditions international, Rochester. 1995
8. Janice Jerusalim, A guide to yoga” Parragon Bath BAIIHE 2004
13. Axigoi Screen Cyclopediayf Yoga” Sanu publishing House. Delhi 1992
Unit – I

Introduction:
1) Meaning of tests, measurements and evaluation, need and importance of tests and measurements and evaluation in physical education.
2) Meaning of statistics, need and importance of statistics.
3) Meaning of data, kinds of data. Data, information and knowledge.
4) Frequency tables – Meaning construction and uses, population and sample, sampling techniques – Importance and principles. Level of measurement: Nominal, ordinal, internal and ratio.

Unit - II

Fundamentals of Statistics:
1) Measures of Central Tendency – Meaning Uses and calculation From Frequency Tables. Mean, Median, Mode.
2) Measures of Variability – Meaning, Uses and Calculation. Mean Deviation and S.D.
3) Graphical Representation of Data - Meaning, Uses and Techniques.
4) Percentiles - Meaning, Uses and Calculation.
5) Correlation - Meaning, Uses and Calculation. Rank correlation Co-efficient.

Unit – III

Test Evaluation and Construction:
1) Knowledge test, Importance and Types.
2) Items To Be Included in Objective and Subjective Knowledge Tests.
4) Administration of Testing Programme.

Unit – IV

Measurement of selective motor fitness, motor ability and organic function and health Status:
1) 1) AAHPER youth fitness test.
    2) Canadian fitness test.
2) 1) Mecloy's general motor ability test.
    2) Methany Johnson test.
    3) Harward step test and its modification.
3. Social efficiently – Meaning and administration and interpretation of behavior rating scales.
   1. Johnson Basketball Ability Test.
   2. McDonald Soccer Test.
4. Dribble and Goal shooting test in Hockey.

**ICT Application**

**Unit:** Computer Literacy for Measurement and Evaluation

1. Statistics versus Computer
2. Computer Literacy
3. Computer Terms
4. Basic Components of Computer, Computer Hardware Basics, & Computer Software Basics
5. Factions of Computers
6. Types of Computers
7. Starting & Running Computer
8. Importance of Computers in M& E, 104
9. Selecting a Personal Computer for Purchase
10. Computer Assisted Training (CAT) web based instruction (WBI)
12. Role of ICT in measurement and evaluation.
UNIT – I
1. Sports Training:
   1. Definition of terms-conditioning, training and coaching.
   2. Aim, Tasks and Characteristics of sports Training.
   4. Training means and its types, movement structure.

UNIT – II
2. Training Load:
   1. Important Features of Training Load – Intensity, Density, Duration and Frequency, load structure.
   2. Principles of Training Load, judgement of load.
   3. Adoption Process and condition of adoption.

UNIT – III
3. Raining for Motor Components:
   1. Strength: Forms of strength, characteristics of strength, Principles of strength training, strength training for children and women, Factors determining Strength.
   2. Endurance: Forms of endurance, characteristics of endurance, training means and methods and factors determining Endurance.
   3. Speed: Forms of Speed, characteristics of Speed, training means and methods and factors determining Speed.

UNIT -IV
1. Flexibility: Forms of Flexibility, characteristics of Flexibility, methods of development of flexibility and factors determining flexibility.
3. Talent identification : concept and development.
   Role of ICT. in Scientific sports training.

Reference:
UNIT – I
1. Concept, nature and scope of sociology.
5. Relationship of Sociology with the Sport and physical education.

UNIT – II
Sports And Social System
1. Study of sport group. Group Interaction, competition and co-operation.
2. Sports and social control group (family, marriage, Community, Crowd and public).
3. Impotence of sports in Modern society. Role and Relevance of ICT in e-age.
4. Socialization through games and Sports.

Relation between Sports And Social Science Institutions (Family, School And Educational System)
UNIT – III
Sports and Culture
1. Sports as a Social institution. Relationship between sport and educational system.
2. Sports as an element of culture and a cultural product.
3. Relationship between sports and culture (Religion and art).
5. Sports and Media

UNIT – IV
Social Factor Can Concerning Sports In Society
1. Social stratification in sports.
2. Discrimination and democratization in sports.
3. Social change, its relevance in Sports.
4. Professionalization and children in sports.

Reference Book:
UNIT – I
1. History: Historical development of the game/sport at national and international levels.
2. Organisation:
3. National Bodies controlling sports and their affiliated units.
4. International Bodies controlling sports and their affiliated units.
5. Major national and International Competitions.

UNIT – II
Officiating and Lay out of play field:
1. Rules and their interpretations.
3. Lay out and marking of play areas.

UNIT – III
1. Techniques/skills
2. Classification of techniques/skills
3. Technical/skill training
   i) Preparatory Exercises
   ii) Basic Exercises
   iii) Supplementary Exercises
4. Recreational and lead-up activities
5. Tactics and Strategy
6. Selection of players/team
7. Different tactical concepts applicable to the game/sport
8. Tactical training.

UNIT – IV
Training & Planning
1. Systematisation of training process for a beginner, intermediate and high performances Sportspersons.
2. Training methods and means for the development of motor abilities (strength, speed,
   Endurance and flexibility).
3. Load dynamics (Principles of Training load, distribution of training load).
4. Basic Concept of preparation of training schedules.

Planning:
5. Short term and long term training plans.
7. Preparation of training schedule.
8. Evaluation:

Tests and Measurements:
1) General Fitness Tests.
2) Specific Fitness Tests.
3) Performance and objective Skill Tests of concerning games.
Semester I
Athletics (Men and Women)
Theory (Track Event)

1. A brief historical survey of athletics and also an elementary knowledge of international and national developments, important competitions, achievements table of India, Asia and World leading nations and outstanding personalities specially of India.
2. Rules of athletics.
3. Conditioning and warming up exercises.
4. Hygiene of athletics.
5. Equipments and Surfaces
6. Test.

Practical Activities

1. Track Events
   1. Sprints: 100 M. 200 M. 400 M.
   4. Starting strides
   5. Full speed strides and body position
   6. Coasting and curve running (200 M. and 400 M.) and finish

B. Medium & distance running (800 M. to 10,000 M.)
   1. Standing starts
   2. First 50 M. run
   3. Strides and body position in running
   4. Pace judgment
   5. Passing an opponent and finish

C. Road running/cross country running/ Marathon
   1. Dress and Personal equipment.
   2. Start
   3. Strides and body position and finish

D. Hurdles races (100 M., 110 M. and 400 M.)
   1. Start
   2. Strides to the first hurdle
   3. Strides between hurdles and finish
   4. Hurdle clearance

E. Relay races
   1. Visual and non-visual methods
   2. Methods of holding the baton
   3. Passing the baton
   4. Arrangement of runners
   5. Responsibilities of receiver and passer
Semester I
Badminton (Men and Women)
Theory

1. A brief historical survey of Badminton and also an elementary knowledge of international and national development competitions, achievement, table of India, Asia and world, leading nations and outstanding personalities, specially of India.
2. Rules of Badminton
3. Warming up exercise and conditioning.
4. Hygiene of Badminton
5. Equipments and Surfaces
6. Test

Practice
1) Fundamental skills
   a) Grip
   b) Foot work
      i) On ground stance
      ii) The pivot
      iii) Forehand return
      iv) Back court return
   c) Service
      i) Short service
      ii) Long service
   d) Strokes
      i) Forehand stroke
      ii) Backhand stroke
      iii) Overhead stroke
      iv) Net stroke
   e) Smash
      i) Forehand
      ii) Backhand
   f) The drop
   g) Regular game practice : game practice will be a part of daily lesson.
   h) Evaluation Test
      i) Performance Test
      ii) Oral & written Test
      iii) Professional aptitude
      iv) Assignment

Reference Book :
Semester I
Football
Theory

1. A brief historical survey of football and also an elementary knowledge of international and national developments, important competitions, achievements tables of India, Asia, and World, leading nations and outstanding personalities specially of India.
2. Rules of football game.
3. Conditioning and warming up exercises.
4. Hygiene of football and etiquette.
5. Test.

Practice
1) Basic skills and their drills.
   a) Kicking the ball.
      i) Inside of the foot kick
      ii) Low drive
      iii) Volley
      iv) Half volley
   b) Trapping the ball
      i) Under the sole of the foot.
      ii) Inside of the foot.
      iii) Instep of the foot.
      iv) Outside of the foot.
      v) With thighs.
      vi) With forehead
   c) Heading the ball
      i) Deflection side way
      ii) Foreword
      iii) Backward
   d) Dribbling & tackling
      i) Running and controlling the ball.
      ii) Block tackle
      iii) Slide tackle
   e) Goal keeping
      i) Handling of high and low ball
      ii) Servicing of the ball
      iii) Clearance of the ball
   f) Evaluation plan
      i) Performance test
      ii) Oral and written test
      iii) Professional aptitude

Reference books:
2. Soccer Techniques & Tactics by Jimmy Greaves.
3. The A to Z of Soccer by Michael Parkinson & Willis Hall.
4. Soccer (How to play) by David Baeuzzi.
5. All about foot-ball by Joseph Edmundson.
Semester I  
Basket Ball  
 Theory

1. A brief historical survey of basketball and also an elementary knowledge of international and National developments, important competitions, achievements tables of India, Asia and world leading Nationals and outstanding personalities, specially of India.
2. Rules of basketball game.
3. Conditioning and warming up exercises.
4. Hygiene of basketball.
5. Equipments and Surfaces
6. Test.

Practice
1. Ball handling.
2. Catching the ball.
3. Pass and their drills.
   (a) Chest pass
   (b) Side pass (variations)
   (c) Overhead pass (variations)
   (d) Bounce Pass (variations)
   (e) Underhand pass (variations)
   (f) Basketball pass (variation)
   (g) Back pass (variations)
4. Passes on the move and drills.
5. Dribbling.
   (a) Bouncing on the spot
   (b) High-Low (variations)
   (c) Zigzag dribbling
   (a) Set shot variations
   (b) Free throw-variations
   (c) Lay up shot-variations
   (d) Tip in shot
7. Foot work in movement
   (a) Stances
   (b) Change of direction
   (c) Change of pace
   (d) Sliding
   (e) Drills
8. Pivoting
   (a) Stationary
   (b) Reverse
   (c) Front
9. Individual defence
   (a) Stance
   (b) Foot work
   (c) Position of hands
10. Rebounding variations,
   (a) Offensive and defensive rebounding
11. Team defense (variation)
   (a) Man to man
   (b) Zone defence
   (c) Combination of defence
12. Team offenses
   (a) Fast break
   (b) Simple offensive play
13. Regular game practice: Game practice will be part of daily lesson.

Reference Books:
Semester II
Athletics (Men and Women)
Theory (Field Events)

Jumps
A. High jump Western and Straddle role,
   1. Approach run
   2. Take off
   3. Cross bar clearance
   4. Landing
B. Long Jump (Shill Hang and Hitch-Rick styles)
   1. Approach run
   2. Take off.
   3. Flight and landing.
C. Triple jump
   1. Approach run.
   2. Take off.
   3. Landing of all the three Phase-Hop, step and jump.
D. Pole vault
   1. Hand hold
   2. Pole carry
   3. Pole Planting
   4. Swing up
   5. Pull up
   6. Body turn
   7. Cross bar clearance
   8. Landing

Throws
A. Shot-hold and Put
   1. Hand hold
   2. Placement of shot
   3. Initial stance
   4. Glide
   5. Delivery stance
   6. Delivery action and body position
   7. Reverse and body position
B. Throwing the discuss
   1. Hand hold.
   2. Stance.
   3. Preliminary swings.
   4. Turn.
   5. Delivery stance.
   6. Delivery action.
7. Reverse

C. Throwing the javelin
   1. Grip
   2. Carrying the Javelin
   3. Getting ready to throw
   4. Delivery stance
   5. Delivery action
   6. Reverse

Reference books:
Semester II
Volleyball

Theory
1. A brief historical survey of volleyball and also an elementary knowledge of international and national developments, important competition, achievements tables of India. Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of Volleyball.
3. Conditioning and warming up exercises.
4. Hygiene of Volleyball.
5. Equipments and Surfaces
6. Test.

Practices
1) Pass
   a) Different stances and related movement.
   b) Upper hand pass
      i)   Forward pass
      ii)  Turn & pass
      iii) Jump pass
      iv)  Back pass
   c) Underhand pass
      i)   Two-hand pass
      ii)  One-hand pass
   d) Pass with dive
      i)   Underhand forwarded pass with dive.
   e) Pass with roll
      i)   Upper hand forward pass with back roll
      ii)  Underhand pass with side roll (one hand pass)
2) Service
   a) Underhand service
   b) Side arm service
   c) Upper hand service
      i)   Tennis service
      ii)  Round arm service
   d) Jump service
   e) Floating Service
3) Setting up
   a) Zone No. 4 (forward)
   b) Zone No. 2 (backward)
   c) Jump and Setting
4) Attack
   a) Straight smash Two feet take off
   b) Inward and Outward attack
   c) Back court attack
5) Block
   a) Single block
   b) Group block
6) Regular game Practice: game practice will be a part of daily lesson.
   a) Systems of offensive play
   b) Systems of defensive play

Reference books
Semester II

Cricket

Theory
1. A Brief historical survey of cricket and also an elementary knowledge of international and national developments, important competitions, achievements tables of India, Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of Cricket.
3. Warming up exercises and conditioning.
4. Hygiene in cricket.
5. Equipments and Surfaces
6. Test.

Practice
1. Batting
   (a) Grip and stance.
   (b) Strokes.
      Strokes in front of wicket
      1. Straight drive.
      2. Forward defensive stroke.
      4. Off drive.
      5. On drive.
      6. Forward cut.
      7. Square cut.
2. Stroke behind the wicket.
   1. Late cut.
   2. Hook.
   3. Leg glance.
3. Bowling
   (a) Breaks
      1. Of break.
      2. Leg break.
   (b) Swinger.
      1. In swinger or swerve from the.
      2. Out swinger or swerve from the lag.
      3. Short Ball.
      4. Length Ball.
4. Fielding and catching.
5. Lead up exercises and drill.
6. Regular game practice: game practice will be a part of daily lesson.

Reference books:
Semester II

Hockey

Theory
1. A brief historical survey of hockey and an elementary knowledge of International and National developments, important competitions, achievements tables of India. Asia and World. Leading Nations and outstanding personalities specially of India.
2. Rules of hickey game.
3. Warming up exercises and conditioning.
4. Hygiene of hockey.
5. Equipments and Surfaces
6. Test.

Practice
A. Basic skills and their drills
   1. Grip of stick
   2. Dribbling
   3. Stopping the ball
   4. Stroke
   5. Hit & Variations
   6. Push & Variations
   7. Scoop
   8. Reverse stroke
   9. Flick
   10. Jab
   11. Tackling
   12. Dodging right and left
B. Use of skills in game situations, lead up practices
C. Positional play
D. Strategy-attack and defence
E. Regular game practice: Game practice will be a part of daily lesson.
Semester III
Kabaddi

Theory
1. A brief historical survey of Kabaddi and an elementary knowledge of national
developments, important competitions, achievements tables leading states and
outstanding personalities.
2. Rules of Kabaddi game.
3. Conditioning and Warming up.
4. Hygiene of Kabaddi.
5. Equipments and Surfaces
6. Test.

Practice
1. Marking of Kabaddi ground.
2. Offensive Skills.
   (a) The chant.
   (b) Skills performed by the legs
       1. Toe touch
       2. Side kick
       3. Front kick
       4. Curve kick
       5. Cross kick
       6. Roll kick
       7. Mule kick or back kick
       8. Fly kick
3. Defensive skills
   1. Ankle catch
   2. Double ankle catch
   3. Knee catch
   4. Double knee catch
   5. Double thigh catch
   6. Trunk
   7. Wrist catch
   8. Crocodile catch
   9. Wrist catch with reverse grip
   10. Shoulder catch
   11. Washer man hold
4. Lead up games.
5. Regular game practice: Game practice will be a part of lesson.
6. Positional and system of play.
7. Altaelley and Defense strategy.

Reference Book :
Semester III  
Gymnastics

Theory
1. A brief historical survey of gymnastics and also an elementary knowledge of International and national development, important competition, achievements tables of India, Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of gymnastics
3. Warming up exercises and conditioning.
4. Hygiene of gymnastics.
5. Equipments and Surfaces
6. Test.

Practice
1. Developmental exercise.
2. Exercises on wall bars.
3. Heaving beam.
4. Rope climbing.
5. Exercise with medicine ball.
6. Pyramids.
7. Stunts.
8. Floor exercises.
10. Roman rings.
11. Vaulting horse.
12. Pommel led horse.
13. Horizontal bar.

Reference Books :
Semester III
TENNIS/Kho-Kho

Theory
1. Brief historical Survey of Tennis and also elementary knowledge of Developmental competitions, achievement Tables of India, Asia and world, leading Nations and outstanding Personality specially of India.
2. Rules of Tennis.
3. Warning up Exercise and conditioning.
4. Test.
5. Equipments and Surfaces

Practice
1. Fundamental skills :
   (a) Basic strakes :
      i) Grip–Ready position, foot work, Back swing, paint of impact, follow through.
      ii) Back hand – as above.
      iii) Service - grip, stance, Back swing, paint, of impact, and follow through.
      iv) Volleys – grip, Ready position.
      v) Lobs – offensive, defensive.
      vi) Smash.
      vii) Drop shots.
   (b) Variations in
      i) Grand strokes.
      ii) Service.
      iii) Vallugs.
      iv) Labs.
2. Tactics :
   (a) Offensive strokes.
   (b) Defensive strokes.
   (c) Across-offensive and Defensive tactics.
   (d) Doubles-offensive and Defensive tactics.
3. Regular game practice: game practice will be a part of Daily lesson.

Reference Books :
2. Trengove, Alan the art of Tennis London: Hadder and strengoea Ltd., Warvick Lane 1964.
Semester III

YOGASANA and INDIGENOUS ACTIVITIES

1. Padmasana
2. Vajrasan
3. Savasana
4. Bhujangasana
5. Dhanurasana
6. Matsyasana
7. Shalabhasana
8. Halasana
9. Paschimotanasana
10. Yoga mudra
11. Vakrasana
12. Ardhamatsyendrasana
13. Sarvangasana
14. Shirshasana
15. Mayurasana
16. Vrikshasana
17. Tadasana
18. Makarasana
19. Suryanamaskar

INDIGENOUS ACTIVITIES
1. Brief history of indigenous activities.
2. Demonstration of basic skills.
3. To familiarize with rules of the activity & arena.
4. To familiarize with basic teaching pattern.
5. To familiarize with methods of construction layout and marking of arena as required.
6. Conditioning and warming up.
7. Introduction of different indigenous activities
   i) Lazium
   ii) Lathis
   iii) Hoops
   iv) Malkham
   v) Drum
   vi) Indian clubs
   vii) Dumbells
   viii) Formations:
       a) Pyramids
       b) Bhartiyyam
       c) Aerobics.
Chandra Shekhar (1 July 1927 â€“ 8 July 2007) was an Indian politician who, served as the eighth Prime Minister of India, between 10 November 1990 and 21 June 1991. He headed a minority government of a breakaway faction of the Janata Dal with outside support from the Indian National Congress as a stop gap arrangement to delay elections. Chandrasekhar is the first Indian Prime Minister who has never held any Government office. His government was largely seen as a "puppet" and "lame duck" and the