

**BHARATHIAR UNIVERSITY: COIMBATORE 641 046**  
**UNIVERSITY DEPARTMENT**  
**Regulation, Scheme of Examination and Syllabus for the**  
**Bachelor of Physical Education Course (B.P.Ed)**  
**(For the students admitted from the academic year 2019-20 onwards)**

**Preamble:** Bachelor of Physical Education (B.P.Ed) two years programme is a professional programme meant for preparing teachers of Physical Education in classes VI to X and for conducting Physical Education and sports activities in classes XI and XII.

B.P.Ed programme shall be designed to integrate the study of childhood, social context of physical education, subject knowledge, pedagogical knowledge, aims of Physical Education and communication skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship.

**Course objectives:-**

To enable the students to

- attain wholesome development through Physical Education and sports
- produce resourceful Physical Education teachers
- acquire professional skills and capacities in various games and sports
- be familiar in the rules, regulation and their interpretation in officiating sports and games
- become organiser in sports and games
- study about the scientific principles from various allied subjects in the field of Physical Education and sports
- Understand the concepts and role of different training methods in sports.
- develop desirable health habits and social integration of sports persons

**1. Eligibility**

- a) Bachelor's degree in any discipline with 50% marks and having at least participation in the Inter – College / Inter- Zone/ District/ School competition in sports and games as recognized by the AIU/ IOA/SGFI/Govt. of India  
Or
- b) Bachelor's degree of science 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 Competitions or secured 1<sup>st</sup> , 2<sup>nd</sup> or 3<sup>rd</sup> position in Inter - College/ Inter – Zonal/ District/ School competition in sports and games as recognized by the AIU/ IOA/SGFI/Govt. of India.  
Or

- e) Bachelor's degree with participation in international competitions or secured 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> 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 marks 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 Government / State Government whichever is applicable.

## 2. Duration

The B.P.Ed programme shall be of a duration of two academic years that is four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

## 3. The CBSC System

All programmes shall run on choice based credit system (CBSC). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

## 4. Admission procedure

Admission shall be made on merit on the basis of marks obtained in the entrance examination (written test, sports proficiency test, physical fitness test, and marks obtained in the qualifying examination) or any other selection process as per the policy of the university/ state government/ UT administration.

### Scheme of selection:

The selection of candidates for the **B.P.Ed** degree course is based on the following Criteria for a grand total of 150 marks.

a.	<b>Marks obtained in the Qualifying Examinations</b>	<b>40 Marks</b>
b.	<b>Games proficiency test in any one game</b> (Badminton, Ball Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho & Volleyball, Athletics and games as per AIU list)	<b>40 Marks</b>
c.	<b>Previous participation / Representation certificates</b>	<b>20 Marks</b>
d.	<b>Written examination &amp; Physical Fitness Test</b>	<b>50 Marks</b>
	<b>Grand Total</b>	<b>150 Marks</b>

**Guidelines followed for allotting marks for Games/Sports participation certificates  
Norms for Sports Certificate**

<b>Sl. No</b>	<b>Sports Achievement</b>	<b>Marks</b>
01.	Winning I,II,III Place in National /State/ All India University Tournaments	20
02.	Winning I,II,III place in National sub Jr./Junior	19
03.	Winning I,II,III place in Open Rural National	18
04.	Winning I,II,III place in south zone Nationals / S.Z Inter University	17
05.	Representing south Zone in inter-zone, Nationals All-India inter University	16
06.	Representing state team Jr./ Sr./ University	15
07.	Winning I,II,III place in Senior State championship	14
08.	Winning I,II,III place in SDAT / open state championship	13
09.	Winning I,II,III place in sub Jr. /Junior state championship	12
10.	Representing District in senior state championship	11
11.	Representing district team Jr. in state championship / SDAT open Championship	10
12.	Wining I,II,III place in open Inter-Collegiate Physical Education tournament	9
13.	Wining I,II,III place in open Inter Collegiate	8
14.	Wining I,II,III place in zone/ Division Inter collegiate tournament	7
15.	Representing zone/ Division Inter-Collegiate tournament	6
16.	Representing College team in University Inter Collegiate/ open	5

#### **4. Course**

The term course usually referred to as papers is a component of a programme. All courses need not carry the same weight. The course should define learning objectives and learning outcomes. A course may be designed to comprise lectures/ tutorials/ laboratory work/ field work/ outreach activities/ project work/ vocational training/ viva/ seminars/ term papers/ assignments/ presentations/ self-study etc. or a combination of some of these.

## 5. Courses of Programme

The B.P.Ed programme consists of a number of courses, the term „course“ applied to indicate a logical part of subject matter of programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of course suggested for the B.P.Ed programme.

- Theory** ➤ **Core Course**  
➤ **Elective Course**

- Practicum** ➤ **Teaching practices**

## 6. Semesters

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester scheduled from July to December and even semester from December to May the institution shall work for a minimum of 36 working hours in a week (five or six days a week).

## 7. Working Days

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

## 8. Credits

The term „credit“ refers to a unit by which the programme is measured. It determines the number of hours of instruction required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one half / two hours of practical work/ field work per week. The term „credit“ refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.Ed. Programme is 90 credits and for each semester 20 credits.

### Provision of Bonus Credits Maximum 06 credits in each Semester

Sr. No	Special Credits for Extra Co-curricular Activities	credits
1	Sports achievement at <b>State</b> level Competition (Medal Winner)	1
	Sports achievement at <b>National</b> level Competition (Medal Winner)	2
	Sports participation <b>International</b> level Competition	4
2	<b>Inter University</b> Participation (any one game)	2
3	<b>Inter college</b> participation (min two game)	1
4	<b>National Cadet Corps/ National Service Scheme</b>	2
5	Blood donation/ cleanliness drive/ community service	2
6	Mountaineering-basic camp/ Advance camp/ Adventure Activities	2
7	Organization/ officiating- state / national level in any two game	2
8	News reposting/ article Writing/ books writing/ progress report Writing	1
9	Research project	4

Students can earn maximum 06 bonus credits in each semester by his/her participation on the above mentioned activities duly certified by the head of the institution/ Department. This bonus credit will be used only to compensate loss of credits in academic activities.

## 9. Examinations

There shall be examinations at the end of each semester, for first semester in the month of November / December for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November / December of May /June.

A candidate should get enrolled / registered for the first semester examination. If enrollment / registration is not possible owing to shortage of attendance beyond Condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student however, the student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

## 10. Condonation

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for Condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for Condonation in prescribed form with the prescribed fee along with the medical certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

## 11. Patten of Question Papers

Question papers shall have five questions corresponding to five units of each theory course.

B.P.Ed.: Format of Question Paper for Five Units

Questions No	Description	Marks
1-20	One word questions (20) 20X1=20	20
21-25	Short Answers (5) 5X3=15	15
26-30	Detail answers (5) 5X8=40	40
Total		75

## 12. Evaluation

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

Best out of three test	15 marks
Seminar /quiz	5 marks
Assignments	5 marks
Total	25 marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation components, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 25:75. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

### **13. Minimum Passing Standard**

The minimum passing standard for CIA (Continuous internal assessment) and External Examinations shall be 50% I.e. 38 marks out of 75 marks for both theory courses and practical courses.

### **14. Grading**

As per Bharathiar University grading system.

### **15. Classification of Final Result**

For the purpose of declaring a candidate to have qualified for the degree of bachelor of Physical Education in the first class/ second class/ pass class or first class with distinction, the marks and the corresponding CGPA earned by the candidate in core courses will be the criterion. It is further provided that grand total and end semester (External) examinations.

### **16. Award of the B.P.Ed Degree**

A candidate shall be eligible for the award of the degree of B.P.Ed. Only if he/she has earned the minimum required credit including bonus 90 credits of the programme prescribed above. i.e Not less than 50% of mark.

### **19. Grievance Re-dressal committee**

The college / department shall form a Grievance Re-dressal committee for each course in each college/ department with the course teacher and HOD of the faculty as the members. This committee shall solve all grievances of the students.

### **20. Revision of syllabi**

Syllabi of every course will be revised according to the regulation of the NCTE.

### **21. Leadership training camp**

The student of B.P.Ed., programme shall have to participate in the leadership training camp conducted by the department for a period of minimum 7 days.

## Course Scheme and Scheme of Examination for B.P.ED Course

(For those admitted in June 2019- 2020 Onwards)

### Semester - I

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Weekly contact Hour	Credit	Internal Marks	External Marks	Total Marks
<b>Core Course</b>						
<b>CC-101</b>	History, Principles and Foundation of Physical Education	4	4	25	75	100
<b>CC-102</b>	Anatomy and Physiology	4	4	25	75	100
<b>CC-103</b>	Health Education and Environmental Studies	4	4	25	75	100
<b>Elective Course (Anyone)</b>						
<b>EC-101</b>	Olympic Movement	4	4	25	75	100
<b>EC 102</b>	Contemporary issues in Physical Education, Fitness and Wellness					
<b>Part B: Practical Course</b>						
<b>PC-101</b>	<b>Track and field</b>	6	4	100	-	100
<b>PC-102</b>	<b>Gymnastics and Yoga</b>	6	4	100	-	100
<b>PC-103</b>	<b>Indigenous Activities &amp; Mass Demonstration</b> Dands & Baithaks, Lezium, Tipri, Minor Games Calisthenics, Indian-Clubs, Dumbbells, Wands, Hoops, Umbrella Exercise, March-past	6	4	100	-	100
<b>Total</b>		<b>34</b>	<b>28</b>	<b>400</b>	<b>300</b>	<b>700</b>

**Note:** Total number of hours required to earn 4 credits for each theory course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

**Semester - II**

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Weekly contact Hour	Credit	Internal Marks	External Marks	Total Marks
<b>Core Course</b>						
CC-201	Yoga Education	4	4	25	75	100
CC-202	Education Technology and Methods of Teaching in Physical Education	4	4	25	75	100
CC-203	Organization, Administration and Supervision in Physical Education	4	4	25	75	100
<b>Elective Course (Anyone)</b>						
EC-201	Theories of Games and Sports- I	4	4	25	75	100
EC-202	Curriculum Design					
<b>Part B: Practical Course</b>						
PC-201	<b>Track and field</b> (Coaching Skills)	6	4	25	75	100
PC-202	<b>Racket Sports:</b> Badminton, Ball badminton, Tennis, Table Tennis	6	4	100	-	100
<b>Part C: Teaching Practices</b>						
TP-201	<b>Teaching practices</b> <b>General lesson</b> (10 Lessons)	6	4	25	75	100
<b>Total</b>		<b>34</b>	<b>28</b>	<b>250</b>	<b>450</b>	<b>700</b>

**Note:** Total number of hours required to earn 4 credits for each theory course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.



**Semester - III**

<b>Part A: Theoretical Course</b>						
<b>Course code</b>	<b>Title of the papers</b>	<b>Weekly contact Hour</b>	<b>Credit</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
<b>Core Course</b>						
<b>CC-301</b>	Sports Training	4	4	25	75	100
<b>CC-302</b>	Computer Application in Physical Education	4	4	25	75	100
<b>CC-303</b>	Sports Psychology and Sociology	4	4	25	75	100
<b>Elective Course (Anyone)</b>						
<b>EC-301</b>	Sports Medicine, Physiotherapy and Rehabilitation	4	4	25	75	100
<b>EC-302</b>	Sports Nutrition and Weight Management					
<b>Part B: Practical Course</b>						
<b>PC-301</b>	Weight lifting, Power lifting, Wrestling and Boxing	6	4	100	-	100
<b>PC-302</b>	<b>Combative sports:</b> Martial Arts and Aerobics	6	4	100	-	100
<b>PC-303</b>	<b>Team Games:</b> Basketball, Cricket, Football, Volleyball, Kho-Kho	6	4	100	-	100
<b>Total</b>		<b>34</b>	<b>28</b>	<b>400</b>	<b>300</b>	<b>700</b>

**Note:** Total number of hours required to earn 4 credits for each theory course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

**Semester - IV**

<b>Part A: Theoretical Course</b>						
<b>Course code</b>	<b>Title of the Papers</b>	<b>Weekly contact Hour</b>	<b>Credit</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
<b>Core Course</b>						
<b>CC-401</b>	Measurement and Evaluation in Physical Education	4	4	25	75	100
<b>CC-402</b>	Kinesiology and Biomechanics	4	4	25	75	100
<b>CC-403</b>	Research and Statistics in Physical Education	4	4	25	75	100
<b>Elective Course (Anyone)</b>						
<b>EC-401</b>	Theory of Sports and Game- II	4	4	25	75	100
<b>EC-402</b>	Sports Management					
<b>Part B: Practical Course</b>						
<b>PC- 401</b>	<b>Team Games:</b> Kabaddi, Hockey, Softball, Handball, Netball	6	4	100	-	100
<b>PC- 402</b>	<b>Games of Specialization:</b>	6	4	25	75	100
<b>Part C: Teaching Practices</b>						
<b>TP-401</b>	<b>Teaching practices: Particular lesson</b> (Teaching Lesson Plans For Racket Sport/ Team Games) (out of 10 lesson 5 internal and external practicing at school)	6	4	25	75	100
<b>Total</b>		<b>34</b>	<b>28</b>	<b>250</b>	<b>450</b>	<b>700</b>
		<b>136</b>	<b>112</b>	<b>1300</b>	<b>1500</b>	<b>2800</b>

**Note:** Total number of hours required to earn 4 credits for each theory course are

**68-80 hours per semester whereas 102-120 hours for each Practicum Course.**

**SCHEME OF EXAMINATION**

**SEMESTER - I**

<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total marks</b>
<b>THEORY (400)</b>				
CC-101	History, Principles and Foundation of Physical Education	25	75	100
CC-102	Anatomy and Physiology	25	75	100
CC-103	Health Education and Environmental Studies	25	75	100
EC-101/102	Olympic Movement / Contemporary issues in Physical Education, Fitness and Wellness (Elective)	25	75	100
<b>PRACTICAL (300)</b>				
PC-101	<b>Track and field</b>	100	-	100
PC-102	<b>Gymnastics and Yoga</b>	100	-	100
PC-103	<b>Indigenous Activities &amp; Mass Demonstration</b> Dands & Baithaks, Lezium, Tipri, Minor Games Calisthenics, Indian-Clubs, Dumbbells, Wands, Hoops, Umbrella Exercise, March-past	100	-	100
<b>Total</b>		<b>400</b>	<b>300</b>	<b>700</b>

**SEMESTER - II**

<b>Part A: Theoretical Course</b>				
<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total marks</b>
<b>THEORY (400)</b>				
CC-201	Yoga Education	25	75	100
CC-202	Education Technology and Methods of Teaching in Physical Education	25	75	100
CC-203	Organization, Administration and Supervision in Physical Education	25	75	100
EC-201/ EC-202	Theories of Games and Sports- I/ Curriculum Design(Elective)	25	75	100
<b>PRACTICAL (200)</b>				
PC-201	<b>Track and field (Coaching Skills)</b>	25	75	100
PC-202	<b>Racket Sports:</b> Badminton, Ball badminton, Tennis, Table Tennis	100	-	100
<b>TEACHING PRACTICE (100)</b>				
TP-201	<b>Teaching practices</b> <b>General lesson</b> (10 Lessons)	25	75	100
<b>Total</b>		<b>250</b>	<b>450</b>	<b>700</b>

**SEMESTER - III**

Paper	Subject	Internal	External	Total marks
<b>THEORY (400)</b>				
CC-301	Sports Training	25	75	100
CC-302	Computer Application in Physical Education	25	75	100
CC-303	Sports Psychology and Sociology	25	75	100
EC-301 /302	Sports Medicine, Physiotherapy and Rehabilitation / Sports Nutrition and Weight Management (Elective)	25	75	100
<b>PRACTICAL(300)</b>				
PC-301	Weight lifting, Power lifting, Wrestling and Boxing	100	-	100
PC-302	<b>Combative sports:</b> Martial Arts and Aerobics	100	-	100
PC-303	<b>Team Games:</b> Basketball, Cricket, Football, Volleyball, Kho-Kho	100	-	100
<b>Total</b>		<b>400</b>	<b>300</b>	<b>700</b>

**SEMESTER - IV**

Paper	Subject	Internal	External	Total marks
<b>THEORY (400)</b>				
CC-401	Measurement and Evaluation in Physical Education	25	75	100
CC-402	Kinesiology and Biomechanics	25	75	100
CC-403	Research and Statistics in Physical Education	25	75	100
EC-401/ EC-402	Theory of Sports and Game- II/ Sports Management (Elective)	25	75	100
<b>PRACTICAL(200)</b>				
PC-401	<b>Team Games:</b> Kabaddi, Hockey, Softball, Handball, Netball	100	-	100
PC-402	<b>Games of Specialization:</b>	25	75	100
<b>TEACHING PRACTICE (100)</b>				
TP-401	<b>Teaching practices:</b> <b>Particular lesson</b> (Teaching Lesson Plans For Racket Sport/ Team Games) (out of 10 lesson 5 internal and external practicing at school)	25	75	100
<b>Total</b>		<b>250</b>	<b>450</b>	<b>700</b>

## **B.P.ED- Outline of Syllabus**

Semester- I

Theory course

### **CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION**

#### **Unit-1: 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**

- Indus valley civilization period (3250 BC- 2500BC)
- Vedic period (2500BC- 600BC)
- Early Hindu period (600BC- 320AD) and later period (320AD- 1000AD)
- Medieval period (1000AD- 1757AD)
- British period (before 1947)
- Physical Education in India (after 1947)
- Contribution of Akhadas and Vyayamshals
- Y.M.C.A and its contributions
- SDAT, SAI, NIS and its functions
- Awards, honour in sports

#### **Unit- 3: Foundations of Physical Education (Biological and Psychological foundations)**

##### **-Biological Foundations**

- ✓ Growth and development, Difference between Growth and development, Factors affecting Growth and development.
- ✓ Age and Gender characteristics in relation to Physical Education, Chronological age, biological age, anatomical age.
- ✓ Body types , body shapes, Anthropometric differences between men and women

##### **-Psychological Foundations**

- Cognitive, Co native and Affective Domains
- Information processing model of motor learning, practice, reinforcement feedback.
- Play and Theories of Play
- Principles of Motor Acquisition and Goal setting.
- Individual differences

#### **Unit- 4 Sociological Foundations of Physical Education**

- ✓ Society, culture and Socialization Process
- ✓ Sports as cultural heritage of mankind ,Customs and traditions in sport
- ✓ Social nature of men and physical activity
- ✓ Competition and cooperation.
- ✓ Social Acceptance And Recognition
- ✓ Social Integration And Cohesiveness

#### **Unit-5: Philosophical Foundation of Physical Education**

- Philosophical foundations; Idealism, pragmatism, naturalism, realism, humanism, Existentialism
- 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.

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- Deborah A.Wliest and Charles A. Bucher,(2009), *Foundation of Physical Education Exercise Science and Sport*. Newyork. Mc Graw- Hill companies
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- Jegannath Mohanty (2005), *Sports and Physical Education*. New Delhi. Deep and Deep publication pvt. Ltd.
- John E. Findling and Kimberly D. Pelle (2004) *Encyclopedia of the Modern Olympic Movement*. Westport C T, Greenwood publications.
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- William H. Freeman (2010), *Physical Education and Sports in a Changing Society*. United states Hoeatus of America. Jones and Borllett learning, LIC.
- Wotharkar D.G (1994), *Hand Book of Physical Education*. India. Friends Publications.

## CC-102 ANATOMY AND PHYSIOLOGY

### UNIT-1

- Meaning, Need and importance of anatomy and physiology in the field of physical education
- Introduction of cell and tissues
- The arrangement of the skeleton- Axial system & Appendicular system - joints of the body and their types.
- Muscular system, components- Types of muscles

### UNIT- 2

- Blood and circulatory system: Function of the blood- blood groups and blood transfusion, clotting of blood,
- Structure of the heart- functions of the heart, circulation of blood, cardiac cycle, blood pressure. Cardiac output.

### UNIT- 3

- The respiratory system: respiratory passage- the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume
- The digestive system: structure and function of the digestive system,

### UNIT- 4

- The excretory system: structure and function of the kidneys and the skin
- The endocrine glands: function of glands pituitary, thyroid, parathyroid, adrenal, pancreas. Thymes, Pineal glands.

### UNIT-5

- Nervous system: function of the autonomic nervous system and central nervous system. Reflex action, brain and spinal cord
- Sense organs: a brief account of the structure and function of the eye and ear.

### References

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- Jitendar P.Vij(1993) *Anatomy and Physiology for Nurses*, New Delhi, Jaypee Brothers medical publishers (P) LTD.
- Khel sahitya Kendra. Victor C. Katch , Frank. I. Katch and William. D (2000) *Essential Exercise Physiology*, Tokyo. Lippincott Williams and willins
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- Winwood R.S, Smith J.L (1985) *Sears Anatomy and physiology for nurses*. 6<sup>th</sup> edition, London ELBS.

## CC-103 HEALTH EDUCATION AND ENVIRONMENT STUDIES

### Unit-1 Health Education

- Concept of health ,dimension, spectrum and determinants of health
- Definition of health, health education, health instructions, health supervision
- Aim, objective and principles of health education
- Health service and guidance instruction in personal hygiene

### Unit- 2 Mental Health

- Meaning of mental health
- Factors of mental health
- Mental health problem of college student
- Principles of mental health
- Characteristics of a health personality

### Unit-3 Diseases

- Communicable and non Communicable diseases(Malaria, Cholera, Typhoid, Measles, Tuberculosis) – non Communicable (Diabetes, Cancers)- Causes, Signs and symptoms and prevention of Communicable and non Communicable diseases
- Obesity ,malnutrition, adulteration in food ,environmental sanitation, explosive population
- First-aid , Personal and environmental hygiene for schools
- Objective of school health service, role of health education in schools

### Unit -4 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 &probaton of plastic bag/cover
- Role of school in environmental conservation and sustainable development

### Unit-5 Natural resources and related environmental issues:

- Water resources, food resource 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

- David Q Thomas, Jerome E.kotecele (2013)*Physical Activity and Health*. Jones and bartlest learning publication.
- Howley[ Edward ], Don Franus(B)(2003) *Health Fitness Instructor's Handbook*. Human Kinetics publication.
- Ramachandran.L.Dharmalingam.T(1993)*Health Education India*.Vikas publishing Houst ptd.Ltd.
- Tied (2000), *Exercise and Sport Science*, Lippincoft Williams and wikkins.
- Thompson Janice(2009). *Sport Nutrition for Health Performance* Human Kinetics, USA, Human Kinetics Publishers.



## EC-101 OLYMPIC MOVEMENT (ELECTIVE)

### Unit-1 Origin of Olympic movement

- Philosophy of Olympic movement
- The early history of the Olympic movement
- The significance stages in the development of the modern Olympic movement
- Educational and cultural values of the Olympic movement
- Goal of Olympic Movement

### Unit- 2 Ancient Olympic Games

- Rituals followed in Ancient Olympics
- Awards and Honours for the winners of Ancient Olympics
- Significance of Ancient Olympics
- Competitive events of Ancient Olympics
- Marathon run

### Unit-3 Modern Olympic Games

- Olympic Symbols(Motto, Flag, Rings, Flame, Olympic Awards, Oath)
- Olympic Ideals, Objectives and Values
- Olympic protocol for member countries
- Olympic code of Ethics
- Olympic in action
- Sports for All

### Unit-4 Different Olympic Games

- Paralympic Games
- Summer Olympic
- Winter Olympic
- Youth Olympic Games

### Unit-5 Committees of Olympic Games

- International Olympic committee- structure and functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and functions
- Olympic medal winners of India

### Reference:

- Burbank, J.M., Andranovich, G.D.&Heying Boulder, C.H.(2001). *Olympic Dreams: the impact of mega-events on local politics*: Lynne Rienner.
- Charles A. Bucher (1972), *Foundation of Physical Education*, United states, Mosby Publication.
- Osborne, M.P (2004). *Magictree house fact tracker: ancient Greece and the Olympic: a nonfiction companion to magic tree house: hour of the Olympic*, New York: Random House Books for Young Readers.

## EC-102 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS (ELECTIVE)

### Unit- I Issues in physical education

- Issues in curriculum
- Issue in teaching learning (Approaches in teaching games, Formal and informal model of assessment in Physical Education)
- Issues related to teaching aids
- Issues encountered by Physical education teachers.

### Unit- II 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-III Fitness and Lifestyle

- Fitness-types of fitness and components of fitness
- Understanding of fitness
- Modern lifestyle and hypo kinetic disease-prevention and management
- Physical activity and health benefits

### Unit-IV Wellness and Lifestyle

- Meaning, Definition and Scope of wellness
- Concept and Components of wellness
- Dietary guidelines of good health- health promotion and diseases prevention- Nutrition
- Issues related to body image, stress management, mental health, and wellness throughout life- healthy aging.

### Unit-V Principle of Exercise Program

- Means of fitness development-aerobic and anaerobic exercise
- Exercise and heart rate zones of various aerobic exercise intensities
- Concept of free weight Vs machine, sets, and repetition etc
- Concept of designing different fitness training program for different age group

#### Reference:

- Difiore,J.(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.  
Mcglynn, G., (1993). *Dynamics of Fitness* Madison: W.C.B Brown.  
Medical Book Sharkey, B.J. (1990). *Physiology of Fitness*, Human Kinetics Book

## PRACTICAL COURSES SEMESTER – I

### PC – 101 TRACKS AND FIELD

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing techniques: Run Through, Forward lunging, Shoulder Shrug.
- Various Middle Distance, Long distance and Road Races- Techniques and Tactics involved
- Hurdles:

- Interpretation of Rules and Officiating.
- Fundamental Skills-Starting, take off/ Clearance and Landing Techniques.
- Types of Hurdles races
- Ground Marking and Officiating.
- Relays: Fundamental Skills
  - Various patterns of Baton Exchange.
  - Understanding Relay Zones.
- Ground Marking, Rules and Officiating

## PC-102

## GYMNASTICS AND YOGA

- Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge,
- Dancing steps, Head stand, Jumps-leap, scissors leap.
- Vaulting Horse.
- Approach Run, Take off from the beat board, Cat Vault, Squat Vault.
- Parallel bars:
  - Mount from one bar
  - Straddle walking on parallel bars.
  - Single and double step walk
  - Perfect swing
  - Shoulder stand on one bar and roll forward
- Roll side
- Shoulder stand
- Front on back vault to the side (dismount)
- Horizontal /single bar:
  - Grip
  - Swings
  - Fundamental elements
  - Dismount
- Uneven parallel bar:
  - Grip
  - Swings
  - Fundamental elements
  - Dismount

## YOGA

- **Surya Namaskar**
- **Paranayama-** Phases of Pranayama- Anuloma- Viloma, Surya Bhedena- Chandra Bhedena- Bhrmri and Bhasthirika.
- **Bandhas-** Mula Bandha- Udayana Bandha- Jalendra Bandha and Maha Bandha
- **Corrective Asanas**
- **Kriyas-** Neti Kriya- Kapalabathi and Trataka.
- **Asanas-**Sitting Asana (5)- Standing asana(5)- Lying Asana(Prone 5, Supine 5).
- **Mudras-** Chin mudra- Chinmaya mudra- adi mudra- linga mudra and hakini mudra
- **Meditation**

## PC-103 INDIGENOUS ACTIVITIES AND MASS DEMONSTRATION

### DANDS AND BAITHAKS

- **Baithak** - Ordinary Baithaks -Ordinary Baithaks – Full Knee Bend – Sarak Baithaks - Chair Baithak - Hanuman Baitaks - Panja Baithaks - Stooping Baithaks.
- **Dands** - Ordinary Dand - Straight Dips - Curve Dips - Reverse Dips – Scorpion Dand (Ordinary) - Scorpion Dand (Modified) - Frog Dand ( with clap) – Leap frog dand - Chakkar Dand - Snake Dand - Duuble Dand - Single Hand Dands - Leap Dand.

### **LEZIUM**

- GhatiLezuim – AathAawaaz, Bethakawaaz, Aagepaon, Aagekadam, Do pherawaaz, chaupherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.
- Hindustani Lezium – Char Awaaz, EKJagah, AanthiLagaav, pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.

### **DUMBBELLS/ WANDS/ HOOPS/ UMBRELLA/ TIPRI**

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand – at – ease with apparatus/ light apparatus
- Exercise with visible command, drum, whistle and music – two count, four count, eight count and sixteen count.
- Standing exercise
- Jumping exercise
- Moving exercise
- Combination of above all
- Lathi-Two counts exercise, four count exercises, eight count exercise, sixteen count exercises.

### **MARCH PAST**

- Marching Drill – Fall In – Fall out - Attention – Stand – At – Ease – Stand easy – Dress – Right dress – dress – left dress – open order forward march – close order march - Left Turn – Right Turn – About Turn – Mark Time March – Quick March and Halt – Marching With About Turn – - General Salute - Marching With Salute – Eyes Right (Left) & Eyes Front – Half Stage.

## **SEMESTER -II**

### **Theory courses**

### **CC-201 YOGA EDUCATION**

#### **Unit-1 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-2 Foundation of yoga**

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita; Various Schools of Yoga -Karma Yoga, Jnana Yoga and Bhakthi Yoga.

#### **Unit-3 Asanas & Pranayama**

- Asanas- Definition, effects on various systems of the body
- Classification of Asanas with special reference to Physical Education and sports, Techniques and benefits of various Asanas
- Influence of relaxative , meditative posture on various systems of the body
- Pranayama, meaning and types

#### **Unit-4 Bandhas, Kriyas and Mudras**

- Bandhas, Types of Bandhas, Techniques and benefits
- Mudras, Types of Mudras Techniques and benefits
- Kriyas, Types of Kriyas, Techniques and benefits

#### **Unit-5 Yoga Education**

- Therapeutic uses of Yoga
- Difference between yogic practices and physical exercises
- Yoga education centres in India and abroad
- Competitions in Yogasanas asana towards management of the emotional disturbances like, tension, anxiety, stress etc.

#### **References**

- Brahmachari Amaldas Bode Griffiths (1981), *Yoga and Contemplation*. London. Darton, Longman and Todd.
- Brown, F. Y. (2000). *How to Use Yoga*. Delhi: Sports Publication
- Dr. Kamkhya kumar (2012), *Yoga Education*, New Delhi. Shipra publication.
- Dr. Latha (1999), *Yoga Exercise*. India. Yoga publication trust.
- Dwivedi . A.N. (1991). *Yoga its nature form and scope*. Today's tomorrows publication.
- Gharote, M.L. & Ganguly, H. (1988). *Teaching Methods for Yogic Practices*. Lonawala: Kaixydamoe.
- Lilly (SUE) (2002), *The Complete Guide to Understanding and practicing yoga*. Caxton and Editions.
- Margaret J Pierce; Marlin. G. Pierce (1996), *Yoga for Your life*. Starting publishing co. Inc.
- Rajjan, S.M. (1985), *Yoga Strengthening of 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

## **CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION**

#### **Unit-1 Introduction**

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

#### **Unit-2 Teaching – Nature, objectives, characteristics and requirement**

- 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
- Command-Meaning, Types and its uses in different situations.

#### **Unit-3 Teaching Aids**

- Teaching Aids-Meaning, Importance and its criteria for selecting aids.
- Teaching aids- Audio aids, Visual aids, Audio- Visual Aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc

- Team Teaching –Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.

#### **Unit-4 Lesson Planning and Teaching Innovations**

- Lesson Planning- Meaning, Type and principles of lesson plan.
- General and specific lesson plan.
- Micro Teaching- Meaning, Types and steps of micro teaching.
- Simulation Teaching- Meaning, Types and steps of simulation teaching.

#### **Unit-5 Evaluation**

- Meaning, Nature, procedures of evaluation.
- Evaluation system of teaching
- Score cards method, methods of evaluation
- e- learning

#### **References**

- 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.
- Prasad, Vidya Sagar(2004) *Methods of Teaching Physical*. New Delhi. Discovery of publishing House.
- Sampath, K.,Pannirselvam, A. & Santhanam, S. (1981) *Introduction to Educational Technology*. New Delhi: Sterling Publishers Pvt. Ltd.
- Walia,J.S.(1999). *Principles and Methods of Education*. Jullandhar: Paul Publishers.

## **CC-203 ORGANIZATION, ADMINISTRATION AND SUPERVISION IN PHYSICAL EDUCATION**

### **Unit-1: Organization and administration**

- ✓ Meaning, need and importance of organization and administration in physical education.
- ✓ Qualification and Responsibilities of Physical Education teacher and pupil leader.
- ✓ Planning and their basic principles,
- ✓ 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-2: Competition Organization**

- Importance of Tournaments
- Types of Tournament and its organization structure- Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramurals & extramural tournament planning.

### **Unit-3: Office Management, Record, Register & Budget**

- ✓ Office Management: Meaning, definition, functions and kinds of office management.

- ✓ Records and Registers: Maintenance of attendance Register, stock Register, Cash Register, physical efficiency record, Medical examination Record.
- ✓ Budget: Meaning, Importance of Budget making,
- ✓ Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget

#### **Unit-4: Facilities, & Time-Table Management**

- Facilities and equipment management: Types of facilities Infrastructure –indoor, outdoor.
- Care of school building, Gymnasium, swimming pool, play fields, play grounds.
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and factors affecting time table.

#### **Unit-5 Supervision**

- Meaning and Need for Supervision – Guiding principles of Supervision.- Functions of the Supervisor
- Instruction and Professional growth.
- Methods in supervision: Visits – Periodical, Surprise, request, Visitation Procedure, Report on the visit.

#### **Reference**

Chandra shekar (2009) *Sports Administration*, New Delhi, Khel Sahitya Kendra.  
Charles A.Bucher, Jay S.shivers,Richard D.Bucher (1984,1974),*Recreation for today's Society*, Newjersey.  
John By (1990), *Organizing Successful Tournaments*, Human kinetics.  
March krotee (2007), *Management of Physical Education and Sports*, Tata MC Graw –Hill  
Reddy Y S (2011),*Administration and Management of Physical Education Sports*, Friends kinetics.

### **EC-201 THEORY OF GAMES AND SPORTS - I (ELECTIVE)**

(Athletic, Badminton, Ball Badminton, Tennis and Table Tennis)

#### **UNIT – I**

Introduction - Origin and development of the game - Recent status of the game in India - comparative study of Techniques adopted by Nations leading in the game, various Tournaments - Inter - National – National - State - District level-Development of the rules of the games.

#### **UNIT –II**

Layout of Playfields -racket games- and Specifications of Equipments- Specification of Standard Track and Field Equipments- procedures of court marking and maintenance of track and field events

#### **UNIT – III**

Fundamental skills -List of skills related to attack and defense - teaching procedure for each skill - thorough analysis of each skill in relation to Mechanical Principles. Specific exercises for each skill various drills related to the fundamental skills Lead - up games.

#### **UNIT – IV**

Team Tactics - Different system of play related to attack and defense - Training methods to develop term tactics. Coaching plan - preparation of Training schedules. Warm -up and conditioning exercise - skill Training.

## UNIT – V

Rules of the game - current interpretations- new changes in the game. Evaluation of skills of the players - skill tests - Evaluation of the performance of the players - Judges rating - Preparation of profiles for Players.

### Reference Books:

01. Willi D.Daythn. "Athletic Training and Conditioning".
02. Ronald P. Pfeisfes, Brent C. Mangus (1998) concepts or Athletic training. Second Jones and Baltlett publishes
03. Jery Colangelo (1999) How you play the game Amacom, American Management Association.
04. Malcom cook & Nick white head (2001) soccer training sixth edition A&C black published.
05. Balagan.D. (2005) play & learn throwing with latest rules . khel sathiya Kendra published
06. Marcel gauschi (1978) tennis playing , training and winning.
07. Jim Pruitt (1982) play better Basketball . An Illustrated Guide to winning techniques and strategies for players and coaches .
08. Dubey H.C. (1999) DPH sports series hockey . first edition. Discovery publishing house.
09. Mike douchant, foreword by dick vitale (1995) Encyclopedia or college basketball. Published by visible ink press tm A division or gale research.

## EC-202 CURRICULUM DESIGN (Elective)

### Unit-I Modern Concept of the Curriculum

- Need and importance of curriculum, need and importance of curriculum development, the role of the teacher in curriculum development.
- Factors affecting curriculum- social factors – personal qualifications – climatic consideration – equipment and facilities – time suitability of hours.
- National and professional policies, research findings

### Unit –II

- Focalization
- Socialization
- Individualization
- Sequence and operation
- Steps in curriculum construction.

### Unit –III

- Basic principles of curriculum construction.
- Curriculum design, meaning, importance and factors affecting curriculum design.
- Principles of curriculum design according to the needs of the students and state and national level policies.
- Role of teachers

### Unit –IV

- Areas of health education, physical education and recreation.



- Curriculum design – experience of education, field and laboratory.
- Teaching practice.
- Professional competencies to be developed – facilities and special resources for library, laboratory and other facilities.

#### Unit-V

- Multimodal curriculum
- Instructional models
- Establishing a safe environment-Class management-Effective teaching behaviour
- Instructional strategies

#### References:

- Barrow, H.M. (1983). *Man and Movement: Principles of Physical Education*. Philadelphia: Lea and Febiger.
- Bucher, C. A. (1986). *Foundation of Physical Education*: St. Louis: The C. V. Mosby & ,,
- Cassidy, R. (1986). *Curriculum Development in Physical Education*. New York: Harper & Company.
- Cowell, C.C & Hazelton, H.W. (1965). *Curriculum Designs in Physical Education*. Englewood Cliffs: N.J. prentice Hall Inc.
- Larson, L.A. (1983)*Curriculum Foundation in Physical Education*. Englewood Cliffs: N.J. prentice Hall Inc.
- Underwood, G.L. (1983), *The Physical Education Curriculum in Secondary School: Planning and implementation*. England: Taylor and Francis Ltd.
- Willgoose, C.E.(1979). *Curriculum in Physical Education*. 3<sup>rd</sup> Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.

### SEMESTER – II Practical Courses

#### PC-201

#### TRACK AND FIELD – (Coaching Skill)

- Track, Jumps and Throws
- Techniques and rules

#### PC- 203

#### RACQUET SPORTS BADMINTON AND BALL BADMINTON

- Racket parts, racket grips, shuttle grips
- The basic stances.
- The basic strokes- serve, forehand- overhead and underarm, backhand- overhead and underarm.
- Drills and lead up games
- Types of games- singles, doubles, including mixed doubles
- Rules and their interpretations and duties of officials

**PC-203**

**TABLE TENNIS**

- The grip- the Tennis grip, pen holder grip
- Service- forehand , backhand side spin, high toss
- Strokes- puss, chop, drive, half volley, smash, drop shot, balloon, flick shot, loop drive
- Stance and ready position and foot work
- Rules and their interpretations and duties of officials

**PC-203**

**TENNIS**

- Grips- Eastern forehand grip and back hand grip, western grip, continental grip, chopper grip.
- Stance and foot work
- Basic ground strokes- forehand drive, backhand drive
- Basic serve.
- Basic volley, Overhead volley.
- Chop
- Tactics- Defensive, attacking in game.
- Rules and their interpretations and duties of officials

**TEACHING PRACTICES**

**TP – 201-Teaching Practices: (General Lesson)**

- 10 teaching practice lessons out of which **5 lessons in classroom** situation and **5 lessons** for **out-door** activities **within premises** on the students of B.P.Ed course.

**SEMESTER- III**  
**Theory Courses**

**CC-301 SPORTS TRAINING**

**Unit-I Introduction to Sports Training**

- Meaning and definition of sports Training
- Aim and Objective of Sports Training
- Scientific Principles of Sports Training
- System of Sports Training-Basic Performance, Good Performance and high Performance Training

**Unit-II Training Components**

- Strength –Form of strength Mean and Methods of Strength Development
- Speed- Form of speed Mean and Methods of Speed Development
- Endurance- Form of endurance Mean and Methods of Endurance development
- Coordination- Form of coordination Mean and Methods of coordination Development
- Flexibility- Form of flexibility Mean and Methods of Flexible Development

**Unit-III Training Process**

- Components of load – intensity, density, duration, frequency.
- Training Load-Definition and Types of Training Load
- Principles of Intensity and volume of stimulus
- Over load principles

#### **Unit-IV Training programming and planning**

- Periodization – Meaning and types of Periodization
- Aim and content of periods –preparatory, Competition, Transitional etc.
- Planning- Training season
- Main competition and build up competition
- Motor development and its implication in relation to different sexes and age groups.

#### **Unit-V**

- Talent identification and growth development
- Technical Training-Meaning and Methods of Technique Training
- Tactical Training- Meaning and Methods of Tactical Training

#### **References**

- Arnheim D.Daniel, Praticce (William.E) (1963). *Principles of Athletic Training*, Mosby year book.
- Hardayal Singh (1991). *Science of sports Training*. New Delhi. D.V.S Publications.
- Preiffer (Ronaldp,MangaslBrentc) (2005). *Concepts of Athletic Training* .Jones and Bartlett, Sudbury, Mansachsetti Boston, Tornado London, Singapore.
- Strand (1996), Fitness *Education*. Benjamin Cumming.

### **CC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION**

#### **Unit-I: Introduction to Computer**

- Meaning, need and importance of information and communication technology (ICT).
- Components of computer and output device
- Basic of internet and emailing – Uses and abuses of internet and Email
- Role of e-sources in teaching, training and coaching
- Application software used in Physical Education and Sports

#### **Unit-II: MS WORD**

- Introduction to MS Word – Need of MS Word in Physical Education
- Creating file, opening and document Saving
- Formatting Editing Features Drawing table,
- Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes
- Utilities of MS Word; Sorting – Word art - Converting table to text and text to table – Mail merge

#### **Unit-III: MS Excel**

- Introduction to MS Excel – Need of MS Excel in analysis of data
- Creating opening spread sheet and saving file
- Format and editing features adjusting columns width and row height understanding charts.
- Creating formulas – Data analysis
- Construction of Graphical representation: Bar diagram- Pie diagram- Line graph

#### **Unit-IV: MS Power Point**

- Introduction to MS Power Point – Need of MS Power Point in Physical Education

- Creating , Saving and opening a ppt. File
- Format editing features slide show, design, inserting slide number picture, graph, table
- Preparation of power point presentations
- Animation: Meaning- Method of Preparation- Impact in presentation

### **Unit – V Statistical Packages**

- SPSS: Statistical Package: Need of Statistical Packages,
- Brief about SPSS- Applications in Physical education-
- Data entry- Editing data- format of data- Data structure
- Analysis of Basic statistics – Descriptive: Mean-Median-Variance-Standard deviation
- Import and Export of Data and results to Excel

### **Reference:**

- Integov,D.(2004). *Operating System Fundamentals*. Firewall Media.
- Marilyn, M& Roberta, B.(n.d.). *Computers in Your Future*. 2<sup>nd</sup> edition, India: Prentice Hall.
- Milke, M.(2007). *Absolute Beginner's Guide to Computer Basics*. Pearson Education Asia.
- Sinha, P.K. & Sinha, P. (n.d.). *Computer Fundamentals*. 4<sup>th</sup> edition, BPB Publication.

## **CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY**

### **UNIT-I: Introduction**

- Meaning, Importance and scope of Educational and 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 behaviour in relation to Physical Education.
- Attitude, Interest, Cognition, Emotions and Sentiments

### **UNIT-II Sports Psychology**

- Learning – Nature, types, learning styles, Law, principles and theories of learning, , learning curve and its application in sports; Plateau in learning & transfer of learning
- Personality: Meaning -Characteristics of Personality- Dimension- Types of Personality
- Motivation: Meaning - Types: Intrinsic- Extrinsic– Effects of Motivation on sports performance.
- Measures of psychological aspects: personality – Motivation- Anxiety: general- competition

### **UNIT-III: Sports Psychology**

- Anxiety: Meaning – Types – Sources, Kinds of anxiety,
- Stress: Meaning- Types, Arousal and sports performance.
- Aggression: Meaning – Nature –Role of Aggression in sport
- Practice: Methods of Practice: Mass – Distributed: Factors affecting practice
- Perception : meaning – Types of perception- Factors affecting perception
- Meaning of Kinesthetic- Importance of kinesthesia in sport
- Feedback – Types of feedback, Knowledge of results , Retention and Forgetting
- Measures of coordinative abilities: Perception – Eye hand coordination - Reaction time

### **UNIT-IV: Sociology**

- Sociology : Meaning – Need and Importance – Scope of sociology

- Sport sociology: Meaning- Need and Importance – Scope of sport sociology
- Socialization: Meaning – Types of Socialization institution -Sport as Socialization institution
- Group: Meaning – Types of groups: primary- Secondary –Territory. Cohesiveness
- Measures of sociological aspects: sociability- Sociogram – cohesiveness

#### **UNIT –V Culture**

- Culture : Meaning – Issues of culture in sport - Culture development through sport
- Women participation in sport: History – development- Gender issues - Barriers for sports participation
- Effects of culture on people lifestyle, Festivals and Physical education
- Media : Types of media – role of media in sport – Sport as a Media

#### **References**

- Ball,D.W.&Loy,J.W.(1975). *Sport and social order: Contribution to the sociology of sport*. London: Addition Wesley Publishing Co., Inc.
- Jain (2007) *Sports Sociology*. New Delhi. Khel Sahitya Kendra,
- Mohan J (2005) *Psychology of sports*. India. Friend"s Publications
- Rakesh Gupta(2003),*Research Process And Studies In Physical Education And Sports Sciences*. Friends Publications (India)
- S.M Sejjwad (2011) *Sports Psychology*, Pacific Publication.

### **EC-301SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)**

#### **UNIT-I: Sports medicine**

- Sports Medicine: Meaning, Definition, aim and objective, Need & Importance of Sports medicine in the field of physical education.
- Principles of sports medicine
- Athletes care & Rehabilitation: Contribution of Physical Education Teachers & coaches.
- Prevention of sports injuries in sports -Common sports Injuries and-Diagnosis.

#### **Unit -II First Aid**

- Meaning, aims, scopes and principles of first aid
- Nature causes, sign, symptoms are treatment.
- First Aid-Treatment- Laceration- Blisters-Contusion-Strain-Sprain-Fracture
- Dislocation and Cramps-Trapping and supports.
- CPR technique.

#### **UNIT-III: Physiotherapy**

- Definition- Guiding principles of Physiotherapy, Need & Importance of Physiotherapy- Hydrotherapy: application of hydrotherapy.
- Introduction and demonstration of treatment of Cry therapy-Thermotherapy-Contrast Bath- Whirlpool Bath-Stream Bath-Sauna Bath- Hot Water Fermentation

#### **UNIT-IV: Electrotherapy and bandages**

- Electrotherapy-Infrared Rays-Ultraviolet Rays-Short wave Diathermy-Ultrasonic Rays. Bandages- Types of Bandages. addressing
- Massage: History of Massage- Classification of Manipulation (Swedish System) physiological effect of Massage.

### **UNIT-V: Therapeutic exercise**

- Definition and scope-Principles of Therapeutic Exercise – Classification,
- Effects and uses of Therapeutic exercise- passive movements (Relaxed, Forced and Passive stretching) - Active movements(concentric, Eccentric and static)
- Stretching exercises(isotonic isometric and isotonic)

### **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, IL: Human Kinetics.
- David, R.M. (2005). *Drugs in Sports*, (4<sup>th</sup> Ed). Routledge Taylor and Frances Group.
- Hunter, M. D (1979). *A Dictionary for Physical Educators*. In H. M. Borrow & R. McGee,(Eds.), A practical approach to measurement in Physical Education (pp. 573-74)
- Jesdyaprakash, C.S., (2003), *Sports Medicine*, J.P. Brothers Pub., New Delhi.
- Khanna, G.L., (1990). *Exercise Physiology & Sports Medicine*. Delhi: Lucky Enterprises.
- Mathew, D.K & Fox, E.L, ( 1971). *Physiological Basis of Physical Education and Athletics*.
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## **EC-302 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)**

### **Unit-I Introduction to Sports Nutrition**

- Meaning and definition of Sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan

### **Unit-II Nutrients: Ingestion to energy metabolism**

- Carbohydrates, Protein, Fat-Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water-Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition-daily caloric requirement and expenditure.

### **Unit-III Nutrition and Weight Management**

- Meaning of weight management Concept of weight management in modern era Factors affecting weight management and values of weight management
- Concept of BMI(Body mass index),Obesity and its hazard, Myth of Spot reduction, dieting versus exercise for weight control, Common Myths about Weight Loss
- Obesity-Definition, meaning and types of obesity,
- Health risks Associated with Obesity, Obesity-Causes and Solutions for Overcoming Obesity.

### **Unit-IV Steps of planning of Weight Management**

- Nutrition-Daily calorie intake and expenditure, Determination of desirable body weight

- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Weight management program for sporty child, Role of diet in weight management, Design diet plan for weight gain and loss

#### Unit-V

- Assessing body composition
- Role of physical activity in weight management
- Cardio ,strength and flexibility guidelines
- Exercise programme for weight loss and weight gain

#### References:

- Bessesen, D.H.(2008).*Update on obesity*.J ClinEndocrinolMetab.93(6),2027-2034.
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### PRACTICAL COURSES SEMESTER –III

#### PC- 301 WEIGHTLIFTING, POWER LIFTING, WRESTLING AND BOXING

##### Weightlifting and Power Lifting

- Techniques of Weight lifting and power lifting
- Drills for Weight lifting and power lifting

##### Wrestling

##### Fundamentals

- Take downs, leg tackles, arm drag
- Counters for take downs, cross face, whizzer series
- Escapes from under- sit- out turn in tripped
- Counters for escapes from under- basic control back drop, counters for stand up
- Pinning combination- nelson series (half nelson, half nelson& bar arm), leg lift series, leg cradle series, reverse double bar arm, chicken wing and half nelson.
- Escapes from pinning : wing lock series. Double arm lock roll, cridge.
- Standing wrestling – head under arm series, whizzer series.
- Referees positions

##### Boxing

##### Fundamental skills

- player stance
- stance- Right hand stance, left hand stance .
- footwork- attack, defense.
- Punches- Jab, cross, hook, upper cut, combinations.
- Tactics- toe to toe, counter attack, fighting in close, feinting
- Rules and their interpretations and duties of officials

**PC-302**

**COMBATIVE SPORTS**  
**MARTIAL ARTS AND AEROBICS**  
**AEROBICS**

- Rhythmic aerobics- dance
- Low impact aerobics
- High impact aerobics
- Aerobics Kick boxing
- Posture-warm up and cool down
- THR zone- being successful in exercise and adaptation to aerobic work out

**MARTIAL ART - KARATE**

- Player stances – Walking, hand positions, front- learning, side- fighting.
- Hand technique – punches (from of a punch, and reverse punch), blocks (eight basic)
- Leg technique- snap kicks, stretching straight leg, thrust kicks, round house.
- Forms- The first cause katas.
- Self defence - Against punches, grasps and strikes, against basic weapons (knife, club, sticks)
- Sparring- one step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks)
- Rules and their interpretations and duties of officials

**MARTIAL ART - TAEKWONDO**

- Player stances – walking, extending walking, 1 stance, cat stance.
- Fundamental skill-sitting stance punch, single punch, double punch, triples punch.
- Punching skill from sparring position – front- fist punch, rear fist punch, double punch, and four combination punch.
- Foot techniques (balgisul)- standing kick (soseochagi), front kick (AP chagi), Arc kick (bandalchagi), side kick, (yeopchagi), turning kick (Dollyochagi), back kick (twit chagi),reverse turning kick (Dolyochagi),back kick (twit chagi), reverse turning kick `(bandaedollyochagi),jump kick (twimyochagi).
- Poomsae (forms) –jang, yi jang, sam jang, sa jang, o jang, jook jang, chiljang, pal jang (fundamental movement- eye control, concentration of spirit, speed control, strength control, flexibility,balance,variety in techniques)
- Sparring (kyorugi)- one step sprring (hand techniques, foot techniques, self defense techniques, combination kicks), free sparring.
- Board breaking (kyokpa)- eye control, balance,power control, speed,point of attack.
- Rules and their interpretations and duties of officials.

**PC – 303**

**TEAM GAMES**  
**PC-303-BASKETBALL**

- Player stance and ball handling
- Passing- Two Hand chest pass, Two hand Bounce Pass, One hand Base ball pass, Side Arm Pass, Over Head pass, Hook pass.
- Receiving- Two hand receiving, One Hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
- Dribbling- Hoe to start dribble, How to drop dribble, High dribble, Low dribble, Reverse Dribble, Rolling Dribble.



- Shooting- Layup shot and its variations, one hand set shot, one hand jump shot, Hook shot, Free throw.
- Rebounding- Defensive rebound, Offensive rebound, Knock out, Rebound Organization.
- Individual defensive- Guarding the man with the ball and without the ball.
- Pivoting.
- Rules and their interpretations and duties of officials.

### **PC 303- CRICKET**

- Batting- forward and backward defensive stroke
- Bowling – simple bowling techniques
- Fielding – defensive and offensive fielding
- Catching- high catching and slip catching
- Stopping and throwing techniques
- Wicket keeping techniques
- Rules and their interpretations and duties of officials

### **PC 303 - FOOTBALL**

- Kicks- Inside Kick, Instep Kick, Outer Instep Kick, Lofted kick
- Trapping- trapping rolling the ball, trapping bouncing ball with sole
- Dribbling- With instep, inside and outer instep of the foot.
- Heading- From standing, running and jumping.
- Throw in
- Feinting- With the lower limb and upper part of the body.
- Tackling- Simple tackling, slide tackling.
- Goal Keeping – Collection of balls, Ball clearance – Kicking, throwing and deflecting.

### **PC 303- VOLLEYBALL**

- Players Stance - Receiving the ball and passing to the team mates,
- The volley (Over head pass),
- The Dig (Underhand pass),
- Service- Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- Rules and their interpretations and duties of officials.

### **PC 303- KHO-KHO**

- General skills of the game – running, chasing, dodging, faking etc.
- Skills in chasing- correct Kho, moving on the lanes, pursuing the runner, tapping the inactive runner, tapping the runner heels, tapping on the pool, diving, judgement in giving Kho, rectification on foul.
- Skills in running- zig zag running, single and double chain, ring play, rolling in the sides, dodging while facing and on the back, fake legs, body arm etc, combination of different skills.
- Ground Marking.
- Rules and their interpretations and duties of officials.

## SEMESTER – IV Theory courses

### CC -401 MEASUREMENTS AND EVALUATION IN PHYSICAL EDUCATION

#### Unit-I Introduction to test & measurement & evaluation

- Meaning of test & measurement & evaluation in physical education
- Need and importance of test & measurement & evaluation in physical education
- Principles of evaluation

#### Unit –II Criteria for administration of test

- Criteria of good test.
- Criteria of tests, scientific authenticity (reliability, objectivity, validity, and availability of norms)

#### Unit-III Classification of test

- Type and classification of test
- Administration of test, advance preparation – duties during testing – duties after testing.

#### Unit-IV Physical fitness test

- AAHPER Youth fitness test
- National physical fitness test
- Indiana motor fitness test
- JCR test
- U.S. Army physical fitness test

#### Unit – V Sports skill test

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

#### References

- Alleen.D Hornak James.E (1979) *Measurement and Evaluation in Physical Education* Book Enclave, Jain Bhawan, Phillips.
- Bunn, J. 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.

### CC-402 KINESIOLOGY AND BIOMECHANICS

#### Unit –I Kinesiology

- Kinesiology: Meaning and Definition – Need of Kinesiology in sports Training
- Terminology of Fundamental Movements: Flexion- Extension – Adduction- Abduction- Rotation- Medial and Lateral rotation- Inversion- Eversion- Circumduction
- Planes of motion – Frontal –Sagittal- Transverse, Axis: Anatomical- Mechanical

- Motion: Desired and undesired motion
- Posture- Meaning, Types: Ideal-Optimal-Deviational, Importance of good posture.

### **Unit –II Fundamental concept of Anatomy and Physiology**

- Classification of Joints and Muscles
- Posture- Meaning, Types and importance of good posture.
- Kinesiology based grouping of muscles: Flexors- extensors- adductors- abductors
- Origin and Insertion of muscle: Meaning-Need
- Muscle contraction: Meaning - Types of muscles Contractions: Isometric-Isotonic-Isokinetic
- Angle of Pull, All or None Law, Reciprocal innervation

### **Unit-III Biomechanics**

- Biomechanics: Meaning- Definition- History –
- Need of Biomechanics in sport training and prevention of injury
- Biomechanical concepts: Velocity - Acceleration -Angular velocity -Angular acceleration – Mass –Force –Pressure –Gravity -Centre of gravity -Friction -Work –Power –Energy- Kinetic energy -Potential energy –Torque
- Recent trends in mechanical analysis of sport skills: Video analysis
- Measures of Biomechanical concepts: Energy – Power – Velocity - Force

### **Unit - IV Mechanical concepts**

- Force:- Meaning - definition – Characteristics - Force platform: Meaning and Uses in sport training
- Lever-Meaning, definition- types of lever – Mechanical advantage
- Motion: Types: Linear- Rotatory, Laws of motion
- Equilibrium : Meaning – types of equilibrium : Stable- Neutral- Unstable , Factors affecting equilibrium
- Projectile –Factors influencing projectile trajectory.

### **Unit- V 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.
- Application of mechanical principles in sport

### **References**

- Anderson.T (2007), *Biomechanics of Human Motion* Mcc Lurg Sports publications.
- E.Chapman(2008), *Biomechanical Analysis of Fundamental Human Movements* Human Kinetics.
- Hamill Joseph;Knutzen (2008), *Biomechanical Basic of Human Movements* LWW publication.
- Night ozakaya, Margareta Nordin(1991). *Fundamental of Biomechanics*. New York Van Nostand Reinhold.
- Susan J (2014),*Basic Biomechanics* Hall Mc.Graw-Hill;Humanities social science/Language
- T.Johnson (2007), *Biomechanics and Exercise Physiology*,CRC PRESS Taylor & Francis group.

## CC -403 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

### Unit-I Introduction to Research

- Research : Definition - Meaning and Characteristics of Research
- Need and Importance and Scope of Physical Education and Sports.
- Classification and Methods of Research - Research Ethics
- Research Problem :Criteria for selecting and locating research problem
- Hypothesis: Meaning - formulation of Hypothesis – Types of hypothesis

### Unit-II Sampling and Types of Research

- Sampling: meaning of sample- types of sample
- Research design:- meaning – need of research design- features
- Experimental research- Meaning – Need of experimental research
- Historical research: Meaning- collection of data: Primary and secondary source
- Survey study: case study – Need of case study

### Unit – III Literature Review and Research Problem

- Related Literature: Need of related literature in research – Literature sources, Library Reading
- Tools of Research – Questionnaire- Construction of questionnaire, Interview: types of interview
- Reliability : Instrument reliability – Meaning – Need and importance
- Research Proposal: Meaning –Important aspects - Significance of Research Proposal.
- Research Reports: Format in Physical Education: Introduction- literature survey- Methodology- Analysis – Summary and Conclusions –Format of bibliography

### Unit-IV Basic Statistics

- Statistics: Meaning, Definition, and Importance of statistics in Physical Education
- Types of statistics: Descriptive – inferential
- Correlation, meaning, Coefficient Of Correlation, Rank Order Correlation
- Measures of Central tendency: Mean-Median – Mode for group and ungroup data-
- Merits and demerits of measures of central tendency

### Unit-V Advanced Statistics

- Measures of variability: Meaning – range – mean deviation – standard deviation -calculation for group and ungrouped data
- Merits and demerits of measures of variability
- Percentiles and Quartiles: Meaning, Importance, Computing from Group and Ungrouped data
- Probability – Meaning – Normal curve – properties of normal curve
- Graphical representation: Need and importance in research- Types: Bar diagram- line graph - Pie Diagram

### References

- Chiris Gratton and Ian Jones (2012) *Research Methods for Spot Studies*RO.ge publication
- C.Ashok (2008) *Research Abstracts in Physical Education and Sports Sciences*New Delhi. kalpaz publication
- Kothari C.R (1985) *Research Methodology*P.N-New age International (p) limited
- Murthy A.M (2009) *Research Methods in Physical Education Sports and Exercise Science*, (India)New Delhi willness. Friends publications

Sharma kalpana (2011) *Research Methods in Health and Physical Education*(India) New Delhi willness. Friends publication  
Smith mark, (2010) *Research Methods in Sport*. British library cataloguing publication.

### **EC-401 THEORY OF SPORTS AND GAMES- II (ELECTIVE)**

(Basketball, Cricket, Football, Hockey, Handball, Kabaddi, Kho-Kho, Volleyball)

#### **UNIT – I**

Introduction - Origin and development of the game; Recent status of the game in India - working federations of Games/Sport in India and in the World; Age category and Eligibility criteria for participation in District level- State– National - Inter-university and International competitions,

#### **UNIT –II**

Fundamental skills – Offensive and defensive skills - teaching procedure of each skill, analysis of each skill in relation to Mechanical Principles, various drills related to the fundamental skills, Skill Training Warm -up and conditioning exercise - lead - up games.

#### **UNIT – III**

Team Tactics and strategies involved in the game/sport - Different systems of play related to attack and defense - Training methods to develop team tactics. Coaching plan - preparation of Training schedules.

#### **UNIT – IV**

Rules of the game - current interpretations - new rule changes in the game. Evaluation of skills of the players - skill tests – selection of players- Evaluation of the performance of the players - Judges rating - Preparation of profiles for Players with respect to the game/sport

#### **UNIT – V**

Layout of Playfields - Laying, maintenance and marking, Officiating -signals and systems, Coaching, Psychological preparation of the Athletes - Selection of game or sport various Tournaments, Awards and trophies in the game/sport.

#### **REFERNCES**

- Bunn, J. 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.

### **EC-402 SPORTS MANAGEMENT (ELECTIVE)**

#### **Unit-I**

- 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

## Unit-II

- Meaning and definition of leadership
- Leadership style and method
- Elements of leadership
- Forms of leadership
  - Autocratic
  - Laissez-faire
  - Democratic
  - Benevolent dictator
- Qualities of administrative leader

## Unit-III

- Sports management in schools, colleges and university
- Factors affecting planning
- Planning a school of college sports programme
- Directing of school or college sports programme
- Controlling a school, college and university sports programme.
  - Developing performance standard
  - Establishing a reporting system
  - Evaluation
  - The reward/ punishment system

## Unit-IV

- Financial management in physical education & sports in schools, colleges and universities
- Budget – importance, criteria of good budget,
- Steps of budget marking
- Principles of budgeting

## Unit- V

- Advertisement
- Organisation skills
- Preparation of report
- Sponsorship

## References:

- Ashton, D. (1968). *Administration of Physical Education for Women*. New York: The Ronal Pres Cl.
- Bucher, C.A. (1979). *Administration of Physical Education and Athletic Programme*. 7<sup>th</sup> Edition, St. Louis: The C.V. Mosby Co.
- Daughtrey, G. & Woods, J.B. (1976). *Physical Education and Intramural Programmes, Organization and Administration*. Philadelphia U.S.A.: W.B. Saunders Cp.
- Earl, F.Z, & Gary, W.B(1963). *Management Competency Development in Sports and Physical Education*. Philadelphia: W. Lea and Febiger.

## PRACTICAL COURSES

### SEMESTER –IV

### TEAM GAMES

### PC- 401 -KABADDI

### PC- 401

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of
- Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variou formations, Catching from particular position,

- Different catches, Luring the raider to take particular position so as to facilitate catching,
- Catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in
- Offence and defense.
- Ground Marking, Rules and Officiating

#### **PC- 401 -NETBALL**

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing(different passes and their uses): one handed passes (shoulder, high shoulder, under arm , bounce, lob) two handed passes ( push, overhead, bounce)
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hand; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed
- Defending: marking the player: marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials

#### **PC- 401 HOCKEY**

- Player stance & Grip
- Rolling the ball
- Dribbling
- Push
- Stopping
- Hit
- Flick
- Scoop
- Passing- Forward pass, square pass, triangular pass, diagonal pass, return pass.
- Reverse hit
- Dodging
- Goal keeping- Hand defence, food defence
- Positional play in attack and defence.
- Rules and their interpretations and duties of officials.
- Ground marking.

#### **PC- 401 -SOFTBALL**

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (Shoulder, high shoulder, underarm, bounce,lob); two handed passes (Push, overhead, bounce).
- Footwork: landing on one foot: landing on two feet: pivot: running pass.
- Shooting: one hand: two hands: forward step shot: backward step shot.
- Techniques of getting free: dodge and sprint: sudden sprint: sprint and stop: sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is , defending the circle edge against the pass in).

- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials.

### PC- 401 HANDBALL

- Fundamental Skills- Catching, throwing, Ball Control, Goal Throws- Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling- High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack, Simple Counter Attack from two wings and centre, Blocking, Goal keeping, Defence.
- Rules and their interpretations and duties of officials.

### PC-402

### GAMES OF SPECIALIZATION

(Course contents in game or sport of specialization should be chalked out internally considering advance level of students and suitable to their age and gender .Practical skill test- any two).

### TEACHING PRACTICES

#### TP – 401- Teaching practices: (Particular Lesson)

10 teaching lesson plans for Racket sport/ team games/ indigenous activities out of which **5 lessons internal** and **5 lessons external at school**.

Table-1 Semester wise distribution of hours per week

Semester	Theory	Practicum	Teaching practice	Total
I	16	24	00	40
II	16	18	6	40
III	16	18	6	40
IV	16	12	12	40
Total	64	72	24	160
Minimum of 36 teaching hours per week is required in five or six days in a week				

Table-2 Number of credits per semester

Semester	Theory	Practicum	Teaching practice	Total
I	16	16	00	32
II	16	12	04	32
III	16	12	04	32
IV	16	08	08	32
Total	64	48	16	128
Minimum of 36 teaching hours per week is required in five or six days in a week				