**B.P.E. IIIrd Year**

**Part-A (Theory)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Paper | Subject | Sessional | Final | Max. | Min. |
| 1st | English | ------ | ------ | 75 |  25 |
|  | Hindi | ------ | ----- | 75 |  25 |
| 2nd | Professional Preparation | 20 | 80 | 100 | 33 |
| 3th | Educational Method | 20 | 80 | 100 | 33 |
| 4th | Health Education | 20 | 80 | 100 | 33 |
| 5th | Sports Psychology  | 20 | 80 | 100 | 33 |
| 6th | Educational Technology | 20 | 80 | 100 | 33 |
|  |  Total | 100 | 400 | 650 |  |

**Part-C (Teaching Practice)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Teaching Practice | External (Max.) | Min. | Internal (Max.) | Min. | Total |
| 100 | 33 | 100 | 33 | 200 |

**Part-D (Specialization)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Specialization | External (Max.) | Min. | Internal (Max.) | Min. | Total |
| 100 | 33 | 100 | 33 | 200 |

**BPE –III**

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B.P.E. /B.A./B.Sc./B.COM./B.H.Sc. PART – III

ENGLISH LANGUAGE

The question paper for B.A. /B.Sc./B.Com./B.H.Sc. III, Foundation course, English Language and General Awareness shall comprise the following items :

Five question to be attempted, each carrying 3 marks

Unit – I Essay type answer in about 200 words. Four essay type

 Questions to be asked and two to be applied. 15

Unit – II Letter writing skills for composition – Essay writing 10

Unit – III Précise writing 10

Unit – IV (a) Reading comprehension of an unseen passage 05

 (b) Vocabulary based on test 10

Unit – V Grammar Advanced Exercises 25

Note : Question on unit I and IV (b) shall be asked from the prescribed text. Which will comprise of popular create writing and the following items. Minimum needs housing and transport Geo-economics profile of M.P. communication Educate and culture. Women and Worm in Empowerment Development, management of change, physical quality of life war and human survival, the question of human social value, new Economic Philosophy Recent Liberatiation Methods) Democratic decentralization (with reference to 73, 74 constitutional Amendment.

**PAPER –A- II**

**PROFESSIONAL PREPARATION**

**UNIT – I**

**1. FOUNDATION OF PROFESSIONAL PREPARATION**

 1. Meaning of Professional

 2. Components of Professional Preparation.

 3. Contribution of Physical education in attaining ideals of

Indian democracy.

4. Forces and factors affecting educational policies and programme.

**UNIT – II**

**1. HISTORICAL PERSPECTIVE**

 1. Historical review of Professional Preparation in India.

2. Professional courses being offered in professional preparation colleges in India.

3. Professional Preparation in Physical Education in USA, USSR and UK.

4. Beginning of Professional Preparation in the world.

**UNIT – III**

**1. Under- Graduate preparation of professional personnel.**

1. Purposes, Admission Requirements of Undergraduate preparation.

2. Theory, Teaching practice and practicals.

3. Professional competencies to be developed.

**2. Post- Graduate Preparation.**

 1. Purposes & Admission requirements.

 2. Methods of instruction.

 3. Professional relations.

**UNIT – IV**

**1. Teacher and Teaching.**

 1. Teaching as a career.

 2. Basic Qualities of a successful teacher.

 3. Preparation of the specialized physical Education teacher.

 4. Types of teaching jobs.

 5. Types of non -teaching jobs.

**UNIT – V**

**1. In – Service Education.**

 1. Nature and Scope.

2. Role of teacher education institutions in in – service education.

3. Role of Profession in in-service education.

4. Course and Formal education experience.

**2. Evaluation.**

 1. Trends in evaluating professional preparation.

 2. Evaluation the programme of professional preparation.

 3. Relation of evaluation to administration & Personal program.

**3. Modern Trends in professional preparation.**

**REFERENCES**

1. Pape, A Laurence, Means, E. Louis. A- Professional Career in Physical Education, (Englewood Cliffs, N.J. Prentice Hall, Inc. 1963

2. Jensen, R. Clayne, Administrative Management of Physical Education and Athletic Programmes.(Philadelphia Lea and Febiger, 1983.)

3. Snyder and Scott. Professional Preparation in Health, Physical Education and Recreation.(Commectiout, Greenwood press, Westport. 1971).

4. Bucher, C.A. Foundations of Physical Education (Saint Louis) : the

 C.V. Mosby Company, 1975), Ed. 7.

5. Agarwal, J.C. Education Administration school Urban location and

 Supervision.(New Delhi : Agra Book Depot. 1967).

6. Sattu, J. Sryant. Career Potentials Physical Activity. (New Jersey

Englewood Cliffs, Prentice Hall, Inc. 1971).

**BPE-III YEAR**

**PAPER- A-III**

**EDUCATIONAL METHODS**

**UNIT-I**

**1. Introduction**

 1. Definitions and functions of Education.

 2. Narrow and Broader Meaning of Education.

 3. Traditional and Modern Indian Concept of Education.

 4. Importance of Education in Modern Era.

**2. Types of Education**.

 1. Formal, Informal and Non-Formal Education.

 2. Process of Education.

**UNIT-II**

**1. Devices of Teaching**

 1. Maxims or Principles of Teaching

 2. Importance of Devices of Teaching.

3. Various teaching devices: Exposition and Explanation. Narration. Description. Assignment and Homework.

**2. Evaluative Devices**

 1. Meaning and Importance.

 2. Principles Underlying Devices

3. Specific evaluation devices: Examination. Oral quiz, standardized tests, rating scales & Inventory.

**UNIT-III**

**1. Philosophy and Methods of teaching.**

 1.1 Brief Meaning, role of a teacher and methods of teaching by:

 1. Ravindra Nath Tagore

 2. Mahatma Gandhi

 3. Probel

 4. John Dewey

 1.2 Problem Solving Method:

 1. Values, Functions and Limitation.

 2. Steps in Problem Solving Method.

 3. Procedure.

 1.3 Project Method :

 1. Meaning.

 2. Steps in Project Method.

 3. Role of a Teacher.

 4. Advantages and limitations.

**UNIT- IV**

**1. Teaching Techniques in Physical Education:**

 1. Lecturer Method.

 2. Command Method.

 3. Project Method.

 4. Discussion Method.

 5. Group Directed Practice Method.

 6. Demonstration Method.

 7. Imitation Method.

**2. Teaching Procedures in Physical Education** :

 1. Whole-Method.

 2. Whole-part-whole Method.

 3. Part-whole Method.

 4. Stage-whole Method.

**3. Presentation Techniques in Physical Education.**

 1.Meaning and Importance.

 2. Preparation – Personal and Technical.

 3. Command – Response and Rhythmic.

 4. Formation and its Types.

**4. Meaning and Principles of Class Management.**

**UNIT- V**

1. Lesson Planning

 1. Meaning and Importance.

 2. Principles of Lesson Planning.

2. Types of Lesson:

 1. Knowledge Lesson.

 2. Skill Lesson.

 3. Appreciation Lesson.

**REFERENCE**

1. Bhatia and Bhatia. The Principles and Methods of Teaching (DOABAHOUSE : NEW DELHI), 1959.

2. Kocher, S.K. Methods & Techniques of Teaching. (Sterling Publishers Pvt. Ltd, Julundas), 1982.

3. Kozman, Cassidy and Jachson. Method in Physical Education (W.B. Saunders company. Philadelphia and London), 1952.

4. Bucher, Chasles A. Methods and Materials in Physical Education and Recreation (The C.V. Mosley company, U.S.A.), 1954.

5. Singh, Ajmer and others. Modern text book of Physical Education. Health and Sport, B.A. Part-I (Kalyani Publishers, Ludhiana) 2000.

6. Tirunayayan C. and Hariharan S. Methods in Physical Education. (Karaikadi: South Indian Press), 1969.

7. Knapp and Hagman, Teaching methods for Physical Education (Mcgraw-Hill Book Company, INC. New York), 1953.

8. Kamlesh and Sangral, Methods in Physical Education (Vinod Publications. Ludhiana) 2001.

9. Knapp and Lemhard. Teaching Physical Education in Socondary Schools (Mcgraw-Hill Book Company, New York) 1968.

10. Walia J.S. Principles and Methods of Education (Paul Publishers, Jalandhar) 1999.

 **BPE-III YEAR**

**PAPER –A- IV**

**HEALTH EDUCATION**

**UNIT-I**

**1. Health**

 1. Concept of Health

 2. Dimensions of Health

 3. Spectrum of Health

 4. Positive Health

 5. Determinants of Health

**2. Health Education.**

 1. Concept, aims objectives and Scope.

 2. Principles of Health Education

 3. Methods of Communication in Health Education.

**UNIT-II**

**1. Health Problems**

 1. Communicable and non- communicable diseases

 2. Nutrition

 3. Environmental sanitation

 4. Medical Care

 5. Population

**2. An Introduction to Organizational and Administrative set-up of Heath System in India.**

 1. National level

 2. State Level

 3. District Level

**3. Steps of Planning of Health Education Programme.**

**UNIT- III**

**1. Personal and Environmental Hygiene**

 1. Care of Skin, Mouth, nails, clothing, bathing etc.

 2. Immunity Health

**2. Community Health**

 1. Brief account of Housing, water supply, sewage and refuse disposal.

**3. School Health Service:**

 1. Common Health Problems

 2. Objectives of School health service

**4. Aspects of School Health service:**

 1. Health Appraisal.

 2. Remedial Measures and Follow-up

3. Pretension of Communicable Diseases

4. Healthful School Environment

5. Nutritional Services

6. First Aid and Emergency Care

7. Eye Health Service

8. Health Education

9. Education of Handicapped Children

10. School Health Records.

 **UNIT- IV**

**1. NUTRITION**

 1. Classification of foods

 2. Proximate principles and role of various nutrient

 3. Balanced diet

 4. Balanced diet for Indian School Children

 5. Malnutrition, Adulteration of Food

**UNIT – V**

**1. Family planning**

 1. Concept, need and importance

 2. Role of Health Education in family-

**2. Sex Education: Concept need and importance of sex education at**

 **School level.**

**3. National Health Programme in India (Brief description)**

 1. NMEP (National Malaria Eradication Programnme).

 2. DDCP (Diarrhoeal Diseases Control Programme).

 3. National TB Control Programme

 4. STD Control Programme

 5. NEPF National Family Planning Programme.

**4. International Health Agencies:**

 1. WHO

 2. UNICEF

 3. UNDP

 **BPE-III YEAR\**

**PAPER –A- V**

**SPORTS PSYCHOLOGY**

**UNIT – I**

**1. Introduction of Sports Psychology**

 1. Definitions of Meaning of Sports Psychology.

 2. Scope/ areas of Sports Psychology.

 3. Need and Importance of Sports Psychology.

**2. Importance of Sports Psychology for Physical Education and Coaching in relation to:**

 1. Sports Training.

 2. Talent Identification.

 3. Competition Preparation.

**UNIT- II**

**1. Cognitions Process in Physical Activities**

 1. Meaning of Cognitions

 2. Characteristics of Various Phases of Cognitive Process – Knowing, Feeling and Action.

**2. Meaning of Various Cognitions Functions.**

 1. Meaning of Perception Sensation, Thinking and Attention.

 2. Role of various Cognitive Functions in Physical Activities.

**UNIT – III**

**1. Growth and Development.**

 1.1 Motor Development in following Periods :

 1. Early Childhood.

 2. Childhood.

 3. Late Child hood.

 4. Adolescence.

1. Importance of Motor Development to Skill Learning in Sports.

2. Psychological and Training Implications of Motor Development during.

3. Factors affecting Motor Learning.

**UNIT-IV**

**1. Personality**

 1. Meaning & Definitions.

 2. Personality traits of Sportsmen.

 3. Personality difference among various sports group.

**2. Motivation in Sports**

1. Meaning and definitions of Motive, Need, Drive, Motivations.

2. Types of Motivation.

3. Importance of Motivation in learning Physical Education & Sports.

4. Theories of Motivations.

**UNIT – V**

**1. Emotions and it’s Role in Sports.**

 1. Meaning of Emotion.

 2. Types of Emotion and associated Instinct.

3. Influence of Emotion on cognitive process and motor learning.

4. Meaning of Anxiety and Competition Anxiety.

**2. Psychological Aspects of Competition.**

 1. Causes of emotional disturbance before competition.

2. Characteristics of Pre-competitions, competition, and post-competition State. (Syndrome)

3. Selected Psycho Regulation Techniques for Relaxation and Activation.

4. Psychological Preparation for competition.

 **BPE-III YEAR**

**PAPER –A- IV**

**EDUCATION TECHNOLOGY**

**UNIT –I**

**1. Introduction to Education Technology**

 1. Definition

 2. Educative Process

 3. The Teacher of Yesterday & Today

 4. An outline of Teaching method used then and now

5. Use of sensory organ in the process of learning and remembering

6. Communication:

 1. Types of Communication

 2. Communication Cycle

 3. Communication in the Class room

**UNIT- II**

**1. Teaching Aids :**

 1. Importance of Teaching Aids

 2. Criteria for selecting Teaching Aids

3. Difference between Teaching Method and Teaching Aids.

4. Broad Classification of Teaching Aids.

 1. Audio Aids

 2. Visual Aids

 3. Audio-Visual Aids

1.5 Advantage and suggestions for effective use of selected Teaching Aids.

 1. Verbal

 2. Chock Board

 3. Charts

 4. Models

 5. Slide Projector

 6. Over Head Projector

 7. Motion Picture

 8. Self Experiment and Projects.

**UNIT- III**

**1. New Teaching Techniques and Innovations – I :**

 1. Art of questioning and Answering

 1. Purpose of Questioning

 2. Classification of Questioning

 3. Techniques of asking questions

 2. Programmed Learning

 1. Concept of Programmed Learning

 2. Fundamental Principles of Programmed Learning

 3. Steps involved in preparation of Programme.

 3. Team Teaching

 1. Meaning

 2. Guiding principles of Team Teaching

 3. Advantage of Team Teaching.

**UNIT – IV**

**1. New Teaching Techniques and INNOVATIONS – II :**

 1. Micro Teaching

 1. Concept and Features of Micro Teaching

 2. Micro Teaching Verses Traditional Teaching

 3. Steps in Micro Teaching

 4. Principles of Micro Teaching

 5. Micro Teaching Skills

 6. Limitation of Micro Teaching.

 2. Simulation Teaching

 1. Meaning of Simulation

 2. Types of activities in simulation

 3. Steps in Simulation

 4. Advantages of Simulation

 5. Limitations of Simulation

**UNIT- V**

 **1. System Approach.**

 1. Definition of System

 2. Components of an instructional system

 3. Flow Diagram for designing a system

 4. Advantages of system approach

 **2. Teaching Machines**

 1. Meaning of Teaching Machines

 2. Values of teaching Machines

 3. Machine verses Teacher

 4. Computer – Assisted Instruction.

  **REFRENCE**

1. K. Sampath. A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi : Sterling Publishers Pvt. Ltd.) : 1981.

2. Bhatia and Bhatia. The Principle, and Methods of Teaching (New Dilhi Doaba House), 1959.

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