

SYLLABUS OF BACHELOR OF PHYSICAL EDUCATION B.P.Ed. (ONE YEAR) SEMESTER SYSTEM

FOR THE YEAR 2015 and 2016

1. An examination for the Bachelor course in physical education (B.P.Ed. one year) shall be held in two semesters.
2. **ELIGIBILITY:** The eligibility will be as prescribed by the NCTE guidelines or amended from time to time:

Who has Bachelor's Degree in Physical Education with fifty percent marks?

Or

Bachelor's Degree with Physical Education as an elective subject with fifty percent marks.

Or

Bachelor's Degree in Physical education with forty five percent marks or Bachelors Degree with physical education as an elective subject with forty five percent marks and participation in National / All India Inter-university/ Inter-university competitions in sports recognized by AIU or IOA.

Or

Bachelor's Degree with forty- five per cent marks and having participated in national or state or inter-university sports or games or athletics

Or

For deputed (in-service candidates i.e trained physical education teachers / coaches) Graduate with forty five percent marks, and at least three years of teaching experience.

The reservation in seats and relaxation in the qualifying marks for SC/ST/OBC and other categories shall be as per the rules of the State Government.

3. **ADMISSION PROCEDURE :** Admission shall be made on merit on the basis of marks obtained in the entrance test (Physical efficiency test, marks obtained in the qualifying examination and students must produce the sports gradation certificate recognized by AIU/IOA at the time of admission otherwise his /her candidature will not be considered).

To get the benefits of sports certificate a candidate must get the sports gradation certificate from the concerned department.

If in the case a certificate of sports gradation is not issued by the concerned department of particular state. A candidate must bring the team list of their game/ Athletics certificate with duly attested form authorized official.

+The College shall constitute a three member admission committee to look after the whole admission procedure and Head of the concerned institute/college should get nominated an observer from Department of Physical Education, Punjabi university Patiala through Dean College's Punjabi university Patiala, to supervise the admission process of affiliated colleges.

Norms and standards prescribed by NCTE /UGC/State Government or any other competent body for admission to B.P.Ed. Course shall be followed. The nature of B.P.Ed course is such that it involves vigorous physical activity as such physically handicapped persons are not allowed to take admission in this course. It is also compulsory for the women candidates to sign an undertaking that they will discontinue the course at once if they get pregnant during the course of study.

Note:- Institution cannot lower the admission requirements set by above mentioned agencies. However they can raise it on the basis of availability of candidates.

Number of Seats: Total no of seats will be as prescribed by the NCTE.

4. Has his name submitted to the Registrar by the Principal of the college, he has most recently attended; and produces the following certificates.
- a) Of good character,
 - b) Having attended not less than 75% of the total number of lectures delivered in each paper/ subject and 75% of the periods held in practical in each activity Provided that a deficiency in attendances may be condoned for special reason as per rules made by the university from time to time.
 - c) Of having fulfilled all the requirements pertaining to the teaching practice and officiating.
 - d) Of having satisfactory performed the work of the class.
 - e) A candidate who have attended the prescribed number of lectures, does not appear in the examination after completion of his lectures or having appeared in the examination has failed may be allotted to appear at any subsequent examination with in a period of two years without attending a fresh course of lectures.

5. (i) Every candidate shall submit through the principal of the college, he has most recently attended, his application on the prescribed form accompanied by examination fee as prescribed by the university time to time and a statement showing the subject (s) in which he/she to be examined.

(ii) Every candidate would be required to produce the following certificate signed by the principal of the college recently joined before his/ her name is submitted to the Registrar to sit in the University examined.

“Of having obtained, at the house examination held in December/ January, at least 40% marks in the aggregate of all subject and 20% marks in each of the prescribed subject.

In case a candidate could not appear in the house examination owing to unavoidable circumstances and fails to secure the required marks in the internal examination as a regular student, the principal may at his discretion hold a special test for the candidate (s). Such a candidate would be required to obtain at least 40% marks in aggregate of all subjects and 20% marks in each of the subjects prescribed in special exams.

6. The last date by which admission form and fee must reach the Registrar as notified by the university from time to time..
7. The medium of Examination in all the subjects shall be English, Punjabi or Hindi. In the Case of Punjabi and Hindi the medium shall be Punjabi in Gurumukhi script and Hindi Devnagari script(as the questions shall be set in English and Punjabi).Provided that the use of English technical terms shall be permissible in setting the question papers as well as in answering the question.

8. The examination shall consist of following parts:

PART – A	Theory Papers
PART – B	Skill & Prowess
PART – C	Formal Activity
PART-D	Practice of Teaching
PART - E	Project

The scheme of education and syllabus for the course shall be prescribed by the Academic Affairs council from time to time.

9. The minimum number of marks required to pass the examination shall be as under
- (a) 40% marks in each paper of Part-A
 - (b) 40% marks in Part- B (Skill and Prowess)
 - (c) 40% marks in Part- C, D& E (Formal Activity, Education , Cultural and Social Projects and Practice of Teaching & Officiating.)
10. After the termination of the examination or as soon as may be the Registrar shall publish a list of candidate who has passed. Each successful candidate shall be granted a certificate of having passed the examination.
11. Results : Subject to fulfilment of requirement of House examinations, the attendance requirements and these ordinances there will be no condition of passing papers for promotion from odd semester to even semester in an Academic Session.
- A candidate placed under reappear in any paper, will be allowed two chances to clear the reappear, which should be availed within consecutive two years/chances i.e. to pass in a paper the candidate will have a total of three chances, one as regular student and two as reappear candidate.
- The examination of reappear papers of odd semester will be held with regular examination of the odd semester and reappear examination of the even semester will be held with regular examination of even semester. But if a candidate is placed under reappear in the last semester of the course, he will be provided chance to pass the reappear with the examination of the next semester, provided his reappear of lower semester does not go beyond next semester.

Scheme for B.P.Ed. (1 year course) Semester System Session 2014- 2015 and 2015-2016

PART – A	Theory Papers	900 Marks
PART – B	Skill & Prowess	160 Marks
PART – C	Formal Activity	60 Marks
PART-D	Practice of Teaching	160 Marks
PART - E	Project	20 Marks

Total – 1300 Marks

B.P. Ed.-I (Semester-I)

Total Marks-610

Part-A Theory 500 Marks

Paper	Title of the Subject	External	Internal	Credits
Paper-I	Anatomy	76	24	5 Hrs
Paper-II	Psychology in Physical Education	76	24	5 Hrs
Paper-III	History and principles of Physical Education	76	24	5 Hrs
Paper-IV	Methods of Physical education	76	24	5 Hrs
Paper-V	Health Education	76	24	5 Hrs

Part-B Skill and Prowess 80 marks (Internal)

Game

Practical	Contents of Games and Sports	Internal Assessment	Credits
Basketball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	5 Hrs
Kabaddi	-do-	10	5 Hrs
Hockey	-do-	10	5 Hrs
Gymnastics	-do-	10	5 Hrs

Athletics

Practical	Contents of Games and Sports	Internal Assessment	Credits
Sprints	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	5 Hrs

Long jump	-do-	10	5 Hrs
Shot Put	-do-	10	5 Hrs
Javelin	-do-	10	5 Hrs

Specialization

Game / Athletics	Contents	Assessment	Credits
Any one game of choice of candidate	Practice of skills and tactics of the particular game	Nil	5 Hrs

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note :

- 10 Marks for each game (4 for skill and 6 for proficiency in game situation .)
Each activity will be continued for 21 working days.
- One specialization period will be given for practice of game and athletics of

Part- C : FORMAL ACTIVITIES

Marks: 40

Practical	Contents of formal Activity	Internal Assessment	Credits
Mass P.T.	Teaching of Fundamentals	10	5 Hrs
Drills & Marching	-do-	10	5 Hrs
Lazium	-do-	10	5 Hrs
Dumbbells	-do-	10	5 Hrs

Contents to be covered for formal activities.

- a) Role and importance of concerned activities.
- b) Class formation during various activities.
- c) Basic Commands and class management.
- d) Free hand and uses of various equipments during exercises.

B.P.Ed. I (Semester-II)**Total Marks-740****Part-A Theory****400 Marks**

Paper	Title of the Subjects	External	Internal	Credits
Paper-VI	Kinesiology & Biomechanics	76	24	5 Hrs
Paper-VII	Basics of Computer Application in physical education	76	24	5 Hrs
Paper-VIII	Officiating and Coaching	76	24	5 Hrs
Paper-IX	Sports Training	76	24	5 Hrs

Part-B**Skill and Prowess****80 Internal****Game**

Practical	Contents of Games and Sports	Internal Assessment	Credits
Kho-kho	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	5 Hrs
Football	-do-	10	5 Hrs
Volleyball	-do-	10	5 Hrs
Handball	-do-	10	5 Hrs

Athletics

Practical	Contents of Events	Internal Assessment	Credit
Long Jump	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	5 Hrs
Discus Throw	-do-	10	5 Hrs
Triple Jump	-do-	10	5 Hrs
High jump	-do-	10	5 Hrs

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.

- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

PART – C FORMAL ACTIVITY

20 Marks

Practical	Contents	Internal Assessment	Credit
Aerobics /Minor Games	Teaching of Fundamentals	10	5 hrs
Yogic Exercise	-do-	10	5 hrs

Contents to be covered for formal activities.

- a) Role and importance of concerned activities.
- b) Class formation during various activities.
- c) Basic Commands and class management.
- d) Free hand exercise and uses of various equipments during exercises.

PART – D Practice of Teaching

160 MARKS

Practical	Contents	Internal Assessment	External assessment	Credit
General Lesson (formal activity)	Teaching, 5- Supervised Lessons	10	30	3 hrs
Game lesson	Teaching, 5- Supervised Lessons	10	30	3 hrs
Athletic Lesson	Teaching, 5- Supervised Lessons	10	30	3 hrs
Theory lesson	Teaching , 05- Supervised Lessons	10	30	3 hrs

Note:

- The students will be required to prepare a file pertaining to each lesson given above in support of their evaluation of lesson plan and viva-voce. Candidates are required to take 10 practice lessons for each part separately. Sessionals marks will be awarded on the basis of their performance in practice lessons,10 Marks for each game (4 for skill and 6 for proficiency in game situation .)
- Evaluation of lesson plan will be done by one external examiner in each case.
- Practice of lessons will be done during the teaching practice organised by the college and their lessons will be supervised by the internal faculty member.

PART – E PROJECTS

20 Marks

Practical	Contents	Internal Assessment

Practical Project	Athletic Meet, Preparation and Presentation of Annual Report, Play days, Health weeks, Intramurals, Picnics, Camping, Demonstration, Budgeting .	20
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Note:

- (i) The students will be required to prepare a note book pertaining to projects given above in support of their participation and viva-voce.
- (ii) Examination in skill and Prowess shall be evaluated by an internal examiner after the completion of respective activity . The Principal will form the groups of activities and intimate the same to the University, Scoring Table Athletics attached at the end of the syllabus to use.
- (iii) If a candidate who fails to qualify or who misses the examination in any activity/activities in the first term, it is obligatory for him to appear in the activities of the first term along with the final examination.

B.P.Ed. (1 year course) Semester –I Session 2014- 2015 and 2015-2016

PART – A	Theory Papers	500 MARKS
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PAPER-I: ANATOMY

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

- 1 **Anatomy & Physiology:** Meaning, Cell-structure and its functions.
- 2 **Muscular System:** Classification of muscles, properties of muscle, functions and types of muscles.
- 3 **Skeletal System:** Structure of bones, Classification of bones, Names and location of different bones. Types of joints and description of movable (synovial) joints.
- 4 **Nervous Systems:** Location and function of various parts of brain, spinal cord, reflex action, Autonomic nervous system. Neuro-muscular coordination.
- 5 **Blood and Circulatory System-** Structure of heart, Mechanism of blood circulation, cardiac output, stroke volume, Composition and function of blood, Blood pressure and its measurement.

UNIT-II

1. **Respiratory systems:** Its organs, structure and functions. Mechanism of respiration. Vital capacity, Oxygen debt, dead point and second wind, aerobic and anaerobic capacity.
2. **Digestive System:** Structure and Mechanism of digestion and absorption of food.

3. **Excretory Structure:** Organs, Structure and Functions of Kidney and Skin, Water Metabolism.
4. **Endocrine glands:** Meaning, brief description and functions of Pituitary, Thyroid, Parathyroid, Adrenal and Sex glands.
5. **Reproduction System:** Organs, Structure and Functions of Reproduction System.

Reference Books

1. Herbert A. DeBires : Physiology of exercise, (1968 ed.) 1967
2. Laurence E. Morehouse : Physiology of Exercise-1976
3. Peter, V. Korperivch: Physiology of Muscular Activity (17th ed.) 1971.
4. J.S. Roses: Foundation of Anatomy & Physiology, K.D.W. Silson-1973.
5. Marjories. A Miller Kimbus Gray Stackpoles: Anatomy Physiology (16th ed.)-1972
6. Chatterji: Human Physiology. Vol. I. II-1973

PAPER-II: PSYCHOLOGY IN PHYSICAL EDUCATION

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

- 1 **Psychology**-its meaning and scope: Sports psychology its concept and goals; role of psychology in the growth and development of body and mind.
- 2 **Growth and Development**-The phenomena of growth; heredity and environment; organic and behavioral changes at various age levels and development tasks; individual difference and their implication in sports.
- 3 **Emotions**-Their Physiological Manifestations and Implications in Sports; Hazards of Emotional-Involvement: Frustration and Aggression, Anger, Fear, Anxiety, stress and tension the nature of motivation and its need in physical activity.

UNIT-II

- 1 **learning**; learning curve, some learning concepts applied to physical education and sports; Reflex Action and automatizing of Motor Skills; Feedback; Servo Mechanisms and knowledge of results; factors and conditions affecting motor learning.
- 2 **Socio-cultural Forces and Sports**; Competition And Co-operation in physical activity; Socio-Economic Status and Athletics Personality Traits and athletic participation; spectator's influence and crowd behavior;
- 3 **Guidance and Counseling for sports**; meaning, need and techniques. Psychological preparation in sports.

REFERENCES

- 1 Alderman, R.B Psychological behavior in Sports (Philadelphia London, Saunders Company).

- 2 But, Lusen Dorrcas, Psychological of Sports (Network Van Nostra and Reinhold company) Edn.
- 3 Cratty, Brayant. J. Movement Behavior and Motor Learning (Philadelphia Lea and Febiger, Edn 3
- 4 Cratty, Brayant. J Psychology and Physical Activity (New Jersey Englewood Cliffs, Prentice Hall Inc.
- 5 Gold Stein and Joffery H. (Ed) Sports Games and Play Social and Psychological View Points (Lowerence Eribanm Associates Publishers R.J.

PAPER-III HISTORY & PRINCIPLES OF PHYSICAL EDUCATION

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

Unit-I

1 Introduction to Physical Education

- (a) Definition, meaning and scope of Physical Education.
- (b) Aim and objectives of Physical Education
- (c) Relationship of physical education to general education, health education and recreation.
- (d) The profession of physical education, contribution of physical education to the achievement of the aims and objectives of education. Ethics of profession, future development of physical education.

- 2 **History Of Physical Education:** Physical Education in ancient Greek-Homeric age, Period of Greek civilization and city states. Comparative study of Spartan and Athenian education, the origin and development of ancient Olympic games. Physical Education in Germany, Sweden and Denmark (emphasis only on the contribution of Basedow, Salims, Guts Muths, John Spiess, Nachategall, Ling)
- 3 **Present status of Physical education and recreation:** In U.S.A., U.S.S.R., Japan & G.D.R. A brief history of physical education in India (pre and post independence). Physical Education in Punjab.

Unit-II

- 1 **Biological basis of Physical Education:** Physical activity, its need in education, biological activities, its nature and need, use, disuse and overuse. Growth and development Age and sex difference Classification of physique. Practical suggestions from biology.
- 2 **Sociological basis of Physical Education:** Physical education and sports as need of the society. Sociological implications of physical education & sports. Physical activity and sports as a man's cultural heritage. Physical Education for social and national solidarity. The role of sports in fostering the spirit of social national integrity among the students in adolescent age.
- 3 **Modern Olympics and Asian Games:** Development and achievements of the following organization/movement: (i) Sports department Punjab (ii) I.O.A. (iii) Sports Authority of

India.(iv) Awards and Incentives: Arjuna Award, Dronacharya, Maharaja Ranjit Singh Award, Rajiv Khel Ratan Award.

REFERENCE BOOKS

1. Charles, A. Bucher Foundations of Physical Education, 1968.
2. Harold M. Borrow Man and His Movement Principles of Physical Education, 1971.
3. J.F. Williams Principles of Physical Education.
4. Cowel and France Philosophy and Principles of Physical Education.
5. D.G. Wakharkar Manual of Physical Education
6. Updyake Johnson Principles of Modern Physical Education, Health and Recreation, 1967.
7. M.L. Kamlesh & M.S. Sangral Principles and History of Physical Education, 1971.
8. Van Dalen & Bonnet A World History of Physical Education, 1971.
9. Ministry of Education A National Plan of Physical Education, 1964.
10. Iraz A. Khan A History of Physical Education.

PAPER-IV: METHODS OF PHYSICAL EDUCATION

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

- 1 **Method:** Meaning and Importance of teaching methods, factors affecting methods, various types of teaching methods
- 2 **Presentation Technique:** Preliminary Planning: Personal preparation, technical preparation, presenting activities orientation, verbal explanation, supervision and evaluation.
- 3 **Audio-Visual Aids:** Still picture, motion picture, charts and diagram, models and exhibits. Musical instrument and tape recorder, television, video and radio.
- 4 **Commands and Class Formation:** Types and techniques of commands methods of arranging the class for formal exercises.
- 5 **Lesson Planning**
 - (i) Value of lesson plan, preparation of lesson, types of lesson plan primary, education gymnastic games and athletic, Planning of theory lessons.
 - (ii) Methods of teaching major, minor games, teaching physical activities Games of high organization (Major Games), individual team, game of low organization (Minor Games), track & field running jumping, throwing, calisthenics/gymnastics.
 - (iv) Classification
 - (v) Methods of drawing fixtures in tournaments, elimination league, combination and challenges.

UNIT-II

- 1 **Personnel:** Qualification and responsibilities of Physical education teacher, pupil leadership.
- 2 **Facilities and Equipment:** Play ground area, location and care of gymnasium its importance and construction, swimming pool its importance construction and care. Equipment-need and importance, purchase, care and maintenance.
- 3 **Programme Planning:** Curriculum: need and importance of time table, factors effecting time table, physical education periods, teaching load, teaching pupil ratio,

inter-college competitions, objectives, principles and precautions, Intramural objectives and organization.

- 4 **Budget:** Importance of budget making, criteria for a good budget, sources of income and expenditure, preparation of budget.
- 5 **Records and Registers:** Attendance register, stock register, cash register, athletic proficiency record; skill tests records, physical and medical examination record.

REFERENCE BOOKS

1. J.P. Thomas : Organization and Administration of Physical Education
2. P.M. Joseph : Organization and Administration of Health
3. Voltmair and Esslinquir : Organization and Administration of Health Physical Education Programme, 1964.
4. Williams J. & Other : The Administration of Health and Physical Education.
5. Sujan Singh : Administration of Physical Education, 1967.
6. D.G. Wakherker : Manual of Physical Education.

PAPER-V: HEALTH EDUCATION

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

1. **Health:** Concept and meaning of Health.
2. **Health education:** Concept, meaning, definition, and scope of Health Education, Principles and practice of health education, Planning and evaluation in health education programmes.
3. **Health services:** Organisation and administrative set up of health services in India.
4. **Disease:** Meaning of a disease, diseases cycle, epidemiological trials, modes of disease transmission, immunity.
5. **Health Problem in India:** Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus)

UNIT-II

1. **Hygiene:** The concept of hygiene and personal hygiene care of skin, mouth, nails, clothing and bathing etc. importance of rest, sleep and exercise.
2. **Community Health:** Brief account of housing water supply, sewerage and refuse disposal.
3. **School Health Service:** History, School Health Problems. Health appraisal, healthful school environment, nutritional services, mental health, school health, school health records, safety measures in the playfields – first aid and emergency care.
4. **Nutrition :** Meaning and definition of food, nutrition and balanced diet, constituent of balance diet, its functions and sources, daily energy requirements for different sports and games, eating before, during and after competition and Water loading.

REFERNCE BOOKS:

1. Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.

2. Pandey, P.K. and Gongopadhyay, S. R. "Health Education for School Children", Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
3. Park, J.E. and Park, K. "Text Book of Preventive and Social Medicine", (1985) Bnasidar Bhanot, Publisher, Jabalpur-1985
4. Park, J.E. and Park, K, "Text Book of Community Health for Nurses", (1982) Asrani Publisher, Jabalpur

B.P.Ed. (1 year course) Semester –II Session 2014- 2015 and 2015-2016

PART – A	Theory Papers	400 MARKS
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PAPER-VI: KINESIOLOGY AND BIOMECHANICS

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

Unit-I

1. **Kinesiology** Meaning, Scope and importance of Kinesiology, A brief history of kinesiology.
2. **Joints**: - Types, structure, planes and axes, kinds of joint movement and their terminology
3. **Bones**: Structure of bones and types of bones,
4. **Muscles**:-Structural classification of muscles, characteristics of muscle tissue
5. **Posture**: Concept of balance Posture & Causes of bad posture.
6. **Postural Deformities & their Correction** (Spinal deformities: Kyphosis, lordosis, Scoliosis) (foot deformities: Knock knee, bowlegs, Flat foot).

Unit-II

1. **Biomechanics** Definition of Biomechanics, Role of Biomechanics in Physical Education.
2. **Motion**: Meaning, Types of Motion and Newton's law of Motion.
3. **Lever**: Meaning, different types of lever and the Mechanical Advantage.
4. **Force**: Meaning, Concept and Types of forces.
5. **Equilibrium**: Types of Equilibrium, Principles of Stability.
6. **Friction**: Meaning, Types, Characteristics and their uses in sports.
7. Biomechanics of Walking, Running, Jumping and throwing

REFERENCES

1. Rasch & Burk" Kinesiology & Applies Anatomy", Lee & Febiger, 1975.
2. Wells K." Kinesiology" Philadilphia W.B. saunder Co., 1984.
3. Copper & clesco ,"Kinesiology" St, Louis, C.V. Mosby Co. 1968.
4. Brower, Masion R., "Efficiency of Human movements Phialdelphia ,W.E.Saunder Co., 1978.
5. Scott.M.gladys" Analysis of human Motion, "New York, 1970.
6. Well Kaharial, F.lutegeos Kathryn, Kinesiology Scientific basic of Human Motion," 8th ed. 1992.Sunder Publishing Philadelphia.

7. Lynn S.Lippert, "Clinical Kinesiology for Physical Education" Jaypee Brothers, New Delhi: 3rd ed. 2002.
8. R.T. Floyd and Clem W. Thompson, "Manual of structural Kinesiology", Mc Graw Hill, Boston, 2006.
9. Susan J Hall: Basic Biomechanics, New York McGraw Hill (1995).
10. Peter M. Mc Ginnis: Biomechanics of Sports and Exercise, Human Kinetics, Champaign, USA (2005).
11. James G., Hay: The Biomechanics of Sports Techniques (2nd Ed.), Englewood Cliffs, N. J. Prentics Hall, Inc., 1978.
12. John W. Bunn: Scientific Principles of Coaching (2nd Ed.) Englewood Cliffs N. J. Prentics Hall Inc., 1972.
13. M. G. Scott: Analysis of Human Botton, New York: Application Century Crafts.

PAPER: VIII

COMPUTER APPLICATION IN PHYSICAL EDUCATION AND SPORTS

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

1. **Computer**: Introduction, Definition, Types, Characteristics, Limitation and Importance in Physical Education and Sports.
2. **Computer Hardware**: Input Devices (Keyboard, Mouse, Joystick, Optical Mouse, Recognition, Barcode Reader, Scanner) Output Devices (Monitor, Printer)
3. **Computer Memory**: Introduction, Memory Units, types, Storage Devices (Hard disk, Floppy disk, Optical disk, Pan drive)
4. **Computer Software**: Meaning, types, operating system, function of operating system.

UNIT-II

- 1 **Electronic mail**: Meaning, features, advantage
- 2 **M.S.Word**: Meaning, features, component, different views of word document, creating new document, opening, saving, closing, editing of existing document, creating tables, inserting pictures, keyboard shortcuts.
- 3 **M.S.Excel**: Meaning, features, entering data into excel sheet, keyboard shortcuts.
- 4 **M.S. PowerPoint (P.P.T.)**: Meaning, features, preparation of slides, slideshow, keyboard shortcuts.

References books

- 1 Boyce, Jim et al. "Microsoft office system inside out". 2007
- 2 Barrett, Ron et al. "Administrator's guide to Microsoft office 2007 servers". 2007
- 3 Murray, Katherine. "Faster smarter Microsoft office XP: Take charge of your Microsoft office programme".2007
- 4 Microsoft. "Microsoft office 2003 editions resource kit". 2003
- 5 Wempen, Faithe et al. "Microsoft office 2007 bible". 2007

PAPER-IX: OFFICIATING AND COACHING

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

1. **Introduction of Officiating And Coaching:** Meaning, Nature, principles and scope of officiating and coaching.
2. **Referee:** Conditions of a good referee / umpire and measures for improving the standard of referee / umpire.
3. **Coach:** Characteristics of a good coach, Relationship of a coach and athlete, bench coaching, Qualifications (Educational and Professional) and qualities of a good official.
4. **Officials:** Officials required for conducting a standard athletic meet and their duties and responsibilities. Equipment required for conducting each event. Dress code for officials

UNIT-II

1. **National and International governing bodies:** of athletics and their functions, Officiating and coaching of athletic events: interpretation of rules and regulations governing the track and field events including marking procedure of track and field arenas.
2. **Major Games:** Officiating and Coaching of Games **Hockey, Football, Basketball, Volleyball, Cricket**, Interpretation of rules and regulations governing each game including marking procedure of play fields / courts.

3. **Racket And Indigenous Games:** Officiating and Coaching of Games **Badminton, Table Tennis, Kabaddi, Kho-Kho, Handball**, Interpretation of rules and regulations governing each game including marking procedure of play fields / courts.
4. **Tournament:** Officials required for conducting a standard championship / tournament and their duties and responsibilities, Equipment required for conducting each game.

REFERENCE BOOKS:

1. Rules of Games and Sports, Y.M.C.A. Publishing House, Madras, 1968.
2. John Bunn, The Art of Officiating, 1968.
3. Claffs, Athletic Training, 1962.

PAPER-X: SPORTS TRAINING

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

1. **Sports Training:** Meaning, definition, aim, objectives and characteristics of sports training and conditioning.
2. **Training Load:** Types. Structure of training load. Principles of training load. .
3. **Adaptation :** Meaning and process.
4. **Physical and Motor Fitness:** Meaning of physical fitness and motor fitness; Components of physical and motor fitness; means and methods of their development.
5. **Warming-up and cooling down :** Meaning, Methods and its importance.
6. **Training Methods:** (Continuous Running / Training, Interval Training, Fartlek Running / Training, Circuit, Alternate, Weight Training, plyometric training and Competition and Test); their variables and characteristics.

UNIT-II

1. **Periodization:-** meaning, types, aims and contents.
2. **Identification of Talent:** Pre-requisites and conditions for developing suitable young athlete, principles of early recognition of athletic talent, basic factors determining performance and important indicators to determine athlete's aptitude.

REFERENCE BOOKS :

1. Ronald P. Feigner "Concept of Athletic Training", (2002) Jones and Bartlett Publishers.
2. Bean, Anita "The Complete Guide to Sports Nutrition : How to eat for maximum Performance", (2000)3rd Edition, Published by A & C Black Ltd. London.
3. Baechle, Thomas R. and Earle Roger W. "Essential Strength Training and Conditioning", (2000)Human Kinetic Publisher inc. USA.

4. Singh, Hardyal “Science of Sports Training”, (1991) D.V.S. Publication New Delhi–1991.
5. Singh, Hardyal “Scientific Approach of Sports Training”, (1991) D.V.S. Publication New Delhi.

APPENDIX-1 (B.P.Ed. One Year)
Athletic Performance Conversion Scoring Table
(Women)

Marks	Shot Put (4 Kg.) in Meters	Discuss (1 Kg.) in Meters	Javelin in Meters	Long Jump in Meters	High Jump in Meters
6	10.50	30.00	35.00	5.00	1.50
5.5	10.00	29.00	33.00	4.90	1.48
5	9.70	27.00	31.00	4.80	1.46
4.5	9.40	25.00	29.00	4.70	1.44
4	9.00	23.00	27.00	4.60	1.40
3.5	8.60	21.00	25.00	4.40	1.35
3	8.20	19.00	23.00	4.20	1.30
2.5	7.80	17.00	21.00	4.00	1.25
2	7.40	15.00	19.00	3.90	1.20
1.5	6.80	13.00	17.00	3.80	1.15
1	6.40	12.00	15.00	3.50	1.10
0.5	6.00	11.00	13.00	3.30	1.05
0	5.90	10.50	12.00	3.00	1.00

APPENDIX-1 (B.P.Ed. One Year)
Athletic Performance Conversion Scoring Table
(Men)

Marks	Long Jump in Mtrs.	Hop Step & Jump in Mtrs.	High jump in Mtrs.	Pole Vault in Mtrs
8.5	6.30	13.60	1.60	3.40
8	6.25	13.40	1.58	3.37
7.5	6.05	13.20	1.56	3.34
7	5.90	13.00	1.54	3.30
6.54	5.75	12.80	1.52	3.25
6	5.60	12.60	1.50	3.20
5.5	5.45	12.40	1.45	3.15
5	5.30	12.20	1.40	3.10
4.5	5.15	12.00	1.35	3.05
4	5.00	11.80	1.30	3.00
3.5	4.90	11.60	1.25	2.90

3	4.80	11.50	1.20	2.85
2.5	4.70	11.40	1.15	2.80

APPENDIX-1 (B.P.Ed. One Year)
Athletic Performance Conversion Scoring Table
(Men)

Marks	100 Mtrs. in Seconds	200 Mtrs. in Second	800 Mtrs. in Minutes & Seconds	1500 Mtrs. in Minutes & Seconds	1100 Mtrs. hurdles & Seconds
6	11.5	24.5	2.20	4.20	16.5
5.5	11.7	24.7	2.22	4.23	16.6
5	12.1	24.9	2.24	4.26	16.7
4.5	12.4	25.1	2.26	4.29	16.8
4	12.7	25.3	2.28	4.32	16.9
3.5	13.0	25.5	2.30	4.35	17.0
3	13.2	25.7	2.32	4.38	17.2
2.5	13.4	25.9	2.37	4.41	17.4
2	13.6	26.0	2.42	4.44	17.6
1.5	13.8	26.5	2.47	4.47	17.8
1	14.0	27.0	2.52	4.50	18.0
0.5	14.2	27.5	2.57	4.53	18.1
0	14.5	28.0	3.00	4.56	18.2

APPENDIX-1 (B.P.Ed. One Year)
Athletic Performance Conversion Scoring Table
(Women)

Marks	100 Mtrs. in Seconds	200 Mtrs. in Seconds	800 Mtrs. in Minutes & Seconds	110 Mtrs. in Minutes & Seconds
6	14.0	28.5	2.40	18.5
5.5	14.2	28.7	2.42	18.6
5	14.4	28.9	2.45	18.7
4.5	14.6	30.1	2.46	18.8
4	14.8	30.3	2.48	19.0
3.5	15.0	30.7	2.50	19.2
3	15.3	30.9	2.55	19.4
2.5	15.6	30.9	2.58	19.7
2	15.9	31.2	3.01	20.0

1.5	16.2	31.5	3.04	20.5
1	16.5	31.8	3.07	21.0
0.5	16.8	32.0	3.10	21.2
0	17.1	32.2	3.15	21.4

APPENDIX-1 (B.P.Ed. One Year)
Athletic Performance Conversion Scoring Table
(Men)

Marks	Shot put 7 kg. 260 gms. In meters	Hammer Throw In Meters	Discus 2 Kg. Throw in Meters	Javelin Throw 800 Gms. in Meters
6	10.80	35.00	33.00	50.00
5.5	10.20	34.00	31.00	47.00
5	9.60	33.00	29.00	44.00
4.5	9.00	32.00	27.00	41.00
4	8.50	31.00	25.00	39.00
3.5	8.00	30.00	23.00	36.00
3	7.50	29.00	21.00	33.00
2.5	7.00	28.00	19.00	30.00
2	6.60	26.50	17.00	27.00
1.5	6.20	25.00	15.00	26.00
1	5.80	23.50	13.00	23.00
0.5	5.40	22.00	11.00	20.50
0	5.00	21.00	10.00	17.00
