

**BACHELOR OF PHYSICAL EDUCATION  
(Four Years Integrated Programme)**

**Session – 2011 - 2012**

**SCHEME OF EXAMINATION**

**COURSE OF STUDY**

**AND**

**PRESCRIBED BOOKS**

**Lakshmibai National University of Physical Education  
Government of India, Ministry of Youth Affairs & Sports  
Shakti Nagar, Gwalior (M.P.) – 474 002 INDIA**

## B.P.Ed.- I Year (2010-11)

### SCHEME OF EXAMINATION

#### PART-A (THEORY)

Subject Code	Theory Subjects	Final Paper	Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks	Credits
BPEd41A01	English I	75	25	26	100	35	6
BPEd41A02	Introduction & History of Physical Education	75	25	26	100	35	6
BPEd41A03	Anatomy & First Aid	75	25	26	100	35	6
BPEd41A04	Introduction to Social Science	75	25	26	100	35	6
BPEd41A05	Fundamentals of Computers & Information Technology.	50	25	18	100	35	6
	Practical	25					
	<b>TOTAL</b>	<b>375</b>	<b>125</b>	<b>—</b>	<b>500</b>	<b>—</b>	<b>30</b>

#### PART-B (PRACTICAL SKILL)

Activity Code	Activities	Max. Marks	Min. Pass Marks	Credits
BPEd41B11	Athletics (3 periods per week)	100	40	6
BPEd41B12	Gymnastics (2 periods per week)	100	40	4
BPEd41B13	Basketball (2 periods per week)	100	40	4
BPEd41B14	Light Apparatus (2 periods per week)	50	20	4
BPEd41B15	Weight-Training (2 periods per week)	50	20	4
BPEd41B16	Kho-Kho (1 period per week)	50	20	2
BPEd41B17	Wrestling (Boys) / Rhythmic Gymnastics (Girls) (1 period per week)	50	20	2
BPEd41B18	Handball(2 periods per week)	100	40	4
	<b>TOTAL</b>	<b>600</b>	<b>—</b>	<b>30</b>

**Total 60 Credits**

## B.P.Ed.- II Year (2010-11)

### SCHEME OF EXAMINATION

#### PART-A (THEORY)

Subject Code	Theory Subjects	Final Paper	Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks	Credits
BPEd42A01	English II	75	25	26	100	35	6
BPEd42A02	Methods in Physical Education	75	25	26	100	35	6
BPEd42A03	Physiology	75	25	26	100	35	6
BPEd42A04	Kinesiology	75	25	26	100	35	6
BPEd42A05	Educational Psychology	75	25	18	100	35	6
BPEd42A06	Environmental Studies*	75*	25*	18*	100*	35*	6
<b>TOTAL</b>		375	125		500	—	30+6*= 36

\*Environmental Studies is a qualifying subject in which passing is compulsory during the complete duration of B.P.Ed. Though sessional & final exams will be conducted like other subjects with 35% as pass percentage, but instead of marks Pass / fail will be mentioned in the mark sheet.

#### PART-B (PRACTICAL SKILL)

Activity Code	Activities	Max. Marks	Min. Pass Marks	Credits
BPEd42B11	Football (2 periods per week)	100	40	4
BPEd42B12	Volleyball (2 periods per week)	100	40	4
BPEd42B13	Hockey (2 periods per week)	100	40	4
BPEd42B14	Swimming (2 periods per week)	100	20	4
BPEd42B15	Judo (2 periods per week)	50	20	4
BPEd42B16	Squash Racket (2 period per week)	50	20	4
BPEd42B17	Kabaddi (2 period per week)	50	20	4
BPEd.42B18	PEC (1 period per week)	50	20	2
<b>TOTAL</b>		600	—	30

**Total 66 Credits**

## B.P.Ed.-III Year (2010-11)

### SCHEME OF EXAMINATION

#### PART-A (THEORY)

Subject Code	Theory Subjects	Final Paper	Sessionals	Min. Pass Marks	Total	Minimum Aggregate Passing Marks	Credits
BPEd43A01	Health Education	75	25	26	100	35	6
BPEd43A02	Professional Preparation	75	25	26	100	35	6
BPEd43A03	Educational Technology	75	25	26	100	35	6
BPEd43A04	Adapted Physical Education	75	25	26	100	35	6
BPEd43A05	Recreation	75	25	26	100	35	6
<b>TOTAL</b>		<b>375</b>	<b>125</b>		<b>500</b>	<b>—</b>	<b>30</b>

#### PART-B (PRACTICAL SKILL)

Activity Code	Activities	Max. Marks	Minimum Passing Marks	Credits
PEd43B11	Yoga (3 periods per week)	100	40	6
BPEd43B12	Cricket (3 periods per week)	100	40	6
BPEd43B13	Table Tennis (2 periods per week)	50	20	2
BPEd43B14	Badminton (1 period per week)	50	20	2
BPEd43B15	Tennis (1 period per week)	50	20	4
<b>TOTAL</b>		<b>350</b>	<b>—</b>	<b>20</b>

#### PART-C -Teaching Ability (A) – Activity Teaching.

Code	Area	Final Lesson	Sessionals	Min. Pass Marks	Total	Minimum Aggregate Passing Marks	Credits
BPEd43C21	Teaching Lesson (5 periods per week)	100	50	40	150	60	10

Total 60 Credits



## B.P.Ed.-IV Year (2010-11)

### SCHEME OF EXAMINATION

#### PART-A (THEORY)

Subject Code	Theory Subjects	Final Paper	Sessionals	Min. Pass Marks	Total	Minimum Aggregate Passing Marks	Credits
BPEd44A01	Introduction to Corrective and Rehabilitation	75	25	26	100	35	6
BPEd44A02	Management of Physical Education	75	25	26	100	35	6
BPEd44A03	Tests & Measurement	75	25	26	100	35	6
BPEd44A04	Basics of Sports Training	75	25	26	100	35	6
BPEd44A05	Fitness Management Practical*	50 25	25	18	100	35	6
<b>TOTAL</b>		375	125		500	—	30

\* Practicals will be held out of the theory syllabus of fitness management.

**PART-B (Practical Skill) :** There is no practical (activity) in BPEd-IV.

**PART-C -Teaching Ability (B) – Theory Teaching**

Code	Area	Final Paper	Sessionals	Total	Min. Pass Marks	Minimum Aggregate Passing Marks	Credits
BPEd44C21	Teaching Lesson (5 periods per week)	100	50	150	40	60	10

**PART-D (SPORTS SPECIALIZATION):** (Any one out of the following games/ sports is to be chosen – Track & Field, Football, Hockey, Cricket, Basketball, Volleyball, Judo, Yoga Gymnastics, Swimming, and Weight Lifting) (10 periods per week)

Code	Area	Final Exam	Min. Pass Marks	Sessionals	Total	Minimum Aggregate Passing Marks	Credits
BPEd44D31	Sports Theory	75	26	25	100	35	20
	Skill Proficiency	100	40	-	100	20	
	Coaching Lesson	100	40	50	150	60	
<b>TOTAL</b>		275	-	75	350	—	

\* Total of 10 Lessons should be taken by each student out of which 5 should be in Technique & 5 in Tactical or Other theoretical aspects.

#### PART - E

Code	Area	Grades*	Work Profile	Interview	Total	Credits
BPEd44E41	Schools/Health Clubs	100	40	10	150	10

Total 70 Credits

**BPed-I**  
**PAPER-I**  
**ENGLISH**  
**Code-BPEd41A01**

**UNIT-I**

**1- Vocabulary**

- 1.1 Synonyms
- 1.2 Antonyms
- 1.3 Common abbreviations in use
- 1.4 One word substitution
- 1.5 Words Commonly Misspel
- 1.6 Idiomatic Comparisons or Similes
- 1.7 Word Formation by Prefix and Suffix

**UNIT-II**

**2. Common Errors & Transformations**

- 2.1 Common errors in sentences especially regarding number, gender, Pronouns, prepositions, articles, degrees etc.
- 2.2 Punctuation
- 2.3 Kinds of sentences - Assertive, Interrogative, Exclamatory, Imperative, Optative
- 2.4 Transformation of sentences
- 2.5 Tenses

**UNIT-III**

**3. Correspondence**

- 3.1 Personal Letters
- 3.2 Applications for leave, scholarship etc.
- 3.3 Invitations- Formal and Informal with reply
- 3.4 Notice Writing

**UNIT-IV**

**4. Descriptive Writing**

- 4.1 Paragraph writing (50 words)
- 4.2 Essay writing (250 words)
- 4.3 Comprehension of unseen passage
- 4.4 Summary Writing

**UNIT-V**

**5. Text**

- 5.1 Stories from home and abroad - edited by Dr. A.N. Kapoor
  - 5.1.1 The Doctor's Word - R.K. Narayan
  - 5.1.2 Elias - Leo Tolstoy
  - 5.1.3 Luncheon - Somerset Maugham
- 5.2 Poetry
  - 5.2.1 Where the mind is without fear- Rabindranath Tagore
  - 5.2.2 All the World's a stage- W. Shakespeare

**Note:** - The questions related to Unit-V should preferably be text based.

#### REFERENCES

- ❖ High School English Grammar – Wren & Martin
- ❖ How to write & speak better English –John Elisson Kahn, D. Phil.
- ❖ Business Correspondence and Report Writing – R.C. Sharma, Krishna Mohan
- ❖ Macmillan the Student's companion – Wilfred D. Best.
- ❖ A remedial English grammar for foreign students – F.T. wood
- ❖ English Vocabulary in use – Michael McCarthy, Felicity O'Dell.
- ❖ Advanced English Grammar – Martin Haurings.
- ❖ G.O.E. Lydall, A practical Guide to précis Writing & indexing, London: Macdonald & Evans Ltd. (1955)
- ❖ W.J. CRAIG, The complete work of William Shakespeare, London: Oxford University Press.
- ❖ AZ69 Aggarwal (Mamta) The Art of letter writing-31576
- ❖ C39p-Central Institute of English preparatory general English course for college 1963
- ❖ M58-METCALFE(J.E.) Right way to improve your English -3721
- ❖ D53p Dhillon (R)Aggarwal (Mamta) & Mitra (Shraboni) Paragraph writing-2000
- ❖ Lzip LAMPB(G.G.) & FITZ-HUGH (C.C.) Précis & Comprehension -1955-596
- ❖ M54S-Menon(Err) Standard English Grammar 1990

**BPed-I**  
**PAPER-II**  
**INTRODUCTION AND HISTORY OF PHYSICAL EDUCATION**  
**Code-BPEd41A02**

**UNIT-I**

**1. Introduction**

- 1.1 Meaning & Definitions of Education.
- 1.2 Aim & Objectives of Education.
- 1.3 Importance of Education in the modern era.
- 1.4 Meaning & Definitions of Physical Education
- 1.5 Misconceptions about Physical Education.
- 1.6 Aims & Objectives of Physical Education & their attainment through Physical Education.
- 1.7 Relationship of Physical Education with General Education.
- 1.8 Physical Education as an Art and Science.

**UNIT-II**

**2. Development of Physical Education in India**

- 2.1 Indus Valley Civilization Period. (3250 BC – 2500 BC)
- 2.2 Vedic Period (2500 BC – 600 BC)
- 2.3 Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
- 2.4 Medieval Period (1000 AD – 1757 AD)
- 2.5 British Period (Before 1947)
- 2.6 Contribution of Akhadas and Vyayamshals
- 2.7 Y.M.C.A. and its contributions.
- 2.8 Physical Education in India (After 1947)

**UNIT-III**

**3. Physical Education in the World**

- 3.1 Physical Education in Sparta.
- 3.2 The aim of Physical Education in Sparta.
- 3.3 Women at Sparta
- 3.4 Education at Athens
- 3.5 Palaestra, Gymnasium and Ephebos.
- 3.6 Physical and Moral Education in Ancient Rome
- 3.7 The Circus, The Gladiatorial Combats
- 3.8 Contribution of Leaders and Movements for the Growth of Physical Education in the world
- 3.8.1 Germany (Johan Basedow, Guts muths, Turnverein Movement)
- 3.8.2 Sweden (Per Henric Ling), Swedish Medical Gymnastics.
- 3.8.3 Denmark (Franz Nachtegal, Neils Burke)
- 3.8.4 Great Britain (Archiblad Maclaren,)
- 3.8.5 U.S.A. (Dr. Dudley Alen Sargent)
- 3.8.6 U.S.S.R., The Spartakiad
- 3.8.7 India (G.D. Sondhi, Padam Shree Dr. P. M. Joseph)



#### **UNIT-IV**

#### **4. Olympic, Commonwealth and Asian Games**

- 4.1 Ancient Olympic Games – Historical Background, Significance of Ancient Games,
- 4.2 Conduct of Ancient Games, Decline and termination of Olympic Games.
- 4.3 Modern Olympic Games – Revival of Modern Olympic Games, International Olympic Committee (IOC),
- 4.4 Functions of IOC
- 4.5 Organization and conduct of games
- 4.6 Conduct of ceremonies (opening and closing ceremonies).
- 4.7 Commonwealth Games – Historical Background
- 4.8 Asian Games – Historical Background

#### **UNIT-V**

#### **5. Sports Associations, Schemes, Institutes and Awards in India**

##### **5.1 Sports associations**

- 5.1.1 Introduction to Sports governing bodies at International level
- 5.1.2 Indian Olympic Association – Objectives and Functions.

##### **5.2 Scheme :**

- 5.2.1 Schemes - Rajkumari Amrit Kaur Sports Coaching Scheme.

##### **5.3 Sports & Physical Education Institutions :**

- 5.3.1 Lakshmbai National Institute of Physical Education – Functions and Courses.
- 5.3.2 Netaji Subhas National Institute of Sports, Patiala – Functions and Courses.
- 5.3.3 Sports Authority of India – Composition of General Body, Governing Body, Objectives and Functions.

##### **5.4 Awards :**

- 5.4.1 Rajiv Gandhi Khel Ratna Award.
- 5.4.2 Arjun Award
- 5.4.3 Dronacharya Award.

#### **REFERENCES**

- ❖ Singh Ajmer, et. al. MODERN TEXT BOOK OF PHYSICAL EDUCATION HEALTH & SPORTS, Kalyani Publisher.
- ❖ Khan, Eraj Ahmed. HISTORY OF PHYSICAL EDUCATION, Patna : Scientific Book Co.
- ❖ Leonard, Fred Eugene and Affleck George B. GUIDE TO THE HISTORY OF PHYSICAL EDUCATION, Philadelphia Leo & Febiger, 1962.
- ❖ Majumdar D.C. ENCYCLOPEDIA OF INDIA PHYSICAL CULTURE BARODA GOOD COMPANIONS, 1952.

- ❖ Rice Emmett, A. Hutchinson John L. and Lee Marbal A. BRIEF HISTORY OF PHYSICAL EDUCATION. New York: The Ronald Press Co. 1960.
- ❖ Rajgopalan K. A. BRIEF HISTORY OF PHYSICAL EDUCATION IN INDIA, Delhi Army Publisher 1962.
- ❖ Wakharkar, D. G., MANUAL OF PHYSICAL EDUCATION, BOMBAY, Pearl Publishers Pvt. Ltd.

**BPEd-I**  
**PAPER-III**  
**ANATOMY AND FIRST AID**  
**Code-BPEd41A03**

**UNIT -I**

- 1. Introduction and Structural Organization Of Human body:**
  - 1.1 Introduction:
    - 1.1.1 Meaning and Concept of Anatomy.
    - 1.1.2 Need and Importance of the knowledge of Anatomy in the Field of Physical Education.
  - 1.2 Levels of Organization of Human Body:
    - 1.2.1 Definition of Cell, Tissue, Organ and System.
    - 1.2.2 Microscopic Structure, Composition and Function of Cell.
    - 1.2.3 Essential Properties of living Organism.
  - 1.3 Classification, Structure and Function of Tissues:
    - 1.3.1 Epithelial tissue
    - 1.3.2 Connective Tissue
    - 1.3.3 Muscular Tissue
    - 1.3.4 Nervous Tissue

**UNIT-II**

- 2. Musculo-Skeletal System:**
  - 2.1 Skeleton
    - 2.1.1 Different Parts of Human Skeleton.
    - 2.1.2 Types of Bones.
    - 2.1.3 Gross and Microscopic Structure and Function of Bones.
  - 2.2 Joints
    - 2.2.1 Joint's Nomenclature and Classification.
    - 2.2.2 Names of the Movements around Joints.
    - 2.2.3 Structure of the Typical Synovial Joint.
  - 2.3 Muscles
    - 2.3.1 Structure and Function of Skeletal Muscles.
    - 2.3.2 Names of Major Muscles of Different parts of Body.

**UNIT-III**

- 3. Cardio-respiratory, Digestive & Excretory system:**
  - 3.1 Circulatory System:
    - 3.1.1 Anatomical Position and Gross Structure of the Heart
    - 3.1.2 Systemic and Pulmonary Circulation.
    - 3.1.3 Blood Vessels- Artery, Vein and Capillaries
  - 3.2 Respiratory System:
    - 3.2.1 Meaning of External and Internal Respiration
    - 3.2.2 Organs of Respiration
    - 3.2.3 Structure of Lungs
    - 3.2.4 Introduction to Mechanism of Respiration

- 3.4 Digestive System:
  - 3.4.1 Parts of Digestive Tract, Structure and Function in brief
  - 3.4.2 Steps of Digestion
  - 3.4.3 Digestive Glands- Structure and Function
- 3.5 Excretory System:
  - 3.5.1 Routes of Excretion from Human Body.
  - 3.5.2 Organs of Urinary System.
  - 3.5.3 Structure and Function of Kidney.

#### **UNIT -IV**

#### **4. Neuro-Humoral & Reproductive System:**

- 4.1 Nervous System:
  - 4.1.1 Structural and functional Divisions of Nervous System.
  - 4.1.2 Sensory Motor Nervous System.
  - 4.1.3 Parts of Brain.
  - 4.1.4 Structure and Functions of Spinal Cord.
  - 4.1.5 Sense Organs- Eyes ,Ears & skin.
- 4.2 Endocrine System:
  - 4.2.1 Names, Location and Functions of-
    - 4.2.1.1 Pituitary Gland
    - 4.2.1.2 Thyroid gland
    - 4.2.1.3 Adrenal Gland
    - 4.2.1.4 Pancreas
- 4.3 Reproductive System:
  - 4.3.1 Primary and Secondary Male and Female Reproductive System.
  - 4.3.2 Testes and Ovary.

#### **UNIT-V**

#### **5. First-Aid:**

- 5.1 Injuries:
  - 5.1.1 Types of Wounds
  - 5.1.2 Pressure Points
  - 5.1.3 Role of Ice
  - 5.1.4 Dressing and Bandages
- 5.2 Musculo-skeletal Injuries
  - 5.2.1 Sprain
  - 5.2.2 Strain
  - 5.2.3 Dislocations/Subluxation
  - 5.2.4 Types of fractures & their Management(Apppplication of Splints).
- 5.3 Shock:
  - 5.2.1 Common Causes
  - 5.2.2 Signs and Symptoms
  - 5.2.3 Immediate Management
  - 5.3.4 Concept of Artificial Respiration.
- 5.3 Transportation of Severely Injured Patients.
- 5.4 Snake Bite and Insect Bite.

#### REFERENCES

- ❖ Astrend, P.O. and Rodahl karre, Text Book of Work Physiology, Tokye: McGraw- Hill Kogakusha Ltd.
- ❖ Bourne, Geoffery H.The Structure and Function of Muscles: London: Academic Press (1973)
- ❖ Chaurasia B.D. Human Anatomy Regional and Applied (CBS Publishr and Zdistributors, 1979).
- ❖ Guybon, Arthur C. Text book of Medical Physiology. (Philadelphia: W.B. SaunderCompany, 1976).
- ❖ James C. Clouch, Fundamental Human Anatomy (Lea & Febiger, Philadelphia, 1971).
- ❖ Caprovich, P.V. and Sinning. Wayne E. Physiology of Muscular Activity (Philadelphia: W.B. Saunders, 1976), 7<sup>th</sup> Edition.
- ❖ Mathew, D.K. and Fox E.L., Physiologiocal Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company, 1976).
- ❖ Morehouse, I.E. Miller, A.T. Physiology of Exercise. (St. Louis: The C.V. Mosby Company, 1976 ) 7<sup>th</sup> Edition.
- ❖ Pears evelyr C. Anatomy and Physiology for Nurses (London: Faber & Faber Ltd. 1929).
- ❖ Perrot J.W. Anatomy for Students and Physical Education (London: Adward Arnold and Co. 1967).
- ❖ Waruida, Roger and Williams, Peter L. GRAY'S ANATOMY (London: Longmans Group Ltd. 1973).
- ❖ St. John's Ambulance, First-Aid By Red-Cross Society of India.



**BPed-I**  
**PAPER-IV**  
**INTRODUCTION TO SOCIAL SCIENCE**  
**Code-BPEd41A04**

**UNIT-I**

- 1. Introduction to Social Science**
  - 1.1 Introduction & Meaning of Social Sciences.
  - 1.2 Scope of Sociology and its relation with other subjects of Social Sciences.
  - 1.3 Defining Society, Community, Association, Institutions, Customs;
  - 1.4 Man as a Social animal;
  - 1.4 Effect of various social forces on personality development;
  - 1.5 Origin and growth of society & Culture.

**UNIT-II**

- 2. Social Structure, Organization and Institutions :**
  - 2.1 Socialization, social codes and social control, groups (primary and secondary, crowds and public, family, kinship and marriage;
  - 2.2 Social stratification, social class and caste, social mobility;
  - 2.3 Economical and political institutes for society;
  - 2.4 Cultural and religious institutions;
  - 2.5 Concept, factors and process of socio-cultural changes.

**UNIT-III**

- 3. Main Features of Indian Society and Rural Scene:**
  - 3.1 Demographic profile, social elements;
  - 3.2 Religions pluralism – Hindu, Muslim, Christian and Tribal;
  - 3.3 Linguistic Pluralism;
  - 3.4 Indian policy – secularism, democracy, social justice;
  - 3.5 Indian Rural Scene:
    - 3.5.1 Indian village, rural family, rural education;
    - 3.5.2 Indian village community, rural stratification;
    - 3.5.3 Community development projects and Panchayati-Raj;
    - 3.5.4 Trends in Rural change.

**UNIT-IV**

- 4. Sport and Society:**
  - 4.1 Meaning and definition of sport sociology;
  - 4.2 Sport as a social occurrence;
  - 4.3 Socialization through games and sports;
  - 4.4 Relationship between family and sport participation;
  - 4.5 Relationship between politics and sports;
  - 4.6 Social Stratification and sports;
  - 4.7 Sports as a social phenomenon.

#### UNIT-V

### 5. Citizenship and Government:

- 5.1 State as a social Institution:
  - 5.1.1 Its development & Growth.
  - 5.1.2 Concept of Citizenship
  - 5.1.3 Its rights and duties.
  - 5.1.4 Law, Liberty & Equality.
- 5.2 Forms of Government:
  - 5.2.1 Monarchy, Democracy & Dictatorship: their strengths & weaknesses.
  - 5.2.2 Unitary & Federal States, Problems of Federal Governments.
- 5.3 Organization of Governments:
  - 5.3.1 Franchise & Elections.
  - 5.3.2 Political Parties, their need & role in democracy.
  - 5.3.3 Functions of Legislature, types & functions of executive.
  - 5.3.4 Separation of Powers and its application to modern governments.
  - 5.3.5 Role of permanent civil service.
- 5.4 Indian Constitution:
  - 5.4.1 Salient Features of Indian Constitution, Preamble & Directive Principles.
  - 5.4.2 The Union Executive: President & Prime Minister, their position & authority, The Council of Ministers.
  - 5.4.3 The Parliament: Its composition and powers.
  - 5.4.4 The Supreme Court: Its Jurisdiction, Judicial review.
  - 5.4.5 Fundamental Rights
  - 5.4.6 The State Government : Governor, State Legislature & High Courts.

#### REFERENCE BOOKS

- ❖ Iyec, Mac. R.M. and Page Charles H. Society (London : McMillan & C., 1974).
- ❖ Ogburn, William F. and Nimkoff, Meyer F., Hand Book of Sociology (New Delhi : Eurasia Publishing House Ltd., 1972).
- ❖ Loy, Lohn W. Dr. and Kenyon, Gerald S. Sports Culture and Society (Philadelphia : The MacMillan Co. 1969).
- ❖ Brailsford Dennis Sports and Society, (London- Routledge and Kegan Paul 1969).

**BPed-I**  
**PAPER-V**  
**FUNDAMENTAL OF COMPUTER & INFORMATION TECHNOLOGY**  
**Code-BPed41A05**

**UNIT-I**

**1. Introduction to Computers**

- 1.1. Brief history of development of computers
- 1.2. Generations of computers.
- 1.3. Types of PCs-Desktop, Laptop, Notebook, Laptop, Workstations etc.
- 1.4. Basic components of a computer system
- 1.5. Memory- RAM, ROM, and other types of memory.
- 1.6. Operating System
- 1.7. Need of Software, Types of Software
- 1.8. Types of Virus, virus detection and prevention.
- 1.9. Binary Number system

**UNIT-II**

**2. Introduction to windows**

- 2.1. Using Mouse and moving icons on the screen
- 2.2. My Computer, Recycle Bin, Status Bar
- 2.3. Start-menu selection, running an application,
- 2.4. Window Explorer to view files, folders and directories, creating and renaming of files and folders,
- 2.5. Operating and Closing of different Windows, Minimize, Restore and Maximize forms of windows,
- 2.6. Basic components of a window : Desktop, Frame, Title Bar, Menu Bar, Status Bar, Scroll Bars, Using right button of the Mouse,
- 2.7. Creating shortcut, Basic Windows Accessories : Power Point Presentation, Notepad, Paint, Calculator, Word pad, using Clipboard.

**UNIT-III**

**3. Introduction to MS Office & Word Processor**

- 3.1. Types of Word Processor
- 3.2. Creating and Saving a documents, Editing and Formatting a Document including changing colour, Size Font, alignment of text,
- 3.3. Formatting paragraphs with line or paragraph spacing, adding headers and footers, numbering pages
- 3.4. Using grammar and spell check utilities, etc., printing a document.
- 3.5. Inserting Word Art, Clipart and Pictures,
- 3.6. Page Setting, Bullet and Numbering, Borders, shading Format painter find and replace
- 3.7. Inserting Tables, Mail Merge.

**UNIT-IV**

**4. Introduction to Information & Communication Technology**

- 4.1. Concept, Importance, Meaning & Nature of Information & Communication Technology
- 4.2. Need of Information & Communication Technology in Physical Education
- 4.3. Scope of ICT in Education & Physical Education.

- 4.4 Teaching Learning Process, Publication, Evaluation , Research Administration.
- 4.5 Paradigm shift in Education due to ICT content with special reference to Curriculum,
- 4.6 Role of Teacher, Methods of Teaching, Classroom Environment , Evaluation procedure

#### **UNIT-V**

#### **5. INTRODUCTION TO INTERNET BROWSING**

- 5.1 Internet: Evolution, Protocols, Interlace Concepts,
- 5.2 Internet Vs Intranet, Growth of Internet, ISP,
- 5.3 Connectivity-Dial-up, Leased line, VSAT etc., URLs, Domains names,
- 5.4 Application. E-Mail: Concepts, POP and WEB Based E-mail, merits, address, Basics of sending & Receiving, E-mail Protocols, Mailing List, Free E-mail services.
- 5.5 Telnet Concept, Remote Logging, Protocols, Terminal Emulation. Message Board, Internet chatting voice chat text chat.
- 5.6 WORLD WIDE WEB (WWW) -History, working web browsers, Its functions, concept of search Engines, Searching the Web, HTTP, URLs, Web Servers, Web; Protocols.
- 5.7 Web publishing concepts, Domain name Registration, pace on Host server for web site HTML, Design tools. HTML editors, Image editor, Issues in Web site creations & maintained, FTP software for upload web site.
- 5.8 Concepts of Hypertext, Versions of HTML, Elements of HTML syntax, Head & Body Section, Building HTML documents, Inserting texts, Images, Hyperlinks, Backgrounds and Colour controls, Different HTML tags, Table layout and presentation, Use of font size & Attributes.

#### **Practicals:**

The practicals will be conducted based on the syllabus.

#### **BOOKS RECOMMENDED FOR STUDY**

- ❖ ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
- ❖ Simmons Ian, Computer Dictionary, BPB Publications-2005
- ❖ Pradeep K. Sinha & Priti ;Sinha, Foundations computing BPB Publications -2006.
- ❖ Douglas E. Comer, The Internet Book, Purdue University, West Lofayette in 2005
- ❖ V. Rajarman, Fundamentals of Computers, Prentice Hall of India, New Delhi -2000
- ❖ B. Ram, Computer Fundamentals , New Age International Publishers-2006.
- ❖ S. Jaiswal Galgotia Publication PVT. Ltd. I.T. (Today), Revised Edition 2004
- ❖ Pradeep K. Sinha, Priti Sionha, B.P.B. Publication, Computer Fundamental, Third Edition-2005



- ❖ B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006
- ❖ Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006
- ❖ Brain Unders IDG Book. India(p) Ltd Teach Yourself Office 2000, Fourth Edition-2001
- ❖ Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
- ❖ Rebecca Bridges Altman Peachpit Press, Power point for window, 1999
- ❖ Alexandria Haddad Tech media Publication, Microsoft PowerPoint 2000, Edition 1999
- ❖ Douglas E. Corner low price edition, The Internet Book, Third Edition-2005
- ❖ Tom Badyet IDG Book, India, Microsoft powerpoint, 2000.
- ❖ Shashank Jain & Satish Jain, B.P.B. Publication 'O' level Internet and web design, Edition 2003.



BPed-I  
Athletics  
Code-BPed41B11

1. Introduction of Track & Field Athletics and historical development of events with special reference to India.
2. Organizational set-up of Track and Field Athletics at National Level.
3. Important tournaments held at National and International levels.
4. Fundamental Skills.
  - 4.1 Track Event
    - 4.1.1 Starting techniques  
Standing start, Crouch start and its variations.
    - 4.1.2 Finishing techniques  
Run through, Shoulder Shrug, Forward Lunge(Dip).
    - 4.1.3 Technique of Relay Race  
Various methods of baton exchange.
    - 4.1.4 Technique of Hurdle events.  
Technique of Race Walking.
  - 4.2 Field events
    - 4.2.1 Technique of Long Jump (Sail technique, Hang technique).  
Approach run, take off, flight and landing.
    - 4.2.2 Technique of Shot Put (O' Brien technique)  
Grip, Stance, Glide, Release and Reverse.
    - 4.2.3 Technique of Triple Jump- Approach Run, Take-off,  
Hop, Step and Jump.
    - 4.2.4 Technique of Discus throw  
Grip, Stance, Swing, Release and Reverse.
    - 4.2.5 Technique of High Jump (Straddle roll)  
Approach run, take off, Bar clearance and landing
    - 4.2.6 Technique of Javelin Throw (Grip, Carry, Approach and Five  
Stride Rhythm)
    - 4.2.7 Technique of Pole-Vault (Grip, Approach, Take- off, Bar)  
Clearance and Landing)
    - 4.2.8 Technique of Hammer Throw (Grip, Preliminary Swings,  
Turns, Release and Recovery)
  - 4.2 Brief Introduction about Combined events  
(Heptathlon and Decathlon)
5. General Competition Rules of track and field events.
6. Marking for Track & Field Events.

**BPed-I**  
**GYMNASTICS (GIRLS)**  
**Code-BPEd41B12**

1. Introduction of the game and historical development with special reference to India
2. Important tournaments held at National and International levels and distinguished personalities related to the game
3. **Fundamental Skills.**
  - 3.1 Floor exercise-
    - 3.1.1 Forward roll.
    - 3.1.2 Backward roll.
    - 3.1.3 Sideward roll.
    - 3.1.4 Different kinds of scales.
    - 3.1.5 Leg split.
    - 3.1.6 Bridge.
    - 3.1.7 Dancing steps.
    - 3.1.8 Head stand.
    - 3.1.9 Jumps-Leap, scissors leap.
  - 3.2 Balancing Beam-
    - 3.2.1 Walking and running on the beam.
    - 3.2.2 Turning movement on the beam.
    - 3.2.3 Cat Jump.
    - 3.2.4 Dancing steps and movements.
    - 3.2.5 Different kinds of scales.
    - 3.2.6 Mount (1/4 turn to cross sitting).
    - 3.2.7 Dismount (jump, from the end of the beam with legs straddle in the air).
    - 3.2.8 Straddle mount.
    - 3.2.9 Forward roll on the bench and beam.
    - 3.2.10 Dismount (from front support leg, swing upward dismount sideways).
  - 3.3 Vaulting Horse-
    - 3.3.1 Approach run.
    - 3.3.2 Take off from the beat board.
    - 3.3.3 Cat vault.
    - 3.3.4 Squat vault.

**BOOKS RECOMMENDED FOR STUDY**

- ❖ Stunrt, Nik. Competitive Gymnastics London : Stonlly Paul and Company Ltd. 1970.
- ❖ De Carle, Tom. Hand Book of Progressive Gymnastics. Englewood Cliffs : N. J. Prentice Hall, 1963.
- ❖ Lokon, Newton, C. and Willoughby, Rodert, J. Complete Book of Gymnastics. Englewood Cliffs, N.J. Prentice Hall, 1954.

- ❖ Cochranu, Tunvi, S. International Gymnastics for Girls and Women. London : Addison Wolly Publishing Co., 1.
- ❖ Cartur, Exhestine R. Gymnastics for Girls and Women. New Jersey : Prentics Hall, 1969.
- ❖ Drury, Blanchu, J. and Schmid Andore B. Gymnastics for Women. California : National Book. 1970.
- ❖ Code of Points for Men. International Gymnastics Fede. copy right by fig. Men Technical Committee, 1975.
- ❖ Federation Rules in Gymnastics.
- ❖ Renu Jain Women Gymnastics Loaching Mamual, Sports Publication, New Delhi 2005.

**BPed-I**  
**GYMNASTICS (BOYS)**  
**Code-BPEd41B12**

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.
3. **Fundamental Skills.**
  - 3.1 Floor exercise-
    - 3.1.1 Forward roll.
    - 3.1.2 Backward roll.
    - 3.1.3 Sideward roll.
    - 3.1.4 Cart Wheel.
    - 3.1.5 Hand stand and forward roll.
    - 3.1.6 Backward roll to hand stand.
    - 3.1.7 Diving forward roll.
    - 3.1.8 Side split.
    - 3.1.9 Head stand.
    - 3.1.10 Different kinds of scale.
    - 3.1.11 Dive roll from beat board.
    - 3.1.12 Round off.
  - 3.2 Parallel Bars-
    - 3.2.1 Mount from one bar.
    - 3.2.2 Straddle walking on parallel bars.
    - 3.2.3 Single and double step walk.
    - 3.2.4 Perfect swing.
    - 3.2.5 Shoulder stand on one bar and roll forward.
    - 3.2.6 Roll side.
    - 3.2.7 Shoulder stand.
    - 3.2.8 Front on back vault to the side (dismount).
  - 3.3 Vaulting Horse-
    - 3.3.1 Approach run and jump from the spring board.
    - 3.3.2 Cat vault.
    - 3.3.3 Squat vault.
    - 3.3.4 Straddle vault.
4. **Rules of gymnastics and their interpretations and duties of officials.**

**BOOKS RECOMMENDED FOR STUDY**

- ❖ Stunrt, Nik. Competitive Gymnastics London : Stonlly Paul and Company Ltd. 1970.
- ❖ De Carle, Tom. Hand Book of Progressive Gymnastics. Englewood Cliffs : N. J. Prentice Hall, 1963.
- ❖ Lokon, Newton, C. and Wiliougby, Rodert, J. Complete Book of Gymnastics. Englewood Cliffs, N.J. Prentice Hall, 1954.
- ❖ Cochranu, Tunvi, S. International Gymnastics for Girls and Women. London : Addison Wolly Publishing Co., 1.
- ❖ Cartur, Exhestine R. Gymnastics for Girls and Women. New Jersey : Prentics Hall, 1969.

- ❖ Drury, Blanchu, J. and Schmid Andore B. Gymnastics for Women. California : National Book. 1970.
- ❖ Code of Points for Men. International Gymnastics Fede. copy right by fig. Men Technical Committee, 1975.
- ❖ Federation Rules in Gymnastics.
- ❖ R. Jain-Play St learn gymnastic, K Gel Sahitya Kendra, New Delhi 2003
- ❖ Lence Jain Men Gymnastics Coaching Manual, Sports Publication, New Delhi
- ❖ Veena Jain Teach yourself men gymnastics, Prenna Prakashan, Delhi,2004
- ❖ Priyanka Narang, Teach yourself Women Gymnastics Prerna Prakashan, Delhi 2004.
- ❖ Samiran Chakraborty, Lalit Sharma, Fundamental of Gymnastics on pursuit of erucellence, DVS Publications, New Delhi 1995
- ❖ Gurdial Singh Bava, Fundamentals of Men's gymnastics Friends Publications, (India) -1994.



**BPed-I**  
**BASKETBALL**  
**Code-BPEd41B13**

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the sport.
3. Rules and their Interpretations.
4. Duties of official.
5. Fundamental Skills
  - 5.1 Players stance and ball handling.
  - 5.2 Passing and Receiving Techniques.
    - 5.2.1 Two hand chest pass
    - 5.2.2 Two hand Bounce pass
    - 5.2.3 One hand Base ball pass,
    - 5.2.4 Side arm pass
    - 5.2.5 Over head pass.
    - 5.2.6 Hook pass
  - 5.3 Receiving
    - 5.3.1 Two hand receiving.
    - 5.3.2 One hand receiving.
    - 5.3.3 Receiving in stationary position.
    - 5.3.4 Receiving while running.
    - 5.3.5 Receiving while jumping.
  - 5.4 Dribbling.
    - 5.4.1 How to start dribble.
    - 5.4.2 How to stop dribble.
    - 5.4.3 High dribble.
    - 5.4.4 Low dribble.
    - 5.4.5 Reverse dribble.
    - 5.4.6 Rolling dribble.
  - 5.5 Shooting.
    - 5.5.1 Lay-up shot and its variations.
    - 5.5.2 One hand set shot.
    - 5.5.3 One hand jump shot.
    - 5.5.4 Hook shot.
    - 5.5.5 Free throw.
  - 5.6 Rebounding.
    - 5.6.1 Defensive rebound.
    - 5.6.2 Offensive rebound.
    - 5.6.3 Knock out.
    - 5.6.4 Rebound organization.
  - 5.7 Individual Defence.
    - 5.7.1 Guarding the man with the ball.
    - 5.7.2 Guarding the man without the ball.
  - 5.8 Pivoting.

**BOOK RECOMMENDED FOR STUDY**

- ❖ Moontasir, Abbas. Principles of Basket ball Bombay Skanda Publication, 1379.
- ❖ Boe, Clair and Norton, Kon, Men to Men Defence and Attack. New York : the Ronald Press Company, 1959.
- ❖ Boe Clair and Norton, Kon, Zone Defence and Attack. New York : The Ronald Press Company, 1959.
- ❖ Abrahm C.C. Basket-Ball for Men and Women. Madras Y.M.C.A. Publishing House, 1956.
- ❖ Julian, Alvin F. Brerad and Butter Basketball. London Prentice Hall, Inc., 1960.
- ❖ Colberk A.L. Modern Basketball-A Fundamental Analysis of Skills and Tactics. London: Nicholas Kaya, 1966.
- ❖ Srivatsan, S. Basketball, NIS, Publication, Patiala.
- ❖ Jerry V.Krasue, Ed D, Nivia Basketball Skills & Drills , The Marine Sports Publishing Division 2000.
- ❖ Total Basketball, the Ultimate Basketball Encyclopedia, 2003, Sports Media Publishing Inc.
- ❖ John R. Wooden, Practical Modern Basketball Allyn & Bacon -1988 (Third Edition)
- ❖ Bob Spear & Bob Knnigh, Basketball multiple offese ondedepnce by Dean Smith.
- ❖ Mark Vancil, NBA Basketball Offense Basics 1996 by NBA Properties, Inc.

**BPEd-I**  
**LIGHT APPARATUS**  
**Code-BPEd41B14**

1. **Introduction of the sport and historical development.**
2. **Fundamental Skills.**
  - 2.1 Dumbbell exercises-
    - 2.1.1 Two counts exercises.
    - 2.1.2 Four counts exercises.
    - 2.1.3 Eight counts exercises.
    - 2.1.4 Sixteen counts exercise.
  - 2.2 Indian Clubs exercises-
    - 2.2.1 Rigid exercise (eight).
    - 2.2.2 Swinging exercises (eight).
  - 2.3 Wands exercises-
    - 2.3.1 Two counts exercises.
    - 2.3.2 Four counts exercises.
    - 2.3.3 Eight counts exercises.
    - 2.3.4 Sixteen counts exercises.
  - 2.4 Hoops exercises-
    - 2.4.1 Two counts exercises.
    - 2.4.2 Four counts exercises.
    - 2.4.3 Eight counts exercises.
3. **Minor Games:**

At least 50 minor games to be taught at the end of the period for 10-12 minutes.
4. **ASSIGNMENT :**

At least 50 minor games with and without apparatus are to be written by students in their diary.

**REFERENCES**

- ❖ Chakraborty S Activities for children (Delhi Sports Publication)1998
- ❖ Ministry of Education The National fitness corps (New Delhi Govt. of India Press)1961
- ❖ Datta A.K. Games and stunts for children (New Delhi : Utilities Bursks)2001.
- ❖ Datta A.K., Majumdar I. Student teaching in Physical Education (Delhi: Janvani Prakashan Pvt. Ltd.)2002
- ❖ SAI A programme of mass sports and physical fitness activities 1989.

**BPed-I**  
**WEIGHT TRAINING**  
**Code-BPEd41B15**

1. Introduction of the sport and historical development with special reference to India.
2. Difference among weight training, weight lifting and power lifting. Safety principle of weight training and introduction of the muscular system of the body.
3. **Fundamental Skills:**  
The following exercise covering the major groups of muscles are to be taught and performed using different type of muscle contraction i.e. isometric and isotonic.
  - 3.1 Two arms curls.
  - 3.2 Front Press.
  - 3.3 Press behind the neck.
  - 3.4 Dead lift
  - 3.5 Quarter Squat, Half squat and Full squat.
  - 3.6 Rise on toes (Heel Raise).
  - 3.7 Straight arm pull over.
  - 3.8 Bent over, rowing.
  - 3.9 Bench Press.
  - 3.10 Leg Press
  - 3.11 Wrist rolling.
  - 3.12 Pronation and supination.
  - 3.13 Trunk Twisting.
  - 3.14 Good morning exercise.
  - 3.15 Sit ups with weight.
  - 3.16 Alternate Press.
  - 3.17 Sport running with weight.
  - 3.18 Stepping on bench.
  - 3.19 Jack knife.
  - 3.20 Lateral rise.
  - 3.21 Iron shoe exercises.
4. **Orientation of student to Weight Lifting, Power Lifting and Best Physique.**

**BOOKS RECOMMENDED FOR STUDY**

- ❖ Katyal P.N. Manual of Weight Lifting. Ambala Cantt. Green Printing Press.
- ❖ Krikley, George W. Modern Weight Lifting Load Faber Popular Books, 1957.
- ❖ Murray, Jim and Karpovich Peter V. Weight Training in Athletics. Englewood Cliffs, N.J. Prentice Hall 1965.
- ❖ Kirkley, George and Geodhody John The Manual of Weight Training. London Stanley Paul and Company, 1971.
- ❖ K. Chandra Shekar "Weight Training" Khel Sahitya Kendra, Delhi 2004.
- ❖ Ygraj Hani "Coaching Succesfully Weight Training" Sports Publication, Delhi 2002

- ❖ Thomas D. Fancy, Gayle Hutchenson "Weight Training for Women" Mayfield Publication company, mount; view, california Landon 1990.
- ❖ Melvin kH. William" Life Jime Filness Wellness " A personal choice. Wmc Brown Publishers 1990.
- ❖ Thomas D. fatley "Basic Weight Training for men and women "mayfield Publishing company, mount vient California, London, 1994.
- ❖ Meenu Sya" Teach youself Weight Training Prerna Prakashan, Delhi 2004.
- ❖ "Howard Payne:. Weight Training for all Sports:. Pel ham books London. 1983.
- ❖ The best of lJoe Weider:s Musche of fitness. "Training tips of Routinees"
- ❖ Contemporary Books Inc. Chicago 1981.
- ❖ Thomas R. Baechele Roger w. Earle Weight Training Steps to Success. "Human Kinetics 2006.
- ❖ Thomas R. Bacchele, Barney R. Groves "Weight Training" Steps to success" Human Kinetics, 1998
- ❖ Moran/Mc Glynn "Dynamics of Strength training & conditioning" Brown of Benchmark. Publications 1997.



**BPed-I**  
**KHO-KHO**  
**Code-BPEd41B16**

1. **Introduction of the game and historical development with special reference to India.**
2. **Important tournaments held at National and International levels and distinguished personalities related to the game.**
3. **Fundamental Skills :**  
General Skills of the game-running, chasing dodging, faking etc.
  - 3.1 Skills in chasing correct kho, moving on the lanes, pursuing the runner, trapping the inactive runner, trapping the runner on heels, trapping on the pole, diving, judgment in giving kho, rectification of foul.
  - 3.2 Skills in running Zig-zag running, single and double chain, ring play, rolling in the sides, dodging while facing and on the back fakes on the pole fake-legs, body arm etc, combination of different skills.
4. **Rules and their interpretations and duties of officials.**

**BOOKS RECOMMENDED FOR STUDY:**

- ❖ Kho-Kho, The game of chase and Trill, Bombay Maharashtra Kho-Kho Association.
- ❖ Yogesh Yadav. Kho-Kho, Maharashtra Kho-Kho Association, 1969.
- ❖ Gouric Kho-Kho AVALOKAN (New Delhi Khel Sahitya Kendra)2005

**BPed-I**  
**WRESTLING (BOYS)**  
**Code-BPEd41B17**

1. Introduction of the Wrestling and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.
3. Fundamental Skills.
  - 3.1 Learning and demonstrating fundamental skills involving drills and lead up games, if any, therein (Catch as can style).
    - 3.1.1 Take downs: leg tackles, arm drag.
    - 3.1.2 Counters for take downs: Cross face, whizzer series.
    - 3.1.3 Escapes from under: Sitout-turn in triped.
    - 3.1.4 Counters for escapes from under: Basic control, back drop, counters for stand up.
    - 3.1.5 Pinning combination: Nelson series, (Half Nelson, Half Nelson and bar arm) leg lift series, leg cradle series, Reverse double bar arm, chicken wing and half nelson.
    - 3.1.6 Escapes from pinning: Wing lock series, Double arm lock roll, bridge.
    - 3.1.7 Standing Wrestling: Head under arm series whizzer series.
    - 3.1.8 Referees positions.

4. Rules and their interpretations and duties of officials.

**BOOKS RECOMMENDED FOR STUDY**

- ❖ Dubey. C.H. A Wrestling Guide, 201 Rampura, Sauger (M.P.)
- ❖ Collangner E. L. & Dex perry Wrestling A.S. Barues & Co. New York.
- ❖ U.S. Naval Institute, Wrestling, Arnapolis Manyala USA.
- ❖ Art Keith, EdD, Successful Wrestling, Leisure Press, 1990 by Art Keith.
- ❖ Complete Book of Wrestling, 1998 by Publications international Limited.
- ❖ Harphool Singh, Teaching and Coaching Modern Wrestling, Lokesh Thani for Sports Publication 1996
- ❖ Harphool Singh, Play Better Wrestling, Sports Publications 2001.
- ❖ David N. Camaione & Kenneth G. Tillman, Teaching and Coaching Wrestling, 1980 by John Wiley & Sons, Inc.

**BPed-I**  
**Handball**

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International Levels.
3. Rules and their Interpretations.
4. Duties of officials.
5. Fundamental skills.
  - 5.1 Passing and receiving techniques:
    - 5.1.1 Overhand Pass
    - 5.1.2 Push Pass
    - 5.1.3 Wrist Pass
    - 5.1.4 Bounce Pass
    - 5.1.5 Behind the back Pass
  - 5.2 Ball Reception Techniques:
    - 5.2.1 Catching at Chest Level.
    - 5.2.2 Catching below waist
    - 5.2.3 Catching at sides.
    - 5.2.4 Catching at head height
    - 5.2.5 Catching in the air
  - 5.3 Dribbling:
    - 5.3.1 High Dribbling
    - 5.3.2 Low Dribbling
  - 5.4 Shooting:
    - 5.4.1 Set Shot
    - 5.4.2 Jump Shot Long
    - 5.4.3 Jump Shot High
    - 5.4.4 Wing Shot
6. Positional Play in attack & defense.
7. Drills and Lead-up games.

**Books Recommended for Study**

Clanton Reita and Dwight Mary Phyl, Team Handball Steps to Success, Human Kinetics Publications, 1997.

Sykes and Pennycook, Olympic Handball, Stanley Publications, London, 1991.