

THE UNIVERSITY OF BURDWAN



SYLLABUS FOR TWO-YEAR B.P.Ed. PROGRAMME
w.e.f. 2016-2017

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Semester - I

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-101	History, Principle and Foundation of Physical Education & Olympic Movement	4	4	30	70	100
CC-102	Anatomy and Physiology	4	4	30	70	100
CC-103	Health Education and Environmental Studies	4	4	30	70	100
Elective Course (Anyone)						
EC-104	Physical Literacy through Movement Education	4	4	30	70	100
	Officiating and Coaching					
Part-B Practical Course						
PC-105	Track and Field: All Running Events - 60 Running Broad Jump & Triple Jump- 40	6	4	30	70	100
PC-106	Swimming (50) and Gymnastics(50) Free style Floor Back stroke	6	4	30	70	100
PC-107	March Past - 20 Mass Demonstration Activities: Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri/Bratachari/ Malkhamb/Lezium/Callisthenics (Any two)- 10+10=20 Indigenous Sports: Kabaddi and Kho-kho 30+30= 60	6	4	30	70	100
PC-108	Yoga- 40, Weighttraining- 30 Aerobics- 30	6	4	30	70	100
Total		40	32	240	560	800

Semester - II

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-201	Yoga Education	4	4	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
CC-203	Organization and Administration	4	4	30	70	100
Elective Course (Anyone)						
EC-204	Contemporary issues in physical education, fitness and wellness Sports Nutrition and Weight Management	4	4	30	70	100
Part-B Practical Course						
PC-205	Track and Field (40) Jumping Events- High Jump & Throwing events(60) -Shot Put, Discus And Javelin- any two)	6	4	30	70	100
PC-206	Gymnastics (40)/ Swimming(60) For men- Parallel bar/ vaulting horse/box For Women-balancing beam/ vaulting horse/box Breast stroke Butterfly stroke	6	4	30	70	100
PC-207	Team Games: Football, Netball, Volleyball, Handball (any two) (2x30=60) Racket Sports:Badminton/ Table Tennis/ Squash/ Tennis (any one) (1x40=40)	6	4	30	70	100
Part - C Teaching Practices						
TP-208	Class Room Teaching Practices (04 lessons within own college and 04 lessons in school situation. Evaluation will be done within own college or school situation as per suitability.)	6	4	30	70	100
Total		40	32	240	560	800

Semester - III

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-301	Sports Training	4	4	30	70	100
CC-302	Computer Applications in Physical Education and Sports Science	4	4	30	70	100
CC-303	Sports Psychology and Sociology in Physical Education and Sports	4	4	30	70	100
Elective Course (Anyone)						
EC-304	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
	Curriculum Design					
Part-B Practical Course						
PC-305	Combative Sports: Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling/Lathi (Any two out of these) (50+50)	6	4	30	70	100
TP-306	Teaching Practice: General 10 lessons Within college – 5 (Mock Teaching) School Situation – 5 Specific 10 lessons Within college – 5 (Mock Teaching) School Situation – 5 Evaluation will be done by internal examiner or external examiner as per suitability of administration.	6	4	30	70	100
TP-307	Sports Specialization- Coaching lesson plan Within college – 5 (Mock Teaching) School Situation – 5 Evaluation will be done by internal examiner or external examiner as per suitability of administration.	6	4	30	70	100
TP-308	Teaching Practice: Yoga or Aerobics Within college – 5 (Mock Teaching) School Situation – 5 Evaluation will be done by internal examiner or external examiner as per suitability of administration.	6	4	30	70	100
Total		40	32	240	560	800

Semester - IV

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-401	Measurement and Evaluation in Physical Education	4	4	30	70	100
CC-402	Kinesiology and Biomechanics	4	4	30	70	100
CC-403	Research and Statistics in Physical Education	4	4	30	70	100
Elective Course (Anyone)						
EC-404	Theory of sports and game	4	4	30	70	100
	Sports Management					
Part-B Practical Course						
PC-405	Games Specialization-II: Evaluation of Performance Ability (To select one activity except Track & Field/Gymnastics/Swimming)	6	4	30	70	100
PC-406	Adventure activity/Outdoor activity: Camping/Trekking/Hiking/Rock-climbing/Artificial Climbing etc. (50 marks) Evaluation by Internal examiner (within college) Lab-based Practical on Physical and Physiological/Psychological/Biomechanical measures-50 marks Evaluation by External examiner (within college)	6	4	30	70	100
PC-407	Team Games: Cricket, Basketball, Hockey, Softball, Baseball, Throwball and Tennikoit(Any Two) 50 marks for each activity	6	4	30	70	100
PC-408	AAHPERD Youth Fitness Test (50 marks) Evaluation on any two items). Standardized Skill Test (50 marks any one)	6	4	30	70	100
Total		40	32	240	560	800
Grand Total (SEM I+II+III+IV)		160	128	960	2240	3200

Semester-I
Theory Courses

**CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF
PHYSICAL EDUCATION & OLYMPIC MOVEMENT**

UNIT-1: Introduction to the Concept of Physical Education

- 1.1 Meaning, Definition, Misconceptions and Scope of Physical Education.
- 1.2 Aims and Objective of Physical Education.
- 1.3 Relationship of Physical Education with General Education, Need for Physical Education in Modern society.
- 1.4 Physical Education as an Art and Science.

UNIT-2: History of Development of Physical Education

- 2.1 History of the development of Physical Education during pre-independence period.
- 2.2 Post-Independence Period - Physical Education in India with reference to development of Physical education in West Bengal.
- 2.3 Contribution of Akhras, Vyayamshalas & YMCA.
- 2.4 Contribution of Eminent Physical Educationists: J.B. Basedow, J.F. Gustmuth, F.L.Jahn, Franz Natchtegall, Niles Bukh, P.H.Ling. H.C.Buck, James Buchanan, P.M. Joshep, Rabindranath Tagore, Swami Vivekananda, Rishi Aurobindo.

UNIT-3: Foundation & Principles of Physical Education

- 3.1 **Philosophical foundation:**
Idealism, Realism, Pragmatism and Naturalism in Physical Education.
- 3.2 **Biological Principles:**
Change of locomotion from Biped to Quadruped position – Advantages and Disadvantages. - Age & Gender Characteristics, Body type, Fitness and wellness movement in the contemporary perspectives.
- 3.3 **Psychological principles:**
Psychological factors affecting sports performance, Growth and Development – meaning, difference and principles.
- 3.4 **Sociological principles:**
Socialization through Physical Education, social integration and cohesiveness, National & International integration through sports.

UNIT-4: Olympic Movement

- 4.1 The history of ancient Olympic movement.
- 4.2 The significant stages in the development of the modern Olympic movement, Philosophy of Olympic movement
- 4.3 Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic Oath.
- 4.4 International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Types of Olympic Games.

References:

1. **Bucher, C. A. (n.d.)** Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. **Mohan, V. M. (1969)**. Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
3. **Obertuffer, (1970)**. Delbert physical education. New York: Harper & Brothers Publisher. Sharman, J. R. (1964). Introduction to physical education. New York: A.S. Barnes & Co.
4. **William, J. F. (1964)**. The principles of physical education. Philadelphia: W.B. Saunders Co.



UNIT-1: Introduction of the Human Body

- 1.1 Organization of the human body and Brief introduction of Anatomy Physiology in the field of Physical Education and Sports
- 1.2 Cell-structure and functions of cells
- 1.3 Tissue- Types of tissue and their functions
- 1.4 Skeletal System- Bones of the human body-axial and appendicular skeleton. Classification and functions of bone Anatomical sex difference. Brief description of Joints.

UNIT-2: System I

- 2.1 Muscular system- Types of muscle and functions-Structure of skeletal muscle, Major muscles of shoulder, hip and knee joint
- 2.2 Digestive system: The alimentary canal /G.I.tract, Accessory glands and digestive juices – Brief outline of process of carbohydrate, fat and protein digestion
- 2.3 Energy metabolism : Brief discussion on energy metabolism , Fuel for muscular work
- 2.4 Circulatory System: Function of circulatory system. Composition and function of blood, Heart- location and structure, pulmonary circulation, Systemic circulation. Cardiac cycle, Blood pressure, Blood group, Blood coagulation. Blood and immunity.

UNIT-3: System II

- 3.1 Respiratory system: Organs of respiration, meaning internal and external respiration. mechanism of respiration,
- 3.2 Excretory system: Structure and function of kidney, urine formation
- 3.3 Endocrine system: Location, secretion and functions of different endocrine glands
- 3.4 Nervous system: organization, central nervous system- Brain, spinal cord, autonomic nervous system. Concept of nerve- muscle physiology: Neuromuscular junction and transmission.

UNIT-4: Effect of Exercise on Different System

- 4.1 Exercise-Concept and type
- 4.2 Types of muscular contraction. Effect of exercise on muscular system
- 4.3 Effect of exercise on circulatory system- Heart rate, stroke volume, cardiac output, athletic heart
- 4.4 Effect of exercise on respiratory system- Tidal volume, respiratory rate, pulmonary ventilation, oxygen uptake, oxygen debt or EPOC (Excess Post exercise oxygen consumption.)

References:

1. Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.
2. Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swarn Printing Press.
3. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.
4. Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
5. Moorthy, A.M. (2014). Anatomy physiology and health education.Karaikudi: MadalayamPub.
6. Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co. Pearce,
7. E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
8. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
9. Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.

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ec-103 A

Health Education and Environmental Studies

UNIT-1: Health Education

- 1.1 Concept, Dimensions, Spectrum and Determinants of Health.
- 1.2 Definition of Health, Health Education, Aims, objectives and principles of Health Education
- 1.3 Personal Hygiene: Care of eye, ear, skin and hair.
- 1.4 School Health Program: Health service, Health instruction, Health supervision, health appraisal and Health record.

UNIT-2: Health Problems in India- Prevention and Control

- 2.1 Communicable diseases: Malaria, Dengue, Dysentery, Cough and cold, chicken pox.
- 2.2 Non-Communicable diseases: Obesity, Diabetes, Hyper Tension, Cancer.
- 2.3 Nutritional Disorder: Mother-child Health Care, Explosive Population, Food Adulteration, First-Aid and emergency care.
- 2.4 Postural Deformities

UNIT- 3: Environmental Studies

- 3.1 Historical Background and concept of Environmental Studies
- 3.2 Definition, scope, need and importance of Environmental Studies
- 3.3 Recycling of wastes, plastic recycling and probation of plastic bag/cover
- 3.4 Role of School in Environmental conservation and sustainable development.

UNIT- 4: Natural Resources and Related Environmental Issues

- 4.1 Water resources, food resources and Land resources.
- 4.2 Definition, effects and control measures of air pollution, water pollution, soil pollution, Noise pollution and thermal pollution.
- 4.3 Management of environment and Govt. Policies- role of Pollution Control Board
- 4.4 Celebration of various days in relation with environment.

References:

1. Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
2. Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
3. Nemir, A. (n.d.). The school health education. New York: Harber and Brothers. Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.

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EC-101 Physical Literacy through Movement Education (Elective)

UNIT-1: Introduction to Movement Education and Physical Literacy

- 1.1 Definition, Meaning & Importance of Movement Education.
- 1.2 Definition, Meaning & Importance of Physical Literacy.
- 1.3 Concept of developmentally Appropriate Physical Activities.
- 1.4 Standards based Physical Education Curriculum (NASPE Standards).

UNIT-2: Motor Skill & Movement Pattern

- 2.1 Classification of Motor Skills: Fundamental (Locomotor, Nonlocomotor, Body Management Skill), Specialized (Manipulative, Rhythmic Movement, Game & Sport Skills).
- 2.2 Skill Themes Approach and Development of Skill Themes: Traveling, Chasing, fleeing, dodging, jumping, landing, transferring body weight, striking, kicking, throwing and catching.
- 2.3 Introduction to Movement Concepts, Development of Movement Concepts: Space Awareness, Effort Concepts, Relationships.
- 2.4 Long Term Athlete Development (LTAD)

UNIT- 3: Participation in Physical Activity and Personal & Social Development

- 3.1 Personal Development: Self-concept, Cognitive Functioning and Motivational outcomes
- 3.2 Social Development: Altruism, Controlling Aggression, Cooperation, Group development.
- 3.3 United Nations and other organizations using Sport and Traditional Sports for Social Development
- 3.4 Sport for Development: Sport for Education, Economic, Gender, Health and Peace.

UNIT- 4: Pedagogical Models for Physical Literacy & Movement Education

- 4.1 Need for child centered teaching models.
- 4.2 Teaching Games for Understanding (TGfU) model: Invasion Games, Net/Wall Games, Striking/ Fielding Games, Target Games
- 4.3 Education through Movement (ETM) program
- 4.4 Coaching life skills through sport

References:

1. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics
2. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rd Edition, Mayfield Publishing Company.
3. Lund, J & Tannehill & Lund, Jacalyn (2010) Standards-Based Physical Education Curriculum Development, 2nd Edition. Jones & Barlett Learning.
4. Frank, A. M (2003) Sports and Education: A Reference Handbook (Contemporary Education Issues), ABC-CLIO.
5. Ciccomascolo, L. E. & Sullivan, E. C. (2013) The Dimensions of Physical Education. Jones & Barlett Learning.
6. Pangrazi, R. P. (1998) Dynamic Physical Education for Elementary School Children, 12th Edition. Allyn & Bacon.
7. Griffin, L. & Butler, J. (2005) Teaching Games for Understanding: Theory, Research, and Practice. Human Kinetics
8. Coalter, F. (2013) Sport for Development: What game are we playing?. Routledge.

EC 102 104 **Officiating And Coaching (Elective)**

UNIT – 1: Introduction of Officiating and Coaching

- 1.1 Concept of Officiating and Coaching
- 1.2 Importance and principles of Officiating
- 1.3 Relation of official and coach with management, players and spectators
- 1.4 Measures of improving the standards of Officiating and Coaching

UNIT – 2: Coach as a Mentor

- 2.1 Duties of coach in general, pre, during and post-game.
- 2.2 Philosophy of coaching.
- 2.3 Responsibilities of a coach on and off the field
- 2.4 Psychology of competition and coaching

UNIT – 3: Duties of Official

- 3.1 Duties of official in general, pre, during and post-game.
- 3.2 Philosophy of Officiating
- 3.3 Mechanics of officiating – Position, singles and movement etc.
- 3.4 Ethics of officiating

UNIT – 4: Qualities and Qualification of Coach and Official

- 4.1 Qualities and Qualification of coach and official
- 4.2 General rules of game and sports
- 4.3 Eligibility rules of inter-collegiate and inter-university tournaments, preparation of TA,DA bills
- 4.4 Integrity and values of sports

Reference Books:

1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice
3. Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London
4. Press Ltd. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
5. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
6. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.



Semester-II

Theory Courses

CC-201 YOGA EDUCATION

UNIT -1: Introduction of Yoga

- 1.1 Meaning and Definition of Yoga
- 1.2 Aim and Objectives of Yoga
- 1.3 History and Philosophical aspects of Yoga
- 1.4 Need and Importance of Yoga in Physical Education and Sports

UNIT -2: Methods of Yoga

- 2.1 KarmaYoga, JnanaYoga, BhaktiYoga and Raja Yoga
- 2.2 Steps of Hatha Yoga
- 2.3 Steps of AstangaYoga
- 2.4 Steps of yogic teaching method

UNIT -3: Effects of Yogic Practices

- 3.1 Effect of kriyas on human body and mind
- 3.2 Effects of asanas on human body and mind
- 3.3 Effects of pranayamas on human body and mind
- 3.4 Effect of meditation on human body and mind

UNIT-4: Modern Trends in Yoga

- 4.1 Mission and vision of AYUSH
- 4.2 Status of yoga studies in India and abroad
- 4.3 Yoga as education
- 4.4 Yoga as a therapy

Reference Books:

1. Brown, F.Y. (2000). Howtouseyoga. Delhi: Sports Publication.
2. Gharote, M.L. &Ganguly, H, (1988). Teaching methods for yogic practices. Lonawala: Kaixydahmoe.
3. Rajjan,S.M.(1985).Yogastrengtheningofrelexationforsportsman.NewDelhi:AlliedPublis hers.
4. Shankar, G. (1998). Holistic approach of yoga. New Delhi: Aditya Publishers. Shekar, K.C. (2003). Yoga for health. Delhi: KhelSahitya Kendra.



UNIT – 1: Introduction

- 1.1 Education and education technology- meaning and definitions
- 1.2 Types of education – Formal, Informal and non-formal education
- 1.3 Educative Processes
- 1.4 Importance of device and methods of teaching and class management

UNIT – 2: Teaching Technique

- 2.1 Teaching Techniques – Lecture Method, Command Method, Demonstration Method, Imitation Method, Project Method etc. ; Teaching procedure – Whole method, Whole – part- whole method, Part- whole method
- 2.2 Presentation technique – personal and technical preparation and presentation
- 2.3 Verbal Non-verbal communication technique
- 2.4 Details of three fundamental methods – meaning, types and its uses in different situation

UNIT – 3: Teaching Aids and Competition

- 3.1 Teaching Aids – meaning importance and its criteria for selecting teaching aids. Community Aids, Co-curricular Aids
- 3.2 Type of Teaching Aids – Audio aids, Visual Aids, Audio-visual Aids
- 3.3 Meaning, Principles and advantages of team teaching
- 3.4 Group Competition, Intramural and extramural Competition

UNIT – 4: Learning Designing and Teaching Innovations

- 4.1 Meaning, Types and Principle of Learning designing
- 4.2 General and Specific Learning designing. Simulation Teaching – meaning, types and steps of Simulation Teaching
- 4.3 Meaning, Types and Steps of Micro and Macro Teaching.
- 4.4 Classification of students

References:

1. Bhardwaj, A. (2003). New media of Educational Planning. New Delhi: Sarup of sons.
2. Bhatia & Bhatia, (1959). The Principle and Methods of Teaching. New Delhi: Doaba House.
3. Kochar, S.K. (1982). Methods and Technique of Teaching. New Delhi: Sterling Publishers Pvt. Ltd.
4. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.
5. Wlia, J.S. (1999). Principles and Methods of Education. Jullandhar: Paul Publishers.

UNIT - 1: Introduction to Organization and Administration

- 1.1 Meaning Definition, and Importance of organization and Administration in Physical Education
- 1.2 Meaning, Definition and Importance of Planning
- 1.3 Basic principles of Planning
- 1.4 Functions of organization and Administration

UNIT – 2: Office and Time-Table Management

- 2.1 Meaning Definition, and Functions of Office Management
- 2.2 Kinds of office Management
- 2.3 Maintenance of different types of Register
- 2.4 Time-Table Management: Meaning, need and Importance

UNIT – 3: Management of Sports Facility

- 3.1 Types of facilities: Infrastructure -Indoor, Outdoor
- 3.2 Facility Management: Equipment Store Room, Gymnasium, Swimming pool, Play ground
- 3.3 Equipment: Need, Importance, Procedure of purchase, Care and Maintenance
- 3.4 Physical efficiency Record, Medical examination Record

UNIT – 4: Tournament

- 4.1 Importance of Tournament
- 4.2 Types of Tournament and its organizational structure
- 4.3 Organizational structure of athletic meet
- 4.4 Sports Event, Intramural and Extramural Tournament Planning

References:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
3. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
4. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.

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EC 204 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION (Elective)

UNIT – 1: Concept of Fitness

- 1.1 Meaning and Definition of Fitness
- 1.2 Type of fitness
- 1.3 Definition and component of physical fitness
- 1.4 Changing concept of physical fitness

UNIT – 2: Concept of Wellness and Lifestyle

- 2.1 Concept and dimensions of wellness
- 2.2 Cyber culture and modern life style
- 2.3 Diseases due to lifestyle – Their prevention and management through physical activities
- 2.4 Construction of Wellness profile

UNIT – 3: Principle of Exercise Programme

- 3.1 Means of fitness development – aerobic and anaerobic exercises
- 3.2 Principle of obesity control and weight management
- 3.3 Concept of sets, repetition, volume, intensity, density of exercise
- 3.4 Concept of designing different fitness training programme for different age group

UNIT – 4: Safety Education and Fitness Promotion

- 4.1 Definition and need of Safety Education
- 4.2 Determination of desirable body weight
- 4.3 Health drinks and sports drinks- their need and importance
- 4.4 Common injuries and their management

References:

1. Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
2. Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
3. Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown. Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.



EC-2024

Sports Nutrition and Weight Management (Elective)

UNIT-1: Introduction to Nutrition

- 1.1 Meaning and definition of Nutrition and sports nutrition
- 1.2 Guidelines of basic nutrition
- 1.3 Role of nutrition in sports
- 1.4 Factors for developing a nutritional plan

UNIT- 2: Nutrients

- 2.1 Macro Nutrients- Carbohydrate, protein, fat - Meaning, Sources and functions
- 2.2 Micro Nutrients- Vitamins, minerals, water – meaning, Sources, classification and functions
- 2.3 Role of carbohydrate, fat and protein during exercise
- 2.4 Role of hydration during exercise and water balance.

UNIT-3: Nutrition and Weight Management


- 3.1 Meaning and concept of weight management in modern era. Factors affecting weight management and values of weight management
- 3.2 Concept of B.M.I.(Body Mass Index) and Obesity
- 3.3 Obesity and its hazards, Myth of Spot reduction, dieting versus exercise for weight control, Common Myths about weight loss
- 3.4 Health risks associated with Obesity – Causes and solution for overcoming obesity.

UNIT-4: Steps of Planning of Weight Management

- 4.1 Nutrition – Daily calorie intake and expenditure.
- 4.2 Balance diet and athletic diet
- 4.3 Role of diet and exercise in weight management
- 4.4 Weight management programme for sporty child, Design diet and exercise schedule for weight gain and loss.

References:

1. Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.*93(6), 2027-2034.
2. Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12), 3091-3096.
3. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.
4. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*,356(21), 2176-2183.
5. Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.



Semester – III

Theory Courses

CC – 301

Sports Training

UNIT – 1: Introduction to Sports Training

- 1.1 Meaning and Definition of Sports Training and Sports Coaching
- 1.2 Aim and Objectives of Sports Training
- 1.3 Principles of Sports Training and qualification and duties of sports trainer
- 1.4 Components of games and sports training (Motor fitness components Technique, Tactics and Strategic approach, Psychological components facilities and infrastructure)

UNIT – 1: Process of development of motor fitness component

- 2.1 Strength- Means and method of Strength development
- 2.2 Speed - Means and method of Speed development
- 2.3 Endurance- Means and method of Endurance development
- 2.4 Power and Balance - Means and method of Power and Balance development

UNIT – 1: Training load, load dynamics and Training processes

- 3.1 Concept definition and types of training load
- 3.2 Components of training load
- 3.3 Concept of load dynamics and its principles
- 3.4 Technical and Tactical training- Meaning, Importance and methods.

UNIT – 1: Programme, planning and system of sports training

- 4.1 Periodization- Meaning, definition and types. Aims, Objectives and Content of different periods- Preparatory, Competition and Transition.
- 4.2 Planning- Training session for Micro, Meso and Macro cycles.
- 4.3 Systems of Sports Training- Basic Performance, Good Performance and High Performance.
- 4.4 Talent identification. Meaning of Flexibility and coordinative ability and their role in High Performance

Reference:

1. Dick, W. F. (1980). Sports training principles. London: Lepus Books.
2. Harre, D. (1982). Principles of sports training. Berlin: Sporulated.
3. Jensen, R. C. & Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn.
4. Matvyew, L.P. (1981). Fundamental of sports training. Moscow: Progress Publishers.
5. Singh, H. (1984). Sports training, general theory and methods. Patials: NSNIS.
6. Uppal, A.K., (1999). Sports Training. New Delhi: Friends Publication.

CC-302 Computer Applications in Physical Education and Sports Science

UNIT – 1: Introduction to Computer Application

- 1.1 Components of computer-input and output unit, storage unit, CPU, ALU, control unit.
- 1.2 Starting & quitting windows, setting display, time & date, managing files and folders.
- 1.3 Meaning, need and importance of information and communication technology (ICT).
- 1.4 Application of computer and computer software in Physical Education and Sports

UNIT – 2: Word

- 2.1 Introduction to word
- 2.2 Creating, saving and opening a document
- 2.3 Formatting & editing features, drawing table and graphs, page setup, paragraph alignment, spelling and grammar check, bullets and numbering, page number, header and footer, footnote and endnotes, mail merge, printing option and hyperlink.
- 2.4 Preparation of word document

UNIT – 3: Excel

- 3.1 Introduction to Excel
- 3.2 Creating, saving and opening spreadsheet
- 3.3 Format and editing features, adjusting columns width and row height, Creating formulas, sort and filter, inserting graph and pictures, printing option
- 3.4 Preparation of Excel worksheet

UNIT – 4: Power Point

- 4.1 Introduction to Power Point
- 4.2 Creating, saving and opening a ppt file
- 4.3 Format and editing features, slide show, design, inserting slide number, picture, graph, table, hyperlink and graphics.
- 4.4 Preparation of Power Point Presentation

References:

1. Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.
2. Marilyn, M.& Roberta, B.(n.d.).*Computers in your future*. 2nd edition, India: Prentice Hall.
3. Milke, M.(2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.
4. Sinha, P. K. &Sinha, P. (n.d.).*Computer fundamentals*. 4th edition, BPB Publication.

CC – 303 Psychology and Sociology in Physical Education and Sports

UNIT – 1: Introduction to Psychology and Sociology

- 1.1 Meaning, Importance and scope of Sports Psychology and Sociology.
- 1.2 Biological Basis of Human Behaviour
- 1.3 Individual Differences – Heredity and Environment
- 1.4 Psycho-social aspects of Human behavior in relation to Physical Education and Sports

UNIT – 2: Learning, Maturity and Growth & Development

- 2.1 Learning-Definition, Types and Laws of Learning. Theories of Learning. Factors affecting Learning, Transfer of Learning. Learning Curve – Stagnation in learning.
- 2.2 Growth and Development – Stages of Development, need of Physical Activity
- 2.3 Personality - Meaning and definition of personality, characteristics of personality, Dimension of personality, Personality and Sports performance.
- 2.4 Mental Aspects – Attention, Interest, Motivation, Aggression, Emotion, Anxiety.

UNIT – 3: Social Science and Physical Education

- 3.1 Orthodoxy, customs, Tradition and Physical Education.
- 3.2 Importance of Festivals in physical Education.
- 3.3 Theories of Play, Socialization through Physical Education.
- 3.4 Social Group life Social conglomeration – Social group, Primary group and Remote group.

UNIT – 4: Culture and Physical Education

- 4.1 Features of culture, Importance of culture
- 4.2 Importance of sports in modern society
- 4.3 Effects of culture on people lifestyle.
- 4.4 Different methods of studying (Observation/ Inspection method Questionnaire method, Interview method.)

Suggested Readings

1. B. J. Cratty. Psychology of Contemporary sports Champaign: Human Kinetics Publishers,
2. John M. Silva & Roberts. Psychological Foundations of Sport. Champaign: Human Kinetics Publishers.
3. Diane Gills, Psychological Dynamics of sports. Champaign: Human Kinetics Publishers.
4. Cox, Sports Psychology. Champaign: Human Kinetics Publishers.
5. Richard M. Sumin, "Psychology in Sports, Methods & Application. New Delhi: Surjeet Publication.

EC-304 Sports Medicine, Physiotherapy and Rehabilitation (Elective)

UNIT-1: Sports Medicine

- 1.1 Meaning and concept of sports medicine, Aim and objectives of sports medicine.
- 1.2 Development of sports medicine as discipline –aspect of sports medicine
- 1.3 Common regional injuries and their management- shoulder, elbow, wrist knee and ankle –signs , symptoms and diagnosis of injuries
- 1.4 Concept of doping and doping agents banded by WADA

UNIT-2: Physiotherapy

- 2.1 Brief introduction of Physiotherapy
- 2.2 Need and importance of Physiotherapy
- 2.3 Different types of therapeutic modalities (cryotherapy, superficial thermo therapy, penetrating thermotherapy, Electrical stimulation)
- 2.4 Guiding principles of therapeutic modalities

UNIT-3: Athletic Care and Massage

- 3.1 Prevention of athletic injuries – steps of prevention –pre-participation evaluation –Warm up and conditioning.
- 3.2 Emergency care in athletics and First aid – Meaning and principles – First aid care for I) Loss of consciousness II) control of building III) Drowning and basic life support.
- 3.3 Protective and supportive equipment: Taping, Bandaging, padding and orthotics.
- 3.4 Massage: Classification – general principles, indication and contraindication.

UNIT -4: Rehabilitations

- 4.1 Concept and goal of rehabilitation
- 4.2 Principle of therapeutic exercises –Classification ,uses of
- 4.3 Passive movement and active movement
- 4.4 Mobility exercise

References:

1. Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
2. Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
3. David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
4. Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger.

~~EC-302~~

~~CURRICULUM DESIGN (Elective)~~

EC-304

Curriculum Design

UNIT-1: Modern concept of the curriculum

- 1.1 Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development.
- 1.2 Factors affecting curriculum- Social factors- Personnel qualifications- Climatic consideration
- 1.3 Equipment and facilities-Time suitability of hours.
- 1.4 National and Professional policies, Research finding

UNIT-2: Basic Guideline for curriculum construction; contest (selection and expansion).

- 2.1 Focalization, Socialization
- 2.2 Individualization
- 2.3 Sequence and operation
- 2.4 Steps in curriculum construction.

UNIT-3: Curriculum-Old and new concepts, Mechanics of curriculum planning.

- 3.1 Basic principles of curriculum construction.
- 3.2 Curriculum Design, Meaning, Importance and factors affecting curriculum design.
- 3.3 Principles of Curriculum design according to the needs of the students and state and national level policies.
- 3.4 Role of Teachers

UNIT-4: Under-graduate preparation of professional preparation.

- 4.1 Areas of Health education, Physical education and Recreation.
- 4.2 Curriculum design- Experience of Education, Field and Laboratory.
- 4.3 Teaching practice.
- 4.4 Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Reference:

1. Barrow, H. M. (1983). Man and movement: principles of physical education. Philadelphia: Lea and Febiger.
2. Bucher, C. A. (1986). Foundation of physical education: St. Louis: The C. V. Mosby & Company.
3. Cassidy, R. (1986). Curriculum development in physical education. New York: Harper & Company.
4. Cowell, C.C. & Hazelton, H.W. (1965). Curriculum designs in physical education. Englewood Cliffs: N.J. prentice Hall Inc.
5. Larson, L.A. (n.d.). Curriculum foundation in physical education. Englewood Cliffs: N.J. Prentice Hall Inc.
6. Underwood, G. L. (1983). The physical education curriculum in secondary school: planning and implementation. England: Taylor and Francis Ltd.
7. Willgoose, C.E. (1979). Curriculum in physical education. 3rd Ed. Englewood Cliffs. N.J. Prentice Hall, Inc.

Semester – IV

Theory Courses

CC- 401 Measurement and Evaluation in Physical Education

UNIT- 1: Introduction to Test, Measurement & Evaluation

- 1.1 Meaning of Test, Measurement & Evaluation in Physical education
- 1.2 Need, Importance of Test, Measurement & Evaluation in Physical Education
- 1.3 Application of Test, Measurement & Evaluation in Physical Education
- 1.4 Principles of Evaluation

UNIT - 2: Criteria, Classification and Administration of Test

- 2.1 Criteria of a good Test and Scientific authenticity (reliability, objectivity, validity and availability of norms)
- 2.2 Types of Test
- 2.3 Difference between Physical Fitness Test, Motor Fitness test, and Sports Skill Test
- 2.4 Administration of test- Advance preparation, Duties during test and after test.

UNIT- 3: Physical Fitness; Motor Fitness and Cardio-respiratory Tests

- 3.1 AAHPER Youth Fitness Test
- 3.2 AAHPERD Health Related Physical Fitness Test
- 3.3 Indiana Motor Fitness Test and JCR test
- 3.4 Harvard Step test and Tattle pulse ratio test

UNIT- 4: Sports Skill Tests

- 4.1 Mitchei's modification of McDonald Soccer Test
- 4.2 Johnson Basketball Test
- 4.3 Lockhart and McPherson Badminton Test
- 4.4 Russel-Lange Volleyball Test
- 4.5 Schmithal-French Field Hockey Test

References:

1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: Ho+Storm.
2. Barron, H. M., &Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
3. Barron, H.M. &Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
4. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
5. Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B. Saunders Company.
6. Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York.
7. Phillips, D. A., &Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Willey and Sons.
8. Sodhi, H.S., &Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.

CC-402

Kinesiology and Biomechanics



CG-402 Kinesiology and Biomechanics

UNIT – 1: Introduction to Kinesiology and Sports Biomechanics

- 1.1 Meaning and Definition of Kinesiology, Biomechanics and Sports Biomechanics
- 1.2 Importance and Scope of Kinesiology and Sports Biomechanics in Physical Education and Sports Science
- 1.3 Terminology of Fundamental Movements
- 1.4 Fundamental Concepts of Following Terms – Axes and Planes, Centre of Gravity, Line of Gravity, Scalars and Vectors Quantities, Equilibrium.

UNIT – 2: Kinesiological Aspects of Human Movement

- 2.1 Classification of Joints and Muscles, Name of the Major Superficial Muscles, movements around the joints
- 2.2 Types of Muscle Contractions
- 2.3 Posture – Meaning, Types and Importance of Good Posture.
- 2.4 Fundamental Concepts of Following Terms- Angle of Pull, All or None Law, Reciprocal Innervations

UNIT – 3: Mechanical Concepts

- 3.1 Force - Meaning, Definition, Types, Units and its Application to Sports Activities
- 3.2 Lever - Meaning, Definition, Types and Body Lever. Wheel, Axle and Pulley.
- 3.3 Motion – Concept, Types and its Application to Sports Activities. Newton's Laws of Motion
- 3.4 Projectile Motion – Concept, Types, Principles and Factors Influencing Projectile Motion.

UNIT – 4: Kinematics and Kinetics of Human Movement

- 4.1 Linear Kinematics – Distance and Displacement, Speed and Velocity, Acceleration
- 4.2 Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- 4.3 Linear Kinetics – Inertia, Mass, Momentum, Impulse, Friction.
- 4.4 Angular Kinetics – Moment of Inertia, Couple, Stability.

Reference:

1. Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J. Prentice Hall Inc.
2. Hay, J. G. & Reid, J. G. (1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: Prentice Hall Inc.
3. Hay, J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: Prentice Hall Inc.
4. Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
5. Simonian, C. (1911). *Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.
6. Hall, J.S. (1991). *Basic Biomechanics*. The McGraw-Hill Companies, Inc. First Edition 1991, Brown and Benchmark Publishers.

CC-403

Research and Statistics in Physical Education



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CC-403 Research and Statistics in Physical Education

UNIT- 1: Introduction to Research

- 1.1 Definition of Research, Need and importance of Research in Physical Education and Sports.
- 1.2 Scope of Research in Physical Education & Sports.
- 1.3 Classification of Research
- 1.4 Research Problem, Quality of a good researcher

UNIT -2: Research Proposal and Project Report

- 2.1 Need for surveying related literature and Literature Sources
- 2.2 Research Proposal- Meaning and Significance of Research Proposal.
- 2.3 Preparation of a Project proposal and Project report.
- 2.4 Methods of Collection of data

UNIT-3: Basics of Statistical Analysis

- 3.1 Statistics: Meaning, Definition, Nature and Importance
- 3.2 Class Intervals: Raw Score, Continuous and Discrete Series
- 3.3 Frequency and Frequency Distribution, Construction of Frequency Distribution Tables
- 3.4 Graphical Presentation of Data: Histogram, Frequency Polygon, Frequency Curve.

UNIT-4: Statistical Models in Physical Education and Sports

- 4.1 Measures of Central Tendency: Mean, Median and Mode :
- 4.2 Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- 4.3 Measures of Variability: Meaning, importance, computing from group and ungroup data
- 4.4 Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

1. Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
2. Bompa, T. O. &Haff, G. G. (2009). Periodization: theory and methodology of training, 5th ed.Champaign, IL: Human Kinetics.
3. Brown, L. E., &Ferrigno, V. A. (2005). Training for speed, agility and quickness, 2nd ed.Champaign, IL: Human Kinetics.
4. Brown, L.E. & Miller, J., (2005). How the training work. In: Training Speed, Agility, and Quickness. Brown, L.E. &Ferrigno, V.A &Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.
5. Carl, E. K., & Daniel, D. A. (1969). Modern principles of athletes training. St. Louis: St. Louis's Mosby Company.
6. Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
7. Garrett, H.E. (1981). Statistics in psychology and education. New York: VakilsFeffer and Simon Ltd.
8. Oyster, C. K., Hanten, W. P., &Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
9. Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
10. Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity.U.S.A: Champaign, IL: Human Kinetics Books.
11. Uppal, A. K. (1990). Physical fitness: how to develop. New Delhi: Friends Publication.
12. Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications.

EC- 404 Theory of Sports and Games (Elective)

UNIT – 1: Introduction

- 1.1 General Introduction of specialized game and sports: Athletics, Badminton, Basketball, Volleyball, Cricket, Football, Gymnastics, Hockey, Hand ball, Kabaddi, Kho-Kho, Tennis, Yoga. Each Game or sport to be dealt under the following heads: history and development of the game and of sports (any two) *and related*
- 1.2 Ground preparation, dimension and marking
- 1.3 Standard equipment and their specification
- 1.4 Ethics of sports and sportsmanship

UNIT – 2: Scientific principles of coaching (particular sports and game specific)

- 2.1 Motion- Types of motion and displacement, speed, Velocity, Acceleration, distance and Newton's Laws of motion.
- 2.2 Force- Friction, Centripetal and Centrifugal force, principles of force.
- 2.3 Equilibrium and lever: Their types
- 2.4 Sports training- Aims, Principles and characteristics. Training load- Component, principles of load, over load (Causes and symptoms), Crest load, Maximum and Sub maximum load.

UNIT – 3: Physical fitness components: (Particular sports and games specific)

- 3.1 Definition and types of speed, Strength and endurance.
- 3.2 Flexibility and its types.
- 3.3 Coordinative ability and its types
- 3.4 Training methods: Development of Components of Physical fitness and motor fitness through following training methods (Continuous method, Interval method, Circuit method, Fartlek and Weight Training)

UNIT – 4: Conditioning Exercise and warming up

- 4.1 Concept and conditioning of warming up
- 4.2 Role of weight training in games and sports
- 4.3 Teaching of fundamental skill and their mastery (Technique, Tactics and different phases of skill acquisition). Recreational and lead up games
- 4.4 Strategy- Offence and defense, Principles of offense and defense.

References:

1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
3. Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
4. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
5. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

UNIT – 1: Introduction to Sports Management

- 1.1 Nature, Scope and Purpose of Sports Management
- 1.2 Steps and Principles of Sports Management
- 1.3 Qualities and Competencies require for the Sports Manager
- 1.4 Event Management in Physical Education and Sports

UNIT – 2: Development of Leadership Qualities

- 2.1 Meaning and Definition of Leadership
- 2.2 Forms of Leadership- Autocratic, Laissez-faire, Democratic, Benevolent Dictator
- 2.3 Qualities of administrative Leader
- 2.4 Preparation of administrative Leader

UNIT – 3: Sports Management in Different Agencies

- 3.1 Sports Management in schools, Colleges and Universities
- 3.2 Factors affecting planning
- 3.3 Planning a school or college sports programme
- 3.4 Controlling a school, college and University sports programme- Developing Performance standard, establishing a reporting system, Evaluation

UNIT – 4: Financial Management in Physical Education

- 4.1 Financial Management in Physical Education and Sports in different Institutions
- 4.2 Budget-Meaning, Importance, Criteria of preparing a good Budget
- 4.3 Steps of Budget making
- 4.4 Principles of Budgeting

References:

1. Ashton, D. (1968).Administration of physical education for women.New York: The Ronal Press Cl.
2. Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St.Louis: The C.V. Mosby Co.
3. Daughtrey, G. & Woods, J.B. (1976). Physical education and intramural programmes, organisation and administration. Philadelphia U.S.A.: W.B. Saunders Cp.
4. Earl, F. Z, & Gary, W. B. (1963).Management competency development in sports and physical education. Philadelphia: W. Lea and Febiger.

Part – B
Practical Courses
Semester - I

PC-105	Track and Field: All Running Events - 60 Running Broad Jump & Triple Jump- 40	6	4	30	70	100
PC-106	Swimming (50) and Gymnastics(50) Free style Floor Back stroke	6	4	30	70	100
PC-107	March Past - 20 Mass Demonstration Activities: Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri/Bratachari/ Malkhamb/Lezium/Callisthenics (Any two)- 10+10=20 Indigenous Sports: Kabaddi andKho-kho 30+30= 60	6	4	30	70	100
PC-108	Yoga- 40, Weighttraining- 30 Aerobics- 30	6	4	30	70	100
Total		40	32	240	560	800

Semester - II

PC-205	Track and Field (40) Jumping Events- High Jump & Throwing events(60) -Shot Put, Discus And Javelin- any two)	6	4	30	70	100
PC-206	Gymnastics (40)/ Swimming(60) For men- Parallel bar/ Breast stroke vaulting horse/box Butterfly For Women-balancing stroke beam/ vaulting horse/box	6	4	30	70	100
PC-207	Team Games: Football, Netball, Volleyball, Handball (any two) (2x30=60) Racket Sports:Badminton/ Table Tennis/ Squash/ Tennis (any one) (1x40=40)	6	4	30	70	100
Part – C Teaching Practices						
TP-208	Class Room Teaching Practices (04 lessons within own college and 04 lessons in school situation. Evaluation will be done within own college or school situation as per suitability.)	6	4	30	70	100
Total		40	32	240	560	800

Semester -III

PC-305	Combative Sports: Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling/Lathi (Any two out of these) (50+50)	6	4	30	70	100
TP-306	Teaching Practice: General 10 lessons Within college – 5 (Mock Teaching) School Situation – 5 Specific 10 lessons Within college – 5 (Mock Teaching) School Situation – 5 Evaluation will be done by internal examiner or external examiner as per suitability of administration.	6	4	30	70	100
TP-307	Sports Specialization- Coaching lesson plan Within college – 5 (Mock Teaching) School Situation – 5 Evaluation will be done by internal examiner or external examiner as per suitability of administration.	6	4	30	70	100
TP-308	Teaching Practice: Yoga or Aerobics Within college – 5 (Mock Teaching) School Situation – 5 Evaluation will be done by internal examiner or external examiner as per suitability of administration.	6	4	30	70	100
Total		40	32	240	560	800

SEMESTER-IV

PC-405	Games Specialization-II: Evaluation of Performance Ability (To select one activity except Track &Field/Gymnastics/Swimming)	6	4	30	70	100
PC-406	Adventure activity/Outdoor activity: Camping/Trekking/Hiking/Rock- climbing/Artificial Climbing etc. (50 marks) Evaluation by Internal examiner (within college) Lab-based Practical on Physical and Physiological/Psychological/Biomechanical measures-50 marks Evaluation by External examiner (within college)	6	4	50+50		100
PC-407	Team Games: Cricket, Basketball, Hockey, Softball, Baseball, Throwball and Tennikoit(Any Two) 50 marks for each activity	6	4	30	70	100
PC-408	AAHPERD Youth Fitness Test (50 marks Evaluation on any two items). Standardized Skill Test (50 marks any one)	6	4	30	70	100
Total		40	32	240	560	800
Grand Total (SEM I+II+III+IV)		160	128	960	2240	3200

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Part – B
Practical Courses

Semester – I

Course Code	PAPER TITLE	Marks		
		Internal	External	Credit
PC-101	Track and Field	30	70	4
1.1	Running Events: Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run Through, Forward lunging, Shoulder Shrug	20		
1.2	Marking, Rules and Officiating Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques.	20		
1.3	Types of Hurdles, Marking and Officiating. Relay: Baton Exchange for different distances, Understanding of Relay Zones, Marking and interpretation of rules and officiating	20		
1.4	Jumping: Running Broad Jump and Triple Jump Approach Run, Take-off, Flight and Landing	20+20		
PC-102	Gymnastics or Swimming	30	70	4
2.1	Gymnastics: Floor Exercise, Forward Roll, Backward Roll, Hand stand, Cart Wheel, Leg Split, Different dancing steps (Combination) Table Vault: Approach Run, Take off from the beat board, Cat Vault, Squat Vault. Men: Parallel bar, Horizontal bar/Roman rings, Rhythmic Gymnastics, Pyramid (Pair, Trio, Quadrates, Penthats) Women: Uneven bars, Balance Beam, Rhythmic Gymnastics, Pyramid (Pair, Trio, Quadrates, Penthats)			
2.2	Swimming: Floating, Gliding, Leg Action, Arm action, Breathing technique Introduction of various strokes : Front crawl, Back crawl, Butterfly, Brest Stroke: Starting Technique and entry into water Medley, Life Savings			
PC-103	March Past and Mass Demonstration Activities			4
3.1	Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri/ Bratachari/Malkhamb/Lezium/Callisthenics (Any two of nine)	20+(10+10)		
3.2	Indigenous Sports: Kabaddi and Kho-Kho:	30 + 30		

PC-104 4.1	Yoga: Surya Namaskar and Pranayam Sitting Position: Paschimottanasana, Gomukhasana, Ustrasana, Arda-maschandrasan Halasana, Salvasana, Sarvangasana, Chakrasana Vrikshasana, Padahastasana, Trikonasana, Utkatasana	40	4
4.2	Weight Training: Crouch Sitting Position, Different types of grip, Standing with weight, Dead lift Curling: Two arm dumbbell curling, Barbell curling, Front Curling, Reverse Curling Dumbbell and Barbell press, Front and back press, Bench press (Incline & Decline) Squat: Front and back squat	30	
4.3	Aerobics: Low impact core moves - 1. March, 2. Side to side, 3. Double side to side, 4. grapevine, 5. Knee up, 6. Leg curl, 7. Toe touch, 8. Side lunge, 9. Back lunge, 10. Kick front, 11. Kick side, 12. Heel to raft, 13. 'E' shape, 14. 'v' shape 15. Introduction of Bench Exercise	30	

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Semester – II

Corse Code	Paper title	Marks		
		Internal	External	Credit
PC-201	Track and Field Jumping: High Jump- Approach run, Take off, Bar clearance, Landing Or Pole vault: Approach, Planting, Riding, Bar clearance, Landing Throwing Events: Putting the shot, Discus, Javelin	30	70	4
PC-202	Gymnastics/Swimming: Gymnastics: Floor Exercise, Forward Roll, Backward Roll, Hand stand, Cart Wheel, Leg Split, Different dancing steps (Combination) Table Vault: Approach Run, Take off from the beat board, Cat Vault, Squat Vault. Men: Parallel bars, Horizontal bar/Roman rings, Rhythmic Gymnastics, Pyramid (Pair, Trio, Quadrates, Penthats) Women: Uneven bars, Balance Beam, Rhythmic Gymnastics, Pyramid (Pair, Trio, Quadrates, Penthats) Swimming: Floating, Gliding, Leg Action, Arm action, Breathing technique Introduction of various strokes : Front crawl, Back crawl, Butterfly, Brest Stroke: Starting Technique and entry into water Medley, Life Savings	30	70	4
PC-203	Team Games: Football, Netball, Volleyball, Handball (Any three) (3x25 marks) Racket Sports: Table Tennis, Badminton, Tennis, Squash (Any one)-(1x25 marks)	30	70	4
TP-204	Class room teaching (Micro Teaching): 4 lessons- 2 from Physical Education field and 2 from other School Subjects-Best of 3 will be internally evaluated and 1 final lesson will be externally evaluated (50 marks) Outdoor teaching (2 Campus and 2 off-campus) : 4 lessons- 2 from Indigenous games and 2 from other games-Best of 3 will be internally evaluated and 1 final lesson will be externally evaluated (50 marks)	30	70	4

SEMESTER – III

Course Code	COURSE TITLE	Marks		
		Internal	External	Credit
PC-301	Combative Sports: Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling, Lathi (Any two out of these) (50+50 marks)	30	70	4
TP-302	Teaching Practice: Racket sports-4 lessons- Best of 3 will be internally evaluated and 1 final lesson will be externally evaluated Team games-4 lessons- Best of 3 will be internally evaluated and 1 final lesson will be externally evaluated (50+50 marks)	30	70	4
TP-303	Sports Specialization-I: Coaching lesson plan: (Any one activity from Track & Field/Gymnastics/Swimming) Note book (Internal), 1 lesson internal & 1 lesson external (60 for lesson and 10 for viva), Internal- 20 for lesson and 10 for Note book)	30	70	4
TP-304	Teaching Practice: Yoga/Weight Training or Aerobics Yoga-4 lessons in School Situation- Best of 3 will be internally evaluated and 1 final lesson will be externally evaluated. Weight Training or Aerobics- 4 lessons in School Situation- Best of 3 will be internally evaluated and 1 final lesson will be externally evaluated (50+50 marks)	30	70	4

SEMESTER-IV

Course Code	PAPER TITLE	Marks		
		Internal	External	Credit
PC-401	Games Specialization-II: Evaluation of Performance Ability (To select one activity except Track & Field/Gymnastics/Swimming)	30	70	4
PC-402	Adventure activity/Outdoor activity (50 marks): Camping/Trekking/Hiking/Rock-climbing/Artificial Climbing etc. Lab-based Practical on Physical and Physiological/Psychological/Biomechanical measures (Total Internal and Final curriculum will be framed by concerned University/Department (50 marks)	50+50		4
PC-403	Team Games: Cricket, Basketball, Hockey, Softball, Baseball, Throwball (Any two) - 50 marks for each activity	30	70	4
PC-404	AAHPERD Youth fitness Test (50 marks) Sports Specific Fitness Test (50 marks)	30	70	4

Skill Test

Table – 1: Semester wise distribution of hours per week

Semester	Theory	Practicum	Teaching practice	Total
<i>I</i>	16	24	00	40
<i>II</i>	16	18	06	40
<i>III</i>	16	18	06	40
<i>IV</i>	16	12	12	40
<i>Total</i>	64	72	24	160

Minimum of 36 teaching hours per week is required in five or six days in a week

Table – 2: Number of credits per semester

Semester	Theory	Practicum	Teaching practice	Total
<i>I</i>	16	16	00	32
<i>II</i>	16	12	04	32
<i>III</i>	16	12	04	32
<i>IV</i>	16	08	08	32
<i>Total</i>	64	48	16	128

Minimum of 36 teaching hours per week is required in five or six days in a week