ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ

MANGALORE UNIVERSITY

(Accredited by NAAC with 'A' Grade)

ಕುಲಸಚಿವರ ಕಛೇರಿ
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Office of the Registrar
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Karnataka, India

ಕ್ರಮಾಂಕ/**No.** MU/ACC/CR44/2014-15/A2

ದಿನಾಂಕ/**Date :** 29/6/2017

NOTIFICATION

Sub: Regulations and Syllabus of two years B.P.Ed. degree programme.

Ref: 1) This office letter No. MU/ACC/CR7/BPEd-MPEd/ 2015-16/A2, dated: 9-9-2015.
2) Assent of the Chancellor on 18-5-2017 as communicated in Government letter No. ED 8 UDS 2016, dated: 5-6-2017.

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The Government vide letter referred to under (2) above, has communicated the assent of the Honourable Chancellor for the Regulations governing two years Bachelor of Physical Education degree programme of Mangalore University.

Hence, the Regulation and Syllabus of B.P.Ed. degree programme implemented from the academic year 2015-16 vide letter referred to under (1) above are hereby confirmed and attached herewith.

REGISTRAR

To:

1) The Chairman, Dept. of Physical Education, Mangalore University.
2) The Principal of the colleges concerned.
3) The Registrar [Evaluation], Mangalore University.
4) The Chairman, BoS in Physical Education, Mangalore University.
5) The Asst. Registrar (ACC), Mangalore University.
6) The Superintendent [ACC], O/o. the Registrar, Mangalore University.
7) A4/ A6 Caseworkers (ACC), O/o. the Registrar, Mangalore University.
8) Guard file.

MANGALORE UNIVERSITY

REGULATIONS AND SYLLABUS STRUCTURE FOR B. P. ED. TWO YEARS PROGRAMME (FOUR SEMESTERS)(CBCS)

(Framed under section 44(1)(c) of the KSU Act 2000)

Preamble: Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII.

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

The NCTE has notified National Council for Teacher Education (Recognition Norms and Procedure) Regulations, 2014 vide Notification No.346, dated 1.12.2014. The new Regulations contemplate enhanced duration of B.P.Ed from one year to two years and have introduced some new provisions and also modified some of the provisions in the Regulations which were in force since 2009. The NCTE also restructured the curriculum framework. Hence, the Regulations governing B.P.Ed. degree programme of Mangalore University is revised based on NCTE Regulations, 2014.

1. TITLE AND COMMENCEMENT:

i. These regulations shall be called "The Regulations Governing the Choice Based Credit System (CBCS) for the Two Years (Four Semesters) BPEd Degree Programme in the Faculty of Education".

ii. These regulations shall come into force from the date of assent of the Chancellor.

2. ELIGIBILITY, INTAKE AND ADMISSION PROCEDURE:

2.1 Intake

There shall be a basic unit of 100 (one hundred) students with two sections of 50 (fifty) each. The institution may have the option of having one unit of 50 (fifty) students.

2.2 Eligibility

(a) Bachelor's degree in any discipline with 50% marks and having at least participation in the Inter college/ Inter zonal/ district/ school competitions in sports and games as recognised by the AIU/ IOA/ SGFI/ Government of India.
Or

(b) Bachelor's degree in Physical Education with 45% marks.
Or

(c) Bachelor's degree in any degree with 45% marks and having studied physical education as a compulsory/elective subject.
Or

(d) Bachelor's degree with 45% marks and having participated in National/Inter university/State competitions in sports and games as recognised by the AIU/IOA/SGFI/Government of India.
Or

(e) Bachelor's degree with participation in international competitions or secured 1st/2nd/3rd position in National/Inter university/State competitions in sports and games as recognised by the respective Federations/AIU/IOA/SGFI /Government of India.
Or

(f) Graduation with 45% marks and at least three years of teaching experience (for deputed in-service candidates i.e. trained physical education teachers/coaches.)

The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for SC/ST/OBC and other categories shall be as per the rules of the Central Government/State government whichever is applicable.

In all the above eligibility categories SC/ST students shall have a concession of 5% marks in degree for purposes of eligibility.

2.3 Admission Procedure

Admissions shall be made on merit basis on the basis of marks obtained in the entrance examination (written test, sports proficiency, physical fitness test and qualifying examination marks).

All the eligible candidates shall submit fitness certificate issued by a Government Medical Officer, along with their application.

Selection Procedure:

1. Candidates shall be selected on the basis of merit, following the selection procedure and as per the reservation norms/guidelines prevailing in the University. Merit shall be decided on the basis of candidate's performance in the entrance tests. The marks allotted for academic achievement, entrance test performance and sports representation/achievements will be as follows:

    1. Academic performance (degree marks)- 40 percent of percentage of marks obtained.
    2. Entrance test - 30 percent of marks obtained in entrance tests.
    3. Sports representation and achievements - 30 marks maximum.

2. Marks for sports proficiency/achievements

    1. International level participation (recognized by Indian Olympic Association): Representing country or combined Indian universities team 30 marks.

    2. National level participation: Representing the state/combined universities team/All India Inter University (Organized by recognized sports bodies of the country).
       First Position: 25 marks
       Second Position: 20 marks
       Third Position: 15 marks
       Participation only: 10 marks (For each additional place won or representation 5 marks will be awarded. However total marks shall not exceed 25 marks)

    3. Zonal Inter University/ State level participation: Representing a University/State
       First Position: 20 marks
       Second Position: 16 marks
       Third Position: 12 marks
       Participation only: 10 marks(For each additional place won or representation 4 marks will be awarded. However total marks shall not exceed 20 marks)

    4. University intercollegiate/PU board intercollegiate/state participation: Representing college/district (Organized by recognized sports bodies of the state).
       First Position: 12 marks
       Second Position: 10 marks
       Third Position: 08 marks
       Participation only: 06 marks(For each additional place won or representation 2 marks will be awarded. However total marks shall

       not exceed 12 marks)E. Marks for sport representation and achievement will be considered at only one level to the advantage of the candidate.

3. There shall be entrance tests for the eligible candidates. The entrance tests shall include the following test items:i) 100mts.run 15 marks.ii) Shot put (7.25 kg for men and 4 kg for women) 15 marks.iii) Standing broad jump 15 marks.iv) 12 minutes (9 min. for women) walk & run 15 marks.v) Performance in any two games/event 20 marks.vi) Writtentest 10 marks.vii) General viva-voce 10 marks.

4. Merit shall be considered on the basis of performance as stated in Para 1 (2.1) above put together and the seats shall be allotted as per University norms/ guidelines issued from time to time.

3. DURATION:

The B.P.Ed programme shall be of a duration of two academic years, that is, four semesters.

4. MAXIMUM PERIOD FOR COMPLETING THE PROGRAMME:

The candidate shall complete the programme within three years from the date of admission to the course.

5. COURSE:

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

6. COURSES OF PROGRAMME:

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

Theory:
Core Course:
Elective Course:
Practicum:
Teaching Practices:

7. SEMESTERS:

An academic year is divided into two semesters. Each semester will consist of 20 weeks of academic work equivalent to 100 actual teaching days excluding examinations. The odd and even semesters may be scheduled as per the university calendar. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

8. WORKING DAYS:

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

9. ATTENDANCE:

The candidate shall have a minimum 80% attendance for all course work and practicum, and 90% for school internship.

9. MEDIUM OF INSTRUCTION:

The medium of instruction shall be English/Kannada.

10. CREDITS:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total number of credits is 32 credits per semester with a total of 128 credits for the programme. The total minimum credits, required for completing a B.P.Ed. Programme is 90 credits and for each semester 20 credits.

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement at Stale level Competition (Medal Winner) Sports Achievement National level Competition (Medal Winner)	1 2

2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two game)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
7	Organization / Officiating – State / National level in any two game	2
8	News Reposting / Article Writing / book writing / progress report writing	1
9	Research Project	4

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

11. EXAMINATIONS:

(i) There shall be examinations at the end of each semester as per the university calendar. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held as per the university schedule.

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

12. REGISTERING FOR THE EXAMINATIONS:

The candidate shall register for all the papers in the subject of a semester when he/she appears for the examination of that semester for the first time.

13. VALUATION OF ANSWER SCRIPTS:

Each written course/paper shall be valued by one internal examiner or one external examiner from the panel of examiners prepared by the concerned B.O.S. and approved by the University. Each practical examination shall be jointly conducted

and evaluated by one internal examiner and one external examiner or two external examiners if there are no internal examiners.

14. PATTERN OF QUESTION PAPERS:

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

B.P.Ed.: Format of Question Paper for 4 Units

Each question paper shall have five questions. The pattern will be as follows:

Question No.	Description	Marks
1	Answer in detail (Long Question) or Answer in detail (both questions from Unit 1)	15
2	Answer in detail (Long Question) or Answer in detail (both questions from Unit 2)	15
3	Answer in detail (Long Question) or Answer in detail (both questions from Unit 3)	15
4	Answer in detail (Long Question) or Answer in detail (both questions from Unit 3)	15
5	Write short notes: any two out of four (From all units)	10
Total		**70**

15. EVALUATION:

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

One Test	15 Marks
Seminar / Quiz	5 Marks

Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

16. GRADING:

Once the marks of the CIA (Continuous Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in Regulation 18 from the first semester onwards the average performance within any semester from the first semester is indicated by Grade Point Average (GPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA).

17. CLASSIFICATION OF FINAL RESULTS:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

The results of the successful candidates at the end of each semester shall be classified on the basis of the Cumulative Grade Point Average (CGPA) obtained in all the four semesters and the corresponding overall alpha – sign grade. An eight point grading system, alpha-sign grade as described below shall be adopted.

Eight Point Alpha – Sign Grading Scale:

Grade Point Average	<4	4- <5	5- <5.5	5.5- <6	6- <7	7- <8	8- <9	9-10
Alpha-Sign Grade	D	C	B	B+	A	A+	A++	O (Outstanding)

18. AWARD OF THE B.P.ED. DEGREE:

A candidate shall be eligible for the award of the degree of the B.P.Ed. only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

19. COMPUTATION OF GRADE POINT AVERAGE:

The Grade Point Average (GPA) in a semester and the cumulative Grade Point Average (CGPA) at the end of the fourth semester shall be computed as follows:

The Grade Points (GP) in a course shall be assigned on the basis of actual marks scored (end semester examination and IA) in that course as per the table below provided they have secured a minimum of 40% marks in the end semester examination. The candidate serucint less than 40% marks in the end semester examination in any unit/ theory/ Practical shall be declard to have failed in that unit/theory/practical.

Grade Point Average	40	41-45	46-50	51-55	56-60	61-65	66-70	71-75	76-80	81-85	86-90	91-95	96-100
Grade Points	4.0	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10

The Grade Point Weights (GPW) shall then be calculated as the product of the grade points earned in the course and the credits for the course. The total GPW for a semester is obtained by adding the GW of all the courses of the semester.

The following are the sample illustrations of computing semester grade point averages (GPA), and cumulative grade point average (CGPA) and the alpha – sign grades assigned.

ILLUSTRATION 1

Papers	**CC-101**	**CC-102**	**CC-103**	**EC-101/ EC-102**	**PC-101**	**PC-102**	**PC-103**	**PC-104**	**Total**

Maximum marks	100	100	100	100	100	100	100	100	800
Marks obtained	67	73	58	76	64	67	73	58	556
% of marks obtained	67	73	58	76	64	67	73	58	-
Grade points earned (GP)	7	7.5	6	8	6.5	7	7.5	6	-
Credits for the Course ©/Paper	4	4	4	4	4	4	4	4	32
Total GPW = GPxC	28	30	24	32	26	28	30	24	222

The GPA shall then be computed by dividing the total GPW of all the courses of study by the total credits for the semester.

GPA = Total GPW / Total Credits = 222 / 32 = **6.93**

Semester Alpha Sign Grade: **A**

Calculation of Cumulative Grade Point Average (CGPA):

The cumulative Grade Point Average (CGPA) at the end of the fourth semester shall be calculated as the weighted average of the semester GPW. The CGPA is obtained by dividing the total GPW of all the four semesters by the total credits for the programme.

ILLUSTRATION II

Semester	**I**	**II**	**III**	**IV**	**Total**
Semester Alpha Sign Grade	A+	A	A++	A	-
Semester GPA	7.63	6.5	8	6.75	-
Semester Credits	32	32	32	32	128
Semester GPW	244.2	208	256	216	924.2

Cumulative Grade Point Average (CGPA)

= Total of Semester GPW / Total Credits for the programme

= 924.2/128 = **7.22**

Programme Alpha Sign Grade: **A+**

20. MINIMUM FOR A PASS

(i) A candidate shall be declared to have passed the BPEd programme if he/she secures at least a CGPA of 4.0 (Course Alpha Sign Grade C) in the aggregate of both internal assessment and semester end examination marks.

(ii) The candidates who pass all the semester examinations in the first attempts in two years are eligible for ranks provide they secure at least a CGPA of 6.0 (at least Alpha- Sign Grade A).

(iii) The results of the candidates who have passes the fourth semester examination but not passed the lower semester examinations shall be declared NCL (not completed lower semester examinations). Such candidates shall be eligible for the degree only after completion of all the lower semester examinations.

(iv) A candidate who passes the semester examinations in parts is eligible for only CGPA and Alpha-Sign Grade but not for ranking.

(v) There shall be no minimum in respect of internal assessment and viva-voce marks.

(vi) A candidate who fails in any of the unit shall reappear in that unit and pass the examination subsequently.

21. CARRY OVER PROVISION

Candidates who fail in a lower semester examination may go to the higher semester and take examinations.

22. REJECTION OF RESULTS:

(i) A candidate who fails in one or more papers of a semester may be permitted to reject the result of the whole examination of that semester. Rejection of result paper wise shall not be permitted. A candidate who rejects the results shall appear for the whole examination of that semester in the subsequent schedule of examinations.

(ii) Rejection shall be exercised only once in each semester and the rejection once exercised shall not be revoked.

(iii) Application for rejection along with payment of the prescribed fee shall be submitted to the Registrar (Evaluation) through the department/college together with the original statement of marks 45 days in advance of the pertinent semester examination whenever held.

A candidate who rejects the result is eligible for class and not for ranking.

23. IMPROVEMENT OF RESULTS:

(i) A candidate who passes all the courses/ papers of a semester may be permitted to improve the result by reappearing for the whole examination of that semester.

(ii) The reappearance could be permitted twice during double the period without restricting it to the subsequent examination only. The regulation governing maximum period for completing various degree/ diploma programme notified by the University from time to time shall be applicable for improvement of results also.

(iii) The student could be permitted to apply for the improvement examination 45 days in advance of the pertinent semester examination whenever held.

(iv) If the candidate passes in all the subjects in the reappearance, higher of the two aggregate marks secured by the candidate shall be awarded to the candidate for that semester. In case the candidate fails in the reappearance, candidate shall retain the first appearance result.

(v) A candidate who appears for improvement is eligible for class and not for ranking.

(vi) Internal assessment marks shall be shown separately in the marks card. A candidate who has rejected the result or who, having failed, takes the examination again or who has appeared for improvement shall retain the internal assessment marks already obtained.

(vii) A candidate who fails in any of the semester examinations may be permitted to take the examinations again at a subsequent appearance as per the syllabus and scheme of examination in vogue at the time the candidate took the examination for the first time. This facility shall be limited to the following two years and this provision may also be extended to a candidate who rejects or improves the result.

24. GRIEVANCE REDRESSAL COMMITTEE:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher/ Principal/ Director and

the HOD of the facult y as the members. This Committee shall solve all grievances of the students.

25. REVISION OF SYLLABI:

(i) Syllabi of every course should be revised according to the NCTE.

(ii) Revised Syllabi of each semester should be implemented in a sequential way.

(iii) In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.

(iv) All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.

(v) During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.

(vi) In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

26. REPEAL AND SAVINGS:

The Regulations governing BPEd degree programme assented by the Chancellor on 24.07.2003 as communicated in Government letter No. ED 9 UDS 2003 dated 7.08.2003 which was notified vide Notification No.MU/ACC/CR9/2002-03/A2 dtd.18.08.2003 and the amendments thereon assented by the Chancellor on 15.07.2009 as communicated in Government letter No.ED 25 UDS 2008 dated 5.08.2009 which was notified vide Notification No.MU/ACC/CR30/2003-04/A2 dated 12.08.2009 are hereby repealed.

However, the above Regulations shall continue to be in force for the students who have been admitted to the course before the enforcement of this regulation.

(Assented by the Chancellor on 18.05.2017 as communicated in Government letter No. ED 8 UDS 2016, dated 05.06.2017)

Sd/-
REGISTRAR.

DETAILS OF COURSE PATTERNS AND SYLLABUS

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, Principles and foundation of Physical Education	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 (Any one)						
EC-101	Olympic Movement	4	4	30	70	100
EC-102	Officiating and Coaching					
Part B: Practical Course						
PC-101	Track and Field (Running Events)	6	4	30	70	100
PC-102	Swimming and Weightlifting	6	4	30	70	100
PC-103	Games – Kabaddi, Handball, Badminton and Football	6	4	30	70	100
PC - 104	Mass Demonstration Activities – Lezium. Marchpast, Mass P T, Dumbbells, Wands and Hoops	6	4	30	70	100
Total		40	32	240	560	800

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

Semester - II

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 (Any one)						
EC-201	Contemporary issues in physical education, fitness and wellness	4	4	30	70	100
EC-202	Sports Nutrition and Weight Management					
Part B: Practical Course						
PC-201	Track and Field (Jumping Events)	6	4	30	70	100
PC-202	Yoga and Aerobics	6	4	30	70	100
PC-203	Games - Cricket, Volleyball, Tennis and Kho Kho	6	4	30	70	100
Part – C Teaching Practices						
TP - 201	Teaching Practices (05lessons in class room teaching and 05 lessons in outdoor activities)	6	4	30	70	100
Total		40	32	240	560	800

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

Semester - III

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	4	4	30	70	100
CC-303	Sports Psychology and Sociology	4	4	30	70	100
Elective Course (Any one)						
EC-301	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
EC-302	Curriculum Design					
Part–B Practical Course						
PC-301	Track and Field (Throwing Events)	6	4	30	70	100
PC-302	Karate and Wrestling	6	4	30	70	100
PC-303	Games – Hockey, Basketball, Netball and Softball	6	4	30	70	100
Part – C Teaching Practices						
TP - 301	Teaching Practice: (Teaching Lesson Plans for games) (out of 10 lessons 5 internal and 5 external at practicing school)	6	4	30	70	100
Total		40	32	240	560	800

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

Semester - IV

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 (Any one)						
EC-401	Theory of sports and Game	4	4	30	70	100
EC-402	Sports Management					
Part–B Practical Course						
PC-401	Track and Field - Specialisation	6	4	30	70	100
PC-402	Games Specialsiation– Kabaddi, Kho Kho, Volleyball, Cricket, Football, Basketball, Hockey and Handball. (Any One of these)	6	4	30	70	100

Part – C Teaching Practices						
Part – C Teaching Practices						
TP-401	Sports specialization: Coaching lessons Plans (One for Sports 5 lessons)	6	4	30	70	100
TP-402	Games specialization: Coaching lessons Plans (One for Games 5 lessons)	6	4	30	70	100
Total		40	32	240	560	800
		160	128	960	2240	3200

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

SCHEME OF EXAMINATION

SEMESTER – I

Paper	Subject	Internal	External	Total Marks
THEORY (400)				
CC-101	History, Principles and Foundations of Physical Education	30	70	100
CC-102	Anatomy and Physiology	30	70	100
CC-103	Health Education and Environmental Studies	30	70	100
EC-101/102	Olympic Movement/ Officiating and Coaching (Elective)	30	70	100
PRACTICAL (400)				
PC-101	Track and Field (Running Events)	30	70	100
PC-102	Swimming and Weightlifting	30	70	100
PC-103	Games – Handball, Football and Badminton (Any two out of these)	30	70	100
PC-104	Mass Demonstration Activities – Lezium. Marchpast, Mass P T, Dumbbells, Wands and Hoops (March past compulsory, any two of the remaining).	30	70	100
Total		**240**	**560**	**800**

SEMESTER -II

Paper	Subject	Internal	External	Total Marks
THEORY (400)				
CC-201	Yoga Education	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	30	70	100
CC-203	Organization and Administration	30	70	100
EC-201/202	Contemporary issues in physical education, fitness and wellness/ Sports Nutrition and Weight Management (Elective)	30	70	100
PRACTICAL (300)				
PC-201	Track and Field (Jumping Events)	30	70	100

PC-202	Yoga and Aerobics	30	70	100
PC-203	Games - Cricket, Volleyball and Kho Kho (Any two out of these)	30	70	100
TEACHING PRACTICE (100)				
TP-201	Teaching Practice (Classroom and outdoor)	30	70	100
Total		**240**	**560**	**800**

SEMESTER –III

Paper	Subject	Internal	External	Total Marks
THEORY (400)				
CC-301	Sports Training	30	70	100
CC-302	Computer Applications in Physical Education	30	70	100
CC-303	Sports Psychology and Sociology	30	70	100
EC-301/302	Sports Medicine, Physiotherapy and Rehabilitation/Curriculum Design (Elective)	30	70	100
PRACTICAL (300)				
PC-301	Track and Field (Throwing Events)	30	70	100
PC-302	Karate and Wrestling	30	70	100
PC-303	Games – Hockey, Basketball and Softball (Any two of these)	30	70	100
TEACHING PRACTICE (100)				
TP-301	Teaching Practice (Teaching Lesson Plans for Racket	30	70	100
Total		**240**	**560**	**800**

SEMESTER - IV

Paper	Subject	Internal	External	Total Marks
THEORY (400)				
CC-401	Measurement and Evaluation in Physical Education	30	70	100
CC-402	Kinesiology and Biomechanics	30	70	100
CC-403	Research and Statistics in Physical Education	30	70	100

EC-401/402	Theory of Sports and Games (specifically sports and games specialisation) / Sports Management (Elective)d Rehabilitation/Curriculum Design (Elective)	30	70	100
PRACTICAL (200)				
PC-401	Track and Field - Specialisation	30	70	100
PC-402	Games – Specialisation: Kabaddi, Kho Kho, Volleyball, Cricket, Football, Basketball, Hockey and Handball. (Any of one out of these)	30	70	100
TEACHING PRACTICE (200)				
TP-401	Sports Specialization: Coaching lessons Plans Track and Field	30	70	100
TP-402	Game specialization Coaching lessons: Kabaddi, Kho Kho, Volleyball, Cricket, Football, Basketball, Hockey and Handball. (Any of one out of these)	30	70	100
	Total	**240**	**560**	**800**

B. P. Ed. – Outline of Syllabus

Theory Courses

Semester – I CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Unit – 1: Introduction

- Meaning, Definition and Scope of Physical Education
- Aims and Objective of Physical Education
- Importance of Physical Education in present era.
- Misconceptions about Physical Education.
- Relationship of Physical Education with General Education.
- Physical Education as an Art and Science.

Unit- 2 – Historical Development of Physical Education in India

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

Unit- 3- Foundation of Physical Education

- Philosophical foundation:
- Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture.
- Fitness and wellness movement in the contemporary perspectives
- Sports for all and its role in the maintenance and promotion of fitness.

Unit-4- Principles of Physical Education

- Biological
  - Growth and development
  - Age and gender characteristics
  - Body Types
  - Anthropometric differences
- Psychological

- Learning types, learning curve
- Laws and principles of learning
- Attitude, interest, cognition, emotions and sentiments

- Sociological
- Society and culture
- Social acceptance and recognition
- Leadership
- Social integration and cohesiveness

References:

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.

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.

Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher. Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co. William, J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.

Semester I

Theory Courses

CC-102 ANATOMY AND PHYSIOLOGY

UNIT-I

- Brief Introduction of Anatomy and physiology in the field of Physical Education.
- Introduction of Cell and Tissue.
- The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities – joints of the body and their types
- Gender differences in the skeleton.
- Types of muscles.

UNIT-II

- **Blood and circulatory system:** Constituents of blood and their function –Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation. Cardiac output.
- **The Respiratory system:** The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.
- **The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism,
- **The Excretory system:** Structure and functions of the kidneys and the skin.
- **The Endocrine glands:** Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.
- **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action,
- **Sense organs:** A brief account of the structure and functions of the Eye and Ear.

UNIT-III

- Definition of physiology and its importance in the field of physical education and sports.
- Structure, Composition, Properties and functions of skeletal muscles.
- Nerve control of muscular activity:
- Neuromuscular junction
- Transmission of nerve impulse across it.
- Fuel for muscular activity
- Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

UNIT-IV

- Effect of exercise and training on cardiovascular system.
- Effect of exercise and training on respiratory system.
- Effect of exercise and training on muscular system
- Physiological concept of physical fitness, warming up, conditioning and fatigue.
- Basic concept of balanced diet – Diet before, during and after competition.

References:

Gupta, A. P. (2010). *Anatomy and physiology.* Agra: SumitPrakashan.

Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science.* Delhi: Swaran Printing Press. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.

Saunders.

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.

Moorthy, A. M. (2014). *Anatomy physiology and health education.*Karaikudi: Madalayam

Publications.

Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.

Pearce, E. C. (1962). *Anatomy and physiology for nurses.* London: Faber & Faber Ltd. Sharma, R. D. (1979). *Health and physical education,* Gupta Prakashan.

Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.

Semester I

Theory courses

CC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Unit – I Health Education

- Concept, Dimensions, Spectrum and Determinants of Health
- Definition of Health, Health Education, Health Instruction, Health Supervision
- Aim, objective and Principles of Health Education
- Health Service and guidance instruction in personal hygiene

Unit – II Health Problems in India

- Communicable and Non Communicable Diseases
- o Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive
- Population,
- Personal and Environmental Hygiene for schools
- Objective of school health service, Role of health education in schools
- Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit – III Environmental Science

- Definition, Scope, Need and Importance of environmental studies.
- Concept of environmental education, Historical background of environmental education,
- Celebration of various days in relation with environment.
- Plastic recycling & probation of plastic bag / cover.
- Role of school in environmental conservation and sustainable development.

Unit – IV Natural Resources and related environmental issues:

- Water resources, food resources and Land resources
- Definition, effects and control measures of:
- Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- Management of environment and Govt. policies , Role of pollution control board.

References:

Agrawal, K.C. (2001). *Environmental biology*.Bikaner: Nidhi publishers Ltd.

Frank, H. &Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V.

Mosby Company.

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.

Semester – I Theory courses

EC-101 OLYMPIC MOVEMENT (ELECTIVE)

Unit – I Origin of Olympic Movement

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

Unit – IIModern Olympic Games

- Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- Olympic Protocol for member countries
- Olympic Code of Ethics
- Olympism in action
- Sports for All

Unit – III Different Olympic Games

- Para Olympic Games
- Summer Olympics
- Winter Olympics
- Youth Olympic Games

Unit – IV Committees of Olympic Games

- International Olympic Committee - Structure and Functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

Reference:

Osborne, M. P. (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York:* Random House Books for Young Readers.

Burbank, J. M., Andranovich, G. D. &Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner

Semester – I Theory courses

EC-102 OFFICIATING AND COACHING (Elective)

Unit- I: Introduction of Officiating and coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

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

Unit- III: Duties of Official

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating – position, singles and movement etc.
- Ethics of officiating

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification of coach and official
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports

Reference Books:

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall. Bunn, J. W. (1972). *Scientific principles of coaching.* Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd. Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd. Lawther, J.D. (1965). *Psychology of coaching.* New York: Pre. Hall.

Singer, R. N. (1972). *Coaching, athletic & psychology*.New York: M.C. Graw Hill.

Semester – II

Theory Courses

CC-201 YOGA EDUCATION

Unit – I: Introduction

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Yoga in Early Upanisads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

Unit - II: Foundation of Yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

Unit - III Asanas

- Effect of Asanas and Pranayama on various system of the body
- Classification of asanas with special reference to physical education and sports
- Influences of relaxtive, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

Unit – IV Yoga Education

- Basic, applied and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yogasanas

References:

Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.

Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala: Kaixydahmoe.

Rajjan, S. M. (1985). *Yoga strenthening ofrelexation for sports man.* New Delhi:Allied Publishers.

Shankar,G.(1998). *Holistic approach of yoga.* New Delhi:Aditya Publishers.

Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.

Semester – II

Theory Courses

CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING N PHYSICAL EDUCATION

Unit – I Introduction

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

Unit – II Teaching Technique

- Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
- Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- Presentation Technique – Personal and technical preparation
- Command- Meaning, Types and its uses in different situations.

Unit – III Teaching Aids

- Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
- Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc
- Team Teaching – Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.

Unit – IV Lesson Planning and Teaching Innovations

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

Reference:

Bhardwaj, A. (2003). *New media of educational planning*.New Delhi:Sarup of Sons. Bhatia,& Bhatia,(1959). *The principles and methods of teaching.*New Delhi: Doaba House. Kochar, S.K. (1982). *Methods and techniques of teaching*.New Delhi: Sterling Publishers

Pvt. Ltd.

Sampath, K.,Pannirselvam, A. &Santhanam, S. (1981). *Introduction to educational technology*.New Delhi: Sterling Publishers Pvt. Ltd.

Walia, J.S. (1999). *Principles and methods of education*.Jullandhar:Paul Publishers.

Semester – II Theory Courses

CC-203 ORGANZATION AND ADMINISTRATION IN PHYSICAL EUCATION

Unit – I: Organization and administration

- Meaning and importance of Organization and Administration in physical education
- Qualification and Responsibilities of Physical Education teacher and pupil leader
- Planning and their basic principles,
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

Unit- II: Office Management, Record, Register & Budget

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making,
- Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-III: Facilities, & Time-Table Management

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

Unit-IV:Competition Organization

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

References:

Broyles, F. J. &Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach.* New York: Prentice hall Inc.

Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme.*St.

Lolis: The C.V. Hosby Co.

Kozman, H.C. Cassidly, R. & Jackson, C. (1960).*Methods in Physical Education*. London: W.B. Saunders Co.

Pandy, L.K. (1977). *Methods in Physical Education.*Delhe: Metropolitan Book Depo.

Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education.* Amaravati: Shakti Publication.

Thomas, J. P.(1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.

Tirunarayanan, C. &Hariharan, S. (1969). *Methods in Physical Education.*Karaikudi: South India Press.

Voltmer, E. F. &Esslinger, A. A. (1979).*The organization and administration of Physical Education.* New York: Prentice Hall Inc.

Semester – II Theory Courses

EC-201 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS (ELECTIVE)

Unit – I Concept of Physical Education and Fitness

- Definition, Aims and Objectives of Physical Education, fitness and Wellness
- Importance and Scope of fitness and wellness
- Modern concept of Physical fitness and Wellness
- Physical Education and its Relevance in Inter Disciplinary Context.

Unit – II Fitness, Wellness and Lifestyle

- Fitness – Types of Fitness and Components of Fitness
- Understanding of Wellness
- Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management
- Physical Activity and Health Benefits

Unit – III Principles of Exercise Program

- Means of Fitness development – aerobic and anaerobic exercises
- Exercises and Heart rate Zones for various aerobic exercise intensities
- Concept of free weight Vs Machine, Sets and Repetition etc
- Concept of designing different fitness training program for different age group.

Unit – IV Safety Education and Fitness Promotion

- Health and Safety in Daily Life
- First Aid and Emergency Care
- Common Injuries and their Management
- Modern Life Style and Hypo-kinetic Disease –Prevention and Management

References:

Difiore, J.(1998). *Complete guide to postnatal fitness.* London: A & C Black,.

Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness.* Singapore: P.G. Medical Book.

Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.

Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

Semester II Theory courses

EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)

Unit – I Introduction to Sports Nutrition

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

Unit – II Nutrients: Ingestion to energy metabolism

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

Unit – III Nutrition and Weight Management

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

Unit – IV Steps of planning of Weight Management

- Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss

References:

Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.93*(6), 2027-2034.

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.

Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, *197*(3), 223-228.

DeMaria, E. J. (*2007).* Bariatric surgery for morbid obesity. *N Engl J Med,356*(21), 2176-2183.
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 – I Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- System of Sports Training – Basic Performance, Good Performance and High Performance Training

Unit – II Training Components

- Strength – Mean and Methods of Strength Development
- Speed – Mean and Methods of Speed Development
- Endurance - Mean and Methods of Endurance Development
- Coordination – Mean and Methods of coordination Development
- Flexibility – Mean and Methods of Flexibility Development

Unit – III Training Process

- Training Load- Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technical Training – Meaning and Methods of Technique Training
- Tactical Training – Meaning and Methods of Tactical Training

Unit – IV Training programming and planning

- Periodization – Meaning and types of Periodization
- Aim and Content of Periods – Preparatory, Competition, Transitional etc.
- Planning – Training session
- Talent Identification and Development

Reference:

Dick, W. F. (1980).*Sports training principles.*London: Lepus Books. Harre, D.(1982).*Principles of sports training.*Berlin: Sporulated.

Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2nd Edn.

Matvyew, L.P. (1981).*Fundamental of sports training.* Moscow: Progress Publishers. Singh, H. (1984).*Sports training, general theory and methods*.Patials: NSNIS.

Uppal, A.K., (1999).*Sports Training.*New Delhi: Friends Publication.

Semester III Theory Courses

CC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit – I: Introduction to Computer

- Meaning, need and importance of information and communication technology (ICT).
- Application of Computers in Physical Education
- Components of computer, input and output device
- Application software used in Physical Education and sports

Unit – II: MS Word

- Introduction to MS Word
- Creating, saving and opening a document
- Formatting Editing features Drawing table ,
- page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

Unit – III: MS Excel

- Introduction to MS Excel
- Creating, saving and opening spreadsheet
- creating formulas
- Format and editing features adjusting columns width and row height understanding charts.

Unit – IV: MS Power Point

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file
- format and editing features slide show , design , inserting slide number
- picture ,graph ,table
- Preparation of Power point presentations

References:

Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.

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

Semester – III Theory Courses

CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY

Unit -I: introduction

- Meaning, Importance and scope of Educational and Sports Psychology
- General characteristics of Various Stages of growth and development
- Types and nature of individual differences; Factors responsible –Heredity And environment
- Psycho-sociological aspects of Human behavior in relation to physical education and sports

Unit-II: Sports Psychology

- Nature of learning, theories of learning, Laws of learning,
- Plateau in Learning; & transfer of training
- Meaning and definition of personality, characteristics of personality,
- Dimension of personality, Personality and Sports performance
- Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.
- Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.
- Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
- Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

Unit-III: Relation between Social Science and Physical Education.

- Orthodoxy, customs, Tradition and Physical Education.
- Festivals and Physical Education.
- Socialization through Physical Education.
- Social Group life, Social conglomeration and Social group, Primary group and Remote group.

Unit-4 Culture : Meaning and Importance.

- Features of culture,
- Importance of culture.
- Effects of culture on people life style.
- Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method

References:

Ball, D. W. & Loy, J. W. (1975).*Sport and social order; Contribution to the sociology of sport.*London: Addison Wesley Publishing Co., Inc.

Blair, J.& Simpson, R.(1962). *Educational psychology*, New York:McMillan Co.

Cratty, B. J.(1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.

Kamlesh, M.L. (1998). *Psychology inphysical education and sport*. New Delhi:Metropolitan Book Co.

Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.

Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981).*Sports culture and society.*Philadelphia: Lea &Febiger.

Mathur, S.S., (1962). *Educational psychology*. Agra.VinodPustakMandir.

Skinnner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.

William, F. O.&Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing House Pvt Ltd.

Semester – III Theory Courses

EC-301 SPORTS MEDICINE, PHYSIOTHERAPY AND REHANLITATION

(ELECTIVE)

Unit-I: - Sports Medicine:

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and
- Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and
- Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education
- Prevention of injuries in sports – Common sports injuries – Diagnosis –
- First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

Unit-II: Physiotherapy

- Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

Unit-III: Hydrotherapy:

- Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

Unit-IV: Therapeutic Exercise:

- Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints - Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

References:

Christine, M. D., (1999). *Physiology of sports and exercise*.USA: Human Kinetics.

Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.

David, R. M. (2005).*Drugs in sports,* (4th Ed). Routledge Taylor and Francis Group.

Hunter, M. D. (1979). A *dictionary for physical educators.* In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger

Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.

Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi:Lucky Enterprises.

Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*.

Philadelphia:W.B. Saunders Co.

Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub. Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.

Semester – III Theory Courses

EC-302 CURRICULUM DESIGN (Elective)

UNIT-I Modern concept of the curriculum

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

UNIT-IIBasic Guide line for curriculum construction; contest (selection and expansion).

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

UNIT-IIICurriculum-Old and new concepts, Mechanics of curriculum planning.

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

UNIT-IV Under-graduate preparation of professional preparation.

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

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Semester – IV Theory Courses

CC-401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit- IIntroduction to Test & Measurement & Evaluation

- Meaning of Test & Measurement & Evaluation in Physical Education
- Need & Importance of Test & Measurement & Evaluation in Physical Education
- Principles of Evaluation

Unit- IICriteria; ClassificationandAdministration of test

- Criteria of good Test
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- Type and classification of Test
- Administration of test, advance preparation – Duties during testing – Duties after testing.

Unit- III Physical Fitness Tests

- AAHPER youth fitness test
- National physical Fitness Test
- Indiana Motor Fitness Test
- JCR test
- U.S Army Physical Fitness Test

Unit- IV Sports Skill Tests

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

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Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho+Storm.

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Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B.SoundersCompnay.

Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.

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York: John Willey and Sons.

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Patiala: Punjab Publishing House.

Semester – IV Theory Courses

CC-402 KINESIOLOGY AND BIOMECHANICS

Unit – I Introduction to Kinesiology and Sports Biomechanics

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

Unit – II Fundamental Concept of Anatomy and Physiology

- Classification of Joints and Muscles
- Types of Muscle Contractions
- Posture – Meaning, Types and Importance of good posture.
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal
- Innovation

Unit – III Mechanical Concepts

- Force - Meaning, definition, types and its application to sports activities
- Lever - Meaning, definition, types and its application to human body.
- Newton's Laws of Motion – Meaning, definition and its application to sports activities.
- Projectile – Factors influencing projectile trajectory.

Unit – IV Kinematics and Kinetics of Human Movement

- Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
- Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- Linear Kinetics – Inertia, Mass, Momentum, Friction.
- Angular Kinetics – Moment of inertia ,Couple, Stability.

Reference:

Bunn, J. W. (1972).*Scientific principles of coaching.* Englewood Cliffs, N.J.: Prentice Hall

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Hay, J. G. & Reid, J. G.(1982).*The anatomical and mechanical basis of human motion.*

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Semester – IV Theory Courses

CC-403 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION Unit-I

Introduction to Research

- Definition of Research
- Need and importance of Research in Physical Education and Sports.
- Scope of Research in Physical Education & Sports.
- Classification of Research
- Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-II Survey of Related Literature

- Need for surveying related literature.
- Literature Sources, Library Reading
- Research Proposal, Meaning and Significance of Research Proposal.
- Preparation of Research proposal / project.
- Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

Unit-III Basics of Statistical Analysis

- Statistics: Meaning, Definition, Nature and Importance
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit- IV Statistical Models in Physical Education and Sports

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

References:

Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.

Bompa, T. O. &Haff, G. G. (2009). *Periodization: theory and methodology of training, 5th ed.* Champaign, IL: Human Kinetics.

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Carl, E. K., & Daniel, D. A. (1969). Modern principles of athletes training. St. Louis: St. Louis's Mosby Company.

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Thomas, J.R., & Nelson J.K. (2005). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.

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Semester – IV Theory Courses

EC-401 THEORY OF SPORTS AND GAMES (ELECTIVE)

UNIT-I INTRODUCTION

General Introduction of specialized games and sports–

- Athletics,
- Basketball,
- Cricket,
- Football,
- Hockey,
- Handball,
- Kabaddi,
- Kho-Kho,
- Volleyball

Each game or sports to be dealt under the following heads

- History and development of the Game and Sports
- Ground preparation, dimensions and marking
- Standard equipment and their specifications
- Ethics of sports and sportsmanship

NIT-II Scientific Principles of coaching: **(particular sports and game specific)**

- Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
- Force – Friction, Centripetal and Centrifugal force, Principles of force.
- Equilibrium and its types
- Lever and its types
- Sports Training – Aims, Principles and characteristics.
- Training load – Components, Principles of load, Over Load (causes and symptoms).

UNIT-III Physical fitness components: (particular sports and game specific)

- Speed and its types
- Strength and its types
- Endurance and its types

- Flexibility and its types
- Coordinative ability and its types.

- Training methods: - Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training)

UNIT-IV Conditioning exercises and warming up.

- Concept of Conditioning and warming up.
- Role of weight training in games and sports.
- Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
- Recreational and Lead up games
- Strategy – Offence and defense, Principles of offence and defense.

References:

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall. Bunn, J. W. (1972). *Scientific principles of coaching.* Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd. Lawther, J.D. (1965). *Psychology of coaching.* New York: Pre. Hall.

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Semester – IV

Theory Courses

EC-402 SPORTS MANAGEMENT (ELECTIVE)

Unit-I

- Nature and Concept of Sports Management.
- Progressive concept of Sports management.
- The purpose and scope of Sports Management.
- Essential skills of Sports Management.
- Qualities and competencies required for the Sports Manager.
- Event Management in physical education and sports.

Unit-II

- Meaning and Definition of leadership
- Leadership style and method.
- Elements of leadership.
- Forms of Leadership.

 Autocratic

 Laissez-faire

 Democratic

 Benevolent Dictator

- Qualities of administrative leader.
- Preparation of administrative leader.
- Leadership and Organizational performance.

Unit-III

- Sports Management in Schools, colleges and Universities.
- Factors affecting planning
- Planning a school or college sports programme.
- Directing of school or college sports programme.
- Controlling a school, college and university sports programme.

 Developing performance standard

 Establishing a reporting system

- Evaluation
- The reward/punishment system

Unit-IV

- Financial management in Physical Education & sports in schools, Colleges and Universities.
- Budget – Importance, Criteria of good budget,
- Steps of Budget making
- Principles of budgeting

REFERENCES:

Ashton, D. (1968).*Administration of physical education for women*.New York: The Ronal Press Cl.

Bucher, C.A. *Administration of physical education and athletic programme.* 7th Edition, St. Louis: The C.V. Mosby Co.

Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programmes, organisation and administration.* Philadelphia U.S.A. : W.B. Sounders Cp.

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 - 101

Track and Field:

Running Events

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- Ground Marking, Rules and Officiating
- Hurdles:
- Fundamental Skills- Starting, Clearance and Landing Techniques.
- Types of Hurdles
- Ground Marking and Officiating.

Relays: Fundamental Skills

- Various patterns of Baton Exchange
- Understanding of Relay Zones
- Ground Marking
- Interpretation of Rules and Officiating.

PC 102

Swimming:

Fundamental Skills

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.

- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

PC – 103

Games:

Kabaddi: Fundamental Skills

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Various formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
- Ground Marking, Rules and Officiating

PC – 103

Handball:

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

PC – 103

Badminton:

- Fundamental Skills
- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

PC – 103

Football:

Fundamental Skills

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

PC – 104

Lezium

- GhatiLezuim-AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.
- Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.

PC – 104

Drill and Marching

PC – 104

Dumbbells/ Wands/ Hoops:

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand – at – ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.
- Standing Exercise o Jumping Exercise o Moving Exercise
- Combination of above all

PC – 104

Mass PT

Standing Series (8 exercises), Turning series (4 exercises) and sitting series (5 exercises).

Part – B Practical Courses

Semester – II

PC – 201

Track and Field

Athletics: Jumping Events

- High Jump, Long Jump, Triple Jump
- Approach Run,
- Take off
- Clearance over the bar/flight in the air
- Landing
- Ground Marking / Sector Marking
- Interpretation of Rules and Officiating.
- Rules and their interpretations and duties of officials

PC – 202

Yoga:

- Surya Namaskara,
- Pranayams
- Corrective Asanas
- Kriyas
- Asanas
  - Sitting
  - Standing
  - Laying Prone Position,
  - Laying Spine Position

PC – 202

Aerobics: Introduction of Aerobics

- Rhythmic Aerobics - dance
- Low impact aerobics o High impact aerobics o Aerobics kick boxing
- Postures – Warm up and cool down

- THR Zone – Being successful in exercise and adaptation to aerobic workout.

PC - 203

Tennis:

Fundamental Skills**.**

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- Stance and Footwork.
- Basic Ground strokes-Forehand drive, Backhand drive.
- Basic service.
- Basic Volley.
- Over-head Volley.
- Chop
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

PC - 203

Kho Kho:

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- 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.
- Ground Marking
- Rules and their interpretations and duties of officials.

PC - 203

Volleyball:

Fundamental Skills

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

PC - 203

Cricket:

Fundamental Skills

- Batting-Forward and backward defensive stroke
- Batting-Drives – straight drive, Off drive, On drive, Pulls
- Bowling-Basic pace bowling and spin bowling technique
- Fielding-Defensive and offensive fielding
- Catching-High catching and Slip catching
- Stopping and throwing techniques
- Wicket keeping techniques

Part – B Practical Courses

Semester – III

PC – 301

Track and field (Throwing Events)

- Discus Throw, Javelin throw, Hammer throw, Shot-put
- Basic Skills and techniques of the Throwing events
- Ground Marking / Sector Marking
- Interpretation of Rules and Officiating.
- Grip
- Stance
- Release
- Reserve/ (Follow through action)
- Rules and their interpretations and duties of officials

PC – 302

Martial Arts/Karate: Fundamental Skills

- Player Stances – walking, hand positions, front-leaning, side-fighting.
- Hand Techniques - Punches (form of a punch, straight punch, and reverse punch), Blocks
- (eight basic).
- Leg Techniques - Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house.
- Forms - The first cause Katas.
- Self Defense - against punches, grabs and strikes, against basic weapons (knife, club sticks).
- Sparring - One step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks).
- Rules and their interpretations and duties of officials.

PC – 302

Wrestling: Fundamental Skills

- Take downs, Leg tackles, Arm drag.
- Counters for take downs, Cross face, Whizzer series.
- Escapes from under-sit-out turn in tripped.
- Counters for escapes from under-Basic control back drop, Counters for stand up.

- Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- Escapes from pining: Wing lock series, Dopuble arm lock roll, Cridge.
- Standing Wrestling-Head under arm series, whizzer series
- Referees positions.

PC 303 Games

Netball:

Fundamental Skills

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

PC 303

Hockey:

Fundamental Skills

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

PC – 303

Softball

Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.

- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials.

PC – 303

Basket ball:

Fundamental Skills

- Player stance and ball handling
- Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side
- Arm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
- Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.
- Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.
- Individual Defensive-Guarding the man with the ball and without the ball.
- Pivoting.
- Rules and their interpretations and duties of the officials.

TEACHING PRACTICES

TP – 201 :

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

TP – 301:

10 teaching lesson plans for games out of which 5 lessons internal and 5 lessons external at school.

TP – 401 Sports Specialization: Track and field (any event within syllabus)

(4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)

TP- 402 Games Specialization: Kabaddi, Kho Kho, Volleyball, Cricket, Football, Basketball, Hockey and Handball.

(4 internal lessons at practicing school and 1 final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.)

Table – 1: Semester wise distribution of hours per week

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

Table – 2: Number of credits per semester

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