

GENERAL OBJECTIVES OF THE B.P.Ed. COURSE
(SEMESTER SYSTEM)

1. To prepare professionally qualified teachers in Physical Education for Secondary School Education.
2. To prepare professionally trained professionals for Clubs, Gyms, and Fitness Centers etc.
3. To prepare competent, committed & willing to perform Professionals.
4. To teach effective & efficient competency & skills required for professional growth of the prospective teachers.
5. To train teachers in modern technology as well as trends in Health, Wellness, Fitness & Personality Development.
6. To inculcate rational thinking & to develop scientific temperament among the prospective teachers.
7. To be able to use Organizational, Administrative & Managerial Skills in the field practical field.

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES (D.U.)

SEMESTER SYSTEM AT THE POST-GRADUATION LEVEL

Course of Study: B. P. Ed.

Semester-I					Semester-II				
Part-I					Part-I				
BPE 0701 Foundation, History & Principles of Physical Education (4 credits)	BPE 0702 Organization, Administratio n & Supervision in Physical Education (4 credits)	BPE 0703 Measureme nt & Evaluation (4 credits)	BPE 0704 Anatomy and Physiology of Exercise (4 credits)	BPE 0705 Any one from the list (i) to (v) (4 credits)	BPE 0801 Sports Training (4 credits)	BPE 0802 Health Education (4 credits)	BPE 0803 Sports Psychology (4 credits)	BPE 0804 Methods of Teaching (4credits)	BPE 0805 Any one from the list (i) to (v) (4credits)
Part-II					Part-II				
Skill & Prowess					Skill & Prowess				
= 3 credits					= 3 credits				
Part-III					Part-III				
Lesson Plan (Internal)					Lesson Plan (External)				
= 2 credits					= 2 credits				
Total					Total				
= 25 credits					= 25 credits				
Grand Total = 50 Credits									

UNIVERSITY OF DELHI

ORDINANCES FOR THE AWARD OF POST - GRADUATE BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.) - ONE YEAR COURSE CONSISTING OF TWO SEMESTERS

There shall be a Post Graduate Bachelor of Physical Education (B.P.Ed.) course in the Department of Physical Education & Sports Sciences, IGIPSS, B-Block, Vikaspuri, New Delhi-110018. It is a professional degree course of two semesters duration.

I. ELIGIBILITY:

The candidates must have one of the following qualifications:-

1. (a) Graduate in Physical Education (i.e., B. P. E. of three-year duration) with 50% marks
OR
(b) Graduate with Physical education as a major subject with 50% marks
OR
(c) Graduate with at least 50% marks, having represented State/University in sports/games/ athletics.
OR
(d) Graduate with at least 50% marks, who represented in inter-collegiate sports/games tournaments or passed basic course in adventure sports.
OR
(e) Graduate with 50% marks with 'C' certificate in NCC.
2. For those candidates who are position holders (1st, 2nd or 3rd) in State Level sports/games and those who have participated in the National level sports/games, the minimum percentage of marks in the graduation shall be 45%.
3. There shall be relaxation of marks and /reservation of seats for SC/ST/OBC as per the Rules of the Central Government/ University of Delhi, Delhi.

II. AGE REQUIREMENTS:

No person shall be eligible for admission to B.P.Ed. unless she/he attains the age of twenty years before the first day of October in the year in which she/he seeks admission, provided that the Vice-Chancellor of the University of Delhi may on the basis of individual merits, relax the age limit upto a maximum period of one year. Candidate under this age category shall be permitted to seek provisional registration subject to relaxation of age being permitted by the Vice-Chancellor. Request for relaxation of the age shall be made by the candidates through the Principal of respective college well in time.

III. PROCEDURE FOR ADMISSION:

Candidate desirous of seeking admission to the Bachelor of Physical Education (B.P.Ed.) will apply for registration at Department of Physical Education & Sports Sciences. The form duly filled and accompanied by all relevant certificates i.e. (a) Marks sheet of the Degree Examination of all papers in case of part-wise Examination (b) Original Degree/Provisional Certificate (If the degree not issued) (c) Metric/SSC Certificate for verification of date of Birth.

IV. Reservations for Schedule Caste/Schedule Tribes will be as per the norms of the University of Delhi, Delhi.

Note: The candidate seeking admission to Bachelor of Physical Education shall have to qualify in Physical Fitness Test laid down by the Department of Physical Education & Sports Sciences, University of Delhi, Delhi.

V. EXAMINATION ELIGIBILITY CONDITION:

- i) The students will strictly observe the attendance requirements; otherwise they will not be allowed to appear in the final examination. The attendance requirement will be 75% inclusive of Theory & Practicals. However, the Proxy Attendance may be awarded to the students not more than ¼ of the total attendance for the assignments as specified in Calendar of University of Delhi.
- ii) No candidate will be allowed to appear in the final examination if she/he joins any service during the course of study. However, the in-service candidate has to procure the "No Objection Certificate" as well as Leave Sanctioned Certificate for the entire duration of the course, at the time of admission to the Institute.
- iii) The female candidates will not be allowed to continue the course of study for the concerned academic year/s, if she carries pregnancy.

VI. MARKING SCHEME WITH CREDITS:

Ist Semester

Part-I

Paper No	Compulsory Paper	Theory	Practical	Internal Assessment	Total
BPE 0701	Foundation, History & Principles of Physical Education (Four credits)*	50	25	25	100
BPE 0702	Organization, Administration, Supervision in Physical Education (Four credits)	50	25	25	100
BPE 0703	Measurement and Evaluation (Four credits)	50	25	25	100
BPE 0704	Anatomy and Physiology of Exercise (Four credits)	50	25	25	100
BPE 0705	Optional- I Any one from the list given below (i to v) Four credits				
BPE 0705 (i)	Kinesiology and Biomechanics	50	25	25	100
BPE 0705 (ii)	Olympic Education	50	25	25	100
BPE 0705 (iii)	Adapted physical Education	50	25	25	100
BPE 0705 (iv)	Fitness and Wellness Management	50	25	25	100
BPE 0705 (v)	Computer Application in Physical Education Module-1.	50	25	25	100

Part-II

BPE 0706 Skill & Prowess (3 credits) = 200 Marks

Part-III

BPE 0707 Lesson Plan (Internal) (2 credits) = 100 Marks

IInd Semester

Part-II

Paper No	Compulsory Paper	Theory	Practical	Internal Assessment	Total
BPE 0801	Sports Training (Four credits)	50	25	25	100
BPE 0802	Health Education (Four credits)	50	25	25	100
BPE 0803	Sports Psychology (Four credits)	50	25	25	100
BPE 0804	Methods of Teaching (Four credits)	50	25	25	100
BPE 0805	Optional-II Any one from the list given below (i to v) Four credits				
BPE 0805 (i)	Injury Management and Rehabilitation	50	25	25	100
BPE 0805 (ii)	Sports Sociology	50	25	25	100
BPE 0805 (iii)	Facility Management	50	25	25	100
BPE 0805 (iv)	Computer Application in Physical Education Module-2	50	25	25	100
BPE 0805 (v)	Specialized Sport: (Tack & Field/ Individual/ Team leaders)	50	25	25	100

*** Four credits = 3Hrs Theory/week + 2Hrs Practical/week**

Part-II

BPE 0806 Skill & Prowess (3 credits) = 200 Marks

Part-III

BPE 0807 Lesson Plan (External) (2 credits) = 100 Marks {40 (Athletics) + 30 (Individual Games) + 30 (Team Games)}

5 credits

One credit has been calculated (as decided in Committee of Courses) for one hour/week/semester of theory teaching and two hours per week per semester teaching of practical/semester/skill & prowess/ intramural/ extramural sports activities or any other type of educational interaction like tutorials, perceptorials, lesson plan etc.

ADD ON COURSES

Paper No	Courses	Theory	Practical	Internal Assessment	Total
BPE 0901	Aerobics	50	25	25	100
BPE 0902	Yoga	50	25	25	100
BPE 0903	Sports for All	50	25	25	100
BPE 0904	Sports Journalism	50	25	25	100
BPE 0905	Gym Operations	50	25	25	100
BPE 0906	Health, Fitness and Wellness Management	50	25	25	100
BPE 0907	Personality Development	50	25	25	100
BPE 0908	Computer Application in Physical Education	50	25	25	100

Note:

- (i) *Credit Systems: The Principle of one theory period (55minutes) or two periods of Lab practicals/Field practicals/Seminar/Tutorials/Perceptorial/ Skill & Prowess/Lesson Plan/Library Assignments/Intra murals/Extra murals (55mintus x 2) per week per semester for one paper amounts to one credit. For instance if a student attends three theory periods and two practical periods per week, he/she will earn four credist for this paper credits per semester.*
- (ii) *Each candidate is free to opt for one or more Add-on courses, if desired.*
- (iii) *Maximum number of students in any optional course shall be twenty (including optional paper-10 specialized sport) with the condition that at least minimum of five students opt for the same. Each student will be required to give three choices for the optional paper. In case, more than 20 students opt for one course, the first 20 on merit in admission list will be retained and the excess number of students will be considered in their 2nd or 3rd choice as required.*
- (iv) *Medium of examination: The medium of instruction and examination shall be English or Hindi for the B.P.Ed. Course.*

RULES FOR PASS PERCENTAGE AND AWARD OF DEGREE:

- i) The minimum marks required to pass the examination shall be 40% in each paper (Theory & Practical separately) with an aggregate of 45% in each semester.
- ii) Any candidate, on appearing in semester Examination who has obtained not less than 45% marks in the aggregate, but has failed in the maximum of two papers in any semester examination may be allowed to be promoted to the next semester. In such case, the candidate shall be allowed to reappear in that paper/s while appearing in the next semester annual examination on payment of the prescribed fee for that semester. The candidate shall be declared to have passed the examination in the year in which he/she successfully completes his examination.
- iii) The candidate shall be promoted from B.P.Ed. semester- I to B.P.Ed. semester- II, if he/she fulfills all the conditions, prescribed for the promotion.
- iv) At the end of semester, the unsuccessful candidates shall be allowed to appear in the final examination in the next semester as an Ex-student, in the papers in which they have not secured pass marks.
- v) The candidate shall qualify the written and practical examination both for each paper (where, practical examination is a part of the paper) at a stretch on one single attempt, not in parts. In case, if the candidate has passed in the practical examination (if practical examination is a part of the concerned paper) but has failed in theory examination in paper/s, as the case may be, the candidate shall appear only in the theory examination. However, if the candidate has been declared failed in the practical examination in paper/s, then the candidate shall have to appear in both theory and practical examinations.

CLASSIFICATION OF THE RESULT:

- i) Distinction : Minimum 75% marks in aggregate in written, practical and internal assessment.
- ii) First Division : Minimum 60% of the total marks or above but below than 75%.
- iii) Second Division : Minimum 50% of the total marks or above but below than 60%.
- iv) Third Division : Passing with less than 50% marks in aggregate.

10. MISCELLANEOUS:

- i) The duration of the course of study shall be of two semesters.
- ii) No candidate shall be allowed to appear in any semester Examination of B.P.Ed., if he/she is in service on full time/part time basis before the completion of the final Examination (theory, practical and internal assessment etc.). However, if the candidate has the permission from the employer concerned to join the course alongwith the approved Leave Certificate and 'No Objection Certificate' for the entire duration of the course of study, the candidate shall be eligible to carry on the course and may appear in the examination (provided the candidate fulfill all other condition/s). In case of concealment of facts found/proved, the candidate shall be held responsible and action of debarring from the course and/or legal action shall be taken against him/her.
- iii) No female candidate shall be allowed to continue the course of study for the concerned semester, if she carries pregnancy. However, the maximum duration of the course will be three years from the 1st year of initial admission to the course.
- iv) The candidate failing or failing to appear in the B.P.Ed. II semester, shall be allowed to appear at the Semester-II examination in the next semester, only on being enrolled as an 'Ex-student' (provided, the candidate fulfills all the examination eligibility criteria to appear in the final examination), in accordance with the regulations prescribed on that behalf. Candidates must pass the B.P.Ed. Course within the duration of three years from the year of the first admission to the first year of the B.P.Ed. Course.

IMPORTANT NOTE:

1. There shall be **2 semesters** in B.P.Ed (Bachelor of Physical Education).
2. There shall be **4 compulsory papers** in each semester and **1 optional paper**. Each paper carries a work load of four credits each semester amounting 20 credits.
3. There shall be **a compulsory skill and prowess training** which will be **internally assessed** in each semester (*Part -II*)
4. There shall be **a compulsory teaching practice** in each semester. The teaching practice in **Ist semester** will be **assessed internally** and in the **IInd semester**, will be **assessed externally**, to be divided into **40 marks** (athletics), **30 marks** (individual game) and **30 marks** of team games (Part-III)
5. Each candidate is **required to opt for at least 1** paper in each semester from the list of **optional courses**, paper V (optional-I) in Ist semester, paper-X (optional-II) in second semester
6. The candidate is required to give **three choices** for the optional paper, out of which the candidate will be selected in one, subject to the following conditions:
 - a) The minimum number in any optional course shall be **five**.
 - b) The maximum number of candidates in any optional course (paper V or paper-X) will be **twenty**.
 - c) In case more than twenty students opt for one particular optional course, the first twenty **on merit in admission list** will be retained in the particular course and rest will be considered for their IInd or IIIrd choice.
 - d) Candidate shall have to **pass in all compulsory papers, one optional paper, skill and prowess and teaching practice** separately in each semester.
7. Each candidate is **free to opt one or more of Add on course**, if desired
8. **Classification of result shall be as follows:**
 - Distinction – 75% and above
 - First class – 60 % and above
 - Second class- 50% and above
 - Third class- 40% and above

COURSE CONTENTS

B.P.Ed Ist SEMESTER

PART-I

Paper No	Compulsory Paper	Theory	Practical	Internal Assessment	Total
BPE 0701	Foundation, History & Principles of Physical Education (Four credits)	50	25	25	100
BPE 0702	Organization, Administration, Supervision in Physical Education (Four credits)	50	25	25	100
BPE 0703	Measurement and Evaluation (Four credits)	50	25	25	100
BPE 0704	Anatomy and Physiology of Exercise (Four credits)	50	25	25	100
BPE 0705	Optional- I Any One from the list given below (i to v) Four credits				
BPE 0705 (i)	Kinesiology and Biomechanics	50	25	25	100
BPE 0705 (ii)	Olympic Education	50	25	25	100
BPE 0705 (iii)	Adapted physical Education	50	25	25	100
BPE 0705 (iv)	Fitness and Wellness Management	50	25	25	100
BPE 0705 (v)	Computer Application in Physical Education Module-1.	50	25	25	100

PART-II

BPE 0706 Skill & Prowess (3 Credits) = 200 Marks

PART-III

BPE 0707 Lesson Plan (Internal) (2 Credits) = 100 Marks

B.P.Ed. Semester-I**FOUNDATIONS, HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION**

Max. Marks =50

Time allowed: 3hrs

UNIT-I**Introduction to Physical Education, Exercise Science and Sport:**

- 1.1 Meaning, Definitions, need, importance, objectives & principles of physical education, exercise science and sport.
- 1.2 Foundations of Physical: Biological, Sociological, Psychological & Scientific basis of Physical Education

UNIT-II**Foundations of Physical Education, Exercise Science and Sports:**

- 2.1 Introduction of philosophies – naturalism, pragmatism, realism, idealism
- 2.2 Importance and need of philosophies in modern physical education programmes

UNIT-III**Objectives and Trends in Physical Education and Sports:**

- 3.1 Meaning, need, importance of fitness and wellness movement in the contemporary perspectives.
- 3.2 Sports for all and its role in the maintenance and promotion of fitness.

UNIT-IV**Historical Perspectives and Their Relevance:**

- 4.1 Historical perspectives of Greece, Rome, India, and Modern perspectives: USA, UK, China and INDIA.
- 4.2 Olympic movement and its impact on modern society

UNIT-V**Careers and Professional Considerations:**

- 5.1 Physical education and sports: - YMCA, LNUPE, IGIPESS, SAI, NSNIS, Programmes – NSO, NCC, NSS.
- 5.2 Career Avenues, National awards and Honours

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical

- 1) To prepare exercise programme for different age groups based on biological and Psychological needs.
- 2) To Visit/Prepare of Wellness Programme for various sections the Society;
 - (i) Slums
 - (ii) Neighborhood Areas
- 3) To make awareness programme of Fitness and Wellness
 - (i) Different Age Group
 - (ii) Different Gender
- 4) To prepare Projects on Historical perspectives of countries mentioned in theory paper.
- 5) Visits for Career Avenues
Visit to Hotels/MNCs/Corporate Sectors/Fitness Centres

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References

- Chauhan, S, Kumar, Sharirik Shiksha Ka Vistrit Gyan, Delhi Friends Publication, 2005
- Jain, P, Shreerik Shiksha Ka Ithas, Delhi Khel Sahitya, 2006
- Kamlesh, M.L, Physical Education And Exercise Sciences: An Objective Approach., Delhi Friends Publication, 2005
- Kamlesh, M.L, Understanding Physical Education And Sports, Delhi Friends Publication, 2005
- Sharma, N.P, Sharirik Shiksha Kai Sidhant Aur Itihas, Delhi, Khel Sahitya Kendra, 2005
- Singh, M.K. Shareerik Shiksha Main Sangtan, Avum Parvakshan, N.D. Friends Pub, 2007.
- Uppal A.K.& G.P, Gautam., Health and Physical Education, Friends Publication, 2008.
- Wuest, D.A. and Bucher, C.A., Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA, 2003.
- Zeigler, E.F., History and Status of Physical Education and Educational Sports, New Delhi, Sports Edu, 2007

B.P.Ed. Semester-I**ORGANIZATION, ADMINISTRATION & SUPERVISION OF PHYSICAL EDUCATION & SPORTS**

Max. Marks =50

Time allowed: 3hrs

UNIT-I

- 1.1 Introduction, meaning, definition, scope and importance of organization, administration & supervision; Types of administration, functions of administration; Principles of organization and administration.
- 1.2 Event Management- Intramural, extramural tournaments, competitions, types and methods of event management, drawing of fixtures for various tournaments and competitions.

UNIT-II

- 2.1 Leadership in Physical Education and Sports- meaning, definition, scope & importance; Qualities and qualifications of an ideal leader.
- 2.2 Classification of Students- Types of classification for organizing general and specific teaching classes.

UNIT-III

- 3.1 Time table: Meaning, need, importance and principles of construction and schedule of time tables for teaching of physical education and sports for different age groups.
- 3.2 Curriculum- meaning, scope, importance and definitions; Principles for designing curriculum in physical education; factors and constraints influencing physical education and sports curriculum designing.

UNIT-IV

- 4.1 Infrastructure, facilities and equipments: - Management Principles, procedures, policies and practices in constructions, maintenance and up gradation of modern infrastructure and facilities. Purchase, use and maintenance of equipments
- 4.2 Finance Management- meaning, definition and concept of budget planning for physical education and sports, essentials of making realistic budget for broad basing effective management of physical education and sports.

UNIT-V

- 5.1 Report and Records- meaning, importance, scope and essence of writing different reports and maintain records of physical education and sports for future references; Importance of press release, methods of preparing press release.
- 5.2 Supervision- meaning, need, importance, scope and definition of supervision, types of supervision; qualities and qualifications of an ideal supervisor; Supervisory report.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical:

1. Conduct & officiating in competitions
2. Mark a circle, D- area, Square, Rectangle, Triangle
3. Dropping a perpendicular bisector
4. Using of whistle; for various situations in game/sport
5. Stop watch, stop & go watch: for athletics & game sports etc.

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Alliance, A; Physical Best Activity Guide, New Delhi, 1999.
- Dheer, S. and Radhika; Organisation and Admn. of Physical Edu., ND: Friends Pub., 1991.
- Frost, R.B. and Others; Administration of Physical Education and Athletics, Delhi: Universal Book, 1992.
- Gangwar, B.R., Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub., 1999.
- Gangwar, B.R., Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub, 1999.
- Sharma, V.D., Physical & Health Education, ND: Asha Prakashan, 1993.
- Shaw, D & Kaushik, S: Lesson Planning: Technical Methods and Class Management, New Delhi: S.K., 2001.
- Singh, M.K., Shareerik Shiksha Main Sangtan, Prashashan, Avum Parvakshan. N.D. Friends Pub., 2007.

B.P.Ed. Semester-I**MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

Max. Marks =50

Time allowed: 3hrs

UNIT-I

- 1.1 Introduction to test, measurement and evaluation and their importance in the field of physical education
- 1.2 Test constructions:- a) general consideration b) physical fitness/ efficiency test

UNIT – II

- 2.1 Meaning and importance of statistics in the field of physical education, “population” and “sample” “random sampling”
- 2.2 Meaning of data, kinds of data- continuous and discrete Frequency distribution, construction of frequency tables, mean, median and mode.

UNIT –III

- 3.1 Measures of variability range, quartile, deviation, standard Deviation, co-efficient of variation
- 3.2 Normal probability curve and meaning, uses its principles, Diagrammatic represent action

UNIT-IV

- 4.1 Physical fitness testing: components of physical fitness
- 4.2 Strength test: - Kraus Weber strength test, Muscular Endurance test: Cardiopulmonary test: Harvard step test.

UNIT-V

- 5.1 Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold biceps, triceps, sub scapular and supra iliac.
- 5.2 Measurement of skills, games and sports
 - i) Johnson badminton test
 - ii) Brady volleyball test
 - iii) McDonald soccer test
 - iv) Corinth handball test
 - v) Hockey skill test- SAI hockey Test

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical

1. Construction of a physical fitness test.
2. Construction of a frequency distribution table from the given data
3. Construction of a percentile chart from the given data of mean and standard deviation
4. Measurement of VO2 max by Harvard step test.
5. Measurement of sports skills included in theory course.

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Acsm's Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA, 2001.
- Balyan, Sunita., Sharirik Shiksha main Parikshan evmn maapan., Delhi: Khel Sahitya, 2006
- Barrow & McGee's Practical Measurement and Assessment by Harold M.Barrow
- Baumgartner, T.A., Jackson, A.S. Mahar, M.T., and Rowe, D.A., Measurement for Evaluation in Physical Education. The McGraw Hill Companies, Inc., New York, USA 2007.
- Kansal, D.K., Textbook of Applied Measurement Evaluation & Sports selection, New Delhi, S.S.S. Publication, 2008
- Johnson, B.L., Practical Measurements for Evaluation In Physical Education, New Delhi: Surjeet, 1988
- Kamlesh, M. L. , shreerik shiksha kee vedhiyan., new delhi friends2005
- Kamlesh, M.L. , Methods in physical education., Delhi: friends, 2005
- Kumar, Amresh , khel kooud avm shareerik shiksha ki shiksan pandatiya, Delhi, khel sahitya kendra., 2006
- Miller David K. , measurement by the physical educator: why and how boston, mcgraw-hill, 2006
- Mishra, Sharad Chandra., Tests And Measurement in physical education, Delhi: sports, 2005
- Pathak, Navraj., sharrik shiksha main paath niyojan., delhi, khel sahitya kendra., 2005
- Singh, M.K., Comprehensive Badminton, N.D, Friends Publication, 2008.
- Sharma, J.P. , Test and measurements in physical education., delhi khel sahitya, 2006
- Srivastava, A.K., Sharirik Shhiksha Evam Khel Main Maapan Evam Mullyakan. Delhi: Sport pub, 2006

B.P.Ed. Semester-I**ANATOMY AND PHYSIOLOGY OF EXERCISE**

Max. Marks =50

Time allowed: 3hrs

UNIT-I

- 1.1 Meaning, Definitions, need & importance of Anatomy, physiology & physiology of exercise in Physical Education, meaning and concepts of muscles, cells, tissues, organ & organ systems
- 1.2 Muscular skeletal system:- Human skeleton, joints & their movements, anatomical sex difference, Types of muscles, structure and functions of muscles.

UNIT-II

- 2.1 Cardiovascular system: Structure of heart, circulation through heart, cardiac output, blood pressure, pulmonary and systematic Circulation. Composition and functions of blood
- 2.2 Respiratory system: organs of respiration, mechanism of respiration

UNIT-III

- 3.1 Digestion and Excretion Structure of Digestive System:- Digestion, assimilation and absorption of food, Basic concepts of carbohydrates, fat and protein digestion. Structure and functions of kidney and skin.
- 3.2 Regulatory system: Basic concepts of endocrine system and hormonal control. Basic structure of nervous system and neural control.

UNIT-IV

- 4.1 Influence of acute and chronic exercises on muscular system, types of muscular contractions, effect of exercise & muscular system
- 4.2 Influence of acute and chronic exercises on cardiovascular system, cardiac output and athletic heart. Influence of acute and chronic exercises on respiration – pulmonary ventilations, oxygen uptake – vo₂ max, vital capacity, oxygen debt.

UNIT-V

- 5.1 Environment and Exercise: Hot, humid, cold temperature and performance, altitude and performance
- 5.2 Nutrition and performance: Athletic diet, pre, during and post game meals, importance of vitamins, minerals and water in sports performance.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical:

Identification of bones responsible for movement of shoulder, elbow, hip and knee joint.

1. Measurement of pulse rate at rest, during exercise and recovery.
2. Measurement of blood pressure at rest and during exercise.
3. Estimation of target heart rate.
4. Prediction of vo₂ max
5. Tests for cardiorespiratory endurance
6. Measurement of vital capacity

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Jain, Rita; Quick Review in Anatomy and Physiology, Delhi, Peepee, 2007.
- Merieb. E. N.; Essential of Human Anatomy & Physiology Ed 8th India, Dorling Kindersley, 2007.
- Principles of Anatomy and Physiology by Gerard J. Tortora, S.R. Grabowski
- Prives, M. and Others; Human Anatomy, Vol. 1, Delhi, Paragon, 2004
- Seeley, R.R. Etc.; Anatomy & Physiology, Ed 8th N.Y. Mcgraw Hill; 2008.
- Sharma, N.P., Sharrer Rachna Thatha Sharrer Kriya Vigyan, Delhi, Khel Sahitya Kendra
- Snehlata; Shareer Vugyan Evam Swasthya Raksha, New Delhi Discovery pub, House S, 2006.
- Wilson and Wough: Anatomy and Physiology in Health and Illness, Churchill, Livingstone; 1996.
- Wilson, K.J.W; Ross & Wilson; Anatomy & Physiology in Health and Illness, Churchill, ELBS, 1988.

OPTIONAL-I**B.P.ED Semester-I
KINESIOLOGY AND BIO-MECHANICS**

Max. Marks =50

Time allowed: 3hrs

UNIT-I

- 1.1 Meaning, aim & objectives, importance of kinesiology for physical education and sports
 1.2 Fundamental concepts: Centre of gravity, line of gravity, axes and planes of motion, fundamental starting positions, terminology of fundamental movements, and classification of muscles

UNIT-II

- 2.1 Location & Action of Muscles at Various Joints:-
 a) Upper extremity – shoulder girdle, shoulder joints, elbow joint
 b) Neck, trunk (Lumbosacral region)
 c) Lower extremity – Hip joint, knee joint, ankle joint
 2.2 Muscular analysis of fundamental movements:- Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging

UNIT-III

- 3.1 Structure of Motor Actions: - Structure of cyclic and acyclic motor action and movement combination, functional relationship of different phases of motor action.
 3.2 Qualities & Physiological Principles Of Movements:- Movement rhythm, movement coupling movement flow, movement precision and movement amplitude.

UNIT-IV

- 4.1 Meaning, aims, objectives and importance, types of motion, linear motion & angular motion
 4.2 a) Linear kinematics: Speed, velocity acceleration uniform accelerated motion and projectile motion
 b) Angular kinematics: Angular speed, angular velocity, angular acceleration and relationship between linear and angular motion

UNIT-V

- 5.1 Linear kinetics: mass, weight, force, pressure work, power energy, impulse, moments, impact, friction, and Newton's laws of motion angular kinetics: moment of inertia, conservation of moments, transfer of moments, levers, equilibrium
 5.2 Biomechanical principles: Principles of initial force, principles of optimum path of acceleration, principles of conservation of momentum and principles of counter action.

Note:

Each unit will involve a teaching process of 8 to 12 hrs.
 Examiners will set eight questions taking at least one from each unit.
 Students will be required to attempt any five questions.

Practical

1. Demonstration of planes & axes of a given movement
2. Determination of the location of muscles at various joints (Dyupulation methods)
 - i) Shoulder girdle, Shoulder joints, Elbow joint
 - ii) Hip joint, Knee joint, Ankle joint
3. Muscular analysis of the techniques of your specialization
4. Determination of centre of gravity of a Bat/Racket (Suspension method)
5. Evaluation of a Dynamogram to draw a velocity time curve, distance time curve.

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References

- Breer & Zarnicks, Efficiency of human movement W.B. Saunders Co. 1979
- Copper & Aglassgrew, Kinesiology, C.Y. Masby Co. Satst Lewis, 1976
- Crieve, Miller, Mitchelson, Paul and Smith, techniques for the Analysis of human movement lepus books London 1975 Duna, Scientific principles of coaching prentics hall inc, R.J.
- Dyson the machncs of Athlectics, Nolmes and noiser N.K. 1977.
- Hay, the biomechanics of sports techniques precties hall inc N.J. 1978
- Hay & Raid, the Anatomical & Mechanical Bases of norms of Human Motion, Prenties hall Inc. N.J. 1982.

OPTIONAL-I
B.P.ED Semester-I

OLYMPIC EDUCATION

Max. Marks =50

Time allowed: 3hrs

UNIT-I

The Olympic Movement:

- 1.1 The ancient Olympic games & modern Olympic movement
- 1.2 Aims and symbols of the Olympic movement & the International Olympic Committee (IOC)

UNIT-II

Structure of the Olympic Movement:

- 2.1 The National Olympic Committee(NOC) & the International Sports Federations(IFs)
- 2.2 The National Sports Federations (NFs), Volunteerism, (IOC) International Olympic Committee.

UNIT-III

The Olympic Games:

- 3.1 Organization, the international bid process for selecting sites for the games
- 3.2 Women and sports

UNIT-IV

IOC Programmes:

- 4.1 Olympic academy and Olympic solidarity
- 4.2 Paralympic games, Olympic museum,

UNIT-V

IOC Interests:

- 5.1 Sports for all, Culture, olympism, winning, participation and universality of the games
- 5.2 Drug abuse and doping, Sanction against Offenders.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical:

One project to be prepared by the student on the subject olympism / Olympic education

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Carto, J.E.L. And Calif, S.D. [ed], Medicine & Sport Science: Physical Structure of Olympic Athletes, London: Karger, 1984
- Cliw, Gifford, Summer Olympic” 2004
- Daw, Anderson, The story of the Olympics, 2008.
- Maranirs David, Rome 1960: The Olympics that changed the world, 2008.
- Osborne, Manpope, Ancient Greece and the Olympic, 2004.
- Oxlade, chris., Olympic, 1999.
- Perrottet, tony, The Naked Olympics: the true story of the Ancient Games, 2004.
- Singh, M.K., Indian Women and Sports, Rawat Publication, 1991.
- Toropove, Brandon., The Olympic for Beginners, 2008.
- Wallechineley, David, The Complete Book of the Olympic, 1992.

OPTIONAL-I
B.P.ED Semester-I
ADAPTED PHYSICAL EDUCATION

Max. Marks =50

Time allowed: 3hrs

UNIT-I

- 1.1 Definition of Adapted Physical Education and components of Individualized education programme (IEP)
- 1.2 Measuring & Assessing students, Criteria for eligibility for adapted physical education, Alternative instructions in physical education and teaching in inclusive setting

UNIT-II

- 2.1 General educational styles and strategies, Teaching style and adapted physical education
- 2.2 Ways of facilitating skill acquisition and behaviour management approaches emphasized in adapted physical education

UNIT-III

- 3.1 Children and youth with unique needs:-Intellectual disabilities, Learning disabilities and attention defects, behavior disorder, Visual impairment, Deafness, Cerebral palsy, shock, spinal cord disabilities and amputation
- 3.2 Students without disabilities with unique needs

UNIT-IV

- 4.1 Development Areas: - Physical fitness, Motor Development, Perceptual- motor development
- 4.2 Early childhood adapted physical education

UNIT-V

- 5.1 Activity Areas and adapted physical education: - Team sports, Individual sports, , Dual sports, Gymnastics and Aquatics
- 5.2 Adventure Sport, Dance, Rhythmic movements

Note: Each unit will involved a teaching process of 8 to 12 hrs.
 Examiners will set eight questions taking atleast one from each unit.
 Students will be required to attempt any five questions.

Practical: To prepare Individual Education Programme of different challenged population.

1. To measure and Assess the degree of Help/Need
2. To facilitate special skill acquisitions
3. To prepare programme for : Visual impairment and Deafness
4. To prepare programme for : Spinal cord disability and Amputation
5. Development Areas : Physical Fitness & Motor Development

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Bhandani, R.K., An Overview of Natural and Man Made Disaster their Reduction CSIR New Delhi
- Gupta, H.K. Disaster Management University Press India 2003
- Gupta, MC Manuals on Natural Disaster Management in India, National Centre for Disaster Management IIPA, New Delhi 2001.
- Singh, M.K., 'A to Z Badminton', Friends Publication, New Delhi

OPTIONAL-I**B.P.ED Semester-I****FITNESS AND WELLNESS MANAGEMENT (L-I)**

Max. Marks =50

Time allowed: 3hrs

UNIT-I

- 1.1 Introduction of physical fitness and wellness
- 1.2 Components of physical fitness

UNIT II

- 2.1 Meaning and Components of wellness
- 2.2 Measurement and evaluation of physical fitness

UNIT III

- 3.1 Fitness and wellness counseling – role of fitness counselor in motivating the people
- 3.2 Physical activity and wellness - role of physical activity for the promotion of wellness

UNIT IV

- 4.1 Substance abuse and their hazards
- 4.2 Role of prevention of substance abuse in wellness and physical fitness

UNIT-V

- 5.1 Meditation, anger management and sports management
- 5.2 Role of recreation, meditation and stress management in the promotion of health and wellness.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical

1. Demonstration PARQ Exercise Clearance forms.
2. Checking of heart rate of five persons.
3. Measurement of body height and weight of five persons.
4. Calculation of body Mass Index and explaining its consequences.
5. Demonstration of three Flexibility improving exercises.
6. Demonstration of three strength improving exercises.
7. Demonstrating procedure of exercise prescription for improving aerobic endurance.
8. Demonstrating a balanced diet for healthy adults per kilogram of body weight for a 50 kg women and 60 kg men.
9. Measurement of Stress and coping skills.
10. Demonstration of PRICE (Protect, Rest, Ice, Compress and Elevate) Skill.
11. Demonstration of Food Guide Pyramid, Exercise Pyramid and Weight management skill.
12. Demonstration of substance abuse harm reduction procedure.

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- American college of sports Medicine., Acsm's Health-Related Physical Fitness Assessment Manual., London, Lippincott, 2005.
- Anspaugh, D. J. & Others, Wellness, Boston McGraw Hills, 2003
- Corbin C.B, G.J. Welk, W.R. Corbin and K.A. Welk (2008). Fitness & Wellness Concepts.
- Corbin, C.B. & Others, Concepts of Fitness And Wellness, Boston, McGraw Hill, 2006
- Edward A. Taub, F. Murad and Oliphant D., The Wellness Solution, 2007.
- Hoeger, W.K. And S.A, Principles And Labs For Physical Fitness And Wellness, Australia: Thomson, 2006
- Kennedy, Carol, A. & Yoke, M.M., Methods of Group Exercise Instruction N.Y. Human Kinetics, 2008
- Lang, Annette , Morning Strength Workouts, U.S. Human kinetic, 2007
- Robin, J. (2005). The Great Physicians Rx for Health & Wellness: Seen Keys to Unlocking Your Health Potential. Nelson Books, Thomson Nelson Publishers, Nashville, Tennessee, USA.
- Savard, M. and C. Svec (2005). The body Shape Solution to Weight Loss and Wellness. Atria Books, Sydney, Australia.
- Taub, E.A., F. Murad and D. Oliphant (2007). The Wellness Solution based on Nobel Prize Science. World Almanac Library Publishers, Milwaukee, Wisconsin, USA.
- Tomkinson, G.R. & Olds, T.S. (ED.), Pediatric Fitness, London Karger, 2007.
- Trudeau, K. (2007). The Weight – Loss Cure. Alliance Publishing Group, Inc., Elk Grove Village, Illinois, USA.
- Uppal and Gautam., Health and Physical Education, Friends Publication, 2008.

OPTIONAL-I
B.P.Ed Semester-I

COMPUTER APPLICATION IN PHYSICAL EDUCATION (Module - I)

Max. Marks =50

Time allowed: 3hrs

UNIT-I

- 1.1 Introduction to computers, Components of computer- CPU, Input, output and storage devices.
1.2 computer software – operating system.

UNIT-II

- 2.1 Data and information concepts – bits, bytes, KB, MB, GB, TB.
2.2 MS-Office, MS-Word Spreadsheets and Power Point presentations,.

UNIT-III

- 3.1 Computer networks: Need and scope, classification: LAN, WAN, MAN, Client server technology.
3.2 Local Area Networks (LAN) – Components of LAN, Advantages of LAN, advantages of WAN.

UNIT-IV

- 4.1 Internet and Other Technology: Internet and www, internet, applications of internet, internet protocols.
4.2 Mobile commerce, Bluetooth and wifi, E-mail, Vidio confuencing.

UNIT-V

- 5.1 Computers and physical education: Need and scope of computer applications in physical education.
5.2 preparations of lessons regarding physical education using computer.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practicals:

To prepare test/lesson/data sheets using

1. MS Office
2. Spread Sheets
3. MS World
4. MS Excel
5. Power point

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Irtegov, D. (2004). Operating System Fundamentals. Firewall Media.
- Milke, M (2007). Absolute Beginner's Guide to Computer Basics, Pearson Education Asia.
- NIIT (2004). Basics of Networking Prentice – Hall, India Pvt. Ltd.

COURSE CONTENTS

B.P.Ed IInd SEMESTER

PART-II

Paper No	Compulsory Paper	Theory	Practical	Internal Assessment	Total
BPE 0801	Sports Training (Four credits)	50	25	25	100
BPE 0802	Health Education (Four credits)	50	25	25	100
BPE 0803	Sports Psychology (Four credits)	50	25	25	100
BPE 0804	Methods of Teaching (Four credits)	50	25	25	100
BPE 0805	Optional-II Any One from the list given below (i to v) Four credits				
BPE 0805 (i)	Injury Management and Rehabilitation	50	25	25	100
BPE 0805 (ii)	Sports Sociology	50	25	25	100
BPE 0805 (iii)	Facility Management	50	25	25	100
BPE 0805 (iv)	Computer Application in Physical Education Module-2	50	25	25	100
BPE 0805 (v)	Specialized Sport: (Tack & Field/ Individual/ Team leaders)	50	25	25	100

PART-II

BPE 0806 Skill & Prowess (Three credits) = 200 Marks

PART-III

BPE 0807 Lesson Plan (External) (Two credits) = 100 Marks {40 (Athletics) + 30 (Individual Games) + 30 (Team Games)}

B.P.Ed. Semester-II**SPORTS TRAINING**

Max. Marks =50

Time allowed: 3hrs

UNIT-I

- 1.1 *SPORTS TRAINING : Importance, definition, Aim and objectives, Characteristics & Principles*
- 1.2 TRAINING LOAD, ADAPTATION AND RECOVERY: Concept of load & Adaptation and Factors affecting of load and adaptation

UNIT-II*DEVELOPMENT OF BIO-MOTOR ABILITIES*

- 2.1 STRENGTH: Types of strength (maximum strength; explosive strength and Strength endurance) & Factors affecting strength performance, Methods of strength training
- 2.2 ENDURANCE: Definition and significance of endurance, forms of endurance, Factors affecting endurance, Methods to develop endurance

UNIT-III

- 3.1 SPEED: Definition, Forms &, factors determining speed, Methods to develop speed abilities
- 3.2 FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility

UNIT-IV

- 4.1 TECHNICAL PREPARATION: DEFINITION AND MEANING OF TECHNIQUE, SKILL AND STYLE
- 4.1 Technique training & its implication in various phases;

UNIT-V

- 5.1 Periodization : Need & types of periodization
- 5.2 Competition: Preparation for competition, number & frequency, important factors of competition preparation.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical

1. Measurement & assessment of various Bio-motor abilities- Speed, Strength, Endurance, Flexibility, Coordinative ability
2. Maximum Strength test, explosive strength test, strength endurance, back flexibility, lower & upper extremities test.
3. Cooper test & Harward step test to measure endurance.
4. Tests for coordinative abilities
5. Tests to measure and assess the load and Heart rate

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Baechle, T. R. & Earle, R. W., Essentials of strength training and conditioning, US; Human Kinetics, 2000.
- Dick, F.W., Sport training Principels, London, A and C Black, 1999.
- John Whitmore, "Coaching for Performance, 1994.
- Knopf, K., Total Sports Conditioning for Athletes 50 + Ulysses Press, 2008
- Newton, H., Explosive lifting for sports, US; Human Kinetics, 2006.
- Philipp. A Joan and Wilkerson. Jerry D. (Joan A. Philipp & Jerry D. Wilkerson.
- Singh, Hardayal, Science of Sport Training, Delhi: D.V.S Pub, 1991.
- Thomas R. Baechle and Roger W. Earle, 2000.
- Singh M.K., Comprehensive Badminton (Scientific Training), Friends Publication, 2008.

B.P.Ed. Semester-II**HEALTH EDUCATION**

Max. Marks =50

Time allowed: 3hrs

UNIT-I**Health and Health Education**

- 1.1 Meaning of health, dimensions of health, factors affecting health
- 1.2 Meaning of health education, aim and objectives, scope, methods & WHO, International and National health agencies – their role in promoting health.

UNIT-II**Nutrition**

- 2.1 Nutrients- sources, functions and requirements, balanced diet, its importance, special nutrients needs of women and children
- 2.2 Ideal body weight and excess body weight, causes and effect of over body weight, methods and strategies of weight reduction and weight gain.

UNIT-III**Communicable and Non Communicable diseases**

- 3.1 Definitions, causes including the mode of spread and prevention of communicable and non – communicable diseases. Immunization schedule.
- 3.2 Personal hygiene- Meaning and importance.

UNIT-IV**School Health Programme**

- 4.1 Need and importance of school health services, components of school health services
- 4.2 Posture education – Concept of good posture, substance abuse management.

UNIT-V**First-Aid and Safety Education**

- 5.1 Definition of first aid, DRABCH of first aid, CPR, first aid for, hemorrhage, fractures, sprain and strain (Price), drowning snake bite, poisoning, heat stroke and heat exhaustion
- 5.2 Definition and importance of safety education, safety at schools, roads and playgrounds.

Note:

Each unit will involve a teaching process of 8 to 12 hrs.
 Examiners will set eight questions taking at least one from each unit.
 Students will be required to attempt any five questions.

Practicals

1. Nutrient value of different food
2. Determination of energy intake and expenditure
3. Assessment of energy balance
4. Diet prescription for different age groups
5. Demonstration CPR

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Anspaugh, D.J., Ezell, G and Goodman, K.N., Teaching Today Health. Mosby Publishers, Chicago, USA 2006.
- Balayan, D., Swasthya Shiksha Evam Prathmik Chikitsa., Delhi Khel Sahitya, 2007
- Chopra, D. and D. Simon, Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press, New York, USA, 2001
- Dewan, A.P., School health manual, N.d. Nature cure and yoga health centre, 1996
- Dixit, Suresh., Swasthya Shiksha, Delhi, Sports Publication, 2006
- Floyd, P.A., S.E. Mimms and C. Yeilding, Personal Health: Perspectives and Lifestyles. Thomson Wads Worth, Belmont, California, USA. 2003
- Hales, D. An Invitation to Health. Thomson-Wadsworth, Belmont, California, USA, 2005.
- Health the Basics sixth Edition by R.J. Donatelle Oregon State University, 2005.
- Snehlata, Shareer, Vigyan Evam Swasthya Raksha, New Delhi, Discovery Pub. House s, 2006
- Uppal & Gautam, Health & Physical Education, Friends Publication, 2008

B.P.Ed. Semester-II**SPORT PSYCHOLOGY**

Max. Marks =50

Time allowed: 3hrs

UNIT- I

- 1.1 Introduction to Sport Psychology: Meaning and scope, , Importance, relationship with other sport sciences, development of sport psychology in India.
- 1.2 Sensory Perceptual Process: Meaning, mechanism and stages, Classification of senses and sensory perceptual process, Factors in perception, Implication of sensory-perceptual process in exercise and sport

UNIT-II

- 2.1 Concept and meaning of motor learning, motor skill, motor control, motor performance, Stages of learning, transfer of training, assessment of learning and factors affecting of motor learning.
- 2.2 Growth & Development: Concept of growth & development, physical and motor development, mental, social and emotional characteristics of infancy childhood and Adolescents, facilitating psychological development.

UNIT-III

- 3.1 Personality in Sport: Concept and definition, Modern perspective, (trait, humanistic, social cognitive and biological), Dynamics of personality in sport
- 3.2 Anxiety in Sport: Concept, definition and types, Anxiety and arousal, role of anxiety on physical performance

UNIT IV

- 4.1 Motivation in Sport: Concept, definition, (drive, need and motives, instinct, attitude, achievement motivation,) techniques and types of motivation, Perceived competence.
- 4.2 Psychological Preparation and Competition: Phenomenon of competitive sport, long term Psychological preparation for competition (arousal regulation, imagery, self-confidence, goal setting, concentration.), short term psychological preparation (upcoming competition).

UNIT-V

- 5.1 Social Psychology in sport: social psychological aspects of Sport:
- 5.2 Socio-Culture Factors Affecting Performance: ethics and sport, values and sports, Team (group) cohesion. Spectators and Performance.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practicals

1. To administer the following tests, and process and interpret their data.
2. Eysenck personality questionnaire (EPQ).
3. Sport competitive anxiety test-1
4. Depth perception test
5. Reaction time

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Cox, R. H, Sport Psychology, London, McGraw Hill, 2002.
- Dixit, Suresh. Khel- Manovigyan., Delhi: Sports Publications, 2006.
- Kamlesh, M.L, Psychology In Physical Education And Sport, ND: Metropolitan Book Co., 1998.
- Liukkonen, J.ED. , Psychology For Physical Educators, U.S.A. Human Kinetics, 2007
- Mortin, G.L., Sports Psychology, Sports Science, Press, USA, 2003.
- Psychological testing and Assessment: An Introduction to Tests and Measurement by Ronald Jay Cohan, Mark E. Swerdlik.
- Singh, M.K., Comprehensive Badminton Psychological Preparation, Friends Publication, 2008.
- Sahni, Sanjeev, P., Psychology and Its Application In Sports. Delhi: D.V.S. 2005
- Shaw, D and Others, Sport & Exercise Psychology, U.K. Bios, 2005.
- Verma, Veena, Sport Psychology & All Round Development, ND: Sport Pub., 1999.
- Wann, D.L., Sport Psychology, New Jerrey: Prentice Hall, 1997.
- Weinberg, R.S. and Gould, D, Foundations of sport And Exercise Psychology, US; Human Kinetics, 2003.

B.P.Ed. Semester-II**METHODS OF TEACHING**

Max. Marks =50

Time allowed: 3hrs

UNIT I

- 1.1 Meaning of teaching, coaching, officiating and as a career in Physical Education & Sports.
- 1.2 Meaning and need for methods, factors effecting teaching method.

UNIT II

- 2.1 Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation
- 2.2 Techniques of presentation: personal and technical preparation.

UNIT III

- 3.1 Class management: techniques, formations, command (types and techniques) factors effecting class management
- 3.2 Lesson Plan: Need, construction, Introduction development, skill/recreation

UNIT IV

- 4.1 Qualification and qualities of a coach, Personnel in physical education/sports.
- 4.2 Teaching Aids: Need and Importance, Types of teaching aids.

UNIT V

- 1.1 Fundamental skills: athletics, aquatics, badminton, basketball, cricket, football, hockey, handball, kabaddi, Kho-Kho, volleyball and Judo, Yoga Assanas
- 1.2 Grounds: Preparation and marking of standard play areas, courts and track.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical

1. Teaching of fundamentals skills
2. Teaching Aids
3. Demonstration of fundamentals skills
4. Grounds
5. Preparation of lesson planning and skill

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Chand, Tara & Prakash, Ravi Ed: Advanced Method of Physical & Health Education, ND: Kanish Ka Pub, 1997.
- Kamlesh, M. L., Methods in Physical Education, Delhi, Friends, 2005.
- Kamlesh, M. L., Sharirik Shiksha Ki Vidiyan, Delhi, Friends, 2005.
- Panday, Laxemikant, Sharririk Shiksha Ki Shiksha Padati, ND: Metropolitan Book, 1996.
- Shaw. D. and Kaushik. S., Lesson Palnning- Teachinh Methods and Classman in Physical Education, Delhi, K.S.K., 2001.
- Shrivastava, Abhayumar, Shareerik Shiksha Khel Main Santan Avum Prashashan, New Delhi: Sports, 2004.
- Singh, M.K., Sangthan, Prashanan Avam Parvakshan, Friends Publication, 2008.
- Sonkar, Satish, Methods Measurement & Evaluation in Physical Education, Jaipur: Book Enclave, 1998
- Wisberg, Craig A, Sport Skill Instruction for Coaches, U.S., Human Kinetics, 2007.

OPTIONAL-II
B.P.Ed Semester-II
INJURY MANAGEMENT AND REHABILITATION

Max. Marks =50

Time allowed: 3hrs

UNIT – I

- 1.1 Athletic Care and Sports Medicine:- Definition, concept and aims.
- 1.2 Young athlete, ageing athletes, women and sports & Determination of age, sports and exercise in preventing of diseases.

UNIT – II

- 2.1 Sports injuries – definition, classification, causes and prevention of sports injuries
- 2.2 Management of sports injuries:- Medical, surgical and overuse injuries.

UNIT-III

- 3.1 Environment and sports – impact of environment – heat, cold, altitude on training and sports performance.
- 3.2 Impact of surfaces – clay, wood, cement, grass, Astroturf etc. and role of nutrition in sports.

UNIT- IV

- 4.1 Ergogenic aids: - definition and classification, types ergogenic aids- physiological, pharmacological, psychological, nutritional and mechanical.
- 4.2 Doping :- Definition, classes, methods and Hazards of doping.

UNIT-V

- 5.1 Rehabilitation – definition, physical, mental and psychological rehabilitation.
- 5.2 Rehabilitation Modalities – cold, heat, water, radiation, Hydrotherapy, cryotherapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
 Examiners will set eight questions taking atleast one from each unit.
 Students will be required to attempt any five questions.

Practical:

1. Hydrotherapy
2. Electrotherapy
3. Rehabilitation Exercises
4. Message
5. To prepare a project on various surfaces

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References

- Eriksson, B.O.[et.al.], Sports Medicine, Great Britain: Guinness Pub., 1990.
- Irvin, R. and others, Sports Medicine, USA: Allyn and Bacon, 1998.
- Jain, Rachna, Sports Medicine, New Delhi: KSK, 2002.
- Khanna, G.L & Jayprakash, C.S., Exercise Physiology & Sports Medicine, Lucky, 1990.
- Khanna, G.L., Exercise Physiology & Sports Medicine, Lucky Enterprises, 1990.
- Komi, P.V., Encyclopaedia of Sports Medicine, Blackwell, 1992.
- Pande, P.K., Sports Medicine, ND; Khel Sahitya Kendra, 1998.
- Prentice, W.E., Therapeutic Modalities in Sports Medicine, Times Mirror, 1990.
- Renstrom, Encyclopaedia of Sports Medicine, Blackwell, 1993.
- Shephard and Astrand, Encyclopaedia of Sports Medicine, Blackwell, 1992.
- Shephard, R.J. & Astrand, P.O., Encyclopedia of Sports Medicine, Blackwell, Sc. Pub., 1992.
- Shephard, R.J., Yearbook of Sports Medicine, Mosby Yearbook, 1990.
- Singh, M.K., Comprehensive Badminton- Sports Injuries, Friends Publication, 2008.
- Singh, M.K., Indian Women & Sports, Romat Publication, 1991.
- Torg, J.S. and others, Current Therapy in Sports Medicine, New Delhi, 1996.
- Vijay Ed., Handbook of Sports Medicine, Delhi: Friends Pub, 2001.

OPTIONAL-II
B.P.Ed Semester-II
SPORTS SOCIOLOGY

Max. Marks =50

Time allowed: 3hrs

UNIT-I

Introduction to Sport Sociology

- 1.1 Sports sociology, meaning, scope, and importance
- 1.2 Sociological perspectives on sports and physical education

UNIT-II

Sports Sub Culture & Sports

- 2.1 Culture and sports sub culture, meaning and elements of sports culture.
- 2.2 Interaction between cultural elements and cultural lag and changes in sports sub culture.

UNIT-III

Society and Sports

- 3.1 Society, meaning, types and growth of sports
- 3.2 Changes in sports i.e amateur professional, commercial sports

UNIT-IV

Gender & Sports

- 4.1 Gender and sports, gender in equality and women participation in sports
- 4.2 Feminism via sports as discourse and ideology

UNIT-V

Socialization & Sports

- 5.1 Sports socialization, meaning and importance, agents of sports socialization i.e family, education.
- 5.2 socialization via sports, desocialization , violence and deviance in sports.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
 Examiners will set eight questions taking atleast one from each unit.
 Students will be required to attempt any five questions.

Practical:-

1. Prepare a paper on awareness of sociological perspectives by tabing the survey in class
2. Identify the sports sub cultural values and norms in different sports.
3. Evaluate the women's participation in sports critically in India context.
4. Prepare a structured and un structured interview for tabing the view on role of socialization process in sports.

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Ahuja, Ram., Samajik Anusandhan, New Delhi, rawat, 2007
- IGNOU , Social Problems In India - Social Framework, Delhi: IGNOU, 2005
- Prasad, B.K. , Social problems in India -Delhi-anmol, 2004
- Rawat, H.K, Sociology Basic Concepts Jaipur, Rawat P, 2007
- Sharma, N.P, Khel Aur Smaaj Shastra, Delhi: Khel Saahityaa Kendra, 2005
- Sharma, P.D., Khel Smajshastra, India, Friends Pub, 2008
- Singh, M.K., Indian Women & Sports, Romat Publication, 1991.
- Syed, M. H, Soccial change in India, Delhi-Anmol, 2007
- Upadhyaya, Ramesh &Sangya, Sanskritik Samrajyavad, Shabdasandhan, 2006
- Yobu, A., Sociology of Sports, India, Friends Pub,2008

**OPTIONAL-II
B.P.Ed Semester-II**

FACILITY MANAGEMENT

Max. Marks =50

Time allowed: 3hrs

UNIT -I

- 1.1. Concept of facility management – planning, design, construction & management.
- 1.2. Program development – Need, implementation, Scheduling: Barriers, Space Planning Management.

UNIT -II

- 2.1 Facility Contract – Court and fitness contract, contract for professional coach.
- 2.2 Sports equipment – Role of equipment, selection of equipment, inventory, Health & Fitness Club – Location, space and training room.

UNIT-III

- 3.1 Fitness laboratories – Personnel, facility, environment, equipment & safety.
- 3.2 Aquatic faculties – Day to day operation, Rules and regulation, risk management.

UNIT-IV

- 4.1 Indoor sports and activity – large court areas, small court areas.
- 4.2 Weight areas, aerobic studio, mat rooms, outdoor sports areas – playfield & surfaces, track & field areas, adjacent areas.

UNIT-V

- 5.1 Adventure sports, rock climbing areas.
- 5.2. Facilities for impaired persons – Concept & planning, Competitive sports.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical:

1. Maintenance of the fitness related facilities.
2. Preparation of contract: Court & Fitness contract, contract for professional coach.
3. Purchase, issue, reports and records of equipment.
4. First Aid and Safety Measures.
5. Adventure Sports.

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Walker, H.C., Stotlan, D.K., Sports Facility Management. M.S. Jones, Bartlett Publishers, 1997.
- Oraen, Suresh., Survey of the Facilities Related to Physical Education in Delhi Govt. Boys Secondary and Senior Secondary School of East Delhi Zone-II, Delhi: IGIPSS, 2004
- Singh, M.K., Sangthan, , Prashanan, Avam Pravakshan, Friends Publication, 2007.

**OPTIONAL-II
B.P.Ed Semester-II**

COMPUTER APPLICATION IN PHYSICAL EDUCATION (L- II)

Max. Marks =50

Time allowed: 3hrs

UNIT -I

- 1.1 Operating System, Window-95, 98, 2000, XP, Vista, DOS
- 1.2 Use of MS-Power Point for making computer presentations regarding Physical Education.

UNIT-II

Networking:

- 2.1 Internet Access, Webpage, HTML, DHTML.
- 2.2 Preparation of webpage using HTML and its examples.

UNIT-III

Multimedia:

- 3.1 Multimedia and its features, use and advantages of multimedia in Physical Education.
- 3.2 Animation, Animation Techniques used in sports.

UNIT-IV

- 4.1 Analysis of Skill of sports using computer, critical analysis of match video.
- 4.2 Correction of techniques of various games and sports using computer.

UNIT-V

Statistical Package for Social Sciences (SPSS):

- 5.1 Introduction to SPSS.
- 5.2 Data Analysis in Physical Education using SPSS.

Note:

Each unit will involve a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking at least one from each unit.
Students will be required to attempt any five questions.

Practical:

Preparation of Lessons using MS-Power point, Animation, graphics etc.

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Irtegov, D. (2004). Operating System Fundamentals. Firewall Media.
- Milke, M (2007). Absolute Beginner's Guide to Computer Basics, Pearson Education Asia.
- NIIT (2004). Basics of Networking Prentice – Hall of India Pvt. Ltd.

OPTIONAL-II
B.P.Ed Semester-II

Specialized Sports
(Track & Field/Individual Games/Team Sports)

Max. Marks =50

Time allowed: 3hrs

UNIT -I

- 1.1 Historical Development of the sports at National and International level.
- 1.2 Important Tournament/Competition held at National and International level.

UNIT -II

- 2.1 Fundamental Skills of the sport.
- 2.2 Warming Up – General, Specific, Cooling Down , Physiological basis of warming up and cooling down.

UNIT -III

- 3.1 Tactical Preparation for sports.
- 3.2 Strategies and their Applications. Importance of Psychological preparation and its methods.

UNIT -IV

- 4.1. Testing of water components related to sports.
- 4.2. Sports Specific Skill Test.

UNIT -V

- 5.1 Knowledge of rules and regulations.
- 5.2 Duties of official & conduct of official match.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical:

1. Draft preparation, supplementary to improve fundamental skills.
2. Sport Specific skill test.
3. Test for Motor components.
4. Filling up score sheets.
5. Officiating in competition

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Athletics Federation Of India, Competition Rules Hand Book 2004-05, NEW DELHI, A.F.I., 2004.
- Athletics Federation of India, Indian Athletics - Competition Rules Book 2006-07, AFI, 2007
- Daniel, Jack, T., Daniels Running Formula, U.S. Human Kinetics, 2005.
- Emmanuel, G., Track And Field Events, Kerala, A.A.F.I., 1997.
- Hemary, D., Athletics In Action- Track, London: Stanely, 1987
- Kumar, Pradeep., Historical Development of Track And Field, New Delhi Friends, 2007.
- Rosen, M. & Rosen, K., Sports Illustrated Track, New York, Harper Raw, 1986
- Sandler, David, Sports Power, U.S. Human Kinetics, 2005.
- Sharma, N.P., Fundamental of Track And Field, Delhi: Khel Saahityaa Kendra, 2005.
- Singh, M.K. Comprehensive Badminton, Friends Publication, 2007
- Singh, M.K., 'A to Z Badminton', Friends Publication, 2008.
- Thompson, D ,Daley-The Last Ten Years, London, Willow Books, 1986

COURSE CONTENTS

B.P.Ed ADD-ON COURSES

Paper No	Courses	Theory	Practical	Internal Assessment	Total
BPE 0901	Aerobics	50	25	25	100
BPE 0902	Yoga	50	25	25	100
BPE 0903	Sports for All	50	25	25	100
BPE 0904	Sports Journalism	50	25	25	100
BPE 0905	Gym Operations	50	25	25	100
BPE 0906	Health, Fitness and Wellness Management	50	25	25	100
BPE 0907	Personality Development	50	25	25	100
BPE 0908	Computer Application in Physical Education	50	25	25	100

B.P.Ed Add on Course AEROBICS

Max. Marks =50

Time allowed: 3hrs

UNIT-1

- 1.1 Introduction to concept of fitness, aerobics, types of aerobics
1.2 Music and cuing

UNIT II

- 2.2 Introduction of human anatomy and physiology (skeletal system, muscular system, neurological system, cardio-pulmonary system)
2.3 Concepts of kinesiology and biomechanics

UNIT III

- 3.1 Scientific principles of exercise
3.2 Aerobic exercise program design

UNIT IV

- 4.1 Theory and principles of body conditioning
4.2 Flexibility, agility and coordinative abilities

UNIT V

- 5.1 Injuries specific during aerobics/ special population
5.2 Nutrition / supplements

Note:

Each unit will involve a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking at least one from each unit.
Students will be required to attempt any five questions.

Practicals

1. Music understanding & cuing (step aerobics, floor aerobics)
2. Workouts – low intensity, medium intensity and high intensity
3. Designing of aerobics/session
4. Specific conditioning exercise
5. Warm up & cool down exercise

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References

- American college of sports Medicine., Acsm's Health-Related Physical Fitness Assessment Manual., London, Lippincott, 2005.
- Bishop, J.G., Fitness Through Aerobics, Benjamin Cummings, USA, 2004.
- Cooper, K. and W. Proctor, Controlling Cholesterol the Natural Way, Banton Doubly Dell, USA, 1999.
- Cooper, K., Aerobics Program for Total Well Being, Banton Doubly Dell Publishers, USA, 2001.
- Corbin Charles B. & Ruth Lindsey "Concepts of physical fitness", 1994.
- Fahey Thomas D. "Fit and Well" 1994.
- Gosselior, C., The Ultimate Guide to Fitness, London: Vermilion, 1995.
- Hoeger, W. W.K. and S.A. Fitness and Wellness U.S.A Thomson Wadsworth, 2007
- Johnson Rofer "Muscle Aerobics" Published by the body press, a division of h.p books, Inc.
- Kennedy, Carol, A. & Yoke, M.M., Methods of Group Exercise Instruction N.Y. Human Kinetics, 2008
- Kinder, T. Aua Aerobics, Eddie Bowers Publishing Co. USA, 1992.
- Kumari, Sheela Fitness, Aerobics & Gym Operations, New Delhi, Khel Sahitya Kendra, 2009
- Parizkova, J. and Hills, A.P. (ED), Physical Fitness And Nutrition During Growth., London, Karger, 1998.
- Portal, R., Aerobics, The Invisible Advantage, Author House Publishers, USA, 2002.
- Schott, L., Spiritual Aerobics, Christian Communications, USA, 1987.
- Tomkinson, G.R. & Olds, T.S. (ED.), Pediatric Fitness, London Karger, 2007.

B.P.Ed ADD ON COURSES

YOGA

Max. Marks =50

Time allowed: 3hrs

UNIT- I

- 1.1 Definition, aims, objective & importance of yoga in the field of physical education & sports
- 1.2 Role of yoga in physical education – asanas, pranayama & Meditation.

UNIT- II

- 2.1 Historical development of yoga.
- 2.2 Types of yoga : Bhakti, Karam, Raj, Laya, Mantra, Japa, Hatha

UNIT- III

- 3.1 Ashtang yoga with special reference to physical education & sports.
- 3.2 Shatkarm/cleansing process/ yogic methods and personal hygiene.

UNIT- IV

- 4.1 Asanas: Types, importance of asanas in special reference to Physical Education & Sports.
- 4.2 Differentiate between asanas and exercise.

UNIT- V

- 5.1 Pranayama and importance of pranayama in special reference to Physiological effects
- 5.2 Bandhas, mudras and their physiological effects.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

PRACTICAL

Demonstration of various asnas

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References :

- Day, Yoga Illustrated Dictionary, Jaico Pub. House, 1986.
- Debnath Manika, Basic Core Fitness Through Yoga And Naturopathy, New Delhi, Sports Publication, 2007
- Kumar, E.R, Heal Yourself With Yoga: Specific Disease, Bombay: Taraporevala, 1988
- Shanti Kumar, Y, The Science Of Yogic Breuthiy (Pranayana), Bombay: D.B, 1987
- Sharma, J.P. and Ganesh Shankar, Yog Kala Ek Prichya, New Delhi Friends, 2007.
- Sharma, J.P., Manav jeevan evam yoga, NEW DELHI, FRIENDS PUB., 2007.
- Sharma, Jai Prakash And Sehgal, Madhu, Yog-Shiksha, Delhi: Friends, 2006.
- Singh, M.K. And Jain, P., Yoga aur manoranjan., N.D. Khel Sah, Kendra, 2008
- Vyas, Susil Kumar, Yog Shiksha, Delhi, khel sahitya kendra., 2005.

B.P.Ed Add on Course**SPORTS FOR ALL**

Max. Marks =50

Time allowed: 3hrs

UNIT-I

- 1.1 INTRODUCTION: Meaning and definition of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts; Personality :- aims, goals, objectives, Test, Measurement, Evaluation.
- 1.2 Four Domains – Cognitive, psycho-motor, affective and Fitness. Sports Search for all individuals, Motivation towards Sports; Introduction to Sports for fitness, fun, competitions, Health, rehabilitation, Figure and personality development.

UNIT-II

- 2.1 SPORTS FOR FITNESS: Meaning and definition; Components of health related Physical Fitness.
- 2.2 Measurement of Health Related Physical Fitness (HRPF); Development and Maintenance of Health Related Fitness with Sports participation.

UNIT-III

- 3.1 SPORTS FOR FUN: Meaning & Definition of fun, Games Festival; Organization and guidelines for Games Festival; Games Festival Facility; Sports Clubs.
- 3.2 SPORTS FOR COMPETITIONS: Meaning & Definition of Competition; Sports Selections; Sports participation and sports competitions.

UNIT-IV

- 4.1 SPORTS FOR HEALTH: Meaning and Definition of Health; Diagnosis of ill-health, Preventive health measures and sports; Treatment of ill health and Sports.
- 4.2 SPORTS FOR PHYSIOTHERAPY : Meaning and Definition of Physiotherapy & Handicap. Exercise and Sports participation for physiotherapeutic use. Testing of physiotherapeutic progress.

UNIT-V

- 5.1 SPORTS FOR CHALLENGED POPULATIONS : Introduction, Meaning and definitions of different challenged populations : Visually Challenged, Auditory Challenged, Physical Challenged. Modified Sports for above categories of challenged populations.
- 5.2 SPORTS FOR FIGURE & PERSONALITY: Meaning, concept and definition of Figure, general appearance, Personality measures; overweight and its disfigure effects; weight control, exercise and Sports.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical

1. Demonstration of warming up, exercise main activity and cool down periods with one experimental work each for outdoor and indoor Sports Activities.
2. Measurement of Body Weight and Height. Equipment needed, procedure and calculation of Body Mass Index (BMI) as well as recommended norms and interpretation of BMI for different Sports Persons.
3. Measurement of waist circumference and Hip Circumference enlisting equipment, procedure, calculation of waist-hip Index with explanation to Pear form and Apple form of Waist-Hip appearance.
4. Measurement of Flexibility: Sit & Reach Test, Hip Bend & Toe Touch.
5. Measurement of Strength: Leg Raise Test, Sit-up ability Test, Grip Strength.
6. Measurement of Muscular Endurance: Bench Jumps, Sit-ups, Knee Bends, Push ups, Pull ups.
7. Measurement of Cardio-Vascular Endurance: One Mile Run-Walk Test; H.S.T.
8. Demonstration of a Games Festival Organization.
9. Demonstration of differences of body types in different Sports.
10. Diagnosis of Ill Health Components: B.P., Obesity, Blood Haemoglobin
11. Physiotherapeutic Exercise Prescription for Knee, shoulder joints and faulty gait.
12. To prepare and demonstrate exercise programme for loss of 2 kg. of body weight in four weeks.

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Bhatnagar, D.P., S.K. Verma and R. Mokha (1999). Human Growth. Exercise Science Publications Society, Department of Sports Sciences, Punjabi University, Patiala-147 002, Punjab.
- Corbin et.al. (2006). Fitness & Wellness-Concepts.
- Gopalan, G., B.V.R. Sastri and S.C. Balasubramanian (2004). Nutritive Value of Indian Foods. National Institute of Nutrition (ICMR). Hyderabad-500 007.
- Harrison, G.A., J.S. Weiner, J.M. Tanner and N.A. Barnicot (1984). Human Biology. Oxford University Press, Oxford, U.K.
- ICMR (1989). Growth and Physical Development of Indian infants and Children. Indian Council of Medical Research, New Delhi.
- Jelliffe, D.B. and E.F.P. Jelliffes (1990). Growth Monitoring and Promotion in Young Children. Oxford University Press, Oxford, U.K.
- Kansal, D.K. (2008). Text book of Applied Measurement, Evaluation & Sports Selection, Sports & Spiritual Science Publications, New Delhi.
- Singh, S.P.S. and P. Malhotra (2003). Anthropometry. Human Biology Department, Punjabi University, Patiala-147 002 (India).
- Tanner, J.M. (1989). Growth at Adolescence. Blackwell Publishers, London, U.K.
- Uppal and Gautam, Health & Physical Education, Friends Publication, 2008

**B.P.Ed ADD-ON COURSE
SPORT JOURNALISM**

Max. Marks =50

Time allowed: 3hrs

UNIT-I

INTRODUCTION

- 1.1 Meaning, scope and changing trends of journalism in sports
- 1.2 Historical development & role of print and electronic media in sports promotion

UNIT-II

WRITING SKILLS FOR MEDIA

- 2.1 Language – vocabulary, spellings, figure of speech , dialect, grammar, punctuation
- 2.2 Fundamentals of a sports story/ news

UNIT-III

ORGANIZATIONAL AND PRESENTATION SKILLS FOR MEDIA

- 3.1 Organizational set-up of a news paper- printing, process sequences of operations in the printing of a news paper/journals.
- 3.2 Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies.

UNIT-IV

EXTENDED RELEVANT DIMENSIONS

- 4.1 Theory and principles of advertising in sports
- 4.2 Public relations in sports, press release, conferences

UNIT-V

RESEARCH TRENDS AND FUTURE DIRECTIONS IN SPORTS JOURNALISM

- 5.1 Research tools for developing a sports story
- 5.2 Process of news paper publishing and management

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical

1. Writing reports of sports events
2. Writing features on sports
3. Designs and make-up of sports page
4. Editing sports report
5. Drawing-up of a sports page
6. Collecting information of current affairs on sports

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Aamidor, A. (2003). Real Sports Reporting (Paperback). Indiana University Press.
- Ahuja, B.N., Theory and Practice of Journalism, Delhi: Surjeet, 1988.
- Andrews, P. (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd.
- Aster, J.J., Art of Modern Journalism, Focal Press, 1988.
- Boyle, R. (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.
- Bromley, M., Journalism, Hodder to ughton, 1994.
- Kamath, M.V., Professional Journalism, New Delhi, 1980.
- Parthasarathy, Ranga Swami, Basic Journalism, Macmillan, 1984.
- Steen (2007). Sports Journalism: A Multimedia Primer (Paperback). Routledge.
- Wilstein, S. (2001). Associated Press Sports Writing Handbook. McGraw-Hill.

**B.P.Ed ADD ON COURSES
GYM OPERATIONS**

Max. Marks =50

Time allowed: 3hrs

UNIT-I**Nutrition and Weight Management**

- 1.1 Concept of nutrition and health, balanced diet, dietary aids and gimmicks, Energy and activity, calculating calorie intake and expenditure
- 1.2 Obesity, anorexia and related health problems – measurements and management, Weight management programmes

UNIT-II**Aerobic Fitness**

- 2.1 Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight, Aerobics and aqua aerobics, Training effects of aerobic fitness on various physiological systems namely skeletal Muscular, circulatory and respiratory
- 2.2 Improvement of aerobic fitness, Aerobic fitness programme

UNIT-III**Gym-Operation**

- 3.1 Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym, Equipments , Marketing, clientage, Enrolments, record keeping, social activities, Public Relations, Individualized/group grooming programme, basic concepts of financial management
- 3.2 Gym-instructor – qualification, qualities, pay-roll, Performance – evaluation, grooming and presentation, Introduction to different exercise equipment, Gym management – Costing, Balance sheet, Promotional plans

UNIT-IV**Evaluation**

- 4.1 Measurement of Weight and Height, Calculating BMI (Body Mass Index), Measurement of Fitness Components Flexibility (Sit and Reach Test, Hip Bend and Toe Touch), Strength (Sit-Ups, Leg-Raise for Minimal Strength), Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvard step test)
- 4.2 Self- evaluation –Personal Health and Well-being

UNIT-V**Exercise Schedules**

- 5.1 Exercise schedules – Aerobics, Fitness and Weight Management
- 5.2 Yoga (Any Five Asanas)

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical

1. Calculating BMI
2. Flexibility Test (Sit and reach test, hip bend and toe touch)
3. Strength Test (Bend knee sit ups, leg raise for minimal strength)
4. Cardiovascular endurance test (Harvard step test, cooper 12/9 min. run)
5. Self evaluation- (Personal health and well being)
6. Any five asanas
7. Aerobic schedule
8. Weight management

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

- Alexenderia, Virginia, “The Gym Workout” Published by Time Life Books.
- Ann Goodsell “Your Personal Trainer, 1994.
- Carol Kennedy Armbruster. Mary M. Yoke “ Methods of Group Exercise Instruction”, 2009.
- Philip Mazzurco “Exerstyle”, 1985.
- Refus, Inc, “The Body in Motion” Published by Time Life Books.
- Sheela Kumari , Fitness, Aerobics & Gym Operations, New Delhi, Khel Sahitya Kendra, 2009.
- Sunil Bharihoke, The Gym” , 2002.
- Time life books, Gym workout, London times life books, 2004
- Time life books, staying flexible, London, time life books, 2005
- Time life books, super firm tough workouts, London times life books, 2005
- Wayne L. Westcott, Thomas R. Bachle, “ strength training”, 2007.

**B.P.Ed ADD ON COURSE
HEALTH, FITNESS AND WELLNESS MANAGEMENT**

MAX MARKS-50

Time Allowed: 3 Hrs.

UNIT-I

- 1.1 **PHYSICAL EDUCATION :** Introduction meaning concept, various definitions, Relations of Physical Education to Health, Physical, Fitness, Wellness, lifestyle and Education.
- 1.2 **PHYSICAL FITNESS:** Concept, meaning, components of health related physical fitness, skill related physical fitness.

UNIT-II

- 2.1 **WELLNESS:** Understanding Wellness, Dimensions of Wellness – Physical, Intellectual, Emotional, Social, Spiritual, Environmental, Occupational, Growth in Wellness.
- 2.2 **HEALTH IN RELATION TO FITNESS & WELLNESS:** Meaning & definition, importance of health in relation to fitness & wellness.

UNIT-III

- 3.1 **PHYSICAL GROWTH & DEVELOPMENT :** Meaning and concept of physical growth, Growth Curves and patterns of growth of different body systems; HELP philosophy.
- 3.2 **NUTRITION :** Introduction, meaning and concept of balanced diet, optimum nutritional intake with respect to physical activity levels.

UNIT-IV

- 4.1 **SELF RESPONSIBILITY FOR FITNESS & WELLNESS:** Concept and meaning, commitment to self responsibility or discipline for good nutrition, good physical fitness and optimum wellness way of lifestyle.
- 4.2 **HABITS AND BEHAVIOUR CHANGE :** Information to good health habits, Observing unhealthy habits and behaviours, stages of behaviour change.

UNIT-V

- 5.1 **SPORTS RECREATION FITNESS & WELLNESS:** Introduction to Physical Activity, regular daily physical activity for fitness & wellness. Difference between Physical Activity and Exercise. Meaning of Sports and Recreation. Competitive Sports, Sports for All concept. Need of Sports for All.
- 5.2 **ACTIVE LIFESTYLE :** Introduction, concept, relation to healthy living, Importance of active lifestyle.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

PRACTICAL

- 1 Demonstration of Warm-up, main work-out and cool down procedures.
- 2 **SPORTS COMPETITIONS :** Demonstration of Fundamentals organizational steps and conduct of and intra mural competition..
- 3 **SPORTS SKILLS :** Demonstration of Sports Skills through teaching stages.
- 4 **TRAINING SCHEDULE :** Demonstration of Prescriptions of Training Schedules for improving Flexibility, Endurance and Strength; Demonstration of Flexibility, Endurance and Strength Testing.
- 5 **WEIGHT MANAGEMENT :** Method of measuring height and weight, BMI Optimum weight management methods.

Note: Evaluation will be done on the basis of practical examination of the activities taught.

REFERENCES

- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006). *Teaching Today Health*. Mosby Publishers, Chicago (USA).
- Anspaugh, D.J., M.H. Hamrick and F.D. Rosato (2003): *Wellness: Concepts and Applications*. Mosby Publishers, Chicago, USA.
- Corbin C.B, G.J. Welk, W.R. Corbin and K.A. Welk (2008). *Fitness & Wellness-Concepts*.
- Floyd, P.A., S.E. Mimms and C. Yelding (2003). *Personal Health : Perspectives and Lifestyles*. Thomson Wadsworth, Belmont, California, USA.
- Govindaraju, P. and Gupta, Rakesh (2003). *Layout and Marking of Track & Field*. Friends Publications (India), New Delhi.
- Graham, G. (2001). *Teaching Children Physical Education : Becoming a Master Teacher*. Human Kinetics, Champaign, Illinois, USA.
- Gupta, Rakesh., Kumar, Pardeep and Tyagi, Sarita (2006). *Textbook on Skill and Prowess (Physical Education Activity) Part-I*, Friends Publications (India), New Delhi.
- Gupta, Rakesh., Kumar, Pardeep and Tyagi, Sarita (2006). *Textbook on Skill and Prowess (Sports Activities) Part-II*, Friends Publications (India), New Delhi.
- Hales, D. (2005). *An Invitation to Health*. Thomson-Wadsworth, Belmont, California, USA.
- Harrison, J.M. (2003). *Instructional Strategies in Physical Education*. Wm. C. Brown Co. Publishers, Dubuque, Iowa, USA.
- Hoeger, W.W.K. and S.A. Hoeger (2006). *Principles and Labs for Fitness and Wellness Eighth Edition*. Wadsworth Thomson Learning, Inc., Belmont, California, U.S.A.
- Hoeger, W.W.K., and S.A. Hoeger (2006): *Fitness and Wellness*. Morton Publishing Company, Englewood, Colorado 80110, USA.
- Kansal, D.K. (2008). *Text book of Applied Measurement, Evaluation & Sports Selection*, Sports & Spiritual Science Publications, New Delhi.
- Kumari S., A. Rana, and S. Kaushik (2009). *Fitness, Aerobics and Gym Operations*. Khel Sahitya Kendra, New Delhi.
- NCERT (2006). *National Curriculum Framework 2005 : Position paper (3.5) National Focus Group on Health and Physical Education*, National Council of Educational Research and Training, Sri Aurobindo Marg, New Delhi.
- Wuest, D.A. and C.A. Bucher (2003). *Foundations of Physical Education, Exercise Science, and Sports*. McGraw Hill Companies, Inc., New York, USA.

B.P.Ed ADD ON COURSES**PERSONALITY DEVELOPMENT**

Max. Marks =50

Time allowed: 3hrs

UNIT-I**Introduction**

- 1.1 Definition, Meaning and Description of Personality, Components of Personality – Physical, Emotional, Cognitive, Social, Mental, Vital and Spiritual; Role of Physical Personality as Foundation of Personality.
- 1.2 Components of Physical Personality: Growth & Development; Nutrition, Exercise, Physical Fitness, Self Responsibility for Health & Personality Development.

UNIT-II**Physical Growth & Development**

- 2.1 Meaning and Definition – Physical Growth, Development, Differences between Growth and Development; Growth and Development patterns in various body systems. Role in Promoting Personality Development
- 2.2 Growth Patterns : Magnitude and Rate of Physical Growth, Distance and Velocity Curves, Classification of Human Growth Cycle – Baby, Child, Adolescent, Post-Adolescent, Adult and Old age.

UNIT-III**Nutrition & Personality Development**

- 3.1 Meaning & Definitions, Nutrients, Balanced diet for Health Needs and Personality Development, Micro & Macro-nutrients relation to Personality Development.
- 3.2 Nutritional Requirements : Nutritional requirements for Growing Age, Physical Activities, Sports, Sports Training, Food Groups : Classification of Food into various groups based on their nutrients, daily intake of various food groups, Nutrients of common foods.

UNIT-IV**Physical Fitness & Personality**

- 4.1 Meaning & Definition of Physical Fitness and its components. PAR-Q, Health Related Physical Fitness & Personality; Physical Performance components of Fitness, Personal needs and Personality Development
- 4.2 Personal Physical Fitness : Personal strengths and weaknesses in components of Physical Fitness, Development of weak components, Role of Behaviour changes for developing personal fitness strengths.

UNIT-V**Self Responsibility**

- 5.1 Meaning & concept of Self Responsibility, Daily Schedules (DS) Awareness and Logbooks for practice of DS.
- 5.2 Physical Education: Role of Physical Education in promoting Self Responsibility, Self Responsibility and Behaviour change, PE for Personality Development. Foundations of Personality Development & Personal Strengths through Physical Education as the basis of self-responsibility, Principles of Self-Responsibility & their relation to art & science of health, fitness & wellness promotion.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical

1. To demonstrate the components of personality with examples.
2. To demonstrate stages of behaviour change.
3. To demonstrate PAR-Q
4. To demonstrate daily physical log and methods its activities.
5. To demonstrate balanced nutrition with food items and quantity required
6. To demonstrate the application of self evaluation of one's personality
7. To demonstrate the methods of transcendental meditation.

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References :

- Allen, B.P. Personality Theories: Development, Growth and Diversity. Allyn & Bacon, New York, USA., 2005.
- Anspaugh, D.J., M. H. Hamrick and F.D. Rosato, Wellness: Concepts and Applications, McGraw Hill, Boston, USA
- Deepak. C. and D. Simon. Grow Younger Live Longer: 10 Steps to Reverse Aging. Three Rivess Press, New York, USA, 2001.
- Hales, D. An Invitation to Health, Thomson Wads worth, Texas, USA, 2005.
- Herron, W.G. Personality Development and Psychotherapy in our Diverse Society: A Sourcebook. Jason Aronson, Boston, USA, 1998
- Hogger, W.W.K., and S.R. Hogger, Fitness & Wellness, Wads worth Publishing, Belmont, USA, 2007.
- Jelliffe, D.B. and Jelliffe, E.F.P., Growth Monitoring and Promotion in young Children, Oxford University Press, Oxford, U.K. (1990).
- Kansal, D.K..Applied Measurement, Evaluation & Sports Selection, Sports & Spiritual Science Publications, Delhi (2008).
- Olsen, L.K., Redican, K.J. and Baffi,C.R., Health Today, Ginn Pr. Publishers, (2002).
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B.P.Ed ADD ON COURSES**COMPUTER APPLICATION IN PHYSICAL EDUCATION**

Max. Marks =50

Time allowed: 3hrs

UNIT-I

- 1.1 General Introduction to Computer Hardware and Software, Introduction to Printer, Scanner, Pen Drive, External Hard Disk, - Introduction to Operating System
- 1.2 M S Word (Limited Function), Application to Physical Education and Sports

UNIT-II

- 2.1 Excel and Access, Creating File, Short Listing
- 2.2 Different Applications (Limited), Data Base Management, Statistical Applications

UNIT-III

- 3.1 Power Point (General Introduction)
- 3.2 Preparation of Slides/Presentation/Different Application, Animation

UNIT-IV

- 4.1 General Introduction to Multimedia, Abode Photoshop and Studio (Basic), Abode Premier (Basic Introduction)
- 4.2 Animation (Basic Introduction), Pinacle (Basic Introduction)

UNIT-V

- 5.1 General Introduction to Information Technology, Construction of web page (any One), E-Mail (Construction, operating etc.), Web Search
- 5.2 Computer Based Physical Education and Sports Management, Computer Aided Analysis

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

Practical

1. Preparation of a classroom lesson using power point
2. Preparation of a score sheet using ms- excel
3. Preparation of a field/sports/game lesson using power point, animation, graphics etc.
4. Preparation of a sports/ game report using internet (print/photography).

Note: Evaluation will be done on the basis of practical examination of the activities taught.

References:

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