



**Sri Ramakrishna Mission Vidyalaya
Maruthi College of Physical Education**

(An Autonomous College Reaccredited with B by NAAC,
Affiliated to the Tamil Nadu Physical Education &
Sports University, Chennai)

COIMBATORE - 641 020.



SYLLABUS

**Bachelor of Physical Education (BPed)
2016-2018**

CONTENTS

S. No.	Contents	Page No.
1	Eligibility	1
2	Duration	1
3	The CBCS System	1
4	Course	2
5	Courses of Programme	2
6	Semesters	2
7	Working Days	2
8	Credits	3
9	Examinations	4
10	Condonation	4
11	Pattern of Question Papers	5
12	Evaluation	5
13	Minimum Passing Standard	6
14	Grading	7
15	Classification of Final Result	7
16	Award of the BPEd Degree	8
17	Letter Gradings and Grade Points	8
18	Grade Point Calculation	8
19	Grievance Redressal Committee	9
20	Revision of Syllabi	9
21	Revaluation of Examination Papers	10
22	Course of Study	11
23	Scheme of Examinations	15
24	History, Principles and Foundation of Physical Education	19

S. No.	Contents	Page No.
25	Anatomy and Physiology	22
26	Educational Technology and Methods of Teaching in Physical Education	25
27	Olympic Movements	27
28	Health Education and Environmental Studies	29
29	Yoga Education	31
30	Sports Training	33
31	Organisation and Administration in Physical Education	35
32	Contemporary Issues in Physical Education, Fitness and Wellness	38
33	Sports Nutrition and Weight Management	40
34	Measurement and Evaluation in Physical Education	42
35	Computer Applications in Physical Education	44
36	Sports Psychology and Sociology	46
37	Sports Management	48
38	Curriculum Design	50
39	Theories of Sports and Games	52
40	Kinesiology and Biomechanics	54
41	Officiating and Coaching	56
42	Research and Statistics in Physical Education	58
43	Sports Medicine, Physiotherapy and Rehabilitation	61
44	Practicum Course Syllabus	63



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**BACHELOR OF PHYSICAL EDUCATION (BPed)
Syllabus (2016-2018)**

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 Practicum courses and compulsory school internship.

1. Eligibility

Intake, Eligibility and Admission Procedure as per the NCTE norms and standards.

2. Duration:

The B.P.Ed programme shall be of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

3. The CBCS System:

All Programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs

of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

4. 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.

5. 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 | ▲ Practicum |
| ▲ Core Course | ▲ Teaching Practices |
| ▲ Elective Course | |

6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

7. Working days:

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

8. 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 Practicum 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 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

S. No.	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter University 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 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.

9. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of November /December: for second semester in the month of April / May. 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 in November /December or May / June.
- ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / 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 has successfully kept the term in first semester.

10. Condonation:

Student must have 80% of attendance in each course for appearing the examination. Students who have 75% to 79% of attendance shall apply for condonation in the prescribed form with the prescribed fee along with the Medical Certificate. Students who have 50% to 74% of attendance shall not be allowed to write the examination. They will be allowed to write the examination on next semester as arrear after compensating the required hours. Students who have below 50% of attendance are not eligible to appear for the examination. They should redo the semester.

11. Pattern of Question Papers:

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

Format of Question Paper for 5 Units.

Each question paper shall have three parts. The pattern will be as follows:

PART	DESCRIPTION	MARKS
I	Multiple choice questions - Write the answers to all the questions (Four Questions from each Unit) 20 x 1 marks	20
II	Write short notes (either /or method) Answer all the questions (Two questions from each unit) 5 x 5 marks	25
III	Answer in detail (Essay type Question): Answer any three questions out of five questions (One questions from each unit) 3 x 10 marks	30
Total		75

12. 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:

Continuous Internal Assessment (CIA) Tests (Best out of 2 converted to 5 marks)	5 Marks
Pre semester	10 Marks
Assignments	5 Marks
Percentage of Attendance	5 Marks
95 % - and above - 5 Marks	
90 % – 94 % - 4 Marks	
85 % – 89 % - 3 Marks	
81 % – 84 % - 2 Marks	
80 % - 1 Mark	
Total	25 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 25:75. The evaluation of Practicum work, wherever applicable, will also be based on continuous internal assessment and on an end-semester Practicum examination.

13. Minimum Passing Standard:

No student shall be eligible for the award of the B.P.Ed., degree unless he has passed the written examinations (Part-A), the Practicum (Part- B) and Practice Teaching (Part - C).

A minimum of **50% of marks in each paper** is prescribed for a pass. A student has to secure 50% minimum in the end semester examinations (Internal and external combined but with a minimum of 50% in external).

14. Grading:

Once the marks of the CIA (Continues 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 R. BPEd 17 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SPPA = \frac{R^n j 1 C_i G_i}{R^n j 1 C_i}$$

$$CCPA = \frac{R^N j 1 SGPA_i}{N}$$

Where C_i is the Credit earned for the course if is in any semester; G_i is the Grade point obtained by the student for the course i and n number of courses obtained in that semester;

is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

15. 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.

16. 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 has earned the minimum required credit including Bonus Credits of the programme prescribed above.

17. Letter Gradings and Grade Points:

Two methods-relative grading or absolute grading - have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Letter Grade	Description	Classification of final result
90 - 100	9.0 - 10.0	O	Outstanding	First class with exemplary*
80 - 89.99	8.0 - 8.99	D+	Excellent	
75 - 79.99	7.5 - 7.99	D	Distinction	First class with Distinction*
70 - 74.99	7.0 - 7.49	A+	Very Good	First class
60 - 69.99	6.0 - 6.99	A	Good	
50 - 59.99	5.0 - 5.99	B	Average	Second class
00 - 49.99	0	F	Fail	Re-appear
Absent	0	Ab	Dropped	

18. Grade Point Calculation:

Calculation of Semester Grade Point Average (SGPA) and Credit Grade Point (CGP) and declaration of class for B.P.Ed Programme.

The credit grade points are to be calculated on the following basis:

$$\text{SGPA} = \frac{\text{Sum of grade points of all courses of the particular semester}}{\text{Total credit of the semester}}$$

19. 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 faculty as the members. This Committee shall solve all grievances of the students.

20. Revision of Syllabi:

1. Syllabi of every course should be revised according to the NCTE.
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. 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.
4. 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.
5. 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.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

21. Revaluation of Examination Papers:

In respect of B.P.Ed Degree Course, any candidate can apply for revaluation of his answer script of any theory paper he had appeared, if he does not satisfy with the marks awarded to him in the paper. Firstly, the candidate has to fill in prescribed application form and remit ₹ 100 per paper for getting the photo-copy of the answer script. After going through the script, if the candidate desires for revaluation of the answer paper he has to fill in the prescribed application form, pay the revaluation fee (₹ 400/- per paper) by cash in the Controller's office.

After the expiry of late dates, the script will be revalued by a panel of evaluators and the revised marks will be intimated to the candidates. The candidates who secure change in marks in the revaluation have to surrender their original mark sheets to the Controller's office to get revised mark sheets. The revaluation system is not applicable for the Practicum subjects. Applications received after the prescribed due dates will not be entertained by the institution.

COURSE OF STUDY

SEMESTER - I

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC101	History, Principles and foundation of Physical Education	4	4	25	75	100
CC102	Anatomy and Physiology	4	4	25	75	100
CC103	Educational Technology and Methods of Teaching in Physical Education	4	4	25	75	100
Elective Course (Anyone)						
EC101	Elective paper: Olympic Movement	4	4	25	75	100
EC102	Health Education and Environmental Studies					
Part–B Practicum Course						
PC101	Track and Field (Running Events)	6	4	100	-	100
PC102	Hockey (50), Basket ball (50)	6	4	100	-	100
PC103	Indigenous Sports (50): Malkhambh (10), Lezium (20), March Past (20). Leadership training camp (50)	6	4	100	-	100
Part – C Teaching Practices						
TP101	Teaching Practice: General lesson plan, 10 lessons at school (External) and 5 lessons at college (internal)	6	4	50	50	100
Total		40	32	450	350	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						
CC201	Yoga Education	4	4	25	75	100
CC202	Sports Training	4	4	25	75	100
CC203	Organization and Administration in Physical Education	4	4	25	75	100
Elective Course (Anyone)						
EC201	Elective paper: Contemporary issues in physical education, fitness and wellness	4	4	25	75	100
EC202	Sports Nutrition and Weight Management					
Part–B Practicum Course						
PC201	Track and Field (Jumping Events)	6	4	100	-	100
PC202	Yoga(50), Aerobic (50)	6	4	100	-	100
PC203	Racket Sports: Badminton (25), Table Tennis(25), Tennis(25), Ball Badminton(25)	6	4	100	-	100
PC204	Gymnastics (50), Calisthenics (25), Mass Demonstration Activities (25): Dumbbells, Flags, wands, Hoops, Indian clubs	6	4	100	-	100
PC205	Play Festival (15 lessons in teaching mass demonstration exercises at elementary school)	6	4	100	-	100
Total		46	36	600	300	900

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						
CC301	Measurement and Evaluation in Physical Education	4	4	25	75	100
CC302	Computer Applications in Physical Education	4	4	25	75	100
CC303	Sports Psychology and Sociology	4	4	25	75	100
Elective Course (Anyone)						
EC301	Elective paper: Sports Management	4	4	25	75	100
EC302	Curriculum Design					
Part–B Practicum Course						
PC301	Track and Field (Throwing Events)	6	4	100	-	100
PC302	Combative Sports: Kalari (25), Silambam (25), Judo (25), Wrestling (25)	6	4	100	-	100
PC303	Team Games: Kabaddi (25), Handball (25), Throw ball (25), Kho-Kho (25)	6	4	100	-	100
Part – C Teaching Practices						
TP301	Teaching Practice: Particular lesson, 10 lessons at school (External) and 5 lessons at college (internal).	6	4	50	50	100
Total		40	32	450	350	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						
CC401	Theories of sports and games	4	4	25	75	100
CC402	Kinesiology and Biomechanics	4	4	25	75	100
CC403	Officiating and Coaching	4	4	25	75	100
Elective Course (Anyone)						
EC401	Research and Statistics in Physical Education	4	4	25	75	100
EC402	Sports Medicine, Physiotherapy and Rehabilitation					
Part–B Practicum Course						
PC401	Volleyball(50), Softball(25), Tennikoit (25)	6	4	100	-	100
PC402	Cricket (50), Football (50)	6	4	100	-	100
Part – C Teaching Practices						
TP401	Sports specialization: 10 Coaching lessons in a game of specialization	6	4	50	50	100
Total		34	28	350	350	700
Grand Total		160	128	1850	1350	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 EXAMINATIONS

SEMESTER – I

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
CC101	History, Principles and foundation of Physical Education	25	75	100
CC102	Anatomy and Physiology	25	75	100
CC103	Educational Technology and Methods of Teaching in Physical Education	25	75	100
Elective Course (Anyone)				
EC101	Elective paper: Olympic Movements	25	75	100
EC102	Health Education and Environmental Studies			
Part–B Practicum Course				
PC101	Track and Field (Running Events)	100	-	100
PC102	Hockey (50), Basket ball (50)	100	-	100
PC103	Indigenous Sports (50): Malkhambh (10), Lezium (20), March past (20). Leadership training camp (50)	100	-	100
Part – C Teaching Practices				
TP101	Teaching Practice: General lesson plan, 10 lessons at school (External) and 5 lessons at college (internal)	50	50	100
Total		450	350	800

SEMESTER - II

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
CC201	Yoga Education	25	75	100
CC202	Sports Training	25	75	100
CC203	Organization and Administration in Physical Education	25	75	100
Elective Course (Anyone)				
EC201	Elective paper: Contemporary issues in physical education, fitness and wellness	25	75	100
EC202	Sports Nutrition and Weight Management			
Part–B Practicum Course				
PC201	Track and Field (Jumping Events)	100	-	100
PC202	Yoga (50), Aerobic (50)	100	-	100
PC203	Racket Sports: Badminton (25), Table Tennis (25), Tennis (25), Ball Badminton (25)	100	-	100
PC204	Gymnastics (50), Calisthenics (25), Mass Demonstration Activities (25): Dumbbells, Flags, wands, Hoops, Indian clubs	100	-	100
PC205	Play Festival (15 lessons in teaching mass demonstration exercises at elementary school)	100	-	100
Total		600	300	900

SEMESTER – III

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
CC301	Measurement and Evaluation in Physical Education	25	75	100
CC302	Computer Applications in Physical Education	25	75	100
CC303	Sports Psychology and Sociology	25	75	100
Elective Course (Anyone)				
EC301	Elective paper: Sports Management	25	75	100
EC302	Curriculum Design			
Part–B Practicum Course				
PC301	Track and Field (Throwing Events)	100	-	100
PC302	Combative Sports: Kalari (25), Silambam (25), Judo (25), Wrestling (25)	100	-	100
PC303	Team Games: Kabaddi (25), Handball (25), Throw ball (25), Kho-Kho (25)	100	-	100
Part – C Teaching Practices				
TP301	Teaching Practice: Particular lesson, 10 lessons at school (External) and 5 lessons at college (internal).	50	50	100
Total		450	350	800

SEMESTER - IV

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
CC401	Theories of Sports and Games	25	75	100
CC402	Kinesiology and Biomechanics	25	75	100
CC403	Officiating and Coaching	25	75	100
Elective Course (Anyone)				
EC401	Research and Statistics in Physical Education	25	75	100
EC402	Sports Medicine, Physiotherapy and Rehabilitation			
Part–B Practicum Course				
PC401	Volleyball(50), Softball(25), Tennikoit (25)	100	-	100
PC402	Cricket (50), Football (50)	100	-	100
Part – C Teaching Practices				
TP401	Sports specialization: 10 Coaching lessons in a game of specialization (Rural coaching)	50	50	100
Total		350	350	700
Grand Total		1850	1350	3200

Syllabus - Semester-1

CC101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Unit – 1: Introduction

- Meaning, Definition and Scope of Physical Education.
- Aim and Objectives 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.
- Adapted physical education.

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 principles

- ⤴ Growth and development
- ⤴ Age and gender differences
- ⤴ Disability Classification
- ⤴ Growth and development
- ⤴ Heredity and environment
- ⤴ Body Types
- ⤴ Anthropometric differences, differences in boys and girls
- ⤴ Reciprocal innervations

Unit-5- Psychological & Sociological Principles:

- ⤴ 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

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CC102 ANATOMY AND PHYSIOLOGY

Unit-I

- ✧ Brief Introduction to 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.

Unit-III

- ✧ **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 Central nervous system and Autonomic nervous system. Reflex Action.

- ⤴ **Sense organs:** A brief account of the structure and functions of the Eye and Ear.

UNIT-IV

- ⤴ 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-V

- ⤴ 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.

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2. Gupta, M. and Gupta, M. C. (1980). *Body and Anatomical Science*. Delhi: Swaran Printing Press.
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11. Morehouse, L. E. & Miller, J. (1967). *Physiology of Exercise*. St. Louis: The C.V. Mosby Co.
12. Pearce, E. C. (1962). *Anatomy and Physiology for Nurses*. London: Faber & Faber Ltd. Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.
13. Singh, S. (1979). *Anatomy of Physiology and Health Education*. Ropar: Jeet Publications.

CC103 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN 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 – Part method- whole – 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 – visual aids, Verbal, Chalk board, smart board- Charts, Model, LCD 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.
- ▲ Teaching of various physical activities.

Unit-V Movement Education

- ▲ Movement education: Definition and meaning of movement education
- ▲ Key concept of movement education, Strategy to be followed while teaching movement
- ▲ Factors affecting movement
- ▲ teaching fundamental movement skills
- ▲ movement analysis - body awareness.

Reference:

1. Bhardwaj, A. (2003). *New Media of Educational Planning*. New Delhi: Arup of Sons.
2. Bhatia, & Bhatia, (1959). *The Principles and Methods of Teaching*. New Delhi: Doaba House. Kochar.
3. S.K. (1982). *Methods and Techniques of Teaching*. New Delhi: Sterling Publishers Pvt Ltd.
4. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to Educational Technology*. New Delhi: Sterling Publishers Pvt. Ltd.
5. Walia, J.S. (1999). *Principles and Methods of Education*. Jullandhar: Paul Publishers.
6. Sharad Chandra Mishra. (2009). *Methods of Physical Education*. New Delhi: Sports Publication.
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8. Tirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: SouthIndia Press.

EC101 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 – II Modern 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

- ✦ Summer Olympics
- ✦ Winter Olympics
- ✦ Youth Olympic Games

Unit – IV Olympic Games for disabled

- ✦ Special Olympics
- ✦ Deaflympics
- ✦ Paralympics Games

Unit – V 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
- Baljit Singh. (2009). *Principles of Physical Education*. New Delhi: Sports Publication.
- Bevinson Perinbaraj. (2002). *History of Physical Education*. Karaikudi: Vinsi Publications.
- Sitaram Sharam & Anil kr. Vanaik. (2003). *Principles of Physical Education*. New Delhi: Friends Publication.
- Kamlesh, & M.S. Sangral, (1981). *Principles and History of Physical Education*. Ludiana: Parakash Brothers Educational Publishers.

EC102 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Unit – I Health Education

- ✦ Definition of Health, Health Education, Health Instruction, Health Supervision
- ✦ Concept, Dimensions, Spectrum and Determinants of Health
- ✦ 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
- ✦ Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,
- ✦ Personal and Environmental Hygiene in schools.

Unit-III Health services

- ✦ 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 – IV 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 – V 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.
- NGOs

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 II

CC201 YOGA EDUCATION

Unit – I: Foundation of Yoga

- ✦ Meaning and Definition of Yoga
- ✦ Aims and Objectives of Yoga
- ✦ The Yoga Sutra: General Consideration
- ✦ Difference between yogic practices and physical exercises
- ✦ Need and Importance of Yoga in Physical Education and Sports

Unit - II: Paths of Yoga

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

Unit - III Asanas

- ✦ **Asanas:** Definitions – meaning and classifications and benefits of asanas.
- ✦ **Pranayama:** Definitions-meaning –types - phases-ratios-benefits.
- ✦ **Bhandas:** Definitions-meaning – types, benefits.

Unit – IV Kriyas and Meditation

- ✦ **Shat Kriyas:** Definitions-meaning – types, benefits.
- ✦ **Mudras:** Definitions-meaning.
- ✦ **Meditation:** Definitions - meaning – concept of meditation.

Unit-V Yogic Diet

- ✦ **Yogic diet:** Classifications: Satvic food – Tamasic food – Rajasic food
- ✦ Three Gunas
- ✦ Five Khoshas

References:

- Brown, F. Y. (2000). *How to Use Yoga*. Delhi: Sports Publication.
- Gharote, M. L. & Ganguly, H. (1988). *Teaching Methods for Yogic Practices*. Lonawala: Kaixydhama.
- Rajjan, S. M. (1985). *Yoga Strengthening of Relaxation 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.
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- Swami Kuvalayananda. (1998). *Asanas*. Lonavla: Kaivalyadhama.
- Swami Satyananda Sarasvati. (1989). *Asana Pranayama Mudra Bandha*. Munger: Bihar School of Yoga.
- Tiwari. O .P. (1998). *Asanas-Why and How*. Lonavla: Kaivalyadhama.

CC202 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

- Speed definition and its types
- Strength definition and its types
- Endurance definition and its types
- Flexibility definition and its types
- Coordinative ability definition and its types

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 planning

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

Unit-V Training methods

- ▲ Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, Fartlek (speed play), weight training and plyometric training.

Reference:

- Yograj Thani. (2003). *Sports Training*. Delhi: Sports, Publications.
- Hardayal Singh. (1984). *Sports Training, General Theory, and Methods*. Patiala: NSNIS.
- Hardayal Singh. (1991). *Science of Sports Training*. New Delhi: DVS Publications.
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- Jensen, R.C. & Fisher, A.G. (1979). *Scientific Basis of Athletic Conditioning*. Philadelphia: Lea and Fibiger, 2nd Edition.
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CC203 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

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 Gymnasium, swimming pool, 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.

Unit-V: Various tournaments and schemes

- Bharathiar day sports and games
- Republic Day sports and games
- School Game Federation of India (SGFI)
- All India inter university (AIU) tournaments.
- Sports Authority of India (SAI)
- Sports Development Authority of Tamil Nadu (SDAT) schemes.
- Awards: Arjuna award - Dronacharya award - Rajiv Gandhi Khel Rathna award - Maulana Abulkalam Azad Trophy and Eklavya Award.

References:

- Samiran Chak Raborts. (1998). *Sports Management*. Delhi: Sports publication.
- Sharad Chandara Mishra. (2005). *Organisation and Administration in Physical Education*. New Delhi: Sports publication.
- Srivastava. A, K. (2007). *Management of Sports and Physical Education*. New Delhi: Sports publication.
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- Pandey, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depot.
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EC201 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS (ELECTIVE)

Unit-I Fitness and wellness:

- ⤴ Definition and Meaning of Physical Fitness - Components of Physical Fitness - Values of Physical Fitness - Wellness: Definition and Meaning - Components and Benefits of Wellness – Relationship between Fitness and Wellness.

Unit-II: Issues & challenges in physical education, fitness and wellness

- ⤴ Leader - Values - pupil relation - technology - teaching methodology - infrastructure - finance - time - carrier.

Unit-III Problems of Modern Life-Style:

- ⤴ tension – health problems – ecological pollution/rupture in ozone layer - disturbed family relations – violence and cruelty - corruption/dishonesty/ immorality - drug-addiction- neglect of law and order and ethical, moral and social discipline - armaments/nuclear weapons (militarism) - exploitation.

Unit IV: Modern lifestyle challenges:

- ⤴ cholesterol, cancer, high blood pressure, alcohol, tobacco, habits and addictions, diabetes, osteoporosis, obesity.

Unit V: Lifestyle management:

- ⤴ definition, implementation, benefits. Services: health promotion, occupational health, healthy behaviour, wellness programme. Weight management and physical activity, diet and nutrition, stress management, smoking sensation, sleep improvement, depression management.

References:

1. Daryl Siedentop. (2004). *Introduction to Physical Education, Fitness, and Sport*. New York: McGraw Hill Companies.
2. Edward, T .Howley., & B, Don Franks. (2003). *Health Fitness Instructor's Hand Book*. USA: Human Kinetics.
3. Hardayal Singh. (2005). *Sports Training. General Theory and Methods*. Patila: DVS Publication.
4. Sharad Chandra Mishra. (2005). *Fitness and Health Education*. New Delhi: Sports Publication.
5. Vivian, H. Heyward. (2006). *Advanced Fitness Assessment and Exercise Prescription*. New Mexico: Burgess publishing company.
6. Michael, J. Alter. (1998). *Sport Stretch*. USA: Human kinetics.
7. Muller. (2000). *Health and Fitness*. New Delhi: Sports Publication.
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9. Mcglyn, G., (1993). *Dynamics of Fitness*. Madison: W.C.B Brown.
10. Sharkey, B. J.(1990). *Physiology of Fitness*, Human Kinetics Book.

EC202 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)

Unit – I Introduction to Sports Nutrition

- Meaning and Definition of Sports Nutrition, diet and balanced diet
- Basic Nutrition guidelines
- Food pyramid
- Role of nutrition in sports
- Factors to be considered for developing nutrition plan

Unit – II Macro Nutrients

- Carbohydrates, Protein, Fat – Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise

Unit-III Micro Nutrients

- Vitamins, Minerals, Water – Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.
- Calorie requirements for different sports and games : pre game meal- during game meal and post game meal

Unit – IV Nutrition and Obesity Management

- Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Obesity – Definition, meaning and types of obesity- Causes, Hazards myths and overcoming them- weight control and Body Mass index (BMI).

Unit – V Diet and Exercise plan for Weight Management

- ▲ Diet for obesity management
- ▲ Diet for middle and aged people
- ▲ Diet for women athletes
- ▲ Diet for aerobics and anaerobic exercises

References:

- Covert Bailey, (1984), *"The Fit-or-Fat Target Diet"*, Printed in USA.
- David. F.Tver, Pery Ruseell, (1981), *"The Nutrition and Health Encyclopedia"*, Van Nostrand Reinhold Company, New York.
- Dr. D.C. Lal. (2006). *"Health and Nutrition"*, Sports Publication, Darya Gang, New Delhi.
- Frank G. Addleman, (1984), *"The Winning Edge Nutrition for Athletics Fitness and Performance"*. Prentice - Hall. Inc, Engle Wood Cliff, New Jercey.73.
- Jean Carper, (1988), *"The Food Pharmacy Dramatic New Evidence that Food is Your Best Medicine"*, Harper and Row Publishers Inc.
- Judy A.Driskell, (2000), *"Sports Nutrition"*, CRC Press LLC, N.W.Corporate Blvd, Boca Raton, Florida 33431.
- L.Jean.Bogert, George. M.Briggs, Doris Hows Calloway, (1966), *"Nutrition and Physical Fitness"*, Eight Edition, W.B.Saunders Company.8.
- Mark Bricklin, Sharon Stocker, (19)
- 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 Meta Analysis*. Am J Obstet Gynecol, 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

CC301 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit- I Introduction 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- II Criteria; Classification and Administration 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
- SDAT Test (World beaters test)

Unit- IV Sports Skill Tests

- Badminton tests: Lockhart and McPherson badminton test
- Miller wall volley test
- French short service test
- Basketball
- Johnson basketball test
- Soccer
- McDonald soccer test

Unit-V:

- ▲ Volleyball:
 - ◇ Russell Lange volleyball test
 - ◇ Brady volleyball test
 - ◇ S.A.I volleyball test
- ▲ Hockey
 - ◇ Henry Friedel Hockey Test
 - ◇ S.A.I Hockey test
- ▲ Tennis
 - ◇ Dyer tennis test

References:

1. Bangsbo, J. (1994). *Fitness Training in Football: A Scientific Approach*. Bagsvaerd, Denmark.
2. Barron, H. M., & Mcchee, R. (1997). *A Practicum Approach to Measurement in Physical Education*. Philadelphia: Lea and Febiger.
3. Barron, H.M. & Mcchee, R. (1997). *A Practicum Approach to Measurement in Physical Education*. Philadelphia: Lea and Febiger.
4. Kansal, D.K. (1996). *Test and Measurement in Sports and Physical Education*. New Delhi: D.V.S. Publications.
5. Mathews, D.K., (1973). *Measurement in Physical Education*, Philadelphia: W.B.Sounders Compnay.
6. Pheasant, S. (1996). *Body Space: Anthropometry, Ergonomics and Design of Work*. Taylor & Francis, New York.
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CC302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit – I: Introduction to Computer

- ✦ **Computer Skills:** Hardware - Software – Monitor –CPU– Mother board - RAM – ROM - Keyboard – Keyboard commands – Input and Output Devices - Logging on and off - Operating System - Managing Windows – Creating, moving and renaming the folder.

Unit – II: MS Word

- ✦ Introduction to MS Word
- ✦ Creating, saving and opening a document
- ✦ Formatting Editing features Drawing table , Mail merge
- ✦ 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

Unit-V E-Sources

- ⤴ Internet
- ⤴ Email: mail sending and receiving
- ⤴ Search Engine
- ⤴ Application software used in Physical Education and sports

References:

1. Irtegov, D. (2004). *Operating System Fundamentals*. Firewall Media.
2. Marilyn, M.& Roberta, B.(n.d.).*Computers in Your Future*. 2nd edition, India: Prentice Hall.
3. Milke, M.(2007). *Absolute Beginner's Guide to Computer Basics*. Pearson Education Asia.
4. Sinha, P. K. & Sinha, P. (n.d.).*Computer Fundamentals*. 4th edition, BPB Publication.
5. Karl Schwartz (1998), *Training Guide - Microsoft Excel 97*, DDC Publishers.
6. Manddell (1995), *Computer and Data Processing Today*, West Publishers Co., St.Paul.
7. Microsoft (1998), *Digital Literacy*, Microsoft Publishers.
8. Saksham (2010), *Championship*, Microsoft Publishers.
9. Vikas Gupta (2005), *Comdex - Computer Course Kit*, Dream,Tech. Publishers.

CC303 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: Learning and Personality

- ⤴ 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
- ⤴ I Q & EQ assessment

Unit-III Components of Psychology

- ⤴ Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.
- ⤴ Mental Preparation Strategies: Attention focus, Self-talk, Relaxation, Imagery.
- ⤴ 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-IV: Sociology 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-V Culture:

- ▲ Meaning and Importance.
- ▲ Features of culture,
- ▲ Importance of culture.
- ▲ Effects of culture on sports participation
- ▲ Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method.

References:

1. Ball, D. W. & Loy, J. W. (1975). *Sport and Social Order; Contribution to the Sociology of Sport*. London: Addison Wesley Publishing Co., Inc.
2. Blair, J. & Simpson, R.(1962). *Educational Psychology*, New York: McMillan Co.
3. Cratty, B. J.(1968). *Psychology and Physical Activity*. Eaglewood Cliffs. Prentice Hall.
4. Kamlesh, M.L. (1998). *Psychology Inphysical Education and Sport*. New Delhi: Metropolitan Book Co.
5. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and Social System*. London: Addison Wesley Publishing Company Inc.
6. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports Culture and Society*. Philadelphia: Lea & Febiger.
7. Mathur, S.S., (1962). *Educational Psychology*. Agra. Vinod Pustak Mandir.
8. Skinnner, C. E., (1984.). *Education Psychology*. New Delhi: Prentice Hall of India.
9. William, F. O.&Meyer, F. N. (1979). *A Handbook of Sociology*. New Delhi: Eurasia Publishing, House Pvt Ltd.

EC301 SPORTS MANAGEMENT

Unit- I Introduction to Sports management

- ✦ 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 LEADERSHIP

- ✦ 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 Educational Institutions

- ✦ 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

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

Unit-V Supervision

- ⬆ Supervision - Meaning and need for supervision - guiding principles of supervision. Functions of the supervisor - Methods in supervision: Visits - periodical, surprise, request. Visitation procedure - Evaluation in supervision – Meaning of - refresher course - clinics - workshop - seminars.

References:

1. Baljitsingh. (2009). *Organisation and Administration in Physical Education*. New Delhi: Sports publication.
2. Dheer & Radhika Kamal. (2002). *Organization and Administration of Physical Education*. New Delhi: Friends Publication.
3. Sharad Chandara Mishra. (2005). *Organization and Administration in Physical Education*. New Delhi: Sports publication.
4. Srivastava. A, K. (2007). *Management of Sports and Physical Education*. New Delhi: Sports publication.
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6. Ashton, D. (1968). *Administration of Physical Education for Women*. New York: The Ronal Press,Cl.
7. Bucher, C.A. *Administration of Physical Education and Athletic Programme*. 7th Edition, St.Louis: The C.V. Mosby Co.
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9. Earl, F.Z, & Gary, W.B. (1963). *Management Competency Development in Sports and Physical Education*. Philadelphia: W. Lea and Febiger.

EC302 CURRICULUM DESIGN

UNIT-I Modern concept of curriculum

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

UNIT-II Basic Guide lines for curriculum construction; contest (selection and expansion).

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

UNIT-III Curriculum-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.

Unit-V Curriculum for various levels

- ▲ Kinder garden to 2nd standard (pre primary)
- ▲ 3rd standard to 5th standard (primary)
- ▲ 6th standard to 8th standard (Upper primary)
- ▲ 9th standard to 10th standard (High school)
- ▲ 11th standard to 12th standard (Higher secondary)

Reference:

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2. Bucher, C. A. (1986). *Foundation of Physical Education*: St. Louis: The C. V. Mosby & Company.
3. Cassidy, R. (1986). *Curriculum Development in Physical Education*. New York: Harper & Company.
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5. Larson, L.A. (n.d.). *Curriculum Foundation in Physical Education*. Englewood Cliffs: N.J, Prentice Hall Inc.
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CC401 THEORIES OF SPORTS AND GAMES

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 equipments and their specifications
- Ethics of sports and sportsmanship
- Rules and regulations of the sports and games.

UNIT-I

- Athletics,
- Badminton,
- Soft ball

UNIT-II

- Basketball,
- Cricket,
- Ball badminton

UNIT-III

- Hockey,
- Handball,
- Tennikoit

UNIT-IV

- Kabaddi,
- Kho-Kho,
- Volleyball

UNIT-V

- Football,
- Throw ball
- Tennis,

References:

1. H.C. Buck. (2007). *Rules of Games and Sports*. Madras: Y.M.C.A. Publications.
2. Hardayal Singh. (2005). *Sports Training - General Theory and Methods*. Patiala: NSNIS.
3. Cart E. Klafs., & D, Arnheim. (2000). *Modern Principles of Athletic Training*. St.Louis; C. V. Mosphy Company.
4. Gangopaddhayoy, S. R. (2008). *Encyclopedia of Sports Training*. New Delhi: Sport Publication.
5. George Immanuel. (1997). *Track and Field Event Layout and Marking*. Chennai: Krishnamurthy and Co.
6. Bunn, J. W. (1968). *The Art of Officiating Sports*. Englewood cliffs N.J. Prentice Hall.
7. Bunn, J. W. (1972). *Scientific Principles of Coaching*. Englewood cliffs N. J. Prentice Hall. Dyson.
8. G. H. (1963). *The Mechanics of Athletics*. London: University of London Press Ltd.
9. Lawther, J.D. (1965). *Psychology of Coaching*. New York: Pre. Hall.
10. Singer, R. N. (1972). *Coaching, Athletic & Psychology*. New York: McGraw Hill.

CC402 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 – Axis and Planes, Centre of Gravity, Equilibrium, Line of Gravity

Unit – II Postures and muscles

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

Unit-III Origin and Insertion of Skeleton Muscles

- ⬆ Muscles: Location, origin, insertion and action of the following muscles: Biceps – Triceps – Pectoralis major – Deltoid – Trapezius – Rectus abdominus – Gastronomies – Hamstrings – Quadriceps – Muscle tone.

Unit – IV 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 – V 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, force couple, Stability.

Reference:

1. Bunn, J. W. (1972). *Scientific Principles of Coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
2. Hay, J. G. & Reid, J. G. (1982). *The Anatomical and Mechanical Basis of Human Motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
3. Hay, J. G. & Reid, J. G. (1988). *Anatomy, Mechanics and Human Motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
4. Hay, J. G. (1970). *The Biomechanics of Sports Techniques*. Englewood Cliffs, N.J.: Prentice. Hall, Inc.
5. Simonian, C. (1911). *Fundamentals of Sport Biomechanics*. Englewood Cliffs, N.J.: Prentice. Hall Inc.
6. Bruce Abernethy. (2005). *The Biophysical Foundation of Human Movement*. Human Kinetics.
7. Chinnappa Reddy P. (2005). *Scientific Principles of Biomechanics*. Delhi: Friends Publications.
8. McIwaig Anderson. (2007). *Biomechanics of Human Motion*. Delhi: Sports Publication.
9. Dhananjay Shaw. (2007). *Pedagogic Kinesiology*. Delhi: Sports and publication.
10. Dhananjay Shaw. (2007). *Mechanical Basis of Biomechanics*. Delhi: Sports Publications.
11. Nancy Hamilton. (2002). *Kinesiology - Scientific Basis of Human Motion*. Newyork: McGraw - Hill Companies, Inc.
12. Nichdas Stergiou. (2004). *Innovative Analysis of Human Movement*. USA: Human Kinetics.

CC403 OFFICIATING AND COACHING

Unit- I: Introduction to Officiating and coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relationship of official and coach with organization committee, 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, signals and movements etc.
- Ethics of officiating.

Unit- IV: Qualities and Qualifications of Coach and Official

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

UNIT-V Scientific Principles of coaching:

- Recreational and Lead up games
- Strategy – Offence and defense, Principles of offence and defense.

- ▲ Concepts of conditioning & warming up
- ▲ Types of warming up

Reference Books:

1. Bunn, J. W. (1968). *The Art of Officiating Sports*. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). *Scientific Principles of Coaching*. Englewood cliffs N. J. Prentice Hall.
3. Dyson, G. H. (1963). *The Mechanics of Athletics*. London: University of London Press Ltd.
4. Dyson, G. H. (1963). *The Mechanics of Athletics*. London: University of London Press Ltd.
5. Lawther, J.D. (1965). *Psychology of Coaching*. New York: Prentice Hall.
6. Singer, R. N. (1972). *Coaching, Athletic & Psychology*. New York: M.C. Graw Hill.
7. Yograj Thani. (2003). *Sports Training*. New Delhi: Sports Publication.
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10. Gangopaddhayoy, S. R. (2008). *Encyclopedia of Sports Training*. New Delhi: Sport Publication.

EC401 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.

Unit-II

- ✦ Types of research: Historical research, Case study and Survey
- ✦ Research Problem, Meaning of the term, Location and criteria of Selections of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-III Project report

- ✦ Literature Sources, Library Reading
- ✦ Project Proposal, Meaning and Significance of Project Proposal.
- ✦ Preparation of project proposal.
- ✦ Project 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 college.

Unit-IV 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- V 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 grouped and ungrouped data-standard deviation.
- ▲ Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data.

References:

1. Best, J.W. (1963). *Research in Education*. U.S.A.: Prentice Hall.
2. Bompá, T. O. & Haff, G. G. (2009). *Periodization: Theory and Methodology of Training*, 5th ed. Champaign, IL: Human Kinetics.
3. Brown, L. E., & Ferrigno, V. A. (2005). *Training for Speed, Agility and Quickness*, 2nd ed. Champaign, IL: Human Kinetics.
4. Brown, L.E. & Miller, J., (2005). *How the Training Work*. In: *Training Speed, Agility, and Quickness*. Brown, L.E. & Ferrigno, V.A. & Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.
5. Carl, E. K., & Daniel, D. A. (1969). *Modern Principles of Athletes Training*. St. Louis: St. Louis's, Mosby Company.
6. Clark, H. H., & Clark, D. H. (1975). *Research Process in Physical Education*. Englewood cliffs, New Jersey: Prentice Hall, Inc.
7. Garrett, H.E. (1981). *Statistics in Psychology and Education*. New York: Vakils Feffer and Simon, Ltd.
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9. Thomas, J.R., & Nelson J.K. (2005). *Research Method in Physical Activity*. U.S.A: Champaign, IL: Human Kinetics Books.

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11. Uppal, A. K. (1990). *Physical Fitness: How to Develop*. New Delhi: Friends Publication.
12. Verma, J. P. (2000). *A Text Book on Sports Statistics*. Gwalior: Venus Publications.

EC402 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)

Unit-I: - Sports Medicine:

- ⬆ Sports Medicine: Meaning, Definition, Aim, Objectives, Modern Concepts and Importance.
- ⬆ Athletic Care and Rehabilitation: Role of Contribution of Physical Education Teachers and Coaches.
- ⬆ Need and Importance of the study of sports injuries in the field of Physical Education.

Unit-II Injuries managements

- ⬆ Prevention of injuries in sports – Common sports injuries – Diagnosis
- ⬆ First Aid - Treatment - Laceration – Blisters – Contusion – Strain – Sprain – Fracture. Dislocation- Subluxation – Bandages – Types of Bandages.

Unit-III: Physiotherapy

- ⬆ Definition – Guiding principles of physiotherapy, Importance of physiotherapy.
- ⬆ Indications and contra indications: Electrotherapy – infrared therapy – Ultraviolet therapy –short wave diathermy – ultrasound therapy – Wax therapy – TENs – EMS and traction unit.

Unit-IV: Modes and applications of various therapies

- ⬆ Hydrotherapy – Cryotherapy, 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-V: Therapeutic Exercise:

- ▲ Definition and Scope – Principles of Therapeutic Exercise
 - Classification, Effects and uses of Therapeutic exercise
 - passive Movements (Relaxed, Forced and passive) – stretching: therapeutic 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:

1. Christine, M. D., (1999). *Physiology of Sports and Exercise*. USA: Human Kinetics.
2. Conley, M. (2000). *Bioenergetics of Exercise Training*. In T.R. Baechle, & R.W. Earle, (Eds.), *Essentials of Strength Training and Conditioning* (pp. 73-90). Champaign, IL: Human Kinetics.
3. David, R. M. (2005). *Drugs in Sports*, (4th Ed). Routledge Taylor and Francis Group.
4. Hunter, M. D. (1979). *A Dictionary for Physical Educators*. In H. M. Borrow & R. McGee, (Eds.), *A Practicum approach to measurement in Physical Education* (pp.573-74). Philadelphia: Lea &Febiger.
5. Jeyaprakash, C. S., *Sports Medicine*, J.P. Brothers Pub., New Delhi, 2003.
6. Khanna, G.L., (1990). *Exercise Physiology & Sports Medicine*. Delhi:Lucky Enterprises.
7. Mathew, D.K. & Fox, E.L, (1971). *Physiological Basis of Physical Education and Athletics*. Philadelphia: W.B. Saunders Co.
8. 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.

Part – B Practicum Courses

SEMESTER – I

PC101/ Track and Field:

Running Event

- ⤴ **Starting techniques:** Standing start, Crouch start and its variations, Proper use of blocks.
- ⤴ **Finishing Techniques:** Run, through, Forward launching, Shoulder Shrug
- ⤴ Ground Marking, Rules and Officiating
- ⤴ Hurdles:
 - ◊ Fundamental Skills - Starting, Clearance and running between hurdles
 - ◊ 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.

PC102

1. 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.
- ⤴ Rules and their interpretations and duties of officials.
- ⤴ Ground Marking.

Basket ball: Fundamental Skills

- ⤴ Player stance and ball handling
- ⤴ Passing-Two Hand chest pass, Two hands 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.

PC103 Indigenous Sports:

1. Malkhambh:

- ▲ Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.
- ▲ Rope Malkhamb-Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing.

2. Lezium

- ▲ Ghati Lezium-AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.
- ▲ Mass P.T. Exercises-Two count, four count and eight count exercises.
- ▲ Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.

3. March Past

- | | |
|------------------|-------------------|
| ▲ Stand at ease, | ▲ Mark Tail March |
| Attention | ▲ Right Wheel |
| ▲ Right Turn | ▲ Left Wheel |
| ▲ Left Turn | ▲ Halt |
| ▲ Quick March | |

4. Leadership Training Camp

- | | |
|--------------------|---------------------|
| ▲ Cross country | ▲ Individual talent |
| ▲ Map reading | ▲ Natural study |
| ▲ Kit arrangements | |

TP101 Teaching practices:

- ▲ General Lesson Plan: 10 lessons at school (External), 5 lessons at college (Internal).

SEMESTER – II

PC201/Track and Field

Athletics:

Jumping Events

- ⤴ High Jump (Straddle Roll)
- ⤴ Approach Run,
- ⤴ Take off
- ⤴ Clearance over the bar.
- ⤴ Landing

PC202/ Yoga:

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

PC202/Aerobics:

- ⤴ Introduction of Aerobics
- ⤴ Rhythmic Aerobics - dance
- ⤴ Low impact aerobics
- ⤴ High impact aerobics
- ⤴ Aerobics kick boxing
- ⤴ Postures – Warm up and cool down
- ⤴ THR Zone – Being successful in exercise and adaptation to aerobic workout.

PC203/Racket Sports: 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.

PC203/Table Tennis:

- ✦ Fundamental Skills
- ✦ The Grip-The Tennis Grip, Pen Holder Grip.
- ✦ Service-Forehand, Backhand, Side Spin, High Toss.
- ✦ Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- ✦ Stance and Ready position and foot work.
- ✦ Rules and their interpretations and duties of officials.

PC203/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.

PC203 Ball Badminton

- ⤴ Grip
- ⤴ Stance and Footwork.
- ⤴ Basic service.
- ⤴ Tactics – Defensive, attacking in game
- ⤴ Rules and their interpretations and duties of officials.

PC204: Gymnastics:

Floor Exercise

- ⤴ Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.

Vaulting Horse

- ⤴ Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

Parallel Bar:

- ⤴ Mount from one bar
- ⤴ Straddle walking on parallel bars.
- ⤴ Single and double step walk
- ⤴ Perfect swing
- ⤴ Shoulder stand on one bar and roll forward.
- ⤴ Roll side
- ⤴ Shoulder stand
- ⤴ Front on back vault to the side(dismount)

Horizontal /Single Bar:

- ⤴ Grip
- ⤴ Swings

- ⤴ Fundamental Elements
- ⤴ Dismount

Uneven Parallel Bar:

- ⤴ Grip
- ⤴ Swings
- ⤴ Fundamental Elements
- ⤴ Dismount.

PC 204: Calisthenics

- ⤴ Freehand exercise: standing series, sitting series, half squat exercises, full squat exercises, forward moving exercises, backward exercises, launching exercises, two count exercises and four count exercises.

PC 204: Mass demonstration activities

Dumbbells/ Flags/Wands/ Hoop/ Indian club:

Fundamentals skills

- ⤴ 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
- ⤴ Jumping Exercise
- ⤴ Moving Exercise
- ⤴ Combination of above all

PC205: Play Festival

- ⤴ 15 lessons in Teaching Mass Demonstration Exercises at Elementary Schools.

SEMESTER – III

PC301: Track and field's (Throwing Events)

- Discus Throw, Javelin, 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.

PC302 Compative Sports: Kalari - Fundamental skills

- Leg Exercises
- Vadivus
- Steps & Stances

PC302 Silambam

- Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.

PC302/Judo: Fundamental skills

- Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position)
- Kumi kata (Methods of holding judo costume)
- Shisei (Posture in Judo)
- Kuzushi (Act of disturbing the opponent posture)
- Tsukuri and kake (Preparatory action for attack)
- Ukemi (Break Fall)-Urhiro Ukemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae
- Ukemi (Front Break Fall), Mae mawari Ukemi (Front Rolling break fall)

- ⬆ Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi
- ⬆ (Following footsteps), Ayumi-ashi (Waling steps).
- ⬆ Tai Sabaki (Management of the body)
- ⬆ Nage Waze (Throwing techniques)-Hiza Guruma (Knee wheel), Sesae Twurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major Loinm), SeoiNage (Shoulder throw).
- ⬆ Katamawaze (Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

PC302/ 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 pinning: Wing lock series, Double arm lock roll, Cridge.
- ⬆ Standing Wrestling-Head under arm series, whizzer series
- ⬆ Referees positions.

PC303 TEAM 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-Variou 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.

Hand Ball:

- ⤴ 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.

Throw ball

- ⤴ Fundamental skills
- ⤴ Service: Short service, Long service, flat service
- ⤴ Receiving the ball- Jump and receive the ball, Sit and receive the ball.
- ⤴ Throwing the ball-Spin, diagonal throw, jump and throw
- ⤴ Smash
- ⤴ Rules and regulations
- ⤴ Officiating system

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.

TP301 Teaching practices:

- Particular Lesson Plan: 10 lessons at school (External), 5 lessons at college (Internal).

SEMESTER –IV

PC401 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.

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, and 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.

Tennikoit:

- | | |
|----------------------|---------------------------|
| ▲ Fundamental skills | ▲ Attacking Movements |
| ▲ Service | ▲ Rules of the Game |
| ▲ Receiving | ▲ Rules of the Match |
| ▲ Throwing | ▲ Duties of the Officials |

PC402 Cricket:**Fundamental Skills**

- ▲ Batting-Forward and backward defensive stroke
- ▲ Bowling-Simple bowling techniques
- ▲ Fielding-Defensive and offensive fielding
- ▲ Catching-High catching and Slip catching
- ▲ Stopping and throwing techniques
- ▲ Wicket keeping techniques

1. 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.

TP401 Sports Specialization: Coaching lesson plan

- ▲ 10 Coaching lessons in a game of specialization (Kabaddi, Kho-kho, Cricket, Football, Hockey, Softball, Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Tennis)

Note: Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities.

Table – 1: Semester wise distribution of hours per week

Semester	Theory	Practicum	Teaching practice	Total
I	16	18	6	40
II	16	30	0	46
III	16	18	6	40
IV	16	12	6	34
Total	64	78	18	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	12	4	32
II	16	20	0	36
III	16	12	4	32
IV	16	8	4	28
Total	64	52	12	128
Minimum of 36 teaching hours per week is required in five or six days in a week				