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**Sri Ramakrishna Mission Vidyalaya
Maruthi College of Physical Education
Coimbatore - 641 020.**

**BACHELOR OF PHYSICAL EDUCATION (BPed)
Syllabus (2017-2019)**

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 FOR ADMISSION:

ELIGIBILITY

- a) Bachelor's degree in any discipline with 50% marks and having at least participation in the inter-College / Inter-Zone/ District/ School competition in sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.
Or
- b) Bachelor's degree in physical education with 45% marks.
Or
- c) Bachelor's degree in any discipline with 45% marks and studied physical education as compulsory / elective subject
Or

- d) Bachelor's degree with 45% marks and having participated in National / Inter University / State competitions of secured 1st 2nd or 3rd position in Inter College / Inter-Zone / District / School competition in sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.

Or

- e) Bachelor's degree with participation in international competitions or secured 1st 2nd or 3rd position in National / Inter University competition in sports and games as recognized by respective federations / AIU/IOA/SGFI/Govt. of India.

Or

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

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

Admissions

1. The candidate must have represented the college or University or State or district in any one of the games or athletics (as included in the inter-university competitions).

2. Admission is based on the following tests:

- | | | |
|----|---|----------|
| a. | Qualifying Marks Scored in U.G. Degree – | 25 Marks |
| b. | Games and Sports Participation – | 20 Marks |
| c. | Games Skills test (any one game)* – | 50 Marks |
| d. | Physical Fitness – | 50 Marks |
| | (100 m. Broad Jump, Shot put) | |
| e. | Bonus marks for professional basic degree in Physical Education <i>i.e.</i> | |

B.Sc., in Physical Education or B.P.E.,	–	5 Marks
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Total Marks	–	150 Marks
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* (The candidate has to perform skill tests in any one of the following games: Badminton, Ball-badminton, Basketball, Cricket,

Football, Handball, Hockey, Kabaddi, Kho–Kho, Netball, Table Tennis, Tennis, and Volleyball.

3. The candidate should be medically fit and free from any physical deformities. They should produce medical certificate before attending the tests.
4. The age limit shall be as follows: OC / BC / MBC – 30 years, SC / ST – 32 years

Note: Only men are eligible for admission to BPEd degree course

2. Duration:

The B.PEd 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. Courses of Programme:

The B.PEd. 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.PEd. programme.

- | | |
|-------------------|----------------------|
| ▲ Theory | ▲ Practicum |
| ▲ Core Course | ▲ Teaching Practices |
| ▲ Elective Course | |

5. Semesters:

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

6. Working days:

There shall be at least 200 working days per year.

7. 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 Stale 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

S. No.	Special Credits for Extra Co-curricular Activities	Credit
3	Inter College Participation (Min. two game)	1
4	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. This Bonus credit will be used only to compensate loss of credits in academic activities.

8. 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 Re-appearance 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.

9. 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.

10. Pattern of Question Papers:

Question papers shall have 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 (Three Questions from each Unit) 15 x 1 marks	15
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		70

11. 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) Test-I	5 Marks
Continuous Internal Assessment (CIA) Test-II	5 Marks
Pre semester	10 Marks
Assignments	5 Marks
Percentage of Attendance 95 % - and above - 5 Marks 90 % – 94 % - 4 Marks 85 % – 89 % - 3 Marks 81 % – 84 % - 2 Marks 80 % - 1 Mark	5 Marks
Total	30 Marks

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

12. 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).

13. Grading:

Once the marks of the CIA (Continues Internal Assessment) and ESE (End Semester Examination) for each of the courses are available, both (CIA and ESE) will be added. The marks thus obtained for each of the courses will then be graded 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:

Semester Grade Point Average : $SGPA = \sum C_i G_i / \sum C_i$

Where

$\sum C_i G_i$ = Sum of the multiplication of grade points by the credits of the courses in a semester.

$\sum C_i$ = Sum of the credits of the courses in a semester.

Cumulative Grade Point Average :

$$CGM = \sum_n \sum_i C_{ni} G_{ni} / \sum_n \sum_i C_{ni}$$

Where

$\sum_n \sum_i C_{ni} G_{ni}$ = Sum of the multiplication of grade points by the credits of the cumulative semester / entire programme.

$\sum_n \sum_i C_{ni}$ = Sum of the credits of the courses of the cumulative semester / entire programme.

14. 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 / 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.

15. 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.

16. 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:

Conversion of marks to grade points and Letter grade performance in a course.

RANGE OF MARKS	GRADE POINTS	LETTER GRADE	DESCRIPTION
90 - 100	9.0 - 10.0	O	Outstanding
80 - 89.99	8.0 - 8.99	D+	Excellent
75 - 79.99	7.5 - 7.99	D	Distinction
70 - 74.99	7.0 - 7.49	A+	Very Good
60 - 69.99	6.0 - 6.99	A	Good
50 - 59.99	5.0 - 5.99	B	Average
00 - 49.99	0 - 0	RU	Re-Appearence
ABSENT	0 - 0	AAA	Absent

17. 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:

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

18. 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						
1BCC1	History, Principles and foundation of Physical Education	4	4	30	70	100
1BCC2	Anatomy and Physiology	4	4	30	70	100
1BCC3	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
Elective Course (Anyone)						
1BECA	Elective paper: Olympic Movements	4	4	30	70	100
1BECB	Health Education and Environmental Studies					
Part – B : Practicum						
1BPC1	Track and Field (Running Events)	3	2	50	-	50
1BPC2	Hockey (50), Basketball (50)	6	4	100	-	100
1BPC3	Indigenous Sports (50): Malla Khamb (10), Lezium (20), March Past (20). Leadership training camp (50)	6	4	100	-	100
Part – C : Internship						
1BIC1	Teaching Practice: General lesson plan, 10 lessons at school (External) and 5 lessons at college (internal)	6	4	50	50	100
1BIC2	Organisation and Participation (Part-I): Intramural and Extramural tournaments, Project track and field meets and care & maintenance of play fields	3	2	50	-	50
Total		40	32	470	330	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						
2BCC1	Yoga Education	4	4	30	70	100
2BCC2	Sports Training	4	4	30	70	100
2BCC3	Organization and Administration in Physical Education	4	4	30	70	100
Elective Course (Anyone)						
2BECA	Elective paper: Contemporary issues in physical education, fitness and wellness	4	4	30	70	100
2BECB	Sports Nutrition and Weight Management					
Part–B Practicum						
2BPC1	Track and Field (Jumping Events)	3	2	50	-	50
2BPC2	Yoga(25), Aerobics (25)	3	2	50	-	50
2BPC3	Racket Sports: Badminton (25), Table Tennis(25), Tennis(25), Ball Badminton(25)	6	4	100	-	100
2BPC4	Gymnastics (50), Calisthenics (25), Mass Demonstration Activities (25): Dumbbells, Flags, wands, Hoops, Indian clubs	6	4	100	-	100
Part–C : Internship						
2BIC1	Play Festival (15 lessons in teaching mass demonstration exercises at elementary school)	3	2	50	-	50
2BIC2	Organisation and Participation (Part-II): Intramural and Extramural tournaments, Project track and field meets and care & maintenance of play fields	3	2	50	-	50
Total		40	32	520	280	800

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

SEMESTER – III

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
3BCC1	Measurement and Evaluation in Physical Education	4	4	30	70	100
3BCC2	Computer Applications in Physical Education	4	4	30	70	100
3BCC3	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
Elective Course (Anyone)						
3BECA	Elective paper: Sports Management and Curriculum Design	4	4	30	70	100
3BECB	Adapted Physical Education and Inclusive Education					
Part–B Practicum						
3BPC1	Track and Field (Throwing Events)	3	2	50	-	50
3BPC2	Combative Sports (Any two): Kalari (25), Silambam (25), Judo (25), Wrestling (25)	3	2	50	-	50
3BPC3	First Aid & Injury management	3	2	50	-	50
3BPC4	Team Games: Kabaddi (25), Handball (25), Throw ball (25), Kho-Kho (25)	6	4	100	-	100
Part – C : Internship						
3BIC1	Teaching Practice: Particular lesson, 10 lessons at school (External) and 5 lessons at college (internal).	6	4	50	50	100

3BIC2	Organisation and Participation (Part-III): Intramural and Extramural tournaments, Project track and field meets and care & maintenance of play fields	3	2	50	-	50
Total		40	32	470	330	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						
4BCC1	Theories of sports and games	4	4	30	70	100
4BCC2	Kinesiology and Biomechanics	4	4	30	70	100
4BCC3	Officiating and Coaching	4	4	30	70	100
Elective Course (Anyone)						
4BECA	Research and Statistics in Physical Education	4	4	30	70	100
4BECB	Sports Psychology and Sociology					
Part–B : Practicum						
4BPC1	Team Games: Volleyball (50), Softball(25), Tennikoit (25)	6	4	100	-	100
4BPC2	Cricket (50), Football (50)	6	4	100	-	100
Part – C : Internship						
4BIC1	Sports specialization: 10 Coaching lessons in a game of specialization	6	4	50	50	100
4BIC2	Play Festival (15 lessons in teaching mass demonstration exercises at elementary school)	3	2	50	-	50

4BIC3	Organisation and Participation (Part-IV): Intramural and Extramural tournaments, Project track and field meets and care & maintenance of play fields	3	2	50	-	50
Total		40	32	470	330	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.

SCHEME OF EXAMINATIONS SEMESTER - I

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
1BCC1	History, Principles and foundation of Physical Education	30	70	100
1BCC2	Anatomy and Physiology	30	70	100
1BCC3	Educational Technology and Methods of Teaching in Physical Education	30	70	100
Elective Course (Anyone)				
1BECA	Elective paper: Olympic Movements	30	70	100
1BECB	Health Education and Environmental Studies			
Part–B : Practicum				
1BPC1	Track and Field (Running Events)	50	-	50
1BPC2	Hockey (50), Basketball (50)	100	-	100
1BPC3	Indigenous Sports (50): Malla Khamb (10), Lezium (20), March Past (20). Leadership training camp (50)	100	-	100
Part – C : Internship				
1BIC1	Teaching Practice: General lesson plan, 10 lessons at school (External) and 5 lessons at college (internal)	50	50	100
1BIC2	Organisation and Participation (Part-I): Intramural and Extramural tournaments, Project track and field meets and care & maintenance of play fields	50	-	50
Total		470	330	800

SEMESTER - II

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
2BCC1	Yoga Education	30	70	100
2BCC2	Sports Training	30	70	100
2BCC3	Organization and Administration in Physical Education	30	70	100
Elective Course (Anyone)				
2BECA	Elective paper: Contemporary issues in physical education, fitness and wellness	30	70	100
2BECB	Sports Nutrition and Weight Management			
Part–B Practicum				
2BPC1	Track and Field (Jumping Events)	50	-	50
2BPC2	Yoga(25), Aerobics (25)	50	-	50
2BPC3	Racket Sports: Badminton (25), Table Tennis(25), Tennis(25), Ball Badminton(25)	100	-	100
2BPC4	Gymnastics (50), Calisthenics (25), Mass Demonstration Activities (25): Dumbbells, Flags, wands, Hoops, Indian clubs	100	-	100
Part–C : Internship				
2BIC1	Play Festival (15 lessons in teaching mass demonstration exercises at elementary school)	50	-	50
2BIC2	Organisation and Participation (Part-II): Intramural and Extramural tournaments, Project track and field meets and care & maintenance of play fields	50	-	50
Total		520	280	800

SEMESTER – III

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
3BCC1	Measurement and Evaluation in Physical Education	30	70	100
3BCC2	Computer Applications in Physical Education	30	70	100
3BCC3	Sports Medicine, Physiotherapy and Rehabilitation	30	70	100
Elective Course (Anyone)				
3BECA	Elective paper: Sports Management and Curriculum Design	30	70	100
3BECB	Adapted Physical Education and Inclusive Education			
Part–B Practicum				
3BPC1	Track and Field (Throwing Events)	50	-	50
3BPC2	Combative Sports (Any two): Kalari (25), Silambam (25), Judo (25), Wrestling (25)	50	-	50
3BPC3	First Aid & Injury management	50	-	50
3BPC4	Team Games: Kabaddi (25), Handball (25), Throw ball (25), Kho-Kho (25)	100	-	100
Part – C : Internship				
3BIC1	Teaching Practice: Particular lesson, 10 lessons at school (External) and 5 lessons at college (internal).	50	50	100
3BIC2	Organisation and Participation (Part-III): Intramural and Extramural tournaments, Project track and field meets and care & maintenance of play fields	50	-	50
Total		470	330	800

SEMESTER - IV

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
4BCC1	Theories of sports and games	30	70	100
4BCC2	Kinesiology and Biomechanics	30	70	100
4BCC3	Officiating and Coaching	30	70	100
Elective Course (Anyone)				
4BECA	Elective Paper: Research and Statistics in Physical Education	30	70	100
4BECB	Sports Psychology and Sociology			
Part-B : Practicum				
4BPC1	Team Games: Volleyball (50), Softball(25), Tennikoit (25)	100	-	100
4BPC2	Cricket (50), Football (50)	100	-	100
Part – C : Internship				
4BIC1	Sports specialization: 10 Coaching lessons in a game of specialization	50	50	100
4BIC2	Play Festival (15 lessons in teaching mass demonstration exercises at elementary school)	50	-	50
4BIC3	Organisation and Participation (Part-IV): Intramural and Extramural tournaments, Project track and field meets and care & maintenance of play fields	50	-	50
Total		470	330	800

GRAND TOTAL :

Semester	Credits	Internal marks	External Marks	Total Marks
I	32	470	330	800
II	32	520	280	800
III	32	470	330	800
IV	32	470	330	800
	128	1930	1270	3200

Semester	Part A: Theory Courses		Part B: Practicum		Part C: Internship	
	Credit	Marks	Credit	Marks	Credit	Marks
I	16	400	10	250	6	150
II	16	400	12	300	4	100
III	16	400	10	250	6	150
IV	16	400	8	200	8	200
	64	1600	40	1000	24	600

Syllabus - Semester-I

1BCC1 – 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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- 6) Bucher, C. A. (n.d.) *Foundation of Physical Education*. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
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- 9) William, J.F. (1964). *The Principles of Physical Education*. Philadelphia: WB Saunders Co.

1BCC2 – 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. Effect of exercise and Training on cardiovascular system.
- ⤴ **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. Effect of exercise and training on respiratory system.
- ⤴ **The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism.

UNIT-III

- ⤴ **The excretory system:** structure and function of kidney and the skin. Endocrine system: functions of glands – pituitary – thyroid – parathyroid – adrenal – pancreas – and sex glands.

UNIT-IV

- ▲ **Nervous system:** function of nervous system and autonomic nervous system, reflex action, sense organs- a brief account of structure and function of the eye and ear.

UNIT-V

- ▲ **Muscular system:** structure, composition, properties and functions of skeletal muscles –nervous control of muscular activity – neuro muscular function – transmission nervous impulse across – fuel for muscular activity - types of muscles- effect of exercise and training on muscular system.

References:

1. Gupta, A. P. (2010). *Anatomy and Physiology*. Agra: SumitPrakashan.
2. Gupta, M. and Gupta, M. C. (1980). *Body and Anatomical Science*. Delhi: Swaran Printing Press.
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7. Moorthy, A.M. (2014). *Anatomy Physiology and Health Education*. Karaikudi: Madalayam Publications.
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9. *The Encyclopedic Atlas of the Human Body*. (2005). Gordon Cheers Publication. Global Book Publishing House.

10. Sivaramakrishnan, S. (2002). *Anatomy and Physiology*. New Delhi: Friends publication.
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.

1BCC3 – 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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1BECA – OLYMPIC MOVEMENTS (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.

1BECB – 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:

1. Agrawal, K.C. (2001). *Environmental Biology*. Bikaner: Nidhi Publishers Ltd.
2. Frank, H. & Walter, H., (1976). *Turners School Health Education*. Saint Louis: The C.V.Mosby Company.
3. Nemir, A. (n.d.). *The School Health Education*. New York: Harber and Brothers.
4. Odum, E.P. (1971). *Fundamental of Ecology*. U.S.A.: W.B. Saunders Co.

SEMESTER-II

2BCC1 – 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: Kaixydhmoe.
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- 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.
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- Tiwari. O .P. (1998). *Asanas-Why and How*. Lonavla: Kaivalyadhama.

2BCC2 – 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.
- Dick, W. F. (1980). *Sports Training Principles*. London: Lepus Books.
- Harre, D. (1982). *Principles of Sports Training*. Berlin: Sports verlog (sports press)
- Jensen, R.C. & Fisher, A.G. (1979). *Scientific Basis of Athletic Conditioning*. Philadelphia: Lea and Fibiger, 2nd Edition.
- Mathyew, L.P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers. Singh, H. (1984). *Sports training, general theory and methods*. Patials: NSNIS.
- Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.

2BCC3 – 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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- Voltmer, E. F. & Esslinger, A. A. (1979). *The Organization and Administration of Physical Education*. New York: Prentice Hall Inc.

2BECA – 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.
8. Difiore, J.(1998). *Complete Guide to Postnatal Fitness*. London: A & C Black.
9. Mcglynn, G., (1993). *Dynamics of Fitness*. Madison: W.C.B Brown.
10. Sharkey, B. J.(1990). *Physiology of Fitness*, Human Kinetics Book.

2BECB – 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

3BCC1 – 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

- ▲ AAHPERD 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.
7. Phillips, D. A., & Hornak, J. E. (1979). *Measurement and Evaluation in Physical Education*. New York: John Willey and Sons.
8. Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and Selection of Sports- A Kinanthropometric Study*. Patiala: Punjab Publishing House.

3BCC2 –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
- ⤴ Information Literacy

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.

3BCC3 – SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

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

- ⬆ Common sports injuries – Prevention of injuries in sports – Diagnosis and Management - Liaising with Sports Medicine Team.
- ⬆ First Aid : Definition – On Field Management - General First Aid procedures (RICER-PRICER) – First Aid procedures for: Laceration – Blisters – Contusion – Strain – Sprain – Fracture – Dislocation – Subluxation – Bandages: Definition – 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 – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise
 - active movements (concentric, Eccentric and static)
 - Passive Movements (Relaxed, Forced) – *Stretching*: Definition – Types of stretching – *Application of the therapeutic exercise*: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, Ankle and Foot joints – Trunk – Head and Neck.

References:

1. Christine, M. D., (1999). *Physiology of Sports and Exercise*. USA: Human Kinetics.
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3BECA – SPORTS MANAGEMENT AND CURRICULUM DESIGN

Unit-1 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-2 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-3 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-4 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-5 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

Reference:

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3BECB – ADAPTED PHYSICAL EDUCATION AND INCLUSIVE EDUCATION

Unit I: Introduction to Adapted Physical Education

- ▲ Meaning and Definition: Adapted physical education - definition of disabling conditions – physical education for persons with disabilities – benefits of physical education for students with disabilities – recreational sports opportunities, competition opportunities – Special Olympics, Paralympics and deaf Olympics.

Unit II: Adapted physical education program organization and administration

- ▲ Guiding principles of adapted physical education – communication with parents –parents as teachers - Unified sports. Facilities and equipment's: Disabled friendly facilities – orientation on facilities and equipment's: minimum equipment, additional equipment, evaluation equipment – Physical Fitness: Values of physical fitness – factors contributing to poor fitness – evaluating physical and motor fitness for Persons with Disabilities.

Unit III: Classification of Disabilities and Activities Adaptations

- ▲ Intellectual Disabilities, Emotional Impairment, Visual Impairment, Hearing Impairment, Neuromuscular Impairment, Orthopedic Impairment -- Adapted physical education activities – aims and objectives – specific guidelines – visual impairment, hearing impairment, intellectual Disabilities, orthopedic Impairment.

Unit 4: Introduction to Inclusive Education

- ▲ Meaning & Definition: Marginalization vs Inclusion - Changing Practices in Education of Children with

Disabilities: Segregation, Integration & Inclusion - Diversity in Classrooms: Learning Styles, Linguistic & Socio-Cultural Multiplicity - Principles of Inclusive Education: Access, Equity, Relevance, Participation & Empowerment - Barriers to Inclusive Education: Attitudinal, Physical & Instructional

Unit 5: Inclusive Academic Instructions, Adaptations and Modifications

- ▲ Universal Design for Learning: Multiple Means of Access, Expression, Engagement & Assessment - Co-Teaching Methods: One Teach One Assist, Station-Teaching, Parallel Teaching, Alternate Teaching & Team Teaching – Specifics Adaptations and Modifications: Children with Sensory Disabilities, Children with Neuro-Developmental Disabilities, Children with Loco Motor & Multiple Disabilities - Engaging Gifted Children

Reference:

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- Karten, T. J. (2007). More Inclusion Strategies that Work. Corwin Press, Sage Publications.

4BCC1 – 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.
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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.
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4BCC2 – 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 – Gastrocnemius – 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.
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4BCC3 – 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.
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4BECA – 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.

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1. Best, J.W. (1963). *Research in Education*. U.S.A.: Prentice Hall.
2. Bumpa, 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.
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4BECB – 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.
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7. Mathur, S.S., (1962). *Educational Psychology*. Agra. Vinod Pustak Mandir.
8. Skinnner, C. E., (1984.). *Education Psychology*. New Delhi: Prentice Hall of India.
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Part – B PRACTICUM COURSES – SYLLABUS

SEMESTER – I

1BPC1 / 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.

1BPC2

1. Hockey: Fundamental Skills

- ⤴ Player stance & Grip
- ⤴ Dribbling
- ⤴ Push
- ⤴ Stopping
- ⤴ Hit
- ⤴ Flick

- ⤴ Scoop
- ⤴ Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,
- ⤴ Dodging
- ⤴ Goal keeping – Hand defence, foot defence
- ⤴ Positional play in attack and defense.
- ⤴ Rules and their interpretations and duties of officials.
- ⤴ Ground Marking.

2. Basketball: 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.

1BPC3 – Indigenous Sports:

1. Malla Khamb:

- ▲ Malla Khamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.
- ▲ Rope Malla Khamb-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.
- ▲ 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 | |

1BIC1 – Teaching practices:

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

SEMESTER – II

2BPC1/Track and Field

Athletics:

Jumping Events

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

2BPC2/ Yoga:

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

2BPC2/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.

2BPC3/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.

2BPC3/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.

2BPC3/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.

2BPC3 Ball Badminton

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

2BPC4: 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.

2BPC4: 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.

2BPC4: 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

2BIC1: Play Festival

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

SEMESTER – III

3BPC1: 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.

3BPC2 Compative Sports: Kalari - Fundamental skills

- ✦ Leg Exercises
- ✦ Vadvus
- ✦ Steps & Stances

3BPC2 Silambam

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

3BPC2/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.

3BPC2/ Wrestling: Fundamental Skills

- ⤴ Take downs, Leg tackles, Arm drag.
- ⤴ Counters for take downs, Cross face, Whizzer series.
- ⤴ Escapes from under-sit-out turn in tripped.
- ⤴ Counters for escapes from under-Basic control back drop, Counters for stand up.
- ⤴ Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- ⤴ Escapes from pining: Wing lock series, Dopuble arm lock roll, Cridge.
- ⤴ Standing Wrestling-Head under arm series, whizzer series
- ⤴ Referees positions.

3BPC3 FIRST AID AND INJURY MANAGEMENT

First Aid Kit

- ⤴ Knowledge and Applications.

Dressing and Bandage

- ▲ Knowledge and Applications.

Sports Injuries

- ▲ Sprain, Strain, Subluxation, Dislocation, Fracture, Bleeding – First Aid Management.

Hydrotherapy

- ▲ Cryotherapy and Thermotherapy - Modes and Applications.

3BPC4 TEAM GAMES

1. Kabaddi: Fundamental Skills

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

2. 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.

3. 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

4. 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.

3BIC1 Teaching practices:

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

SEMESTER –IV

4BPC1 – 1. 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.

2. 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.

3. Tennikoit:

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

4BPC2 – 1. 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

2. 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.

4BIC1 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.

4BIC2: Play Festival

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

