

**BHARATI VIDYAPEETH DEEMED UNIVERSITY**  
(Established u/s 3 of UGC Act 1956, vide notification no. F9.  
15.U.3 of Govt. of India )

**COLLEGE OF PHYSICAL EDUCATION**

Dhankawadi, Pune-411 043 (Maharashtra),  
Tel.020-24373741

**REACCREDITED 'A' GRADE BY NAAC**



**Bachelor of Physical Education& Sports  
(B.P.E.S)-3Years**

**(6 Semester Programme)**

**CURRICULUM FRAMEWORK  
2015-2018**

**GUIDELINES OF REGULATIONS AND SYLLABUS STRUCTURE FOR  
[B.P.E.S -3 years] (Six SEMESTERS)  
CHOICE BASED CREDIT SYSTEM (CBCS)**

**Preamble:** Bachelor of Physical Education and Sports i.e. B.P.E.S (Six Semesters Choice Based Credit System) for 3 year duration This is a professional programme meant for preparing basics to become teachers of physical education.

B.P.E.S programme shall be designed to integrate the study of physical activity in childhood, social context of Physical Education, historical development, subject knowledge of psychology, pedagogy, aim of Physical Education, communication language & skills etc. The B.P.E.S programme comprises of compulsory and optional theory papers as well as physical activity (practical courses).

**Duration, Intake, Eligibility and Admission Procedure:**

The Duration, Intake, Eligibility and Admission Procedure are as per the University norms and standards.

**Duration:** B.P.E.S programme shall be of duration of three academic years, that is, Six semesters. However, the students shall be permitted to complete the B.P.E.S programme requirements within a maximum of Five years from the date of admission to the programme. However, if a student fails to complete the degree in 5 years he should take fresh admission.

**Intake:-**

50 seats are approved by University for B.P.E.S course.

\*No differently-abled candidate is eligible for the admission in B.P.E.S Course.

**Eligibility**

Candidate should have passed the higher secondary (10+2 standard) or equivalent examination with 40% marks. Relaxation of 5% marks will be given to the candidates belonging to S.C. & S.T. and other notified categories as per Government Rules or for extraordinary sportsman.

**Age:-**

For General category candidates, the upper age limit is 25 years as on 1<sup>st</sup> July of the academic year. Age relaxation for SC, ST and OBC candidate will be given according to the rules and regulation of Bharati Vidyapeeth University and GOI

**Admission procedure:-**

Admission shall be made on merit on the basis of marks obtained in the entrance examination consisting of 100 marks based on the following.

<b>a- Physical fitness test</b>	<b>50 marks</b>
<b>b- Written test</b>	<b>30 marks</b>
<b>c- Interview</b>	<b>10 marks</b>
<b>d- Sports achievement</b>	<b>10 marks</b>

The total entrance test will be conducted in two days and could be extended, if needed and it will be conducted at Bharati Vidyapeeth Deemed University College of Physical Education

There shall be Physical Fitness Test (modified AAHPER/CNADIAN/OR ANYOTHER fitness test) of 50 marks will be conducted by Internal Examiners of Bharati Vidyapeeth Deemed University College of Physical Education

**(A)** Theory Paper comprising of 30 multiple-choice questions of 30 minutes duration carrying 30 marks. Questions shall be based on Aptitude Test, Current Affairs and General Knowledge about sports.

**(B)** Interview comprising of 10 marks will be conducted by Internal Examiners of Bharati Vidyapeeth Deemed University College of Physical Education

**(C)** Sports Participation **Weightage** :- Candidate shall be given maximum 10 marks *weight age* on the basis of their sports participation in any one of the following level:

<b>Participation</b>	<b>Marks</b>
<input type="checkbox"/> <b>International:</b>	<b>10</b>
<input type="checkbox"/> <b>Senior National championship/ National Games:</b>	
1st Place :	<b>10</b>
2nd Place :	<b>08</b>
3rd Place :	<b>07</b>
Participation:	<b>05</b>

□ **All India Inter-Zonal Inter University Competitions:**

1st Place :	<b>08</b>
2nd Place :	<b>07</b>
3rd Place :	<b>06</b>
Participation:	<b>05</b>

□ **Zonal Inter University Competitions/Junior National**

1st Place :	<b>07</b>
2nd Place :	<b>06</b>
3rd Place :	<b>05</b>
Participation:	<b>04</b>

□ **Senior State Championship/Rural national games/Woman Festival:**

1st Place :	<b>05</b>
2nd Place :	<b>04</b>
3rd Place :	<b>03</b>
Participation:	<b>02</b>

**Note:-**

\*The marks will be given in only those games/sports, which are in the competition list of Association of Indian Universities (**AIU**) and/or School Games Federation of India (**SGFI**).

\*The obtained position must be during last five academic sessions.

\*The school state championship and inter collegiate championship participation shall be considered for eligibility criteria only; the candidate shall not get any marks for sports **weightage**.

**Medical examination:-**

Qualified candidates will have to submit medical certificate by CMO and blood group certificate to the concern office.

## 1. Rules of examination

### (i) Eligibility for appearing at B. A. (Physical Education) examination:

Students should have kept at least 80% attendance in each year for theory and practical.

He/ she must complete all the practical and other work according to the syllabus up to the satisfaction of the Principal. He/ she must obtain such a certificate from the Principal of the college. Unless and until the student obtains such a certificate, he will not be allowed to appear for university examination.

### (ii) Annual Examination:

#### Theory

An annual examination will be held at the end of each year which shall be called "Annual Examination". This is a 6 semester course in semester-wise distribution of theory marks for each annual examination will be as follows:

1 <sup>st</sup> Semester:	400
2 <sup>nd</sup> Semester:	400
3 <sup>rd</sup> Semester:	400
4 <sup>th</sup> Semester:	400
5 <sup>th</sup> Semester:	400
6 <sup>st</sup> Semester:	400

#### Practical:

There shall be practical examination to be conducted at the end of the completion of teaching every year. Year-wise distribution of practical marks for each annual examination will be as follows:

1 <sup>st</sup> Semester:	500
2 <sup>nd</sup> Semester:	500
3 <sup>rd</sup> Semester:	500
4 <sup>th</sup> Semester:	500
5 <sup>th</sup> Semester:	500
6 <sup>st</sup> Semester:	500

- N.B.-** (i) University Exam, internal assessment and practical will be done by a Panel of two examiners (One Internal And One External )appointed by University
- (ii) For the rationalization of internal marks, the **College shall appoint moderation committee** (keeping the Principal of the college or his nominee as Chairman). The Committee will take the review of the internal marks given by the college faculties and advice the college, if necessary. The college should take the appropriate action as per the advice of the committee and submit the internal marks to the University.

### **3. Standard of Passing**

A candidate should obtain minimum 40% of marks in each theory paper and also he/she should get 40% marks to pass the subject including theory and **sessional**. Similarly, to pass the examination, the candidate should also obtain minimum 40% marks in practical examination.

### **4. A.T.K.T.**

A candidate may be allowed to take admission in succeeding year of the course irrespective of number of papers/ practical events in which he/she fails. It is mandatory that the whole course shall be completed within a period of 5 years from the date of admission.

**SCHEME OF EXAMINATION FOR B.P.E.S**  
**(6SEMESTERS)**  
**(2015-2018)**

**Semester wise Distribution of Marks & Credits**

		Sem-I	Sem-II	Sem-III	Sem-IV	Sem-V	Sem-VI	Total
<b>Part-A: Theory Courses</b>	<b>Marks</b>	400	400	400	400	400	400	<b>2400</b>
	<b>Credits</b>	16	16	16	16	16	16	<b>96</b>
<b>Part-B: Activity Courses (Games/Sports)</b>	<b>Marks</b>	400	400	300	300	400	400	<b>2200</b>
	<b>Credits</b>	8	8	6	6	8	8	<b>44</b>
<b>Part- C: Game/ Sport Specialization</b>	<b>Marks</b>	100	100	100	100	100	100	<b>600</b>
	<b>Credits</b>	2	2	2	2	2	2	<b>12</b>
<b>Part D -: Teaching Ability and Internship</b>	<b>Marks</b>	--	--	100	100	--	--	<b>200</b>
	<b>Credits</b>	--	--	2	2	--	--	<b>4</b>
<b>Grand Total</b>	<b>Marks</b>	<b>900</b>	<b>900</b>	<b>900</b>	<b>900</b>	<b>900</b>	<b>900</b>	<b>5400</b>
	<b>Credits</b>	<b>26</b>	<b>26</b>	<b>26</b>	<b>26</b>	<b>26</b>	<b>26</b>	<b>156</b>

**NOTES:**

- Each Theory Course shall have 4 Units and 3 hrs. Duration final examination except Sports Specialization which will have 3 units in each semester and 2-hour duration semester-end examination.
- The pattern of Semester-end question papers shall be:



**2.1. For papers having Max. Marks- 60: [12+12+12+12+(4x3)=60 marks]**

1. For University examination each question paper shall consist of 9 questions (4 long answer questions from each unit and 1 combined question of 4 short notes from all 4 units).
2. The candidate will attempt any one question from each unit. The 5<sup>th</sup> question will be compulsory consisting 4 short notes of 3 marks each.
3. For Internal Assessment of Theory Courses one Mid Semester Test of 30 marks for each course will be conducted by the college. For the mid semester test each question paper (of 30 marks) shall consist of 5 questions (4 long answer questions from first two unit and 1 combined question of 2 short notes from both units). The candidate will attempt any one question from each unit (2 questions of 12 marks each from first 4 questions). The 5<sup>th</sup> question will be compulsory consisting 2 short notes of 3 marks each. In addition, the teacher concerned shall conduct one open book examination consisting of 10 marks and submit the marks to the college exam department.
4. For Semester-end Examination in Activity Courses, the breaks-up of 100 Marks shall be as follows:
 

- Skill proficiency/playing ability	:	80
- Diary / Record book	:	20
5. For Specialization Sports Practice and Sports Training, the break-up of 100 Marks shall be as follows:
 

- Skill proficiency/playing ability	:	50
- Written Test	:	50
6. For Lesson Plan, student needs to complete perform 10 ground lesson in 3<sup>rd</sup> and 4<sup>th</sup> Semester at college itself.
 

- Lesson Plan	:	100 marks
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**CURRICULUM FRAMEWORK FOR**  
**B.P.E.S**  
**(6 SEMESTERS (2015-2018))**

**B.P.E.S I-Semester (July 2015 to November 2015)**

**PART-A: THEORY COURSES:**

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
B.P.E.S /I/A/HC/01	Fundamental of Physical Education	60	40	100	64	4
B.P.E.S /I/A/HC/02	Anatomy	60	40	100	64	4
B.P.E.S /I/A/HC/03	English	60	40	100	64	4
B.P.E.S /I/A/SC/01 B.P.E.S /I/A/SC/02	<u>Select anyone of the following:</u> *Historical development of Sports Movements *First Aid	60	40	100	64	4
	<b>Total</b>	<b>240</b>	<b>160</b>	<b>400</b>	<b>256</b>	<b>16</b>

**NOTE:** **HC**- Hard Core/Compulsory Course; **SC**- Soft Core/Elective Course.

**PART-B: PRACTICUM / ACTIVITY COURSES (GAMES & SPORTS):**

Activity Code	Name of Activity	University Exam	Class	Credits
B.P.E.S /I/B/HC/01	Conditioning	100	48	2
B.P.E.S /I /B/HC/02	Track and Field (Running events)	100	48	2
B.P.E.S /I/B/SC/01-04	<b><u>Select anyone Activity/Game/Sport from each Group** (B1 and B2 – the offer shall depends as per the choice of students ).</u></b>	100X2	48X2	2X2
	<b>Total</b>	<b>400</b>	<b>--</b>	<b>08</b>

**\*\*Groups of Activity/Game/Sport:**

Activity Group-B1		Activity Group-B2	
Activity Code	Activity	Activity Code	Activity
B.P.E.S /I /B/SC/01	Basketball	BPed/I/B/SC/03	Table Tennis
B.P.E.S /I /B/SC/02	Volleyball	BPed/I/B/SC/04	Tennis

**PART-C: GAME/SPORT SPECIALIZATION:**

Activity Code	Name of Area	University Exam	Class	Credits
B.P.E.S /I/D/SCC/01	Sports Practice and Sports Training (in selected/opted Game/Sport- seasonal only)	100	48	2

A student shall select/opt for any one Game/Sport from amongst: Basketball, Cricket, Football, Handball, Table Tennis, Tennis, Track & Field, Volleyball, Weight Lifting, Kho-Kho, Kabaddi and Yoga.

**NOTE: SCC**- Soft Core Compulsory.

**B.P.E.S****II-Semester (December 2015 to April 2016)****PART-A: THEORY COURSES:**

<b>Subject Code</b>	<b>Courses</b>	<b>University Exam</b>	<b>Internal Assessment</b>	<b>Total</b>	<b>Lecture</b>	<b>Credits</b>
B.P.E.S /II/A/HC/01	<b>Physiology of Exercise</b>	60	40	100	64	4
B.P.E.S /II/A/HC/02	<b>Information Technology</b>	60	40	100	64	4
B.P.E.S /II/A/HC/03	<b>Psychology of Sports</b>	60	40	100	64	4
B.P.E.S /II/A/SC/01	<b>Select anyone of the following:</b> *Fitness and Wellness	60	40	100	64	4
B.P.E.S /II/A/SC/02	*Adapted Physical Education					
	<b>Total</b>	<b>240</b>	<b>160</b>	<b>400</b>	<b>256</b>	<b>16</b>

**PART-B: PRACTICUM / ACTIVITY COURSES (GAMES & SPORTS):**

<b>Activity Code</b>	<b>Name of Activity</b>	<b>University Exam</b>	<b>Class</b>	<b>Credits</b>
B.P.E.S /II/B/HC/01	Track & Field-I (Field Events)	100	48	2
B.P.E.S /II/B/HC/03	Light Apparatus	100	48	2
B.P.E.S /II/B/SC/01-04	<b>Select anyone Activity/Game/Sport from Group-B3* and B4*</b>  (the offer shall depends as per the choice of students).	100X2	48X2	2X2
	Total	<b>400</b>	<b>192</b>	<b>08</b>

**\*Group of Activity/Game/Sport:**

<b>Activity Group-B3</b>		<b>Activity Group-B4</b>	
<b>Activity Code</b>	<b>Activity Code</b>	<b>Activity Code</b>	<b>Activity</b>
B.P.E.S /II/B/SC/01	Handball	B.P.E.S /II/B/SC/03	Kho- Kho
B.P.E.S /II/B/SC/02	Cricket	B.P.E.S /II/B/SC/04	Weight Lifting

**PART-C: GAME/SPORT SPECIALIZATION:**(Continued from Semester-I)

<b>Activity Code</b>	<b>Name of Area</b>	<b>University Exam</b>	<b>Class</b>	<b>Credits</b>
B.P.E.S /II/D/SCC/01	Sports Practice and Sports Training (in selected/opted Game/Sport)	100	48	2

A student shall select/opt for any one Game/Sport from amongst: Basketball, Cricket, Football, Handball, Table Tennis, Tennis, Track & Field, Volleyball, Weight Lifting, Kho-Kho, Kabaddi and Yoga.

**B.P.E.S**  
**III-Semester (July 2016 to November 2016)**

**PART-A: THEORY COURSES:**

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
B.P.E.S /III/A/HC/01	<b>Kinesiology</b>	60	40	100	64	4
B.P.E.S /III/A/HC/02	<b>Methods of Teaching in Physical Education</b>	60	40	100	64	4
B.P.E.S /III/A/HC/03	<b>Health Education</b>	60	40	100	64	4
B.P.E.S /III/A/SC/01 B.P.E.S /III/A/SC/02	<b>Select anyone of the following:</b> *Sports Entrepreneur *Professional Preparation in Physical Education	60	40	100	64	4
	<b>Total</b>	<b>240</b>	<b>160</b>	<b>400</b>	<b>256</b>	<b>16</b>

**PART-B: PRACTICUM / ACTIVITY COURSES (GAMES & SPORTS):**

Activity Code	Name of Activity	University Exam	Class	Credits
B.P.E.S /III/B/HC/01	Conditioning	100	48	2
B.P.E.S /III/B/HC/02	Judo	100	48	2
B.P.E.S /III/B/HC/03	<b>Select anyone Activity/Game/Sport from Group-B5&amp; B6</b> (the offer shall depends as per the choice of students).	100	48	2
	<b>Total</b>	<b>300</b>	<b>144</b>	<b>06</b>

**\*Group of Activity/Game/Sport:**

Activity Group-B5		Activity Group-B6	
Activity Code	Activity Code	Activity Code	Activity
B.P.E.S /III/B/SC/01	Yoga	B.P.E.S /III/B/SC/02	Aerobics
B.P.E.S /III/B/SC/03	Boxing	B.P.E.S /II/B/SC/04	Taekwondo

**PART-C: GAME/SPORT SPECIALIZATION:**(continue from Semester - I &II)

Activity Code	Name of Area	University Exam	Class	Credits
B.P.E.S /III/D/SCC/01	Sports Practice and Sports Training (in selected/opted Game/Sport)	100	48	2

A student shall select/opt for any one Game/Sport from amongst: Basketball, Cricket, Football, Handball, Table Tennis, Tennis, Track & Field, Volleyball, Weight Lifting, Kho-Kho, Kabaddi and Yoga.

**PART-D: TEACHING ABILITY AND INTERNSHIP (ACTIVITY TEACHING):**

Activity Code	Name of Area	University Exam	Class	Credits
B.P.E.S /III/C/HC/01	Teaching Practice	100	48	2

**B.P.E.S IV-Semester (December 2016 to April 2017)**

**PART-A: THEORY COURSES:**

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
B.P.E.S /IV/A/HC/01	<b>Event Management</b>	60	40	100	64	4
B.P.E.S /IV/A/HC/02	<b>Sports Sociology</b>	60	40	100	64	4
B.P.E.S /IV/A/HC/03	<b>Environment Science</b>	60	40	100	64	4
B.P.E.S / IV /A/SC/01 B.P.E.S / IV /A/SC/02	<b>Select anyone of the following:</b> <ul style="list-style-type: none"> <li>• Fitness Instructor</li> <li>• Sports Industry</li> </ul>	60	40	100	64	4
	<b>Total</b>	<b>240</b>	<b>160</b>	<b>400</b>	<b>256</b>	<b>16</b>

**PART-B: PRACTICUM / ACTIVITY COURSES (GAMES & SPORTS):**

Activity Code	Name of Activity	University Exam	Class	Credits
B.P.E.S /IV/B/HC/02	Weight Training	100	48	2
B.P.E.S /IV/B/HC/03	Gymnastics	100	48	2
B.P.E.S /IV/B/HC/03	Camping/ Hiking /Tracking	100	48	2
	<b>Total</b>	<b>300</b>	<b>144</b>	<b>6</b>

**PART-C: GAME/SPORT SPECIALIZATION:**(Different from Semester – I-II&III)

Activity Code	Name of Area	University Exam	Class	Credits
B.P.E.S /IV/D/SCC/01	Sports Practice and Sports Training (in selected/opted Game/Sport)	100	48	2

A student shall select/opt for any one Game/Sport from amongst: Basketball, Cricket, Football, Handball, Table Tennis, Tennis, Track & Field, Volleyball, Weight Lifting, Kho-Kho, Kabaddi and Yoga.

**PART-D: TEACHING ABILITY AND INTERNSHIP (ACTIVITY TEACHING):**

Activity Code	Name of Area	University Exam	Class	Credits
B.P.E.S / IV /C/HC/01	Teaching Practice	100	48	2



**B.P.E.S V-Semester (July 2017 to November 2017)**

**PART-A: THEORY COURSES:**

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
B.P.E.S /V/A/HC/01	<b>Correctives in Physical Education</b>	60	40	100	64	4
B.P.E.S /V/A/HC/02	<b>Test measurement and Evaluation</b>	60	40	100	64	4
B.P.E.S /V/A/HC/03	<b>Yoga Education</b>	60	40	100	64	4
B.P.E.S /V/A/SC/01 B.P.E.S /V/A/SC/02	<b>Select anyone of the following:</b> <ul style="list-style-type: none"> <li>• Gym Management</li> <li>• Sports Journalism</li> </ul>	60	40	100	64	4
	<b>Total</b>	<b>240</b>	<b>160</b>	<b>400</b>	<b>256</b>	<b>16</b>

**PART-B: PRACTICUM / ACTIVITY COURSES (GAMES & SPORTS):**

Activity Code	Name of Activity	University Exam	Class	Credits
B.P.E.S /V/B/HC/01	Kabaddi	100	48	2
B.P.E.S /V/B/HC/02	Mallakhamb	100	48	2
B.P.E.S /V/B/HC/03	Wrestling	100	48	2
B.P.E.S /V/B/HC/04	Badminton	100	48	2
	<b>Total</b>	<b>400</b>	<b>192</b>	<b>8</b>

**PART-C: SPECIALIZATION:**(Continue from Semester –IVsemester)

Activity Code	Name of Area	University Exam	Class	Credits
B.P.E.S /V/D/SCC/01	<b><u>SPECIALIZATION</u></b>	100	48	2

A student shall select/opt for any one Game/Sport from amongst: Basketball, Cricket, Football, Handball, Table Tennis, Tennis, Track & Field, Volleyball, Weight Lifting, Kho-Kho, Kabaddi and Yoga.

**B.P.E.S VI-Semester (December 2017 to April 2018)****PART-A: THEORY COURSES:**

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
B.P.E.S /VI/A/HC/01	<b>Basic of Sports Training</b>	60	40	100	64	
B.P.E.S /VI/A/HC/02	<b>Stress Management</b>	60	40	100	64	4
B.P.E.S /VI/A/HC/03	<b>Education Technology</b>	60	40	100	64	4
B.P.E.S /VI/A/SC/01	<b>Select anyone of the following:</b> • Recreation in Physical Education	60	40	100	64	4
B.P.E.S /VI/A/SC/02	• Art Of Daily Scheduling					
	<b>Total</b>	<b>240</b>	<b>160</b>	<b>400</b>	<b>256</b>	<b>16</b>

**PART-B: PRACTICUM / ACTIVITY COURSES (GAMES & SPORTS):**

Activity Code	Name of Activity	University Exam	Class	Credits
B.P.E.S /VI/B/HC/01	Softball	100	48	2
B.P.E.S /VI/B/HC/02	Hockey	100	48	2
B.P.E.S /VI/B/HC/03	Football	100	48	2
B.P.E.S /VI/B/HC/03	Swimming	100	48	2
	<b>Total</b>	<b>400</b>	<b>192</b>	<b>8</b>

**PART-C: SPECIALIZATION :**( continue from Semester -IV& V)

Activity Code	Name of Area	University Exam	Class	Credits
B.P.E.S /VI/D/SCC/01	<b><u>SPECIALIZATION</u></b>	100	48	2

A student shall select/opt for any one Game/Sport from amongst: Basketball, Cricket, Football, Handball, Table Tennis, Tennis, Track & Field, Volleyball, Weight Lifting, Kho-Kho, Kabaddi and Yoga.

### **(Choice Based Credit System)**

#### **Standard of Passing:**

For all courses, both UE and IA constitute separate heads of passing. In order to pass in such courses and to earn the assigned credits, the learner must obtain a minimum grade point of 5.0(40% of marks) at UE and also a minimum grade point of 5.0(40% marks) at IA.

If a student fails in IA, the learner passes in the course provided he/she obtains a minimum of 25% in IA and GPA for the course is at least 6.0 (50 % in aggregate). The GPA for a course will be calculated only if the learner passes at the UE.

A student who fails at UE in a course has to reappear only at UE as a backlog candidate and clear the head of passing. Similarly, a student who fails in a course at IA has to reappear only at IA as a backlog candidate and clear the head of passing.

The 10-point scale Grades and Grade Points according to the following table:

<b>Range of Marks (Out of 100)</b>	<b>Grade</b>	<b>Grade Point</b>
80 ≤ Marks ≤ 100	O	10
70 ≤ Marks ≤ 80	A+	9
60 ≤ Marks ≤ 70	A	8
55 ≤ Marks ≤ 60	B+	7
50 ≤ Marks ≤ 55	B	6
40 ≤ Marks ≤ 50	C	5
Marks ≤ 40	D	0

The performances at UE and IA will be combined to obtain the Grade Point Average (GPA) for the course. The weights for performance at UE and IA shall respectively be 60% and 40%.

GPA is calculated by adding the UE marks of 60 and IA marks out of 40. The total marks out of 100 are converted to grade point, which will be the GPA.

#### **Formula to calculate Grade Points (GP)**

Suppose that Max is the maximum marks assigned for an examination or evaluation based on which GP will be computed. In order to determine the GP. Sex  $x$ -Max/10 (since we have adapted 10-point system). Then GP is calculated by the formulas shown as below.

Range of marks at the evaluation	Formula for the Grade Point
$8x \leq \text{Marks} \leq 10x$	10
$5.5x \leq \text{Marks} \leq 8x$	Truncate (Marks/x)+2
$4x \leq \text{Marks} \leq 5.5x$	Truncate (Marks/x)+1

Two kinds of performance indicators, namely, the semester Grade Point Average (SGPA) and the Cumulative Grade Point Average (CGPA) shall be computed at the end of each term. The SGPA measures the cumulative performance of a learner in all the courses in a particular semester. While the CGPA measures the cumulative performance in all courses since his/her enrolment. The CGPA of learner when he/she completes the B.P.E.S programme is the final result of the learner.

The Formula to compute equivalent percentage marks for specified CGPA:

% Marks (CGPA)	10x CGPA -10	If $5.00 \leq \text{CGPA} \leq 6.00$
	5x CGPA +20	If $6.00 \leq \text{CGPA} \leq 8.00$
	10x CGPA -20	If $8.00 \leq \text{CGPA} \leq 9.00$
	20x CGPA -110	If $9.00 \leq \text{CGPA} \leq 9.50$
	40x CGPA -300	If $9.50 \leq \text{CGPA} \leq 10.00$

### **Award of Honours:**

A student who has completed the minimum credits specified for the B.P.E.S programme shall be declared to have passed in the programme. The final result will be in terms of letter grade only and is based on the CGPA of all courses studied and passed. The criteria for the award of honors are given below.

Range of CGPA	Final Grade	Performance Descriptor	Equivalent Range of Marks (%)
$9.50 \leq \text{CGPA} \leq 10.00$	O	Outstanding	$80 \leq \text{Marks} \leq 100$
$9.00 \leq \text{CGPA} \leq 9.49$	A+	Excellent	$70 \leq \text{Marks} \leq 80$
$8.00 \leq \text{CGPA} \leq 8.99$	A	Very Good	$60 \leq \text{Marks} \leq 70$
$7.00 \leq \text{CGPA} \leq 7.99$	B+	Good	$55 \leq \text{Marks} \leq 60$
$6.00 \leq \text{CGPA} \leq 6.99$	B	Average	$50 \leq \text{Marks} \leq 55$
$5.00 \leq \text{CGPA} \leq 5.99$	C	Satisfactory	$40 \leq \text{Marks} \leq 50$
CGPA Below 5.00	F	Fail	Marks Below 40

**Educational Tour/Camp:** In addition to the above rules the student must fulfill the following requirements to acquire the degree which is mandatory. Educational Tour or Leadership Camp organized by the College of Physical Education of at least 07 days. The students shall contribute separately for these activities.

# **B.P.E.S**

## **(Physical Education and Sports )**

**6 semester Credit system**

# **Syllabus**

## **Semester I**

## B.P.E.S /I/A/HC/01: **Fundamental of Physical Education**

### Unit I: Introduction

- a. Meaning, Definition, Scope and Functions of Physical Education
- b. Different Interpretations of Physical Education
- c. Concept of Movement Education
- d. Physical Education an Integral Part of Education
- e. Life time Physical Education for Fitness

### Unit II: Philosophical Foundations

- a. Meaning of Philosophy, Philosophical basis of Physical Education, Different Schools of Philosophy
- b. History of Physical Education
- c. Objectives of Preprimary, Primary and Secondary School Physical Education Programmes
- d. Concept of Physical Fitness
- e. Cultural aspect of sports and worthy use of Leisure time through Physical Education activities
- f. F) National and International understanding through Sports

### Unit III: Contribution of Thinkers & Competitions.

- |                       |                     |
|-----------------------|---------------------|
| a. Swami Kuvalayanand | b. Baren'Dcaubertin |
| c. Shri. Aurobindo    | d. Olympic Games    |
| e. Asian Games        |                     |

### Unit IV: Recreations.

- a. Meaning, Definition, Scope & Functions of Recreations
- b. Recreation in Rural, Urban & Industrial Area
- c. Age-Wise Planning & leadership in recreation

### **Book Recommended**

- i Principles of Education – R. M. Marathe, MoghePrakashan, Kolhapur
- ii Teacher and Education in Emerging Indian Society – NCERT, New Delhi.
- iii Human Values Education – S. P Rahela
- iv Foundation of Physical Education – Bucher Charles, WCB/McGraw Hill, 1999
- v The Principles of Physical Education – Willam J. E. W. B. Sounders Com. Philadelphia, 1964.

**B.P.E.S /I/A/HC/02: Anatomy****UNIT-I Introduction**

- a. Introduction of Basic concepts of Anatomy
- b. Structure and functions of cell.
- c Tissues and their classification.
- d Basic introduction of body systems.

**UNIT-II Skeleto Muscular Systems**

- a. Classification of Skeletal system.
- b. Types and structure of bones.
- c. Different types of joints.
- d. Classification of Muscle
- e. . Types of Muscles

**Unit III Respiratory and Digestive System**

- a) Meaning and types of Respiration, Organs of Respiratory System.
- b) Functions of Respiratory System, Vital capacity and its measurement. Mechanism of Respiration.
- c) Meaning, importance and organs of Digestive System.
- d) Functions, processes, mechanism of Digestive System.

**UNIT-IV**

- a. Circulatory System and Nervous System
- b. Meaning of the Circulatory System.
- c. Heart, its structure, functions.
- d. Cardiac Cycle. Meaning, functions compositions of Blood,
- e. Maintenance of Blood supply

**Books Recommended**

1. Evelyn Pearce: Anatomy and Physiology for nurses. Culcutta, Oxford University press, 1992
2. Sedey Rod R.- Anatomy and Physiology
3. Stephens & Tate P. St. lous, Mosby, 1992
4. Tortora G. J. : Introduction to Human Body, Ed. 4<sup>th</sup> California, Addison, Wesley, 1996

**B.P.E.S /I/A/HC/03: ENGLISH****UNIT-I : Vocabulary**

- 1.1 Synonyms
- 1.2 Antonyms
- 1.3 Common abbreviations in use
- 1.4 One word substitution
- 1.5 Words Commonly Misspel
- 1.6 Idiomatic Comparisons or Similes
- 1.7 Word Formation by Prefix and Suffix

**UNIT-II : Common Errors & Transformations**

- 2.1 Common errors in sentences especially regarding number, gender, Pronouns, prepositions, articles, degrees etc.
- 2.2 Punctuation
- 2.3 Kinds of sentences - Assertive, Interrogative, Exclamatory, Imperative, Optative
- 2.4 Transformation of sentences
- 2.5 Tenses

**UNIT-III : Correspondence**

- 3.1 Personal Letters
- 3.2 Applications for leave, scholarship etc.
- 3.3 Invitations- Formal and Informal with reply
- 3.4 Notice Writing

**UNIT-IV :- Descriptive Writing**

- 4.1 Paragraph writing (50 words)
- 4.2 Essay writing (250 words)
- 4.3 Comprehension of unseen passage
- 4.4 Summary Writing

**REFERENCES**

- ❖ High School English Grammar – Wren & Martin
- ❖ How to write & speak better English –John Elisson Kahn, D. Phil.
- ❖ Business Correspondence and Report Writing – R.C. Sharma, Krishna Mohan
- ❖ Macmillan the Student’s companion – Wilfred D. Best.
- ❖ A remedial English grammar for foreign students – F.T. wood
- ❖ English Vocabulary in use – Michael McCarthy, Felicily O’Dell.
- ❖ Advanced English Grammar – Martin Haurings.
- ❖ G.O.E. Lydall, A practical Guide to précis Writing & indexing, London: Macdonald & Evans Ltd. (1955)



**B.P.E.S/I/A/SC/01: Historical Development of Sports Movements (Elective Subject)**

**UNIT -Introduction**

- A. Physical Education in Ancient Civilization with reference to  
i) India ii) Greece iii) Rome iv) Egypt.
- B. Development of Physical Education & sports during 20<sup>Th</sup> Century with special reference to i) U.S.A. ii) Sweden iii) Germany iv) Olympics v) Asian Games.

**UNIT - II Sports Bodies of India**

- Physical Training for teacher working in school & college
- Movement of Akhadash & Vyayam Shalas.
- Central Advisory Board of Physical Education
- Sports authority of India (Sai)
- Awards National & state level.
- All India council of sports
- SNIPES, NSNIS, LNIPE.
- Nehru Yuwak Kendra

**UNIT - III A Study of the development of Physical Education sports & Games in Maharashtra with reference to**

- a) Pune International marathon  
b) The present Organization set up in state.  
c) Important schemes and activities including indigenous activities.  
d) Role of Voluntary Physical Education & sports Bodies in state...

**UNIT - IV Youth welfare & Youth Services:-**

- a) Concept of youth welfare & Youth work.  
b) Youth organization in India  
c) Programmers under youth development  
d) Youth services such as secreting & guiding N.C.C. N.S.S., Civil defense & scout & Guide movement.

**Reference**

1. Manual of Physical Education of India - D.G. Wakharkar
2. A World History of Physical Education - Van Ten Micher
3. History of Physical Education C.W. Hyensmith
4. A Brief History of Physical Education -Emmel A Rice & John L Hutchinson
5. Physical Education in ancient India - Dr. S.H. Deshpande.

**B.P.E.S /I/A/SC/01: First Aid****UNIT -I**

- a) Meaning and definition of first aids and its importance in sports
- b) Types of first aids and its objectives
- c) First aids box and its management
- d) Role and qualification of first aider

**Unit-II**

- a) Common sports injuries in different parts of body
- b) First aids for sports injuries
- c) Common causes of sports injuries and its prevention
- d) RICE & Bandage

**UNIT - III**

- a) Definition of safety education and its significant
- b) Aims and objectives of safety education
- c) Identify causes of accidents & List types and sources of accidents
- d) Safety measures at
  - Home
  - Road
  - School
  - Community

**UNIT – IV**

- a) Describe and demonstrate the management of the following:-
  - Stings and Snake bites
  - Fracture
  - Nose bleeding
  - Electric shocks and other shocks
- b) Fevers:-
  - Definition of fever
  - signs of fever
  - first Aid for fever
  - Management of fever.
- c) Fainting- Definition and causes of fainting, first aid for fainting
- d) Drowning/Near-drowning:- Definition of drowning, definition of near-drowning
- e) first aid for drowning/near drowning.

**Reference :**

- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
- Hunter, M. dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea & Febiger.

# **Semester II**

## B.P.E.S /II/A/HC/01: **Physiology of Exercise**

### **UNIT-I Introduction**

- a. Definition and importance of physiology and Exercise physiology
- b. Essential properties of living being.
- c. Effect of exercise on various system of the body.
  - a) Circulatory system
  - b) Respiratory system
  - c) Muscular system

### **UNIT-II**

#### **1. Cardiac functions and Blood**

- a. Cardiac cycle and its function in human body.
- b. Control of cardiac function.
- c. Blood pressure and it's regulation in human body.

#### **2. Kidney**

- a) Role of kidney in human body
- b) Function of kidney

#### **3. Physiology terminology**

a) Second wing	b) Second wing
c) Second wing	d) oxygen debt
e) $VO_2$ max	f) Vital capacity
g) Athletic heart	

### **Unit III**

#### **1. Nervous system**

- a) Definition of Nervous system, role of nerve fibers
- b) Parts of Brain & spinal cord its functions,
- c) Central nervous system and peripheral nervous system

#### **2. Endocrine system**

a) Pituitary gland	b) Thyroid
c) Parathyroid	d) Adrenal
e) Sex organ	

### **3. Environment effect on the body**

- a) High altitude
- b) Hot condition
- c) Cold condition

#### **UNIT-IV**

- a) Physical fitness and its components.
- b) Training, conditioning, and warm-up.
- c) Types of muscle contraction.
- d) Lactic acid and its influence on sports performance.
- e) First aids and sports injuries

#### **Books Recommended**

- Evelyn Pearce: Anatomy and Physiology for nurses. Culcutta, Oxford University press, 1992
- Sedey Rod R.- Anatomy and Physiology
- Stephens & Tate P. St. lous, Mosby, 1992
- Tortora G. J. : Introduction to Human Body, Ed. 4<sup>th</sup> California, Addison, Wesley, 1996
- MariefEsclaine N. Human Anatomy and Physiology Ed. 3<sup>rd</sup> California, The Benjanin Cumming Co. 1991
- Fox Edward – Sports Physiology W B Soundrs Co. 1994

**B.P.E.S /II/A/HC/02: Information Technology****Unit I: Introduction of Computer**

1. History, application, characteristics, types of computer (Analog, Digital, Hybrid) and generations of Computer.
2. Physical structure of computer.
3. Role of computer in various fields
4. Need of computer in Physical Education.

**Unit-II Component of Computer System: An Introduction of Hardware and Soft ware**

1. Components of computer system
2. CPU (CU, ALU and Main memory)
3. Input devices (Keyboard, Mouse and Track Ball, Touchpad, Joysticks, Touch Sensitive Screens, Data Scanning Device, Bar Code Readers, Optical Mark Reader (OMR) and Magnetic Ink Character Reader (MICR)
4. Output Devices (Monitor, Printer, LCD)
5. Hardcopy Devices (Printers and Plotter)
6. UPS and types of UPS
7. Operating System Programme Languages translator.
8. Application program/package

**UNIT-III: USE OF COMPUTERS IN SCHOOLS**

1. Functional knowledge of operating computers–on/off, word processing, use of power point, excel
2. Computer as a learning tool
3. Effective browsing of the internet for discerning and selecting relevant information
4. Survey of educational sites based in India
5. Downloading relevant material
6. Cross collating knowledge from varied sources
7. Competencies in developing original software

**UNIT IV: VISUALISING TECHNOLOGY-SUPPORTED LEARNING SITUATIONS**

1. Preparation of learning schemes
2. Interactive use of audio-visual programme
3. Developing PPT slide show for classroom use
4. Use of available software or CDs with LCD projection for subject learning interactions
5. Generating subject-related demonstrations using computer software

## B.P.E.S /II/A/HC/03: **Psychology of Sports**

### **UNIT- I Introduction to Sport Psychology**

1. Meaning and scope, Importance, relationship with other sport sciences,
2. Development of sport psychology in India.
3. Scope of Sports Psychology

### **UNIT-II Concept and meaning of motor learning**

1. Stages of learning transfer of training, assessment of learning and factors affecting of motor learning.
2. Growth & Development: Concept of growth & development,
3. Play and its Theories.

### **UNIT III Personality in Sport:**

1. Concept and definition of Personality
2. Modern perspective, (trait, humanistic, social cognitive and biological),
3. Dynamics of personality in sport Anxiety in Sports

### **UNIT-IV Psychological Preparation and Competition:**

1. Motivation and Techniques of Motivation
2. Phenomenon of competitive
3. Psychological preparation for competition (arousal regulation, imagery, self-confidence, goal setting, concentration.)
4. Short term psychological preparation (upcoming competition) Mind to muscle and muscle to mind relaxation techniques.

### **Reference**

1. Kamlesh, M.L. (2006). Educational Sport Psychology. New Delhi: Friend's publication
2. Cox Richard. (1998) Sports Psychology (W.C.B.)
3. Gill, Diance L. Psychological Dynamics of Sports (Illinois: Human Kinetics Publishers, 1986)
4. Silva, J.M. and Weinberg.(1984). Physiological Foundation of Sports. IL: Kinetics Publishers,
5. Suinn, Richard M. (1982) Psychology in Sports: Methods and Applications. New Delhi: Sujeet Publication.
6. Martens, Rainer. (1987). Coaches Guide to Sports Psychology. IL: Human Kinetics;
7. Roberts Glyn C. and et al. (1986). Learning Experiences in Sports Psychology. IL: Human Kinetics.
8. Alegaonkar, P.M. (1997). Sports Psychology Pune: Pune VidyarthiGriha.

B.P.E.S /II/A/SC/01: **Fitness and Wellness (Elective Subject)**

**FITNESS & WELLNESS**

**Unit-I**

- Definition of fitness & wellness, Components of fitness & wellness,
- Benefits of exercise & health, Fitness & wellness strategy,
- Fitness potential for popular sports, Fitness & wellness activities,
- Role of parents & community for the maintenance of fitness & wellness

**Unit-II –**

- Selection of machines for various parameters of health & wellness,
- Fitness center, Safety in gymnasium & sports field,
- Clothing & accessories, Carriers in fitness & wellness

**Unit-III –**

- Test, measurements & evaluation of fitness components, Cardiovascular endurance, Muscular strength, Muscular endurance, flexibility, body composition, agility, balance, co-ordination, speed, power, reaction time

**Unit-IV –**

- Assessment prior to fitness & wellness prescription,
- Principles of training, Training methods
- Diet prescription, Exercise prescription, Prescription for life style changes, Weight management
- Prevention of diseases through fitness & wellness, Diabetes & exercise, Cardiovascular diseases and exercise, Ageing and exercise, Addiction management- sustains abuse controls
- Stress management, Spiritual management

**Reference**

- Dougherty NJ et al (2002), Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL.
- Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.
- Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the way you look, feel and perform. Human Kinetics. Champaign. IL.
- Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth.
- Maughan RJ Burke LM and Coyle EF (2004). Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition. Routledge. New York.
- Siedentop D (2004). Introduction to physical education, Fitness and sports. McGraw Hill. Boston



## B.P.E.S /II/A/SC/02: **Adapted Physical Education (Elective Subject)**

### **Unit 1:** An Introduction to Adapted Physical Education

- a) Meaning, Need and Importance of Adapted Physical Education and Sports
- b) Purpose, Aims and Objectives of Adapted Physical Education and Sports
- c) Program organization of Adapted Physical Education and Sports
- d) Adapted Sports- Para Olympics

### **Unit 2: Development of Individual Education Program (IEP)**

- a) The student with a disability
- b) Components and Development of IEP.
- c) Principles of Adapted Physical Education and Sports
- d) Role of Physical Education teacher
- e) Teaching style, method & approach in teaching Adapted Physical Education

### **Unit 3: Developmental Considerations of an Individual**

- 3.1 Motor development
- 3.2 Perceptual Motor development
- 3.3 Early childhood and Adapted Physical Education

### **Unit 4: Individual with unique need and activities**

- 4.1 Behavioral and Special learning disability
- 4.2 Visual Impaired and Deafness
- 4.3 Health Impaired students and Physical Education
- 4.4 HRPF and its development for Individual with unique need
- 4.5 Role of games and sports in Adapted Physical Education

### **Reference**

1. Beverly, N. (1986). Moving and Learning. Times Mirror/Mosby College Publishing.
2. Cratty, B.J. Adapted Physical Education in the Mainstream. (4th Edition) Love Publishing Company.
3. Houner, L.D. Integrated Physical Education- A guide for the elementary classroom teacher.
4. Winnick, J. P. (2005). Adapted Physical Education and Sports. Human Kinetics (4th Edition).
5. Pangrazi, R.P. and Dauer, V. P. Dynamics Physical

# **Semester III**

## B.P.E.S /III/A/HC/01 :Kinesiology

### Unit-I : Introduction To Kinesiology

1. Meaning, aim & objectives, importance of kinesiology for physical education and sports
2. Fundamental concepts: Centre of gravity, line of gravity, axis and planes of motion, fundamental starting positions,
3. terminology of fundamental movements, and classification of muscles

### UNIT-II :Location& Action

1. Types of Joints
2. Location & Action of Muscles at Various Joints:- a) Upper extremity – shoulder girdle, shoulder joints, elbow joint b) Neck, trunk (Lumbothoracic region)
3. Lower extremity – Hip joint, knee joint, ankle joint
4. Muscular analysis of fundamental movements:- Walking, running, jumping, throwing, catching, pulling, pushing, striking, hangine

### UNIT-III Laws of Motion

1. Define mass, weight, force, pressure work, power energy, impulse, moments, impact, friction,
2. Newton's laws of motion
3. Angular kinetics: moment of inertias, conservation of moments, transfer of moments, levers, equilibrium

### UNIT-IV Motion

1. Meaning, aims, objectives and importance, types of motion, linear motion & angular motion
2. Linear kinematics: Speed, velocity acceleration uniform accelerated motion and projectile motion
3. Angular kinematics: Angular sped, angular velocity, angular acceleration and relationship between linear and angular motion

### Reference

- Bartlett, R. (2007). Introduction to Sports Biomechanics.Routledge Publishers, USA.
- Blazeovich, A. (2007). Sports Biomechanics.A& C Black Publishers, USA.
- Breer&Zarnicks (1979).Efficiency of human movement. WIB Sounders Co. USA.
- Hamill, J. and Knutzen, K.M. (2003).Biomechanical Basis of Human Movement.Lippincott Williams and Wilkins, USA.
- Hay (1993). The biomechanics of sports techniques prentice hall inC New Jersey

## B.P.E.S/III/A/HC/02: **METHODS OF TEACHING IN PHYSICAL EDUCATION**

### **UNIT I : Introduction of Teaching**

1. Meaning of teaching, coaching, officiating and as a career in Physical Education & Sports
2. Meaning and need for methods,
3. Factors effecting teaching method.

### **UNIT II Teaching methods**

1. Teaching methods and its Types- command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation
2. Techniques of presentation: personal and technical preparation.

### **UNIT III Class management**

1. Class management: techniques, formations, command (types and techniques)
2. factors effecting class management
3. Lesson Plan: Need, construction, Introduction development, skill/recreation

### **UNIT IV**

1. Qualification and qualities of a coach,
2. Personnel in physical education/sports.
3. Teaching Aids: Need and Importance, Types of teaching aids.
4. Fundamental skills of athletics, aquatics, badminton, basketball, cricket, football, hockey, handball, kabaddi, KhoKho, volleyball and Judo, Yoga Assanas,

### **References**

- Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
- Graham, G.M. (2009). Children Moving : A Reflective Approach to Teaching Physical Education. 8th Ed. McGraw Hill, USA
- Gupta R. (2010). SharirikShiksha Mein ShikhshanPradhyogiki. Friends Publication. New Delhi
- Gupta R. Kumar P. and Sharma D.P.S. (1999).Lesson Plan in Physical Education &Sports.R.D.P. Publication. New Delhi
- Gupta R. Kumar P. and Sharma D.P.S. (2004).SharirikShiksha Mein Path Yojna.SahyogPrakashan. New Delhi
- Kamlesh ML (2005). Methods in Physical Education.Friends. Delhi.

## B.P.E.S /III/A/HC/03: **Health Education**

### **Unit-I Health**

1. Health-meaning, dimensions of health and their interrelationships,
2. Importance of health for individual, family, community and nation;
3. Factors influencing health,
4. Spectrum of health

### **Unit II Health Education**

1. Health Education- meaning, scope
2. Aims and objectives of Health Education
3. Principles, methods and media used in health education
4. Hygiene- personal hygiene, food hygiene, environmental hygiene-meaning, need and importance; associated practices related to maintenance and promotion of health

### **Unit-II Foods and Nutrition-**

1. Misconceptions about food, essential body nutrients- functions, food sources, balanced diet, diet prescription
2. Communicable and Non-communicable diseases- meaning, distinction between communicable and non-communicable diseases.
3. Communicable diseases- their mode of spread and prevention of diarrhea diseases, typhoid, malaria, STD Respiratory disease ; non-communicable diseases- causes and prevention of diabetes, CVD, cancers, renal diseases and respiratory diseases.

### **Unit-III Contemporary health problems of college youth-**

1. Alcohol, drugs, use of tobacco (chewing, sniffing, smoking)- their harmful effects substance abuse management
2. National health programmes- components of existing national health programmes

### **Unit IV Health Agencies:**

- 1 Introduction to Organizational and Administrative set-up of Health System in India
  - National level
  - State Level
  - District Level
2. Steps of Planning of Health Education Programme
3. International health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health

### **Reference**

- Anspaugh DJ Ezell G and Goodman KN (2006).
- Teaching Today's Health. Mosby Publishers. Chicago. USA
- Balayan D (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.

## B.P.E.S /III/A/SC/01: **Sports Entrepreneur (Elective)**

### **Unit I: Introduction to Sports Entrepreneurship**

1. Concept of entrepreneurship, innovation & knowledge management in sport
2. Business Planning Process - The business plan as an entrepreneurial tool
3. Elements of Business Plan, Objectives, Market Analysis, Development of product / idea, Marketing, Finance, Organisation & Management, Ownership, Critical risk contingencies of the proposal, Scheduling and milestones, Value proposition, Business Model Canvas and Drafting Business Proposal for Funding Agency.

### **Unit II : Introduction to Finance in Sports**

1. The Four Domains of Sports Marketing, Marketing Through Sports
2. Finance, Organization & Management, Ownership, Critical risk contingencies of the proposal, Scheduling and milestones, Value proposition,
3. Business Model Canvas and Drafting Business Proposal for Funding Agency.

### **Unit II. Management of Physical Education and sports**

1. Meaning, Need and scope of management of Physical Education
2. Principles of Sports Management
3. Construction, marking and maintenance of play grounds, track & field, gymnasium, swimming pool and athletic track

### **Unit IV: Organization of co-curricular activities and Physical Education programmes.**

1. Physical Education Budget : Need, Importance, procedure and principles of budget making,
2. Physical Education and sports programmes for - Primary, secondary and higher secondary School for sports awareness – demonstration, play days, sports rallies, sports exhibitions
3. Organization of National days (15<sup>th</sup> August & 26<sup>th</sup> January)., Organization of mass competition, sports day, hiking, trekking, Scout and Guide Camp and picnics
4. Ceremonies of competition – Opening, closing and victory

### **References:**

- Sports Marketing By Melissa Jane Johnson Morgan Jane
- Small Business, Entrepreneurship and Enterprise Development. Harlow: Pearson Education.

**B.P.E.S/III/A/SC/02: Professional Preparation in Physical Education (Elective)**

**Unit I- Foundation OF Professional Preparation**

- 1 Meaning of Professional
- 2 Components of Professional Preparation.
- 3 Contribution of physical education in attaining ideals of Indian democracy.
- 4 Forces and factors affecting educational policies and Programme.

**UNIT-II Historical Perspective**

1. Historical review of Professional Preparation in India.
2. Professional courses being offered in professional preparation colleges in India.
3. Professional Preparation in Physical Education in USA, USSR and UK.
4. Beginning of Professional Preparation in the world.

**UNIT-III Under-Graduate preparation of professional personnel.**

- 1 Purposes, Admission Requirements of Undergraduate preparation.
- 2 Theory, Teaching practice and practical.
- 3 Professional competencies to be developed.
- 4 Post-Graduate Preparation.
- 5 Methods of instruction.
- 6 Professional relations.

**UNIT-IV Teacher and Teaching**

- 1 Teaching as a career.
- 2 Basic Qualities of a successful teacher.
- 3 Preparation of the specialized physical education teacher.
- 4 Types of teaching jobs.
- 5 Types of non-teaching jobs.

**Reference**

1. A Professional Career in Physical Education. (Englewood Cliffs, N.J. Prentice Hall, Inc. 1963.)
2. Jensen, R. Clayne, Administrative Management of Physical Education and Athletic Programmes. (Philadelphia Lea and Febiger, 1983.)
3. Snyder and Scott. Professional Preparation in Health, Physical Education and Recreation. (Connecticut, Greenwood press, Westport, 1971).
4. Bucher, C.A Foundations of Physical Education (Saint Louis) : The C.V. Mosby Company, 1975), Ed. 7.
5. Aahper publication: Professional Preparation in Dance, Physical Education Recreation Education Safety Education and School health Education, Washington, Aahper pub. 1974 Borozne Joseph & Pechar Stanley





# **Semester IV**

## B.P.E.S /IV/A/HC/01: **EVENT MANAGEMENT**

### **Unit-1**

Meaning of Events, classification of events, Event Management, Designing an Event- 5C<sup>s</sup> (Conceptualization, Costing, Canvassing, Customization, Carrying out).

Key Elements of Events- (Event Infrastructure, Organizers, Clients, Target Audience, Media, and Venue).

### **Unit-II**

Managing Sports Events- Planning, Organizing, Coordinating and Controlling Pre events,

During the Events & Post Events issues.Sponsors, Sports Management Companies, Spectators, Sports personalities, Media etc. Sports Management Companies- Introduction, Role, Scope of Work, Service rendered to the clients, Ways of Functioning- Team work, Departments etc.

### **Unit-III**

Sources of funds available for sports: Broadcasting:- What is broadcasting, The basics of sports broadcasting rights, Media providers:-Who are the media providers, How do they fund sports

Sponsorship:-Meaning of sponsorship, Sports and sponsorship, Major sponsors in sports

Team sponsors and individual sponsors, Endorsement, Sports and celebrity endorsement

### **Unit-IV**

Sports and advertisements Advertisement Suggested Readings

Advertisement and brand choice Aiming the right target, Top sports ad companies

Firms and their advertisement choices, Effects of advertisement, gate money

Budgetary Control in sports

Role of Mass Media in Event Promotion.- Introduction to different Sports Media (Television channels, Sports Magazines etc.)Popular Sports Channels Operating in India- ESPN STAR SPORTS, ZEE SPORTS,TEN SPORTS, DD SPORTS, and NEO SPORTS etc. Spectators control, Importance of Spectators for Sports & Games. Human resource management.

### **Reference**

- Chakraborty S (1998).Sports Management.Sports Publications. Delhi.
- Kamlesh ML (2000).Management Concept in Physical Education and Sport. Metropolitan Book Co. Pvt. Ltd. New Delhi.
- Kilkenney, S. (2007). The Complete Guide to Successful Event Planning. Atlantic Publishing Co., USA.
- Roy SS (1995).Sports Management.Friends Publications. Delhi.

## B.P.E.S /IV/A/HC/02 : **Sports Sociology**

### **1. Introduction to Social Science**

- 1.1 Introduction & Meaning of Social Sciences.
- 1.2 Scope of Sociology and its relation with other subjects of Social Sciences.
- 1.3 Defining Society, Community, Association, Institutions, Customs;
- 1.4 Man as a Social animal;
- 1.4 Effect of various social forces on personality development;
- 1.5 Origin and growth of society & Culture.

### **2. Social Structure, Organization and Institutions :**

- 2.1 Socialization, social codes and social control, groups (primary and secondary, crowds and public, family, kinship and marriage;
- 2.2 Social stratification, social class and caste, social mobility;
- 2.3 Economical and political institutes for society;
- 2.4 Cultural and religious institutions;
- 2.5 Concept, factors and process of socio-cultural changes.

### **3. Main Features of Indian Society and Rural Scene:**

- 3.1 Demographic profile, social elements;
- 3.2 Religions pluralism – Hindu, Muslim, Christian and Tribal;
- 3.3 Linguistic Pluralism;
- 3.4 Indian policy – secularism, democracy, social justice;
- 3.5 Indian Rural Scene:
  - 3.5.1 Indian village, rural family, rural education;
  - 3.5.2 Indian village community, rural stratification;
  - 3.5.3 Community development projects and Panchayati-Raj;
  - 3.5.4 Trends in Rural change.

### **4. Sport and Society:**

- 4.1 Meaning and definition of sport sociology;
- 4.2 Sport as a social occurrence;
- 4.3 Socialization through games and sports;
- 4.4 Relationship between family and sport participation;
- 4.5 Relationship between politics and sports;
- 4.6 Social Stratification and sports;
- 4.7 Sports as a social phenomenon.

### **Reference**

- ❖ Iyec, Mac. R.M. and Page Charles H. Society (London : McMillan & C., 1974).
- ❖ Ogburn, William F. and Nimkoff, Meyer F., Hand Book of Sociology (New Delhi : Eurasia Publishing House Ltd., 1972).
- ❖ Loy, Lohn W. Dr. and Kenyon, Gerald S. Sports Culture and Society (Philadelphia : The MacMillan Co. 1969).

**B.P.E.S / IV / A/ HC/03: Environment Science****1. Introduction:**

- 1.1 Multi – Disciplinary nature of environmental studies.
- 1.2 Definition, Scope and Importance of environmental studies.
- 1.3 Concept of environmental education.
- 1.4 Historical Background of environmental education.

**2. Natural Resources and related environmental issues:**

- 2.1 Forest Resources:
  - 2.1.1 Use and over exploitation, deforestation
  - 2.1.2 Timber extraction, mining, dams and their effects on forests and tribal people.
- 2.2 Water Resources
- 2.3 Flood Resources:
  - 2.3.1 World food problems
  - 2.3.2 Changes caused by agriculture and overgrazing
  - 2.3.3 Effects of modern agriculture
  - 2.3.4 Fertilizer-pesticide problems.
- 2.4 Energy Resources:
  - 2.4.1 Growing energy needs
  - 2.4.2 Renewable and non-renewable energy sources
  - 2.4.3 Use of alternate energy sources.
- 2.5 Land Resources:
  - 2.5.1 Land as a resource
  - 2.5.2 Land degradation
  - 2.5.3 Man induced Land Slides
  - 2.5.4 Soil erosion and desertification
- 2.6 Role of an individual in conservation of Natural Resources.

**3.1 Ecosystem:**

- 3.1.1 Concept, structure and function of an Ecosystem
- 3.1.2 Producers, consumers and decomposers.
- 3.1.3 Energy flow in the ecosystem
- 3.1.4 Food chains, food Webs and ecological pyramids.

## 4.1 Environmental Pollution:

4.1.1 Definition, effects and control measure of:

- 4.1.1.1 Air Pollution
- 4.1.1.2 Water Pollution
- 4.1.1.3 Soil Pollution
- 4.1.1.4 Marine Pollution
- 4.1.1.5 Noise Pollution
- 4.1.1.6 Thermal Pollution
- 4.1.1.7 Nuclear Hazards

4.1.2 Solid Waste Management: causes, effects and control measures of urban and industrial wastes.

4.1.3 Role Disaster Management: Floods, earthquake, cyclone and Land slides.

## REFERENCES

- ❖ Agrawal, K.C. Environmental Biology ( Bikaner: Nidhi Publishers Ltd.) 2001.
- ❖ Cunningham, W.P., and others. Environmental Encyclopedia (Mumbai: Jaico Publishers Home) 2001.
- ❖ Hawkins, R.E. Encyclopedia of Indian Natural History (Bombay : Natural History Society)
- ❖ Heywood, V.H. and Watson V.M; Global biodiversity Assessment (U.K: Cambridge University Press), 1995.
- ❖ Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi:Himalaya Pub. House), 1995.
- ❖ Mc Kinney, M.L. and school, R.M Environmental Science system and solution (web enhanced Ed.) 1996.
- ❖ Miller T.G. Jr. Environmental Science (Wadsworth Publishing Co.)
- ❖ Odum, E.P. Fundamentals of Ecology (U.S.A: W.B Saunders Co.) 1971.
- ❖ Rao, M.N. &Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.)1987
- ❖ Townsend C.and others, Essentials of Ecology (Black well Science).

## B.P.E.S /IV/A/SC/01: **FITNESS INSTRUCTOR**

### **Unit-I Introduction to health and fitness**

Health goals, fitness goals, performance goals, components of physical fitness and performance, behaviours that support fitness and performance, taking control of personal health and fitness, factors to consider prior to physical activity, exercise requirement for prevention of premature health problems, how to promote physical activity promotion of physical activity adherence

### **Unit-II Foundation to health fitness instructions:**

Energy cost of physical activity, measurement of energy expenditure, significance of cardiovascular fitness, risks of testing cardio respiratory fitness, components of health related and fitness related fitness

### **Unit-III Healthy body composition**

Measurement of body fat calculating target body weight, LBM and Body fat,

Muscular strength and endurance:- health fitness requirements, assessment of strength and muscular endurance

Flexibility: Importance of flexibility in health and fitness, factors affecting range of movement (ROM) spine and hip joint, flexibility and low back function

**Unit-IV Exercise prescription:** foundation of prescribing exercise, general guidelines for cardio-respiratory fitness programmes, determining intensity, general exercise testing, exercise programme selection, exercise prescription for body weight management

Muscular strength and endurance training: fundamental principles, types of strength training, muscular training modes, intensity and frequency. Overreaching and overtraining

Flexibility training: exercise considerations for improving flexibility, prophylactic exercise for improving low back function

### **Reference**

- Anspaugh, D.J. and G. Exell (2004) Teaching To-day" s Health, Pearson Benjamin Cummings. San Francisco. California.USA.
- Bishop JG (2005).Fitness through Aerobics Person- Benjamin Cummings. San Francisco. California.USA.
- Donatelle RJ (2006).Access to Health. Pearson Benjamin Cummings. San Francisco. California.USA.
- Hoeger WW and Hoeger S (2007).Fitness and Wellness.Thomson-Wadsworth, Belmont. California. USA.

## B.P.E.S /IV/A/SC/02: **Sports Industry**

### **SPORTS INDUSTRY**

#### **Unit-I**

Introduction, history in relation to „sports goods industry“ in India, Industrial relations in India, Peculiar characteristic, i.e. Hand Made Goods, Involving skilled workers-piece rated wages, Policy- five year plans for production, export strategy and potential

#### **Unit-II**

Sports Industry in Europe-USA, Canada and ASIA & other parts of the world, Major sports-World wide-Europe, ASIA & India including some local games, development of sports

#### **Unit-III**

Future need for mechanization to improve quality, Evaluation of management thought, planning-nature, objective, promises, strategies & tactical plan

#### **Unit-IV**

Organizations-Principles, structure, management, levels, quality control, Personnel management- recruitment selection, training, performance

#### **Unit-V**

Direction/controlling- production control, material control, quality control, sales distribution-government departments, whole sellers & retailers

### **Reference**

- Field S. (2008). Managing Your Career in the Sports Industry. Checkmark Books. Belmont. California. U.S.A.
- Kaing NH and Sakai K (2001). New Patterns of Industrial Globalisation. OECD Publishers. U.S.A.
- Kraft JP (2009). Leisure Economy 1960-1985; Students in sports Industry & Society. Johns Hopkins University Press. U.S.A.
- Likert R (1961). New Patterns of Management. McGraw Hill. New York. U.S.A.

# **Semester V**



## B.P.E.S /V/A/HC/01: **Correctives in Physical Education**

### **Unit-I**

1. Definition of Remedial, physiotherapy and corrective exercises.
2. Concept of posture, its meaning and characteristics of correct and incorrect posture.
3. Causes of incorrect posture
4. Necessity and importance of correct posture.
5. Principles of correct posture.
6. Tests for correct posture.

### **Unit-II**

1. Classification of posture : a. Good Type b. Bantom Type c. Fatigue Type
2. Postural deformities and their causes : a. Kyphosis b. Lordosis c. Scoliosis d. Bow legs e. Knock knee f. Flat foot
3. Preventive and remedial measures for postural defects :
  - a. Psychological and habitual consideration in preventing and correcting postural defects.
  - b. Corrective exercises for various postural defects.
  - c. Physiotherapist treatment in correcting postural defects.

### **Unit-III**

1. Massage: **a.** Meaning, definition and a brief history of massage.  
**b.** Massage as means of relaxation and points to be considered while giving massage. **c.** General effects of massage.
2. Classification of the manipulation and movements in the massage :
3. Effleurage and stroking i. Petrissage ii. Percussion / Tapotement  
iii. Vibration and shaking.
4. Effects of manipulation and movements on the different systems of human body.

### **Unit-IV**

- Classification of positions : a. Fundamental positions b. Derived positions c. Modified positions
- Classification of exercises along with their practical instructions : a. Free mobility exercises b. Assisted exercise c. Resisted exercises

### **Reference Books:**

1. Smith Lara K. and Others, "Srunnstrem's Clinical Kinesiology", Jaypee Brothers P.B. No- 7193 New Delhi 1998.
2. J.L. Rathoore, "Corrective Physical Education", Philadelphia W.B. Saunders Co. 1968.
3. P.G. Rasch and R.K. Burke, "Kinesiology and Applied Anatomy", Lee and Febriger, Philadelphia 1978.
4. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers, Ludhiana, Second revised addition 2008.

## B.P.E.S /V/A/HC/02 : **Test measurement and Evaluation**

### **UNIT-I**

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

### **UNIT – II**

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

### **UNIT –III**

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

### **UNIT-IV**

- Physical fitness testing: components of physical fitness
- Strength test: - Kraus Weber strength test, Muscular Endurance test: Cardiopulmonary test:
- Endurance Test, Harvard step test.
- Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold biceps, triceps, sub scapular and supra iliac.
- Measurement of skills, games and sports-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test

### **Reference**

- Acsm” s (2001) Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA.
- BalyanSunita (2006). Sharirk Shiksha main Parikshanevnmnmaapan. Khel Sahitya. Delhi.
- Barrow &Mc Gee s Practical Measurement and Assessment.
- Barrow H.M. and McGee R. (1979).A Practical Approach to Measurement in Physical Education.Lea&Febiger, Philadelphia. U.S.A.

## B.P.E.S /V/A/HC/03: **Yoga Education**

### **UNIT- I**

Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields

### **UNIT- II**

Historical development of yoga in India.

Types of Yoga:- Hatha yoga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

### **UNIT- III**

Patanjali yoga sutras- yama, niyama, asana, pranayama

Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact.

Shatkarm/cleansing process/ yogic methods and personal hygiene.

### **UNIT- IV**

Asanas: Types, importance of asanas in special reference to Physical Education & Sports.

Differentiate between asanas and exercise.

Pranayama and importance of pranayama in special reference to Physiological effects

Bandhas, mudras and their physiological effects.

### **UNIT- V**

Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache, female disease and importance of vegetarianism in yogic diet

### **SUGGESTED READINGS**

- Day P. (1986). Yoga Illustrated Dictionary. Jaico Pub. House. New Delhi.
- Debnath M ( 2007). Basic Core Fitness Through Yoga And Naturopathy. Sports Publication. New Delhi.
- Kumar ER (1988). Heal Yourself With Yoga: Specific Disease. Taraporevala. Bombay.
- Shanti KY (1987).The Science of Yogic Breuthiay (Pranayana). D.B. Bombay.
- Sharma JP and Ganesh S (2007). Yog Kala Ek Prichya. Friends. New Delhi
- Sharma JP (2007).Manavjeevanevamyoga.Friends Pub. New Delhi.
- Sharma Jai Prakash AndSehgalMadhu (2006).Yog-Shiksha.Friends. Delhi.
- Singh MK And Jain P (2008). Yoga aurmanoranjan.KhelSahitya Kendra. New Delhi.

## B.P.E.S /V/A/SC/01: **GYM MANAGEMENT**

### **UNIT-I**

Concept of nutrition and health, balanced diet, dietary aids and gimmicks, Energy and activity, calculating calorie intake and expenditure

Obesity, anorexia and related health problems – measurements and management, Weight management programmes

### **UNIT-II**

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

Improvement of aerobic fitness, Aerobic fitness programme

### **UNIT-III**

Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym, Equipments , Marketing, clientage, Enrolments, record keeping, social activities, Public Relations, Individualized/group grooming programme, basic concepts of financial management

Gym-instructor – qualification, qualities, pay-roll, Performance – evaluation, grooming and presentation, Introduction to different exercise equipment, Gym management – Costing, Balance sheet, Promotional plans

### **UNIT-IV**

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

Self- evaluation –Personal Health and Well-being

### **UNIT-V**

Exercise schedules – Aerobics, Fitness and Weight Management

### **Reference**

- Carol K A. and Mary M. Y (2009).“Methods of Group Exercise Instruction” McGraw Hill. New York. U.S.A.
- Sheela K (2009).Fitness, Aerobics & Gym Operations.KhelSahitya Kendra. New Delhi.
- Taylor, D. and Nichols, D.S. (2010). The Brand Gym : A Practical Workout. Wiley Publishers, USA.
- Time Life Books..(2004).Gym Workout. London Times Life Books
- Wayne L Westcott (2007).“Strength Training”. Thomas R. Bachle. Benjamin Cummings. U.S.A.

## B.P.E.S V/A/SC/02 :SPORTS JOURNALISM

### UNIT-I

Meaning, scope and changing trends of journalism in sports

Historical development & role of print and electronic media in sports promotion

### UNIT-II

Language – vocabulary, spellings, figure of speech , dialect, grammar, punctuation

Fundamentals of a sports story/ news

### UNIT-III

Organizational set-up of a news paper- printing, process sequences of operations in the printing of a news paper/journals.

Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies.

### UNIT-IV

Theory and principles of advertising in sports

Public relations in sports, press release, conferences

Research tools for developing a sports story

Process of news paper publishing and management

### Reference

- AamidorA(2003).Real Sports Reporting.Indiana University Press. Valparaiso. Indiana. U.S.A.
- Ahuja, B.N (1988).Theory and Practice of Journalism.Surjeet. Delhi.
- Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.
- Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.
- Kamath, MV (1980).Professional Journalism.K.S.K. New Delhi..
- Steen (2007). Sports Journalism: A Multimedia Primer (Paperback). Routledge. London
- Wilstein S (2001).AssociatedPress Sports Writing Handbook. McGraw-Hill.

# **Semester VI**

## B.P.E.S /VI/A/HC/01: **Basic of Sports Training**

### **UNIT I: Introduction**

- Meaning and Definitions of Sports Training.
- Meaning of terms: Coaching, Teaching, Conditioning and Training.
- Aim and Tasks of Sports Training.
- Characteristics of Sports Training.
- Principles of Sports Training.
- Systematization of Sports Training.
  - Beginner
  - Intermediate.
  - High Performance.

### **UNIT-II: Training Load**

- Definition and Types of Training Load.
- Features/Factors of Training Load
- Principles of Intensity and Volume of Stimulus.
- Over Load.
- Meaning and types of over load.
- Causes of over load.
- Symptoms of over load.
- Tackling of over load.
- Judgment of Training Load.

### **UNIT-III :- Strength**

- Concept and types of Strength.
- Factors determining Strength.
- Methods of strength training.
- Management of strength training programme.

### **Endurance**

- Concept and types of endurance.
- Factors determining endurance.
- Methods of endurance training.

### **Speed**

- Concept and Classification of Speed.
- Factors determining speed.
- Methods of developing speed abilities.
- Reaction speed
- Speed of movement.
- Acceleration speed
- Sprinting speed.
- Speed endurance.

#### **UNIT-IV : Technical Training**

- Definition of Technique and Skill.
- Importance of Technique.
- Process of Skill Learning.
- Methods of Technique Training.

#### **Tactical Training**

- Concept of Tactics and Strategy.
- Methods of Tactical Training.

#### **Planning**

- Concept of Training Plan.
- Principles of Planning.
- Types of Training Plan.

#### **Periodization**

- Meaning and Importance of Periodization.
- Periods of Training Year.
- Aim and Contents of Periods.
- Types of Periodization.

#### **REFERENCES**

- ❖ Dick W. Frank, Sports Training Principles 4<sup>th</sup> ed. (London: A&C Black Ltd.), 2002.
- ❖ Harre, D. Principles of Sports Training (Berlin: Sport Veulag), 1982.
- ❖ Matveyev, L.P. Fundamentals of Sports Training (Moscow :Progress Publishers) 1977.
- ❖ Singh, Hardayal. Science of Sports Training (New Delhi: DVS Publications), 1991.
- ❖ Uppal, A.K. Principles of Sports Training (Delhi: Friends Publication) 2001.
- ❖ Tudor B. Bompa&Mihal C. Carera, Periodiation Training for Sports, Human Kinetics,2005 (IInd Edition)
- ❖ YograjThani, Sports Training, Sports Publication-2003
- ❖ K. Chandra Shekar, Sports Training, KhelSahitya Kendra -2004



## B.P.E.S /VI/A/HC/01: **STRESS MANAGEMENT**

### **Unit-I**

Definition of stress and anger, Causes of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress

### **Unit-II**

Adaptation to stress-Reframing of habitual stress resistance, Occupational stress, Peer stress (Students stress), Family stress, Stress & elderly

### **Unit-III**

Stress & drug abuse

Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality

### **Unit-IV**

Self awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation

### **Unit-V**

Anger management- Redford William" s 12 steps of anger management

Stress management- behavior modification, time management, coping strategy

Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v) Mental imagery, vi) Music therapy, vii) Massage therapy

## **SUGGESTED READINGS**

- Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence. Kentucky. U.S.A.
- Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
- Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
- Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
- Hipp E. (2008). Fighting Invisible Tigers : Stress Management for Teens. Free Spirit Publishing, USA.
- Mac W. (2007). Anger and Stress Management. God"s Way. Calvary Press, USA.
- Petee F (2006). Anger Management. Pentagon. Press. New York. U.S.A.
- Swate Y B (2009). Anger Management. Sage Publication. New Delhi.

**B.P.E.S /VI/A/HC/01: EDUCATIONAL TECHNOLOGY****UNIT-I : Introduction to Educational Technology**

- 1.1 Definition
- 1.2 Educative Process
- 1.3 The Teacher of Yesterday & Today
- 1.4 An outline of Teaching method used then and now
- 1.5 Use of sensory organ in the process of learning and remembering
- 1.6 Communication:
  - 1.6.1 Types of Communication
  - 1.6.2 Communication Cycle
  - 1.6.3 Communication in the Class room

**UNIT-II Teaching Aids:**

- 2.1 Importance of Teaching Aids
- 2.2 Criteria for selecting Teaching Aids
- 2.3 Difference between Teaching Method and Teaching Aid
- 2.4 Broad classification of Teaching Aids
  - 2.4.1 Audio Aids
  - 2.4.2 Visual Aids
  - 2.4.3 Audio-Visual Aids
  - 2.4.4 Effectiveness of Edger Dale's cone classification
- 2.5 Advantage and suggestions for effective use of selected teaching Aids.
  - 2.5.1 Verbal
  - 2.5.2 Chock Board
  - 2.5.3 Charts
  - 2.5.4 Models
  - 2.5.5 Slide Projector
  - 2.5.6 Over Head Projector
  - 2.5.7 Motion Picture
  - 2.5.8 Self Experiment and Projects.

**UNIT-III New Teaching Techniques and Innovations – I:**

- 3.1 Art of questioning and answering
  - 3.1.1 Purpose of Questioning
  - 3.1.2 Classification of Questioning
  - 3.1.3 Techniques of asking questions
- 3.2 Programmed Learning
  - 3.2.1 Concept of Programmed learning
  - 3.2.2 Fundamental Principles of Programmed learning
- 3.2.3 Steps involved in preparation of Programme

- 3.3 Team Teaching
  - 3.3.1 Meaning
  - 3.3.2 Guiding principles of Team Teaching
  - 3.3.3 Advantage of Team Teaching.

#### UNIT-IV **New Teaching Techniques and INNOVATIONS – II :**

- 4.1 Micro Teaching
  - 4.1.1 Concept and Features of Micro Teaching
  - 4.1.2 Micro Teaching Verses Traditional Teaching
  - 4.1.3 Steps in Micro Teaching
  - 4.1.4 Principles of Micro Teaching
  - 4.1.5 Micro Teaching Skills
  - 4.1.6 Limitation of Micro Teaching
- 4.2 Simulation Teaching
  - 4.2.1 Meaning of Simulation
  - 4.2.2 Types of activities in simulation
  - 4.2.3 Steps in Simulation
  - 4.2.4 Advantages of Simulation
  - 4.2.5 Limitations of Simulation

#### **REFERENCES**

- ❖ K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
- ❖ Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi :Doaba House), 1959.
- ❖ Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
- ❖ Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982
- ❖ Kozman, Cassidy and kJackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.
- ❖ Singh, Ajmer and other. Modern Text Book of Physical Education, Health and Sports, (KalyaniPublishers,Ludhiana)2000.
- ❖ AmitaBhardwaj, New Media of Educational Planning".Sarup of Sons, New Delhi-2003
- ❖ Prof. Ramesh Chandra, DiteAneja,"Corporate Global Environment", Usha Books, Delhi 2004.
- ❖ MohitChakravarty,"Education in the 4 Century" KalpanPublication' Delhi2005.
- ❖ V.C. Pandey, Educational Technology" Usha Books Delhi -2005.
- ❖ Sarita, Monika Tomar,"Delhi, 2004
- ❖ JagannathMohanty, "Educational Technology' Deep & Deep Publication. Pvt. Ltd. New Delhi.2003
- ❖ Prof. RameshChandra, Technology in the preparation of Teachers," Usha Books, Delhi 2004

## B.P.E.S /VI/A/SC/01: **Recreation in Physical Education**

### **UNIT-I Introduction to Recreation**

- 1.1 Meaning, Definitions and characteristics of Recreation
- 1.2 Importance of Recreation
- 1.3 Misconceptions about Recreation
- 1.4 Scope of Recreation

### **UNIT-II Influence of Recreation in Social Institutions.**

- 2.1 Family
- 2.2 Educational institutions
- 2.3 Community/ Cultural
- 2.4 Religious organizations

### **UNIT-III Planning for Recreation**

- 3.1 Planning criteria and objectives of Recreation facilities
- 3.2 Different types of indoor and outdoor Recreation for Urban and Rural population
- 3.3 Operation and maintenance of different Recreation area and facilities
- 3.4 Sources of funding of Recreational activities

### **UNIT-IV Programmes in Recreation**

- 4.1 Criteria and principles of selecting a programme
- 4.2 Classification of Recreational activities:
  - 4.2.1 Indoor and outdoor activities
  - 4.2.2 Water activities
  - 4.2.3 Cultural activities
  - 4.2.4 Literary activities
  - 4.2.5 Nature and outing
  - 4.2.6 Social events
  - 4.2.7 Adventure activities
- 4.3 Hobbies – Introduction to hobbies and types of hobbies.
- 4.4 Agencies providing Recreation.

#### **Camping and leadership**

- 4.5 Aim, objectives and importance of Camping.
- 4.6 Organization and types of Camp.
  - Selection and layout of camp site.
  - Camping leadership.
- 4.7 Types and functions of Recreation leaders.
- 4.8 Qualification, Qualities and training & Recreation leaders.

### **REFERENCES**

- ❖ Bright Charles K. and Herold C. Meyer. “Recreational test and readings”. Eaglewood cliff, New Jersey Prentice Hall, Inc. 1953.
- ❖ Ness wed, M.H. and New Meyer E.S. Leisure and Recreation, New York : Ronald Press.
- ❖ VannierMaryhalen, “Methods and Material in Recreation leadership: Philadelphia.” W.B. Sounders company, 1959.

## B.P.E.S /VI/A/SC/02: **ART OF DAILY SCHEDULING**

### **Unit-I**

Introduction:- Meaning and definition of Daily Schedule, art, science, management of time, shortage of time for daily activities

Types of daily activities: requirement of daily activities for various domains of personality, essential categories of daily activities, correct decision making to include all types of daily activities with in fixed 24 hours

### **Unit-II**

Art of living, art of scheduling, art and science of principles of time management, acronym and daily prayers, methods of recalling and rechecking daily activities

Attitudes and art of daily schedules: right knowledge of daily activities, developing correct attitude by learning the art of behaviour change, transdental theory of behaviour changes, relation between attitude and behaviour change

### **Unit-III**

Understanding the concept of perfection of nature, relation between nature known as superpower or god in religious terms, predisposing, enabling and reinforcing factors for strengthening the art of daily schedules

Cognition and daily schedules: necessity of right attitude and right information of essential components of daily schedules. Enlisting activities needed daily, relation between qualitative and quantitative balances

### **Unit-IV**

Alternative daily schedule patterns: effect of culture, race, gender and age on daily schedules, fundamentals of art of daily schedules, listing alternative daily schedules for different categories of human being based on culture, race. Gender, age, and geographical locations

Factors helping adherence to daily schedule: self responsibility, knowledge to body requirements, important body systems requiring daily attention

Analysis of lifestyles: role of active lifestyle and wellness activities, factors helping to promote daily schedules

Barriers to daily schedules – peer pressures, careless environment of , firm no to harmful barriers like smoking, drugs, alcohol and irresponsible sex urge

Wellness and daily schedules: art of inclusion of all wellness parameters to daily schedules, namely meditation, foods, right physical activities, right hygienic habits, right environmental care, right injury preventing behaviours, right decision towards sex, entertainment recreation, rest, sleep

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