

BACHELOR OF PHYSICAL EDUCATION (B.P.E.)
3-YEAR (6-SEMESTER) COURSE
ORDINANCES AND REGULATIONS

I. ELIGIBILITY:

1. Candidate who has passed +2 Examination of H.P. Board of School Education or any other examination as equivalent thereto.
2. Preference will be given to those candidates who are sportsman or had participated in Co-curricular Activities.

II. AGE:

- i) No student who has crossed the age of 23 years as on 1st July of the relevant year will be allowed admission to B.P.E. (Bachelor of Physical Education 3 Years Course) However, the vice-chancellor, H.P. University, has the power to relax the upper age limit by 6 months on the recommendation of the Head of the Institution.
- ii) The upper age limit can be relaxed by 3 years in the case of SC and ST candidates.

III. PHYSICAL EFFICIENCY TEST:

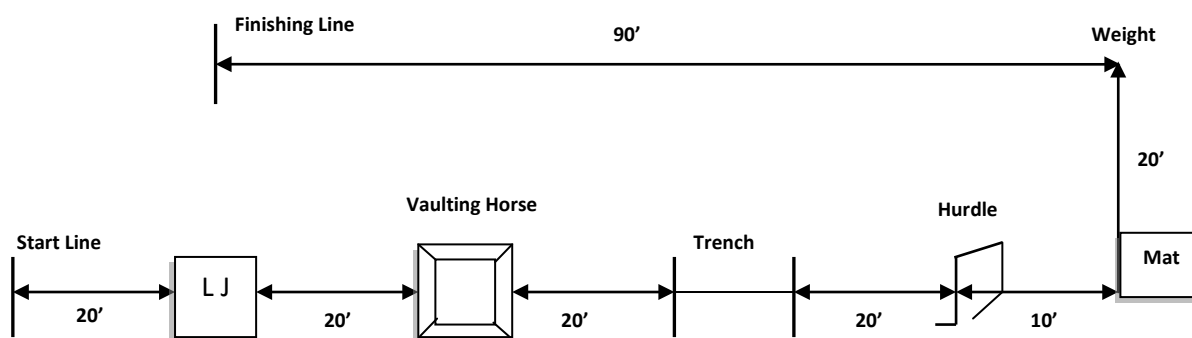
The candidate for admission to B.P.E. shall have to qualify the physical efficiency test conducted by the concerned college through the Principal.

The details of the test are given as under:

| ITEM | MEN | WOMEN | |
|--------------------|-----|-------|--|
| Long Jump | 10' | 8' | Report against the end line within 35 seconds. Carrying weight equal to half of his/her own body weight in buckets |
| Vaulting horse | 5' | 4' | |
| Trench (7 Times) | 5' | 4' | |
| Hurdle | 3' | 2' | |
| Mat (1-Front Roll) | | | |

The candidate will start running from the starting line, cover the distance/obstacles as per the requirements of the chart. In case the candidate does not cover the required distance/obstacles within 35 seconds, he will be declared unfit for qualifying the Physical Efficiency Test. Not more than two chances will be given to clear Physical Efficiency Test.

DIAGRAM OF PHYSICAL EFFICIENCY TEST



Note:- i) Any candidate who has appeared in qualifying examination can appear in the Physical Efficiency Test but his/her candidature for admission will be considered only if the candidate produces the qualifying examination original certificate at the time of personal interview in addition to other Academic/Sports Certificates authenticated by the concerned state agencies/authorities.

ii) The physical efficiency test is only qualifying test for the admission in BPE No marks will be awarded for this test.

IV. ADMISSION PROCEDURE:

After qualifying physical efficiency test being conducted by concerned college through it's Principal.

The admission will be made on merit to be determined on the basis of total percentage of marks in qualifying examination + the weightage of the overall achievement in different sports/games given as under:

1. Senior National:

| | |
|--------------------------|-----------|
| 1 st Position | 50 Points |
| 2 nd Position | 45 Points |
| 3 rd Position | 40 Points |
| Participation | 30 Points |

2. Junior National/School National:

| | |
|--------------------------|-----------|
| 1 st Position | 35 Points |
| 2 nd Position | 30 Points |
| 3 rd Position | 25 Points |
| Participation | 20 Points |

3. State Level:

| | |
|--------------------------|-----------|
| 1 st Position | 25 Points |
| 2 nd Position | 20 Points |
| 3 rd Position | 15 Points |
| Participation | 10 Points |

4. District/School Level:

| | |
|--------------------------|-----------|
| 1 st Position | 20 Points |
| 2 nd Position | 15 Points |
| 3 rd Position | 10 Points |
| Participation | 5 Points |

Note:- The weightage of achievement in sports/games shall be given to only those sports/games which are approved and recognized by H.P. University Sports and Co-Curricular Activity Council.

V. EXAMINATION

1. Duration (Time Frame):

The UG (TDC) programme for a regular student shall be for a minimum period of three years and a maximum of five years from the date of admission of the candidate. Each academic year shall comprise of two semesters, viz. Odd and Even semesters. Odd Semesters shall be from June / July to October / November and the Even Semester shall be from November / December to April / May on the dates to be notified by the Controller of Examinations.

2. Evaluation

Evaluation system has the following two components:-

- A. **Continuous Comprehensive Assessment (CCA)** accounting for 50% of the final grade that a student gets in a course; and
- B. **End-Semester Examination (ESE)** accounting for the remaining 50% of the final grade that the student gets in a course.

A. Continuous **Comprehensive Assessment (CCA)**: This would have the following components:

(i) Classroom Attendance – Each student will have to attend a minimum of 75%

Lectures / Tutorials / Practicals. A student having less than 75% attendance will not be allowed to appear in the End-Semester Examination (ESE).

- Provided that those having between 74% and 65% attendance will apply for exemption in a prescribed form accompanied by clear reason(s) for absence to the authorized functionaries.
- Provided that those having between 64% and 50% attendance will apply for exemption in a prescribed form accompanied by a Medical Certificate from a Government Hospital.
- Provided that exemption from 75% attendance will be given to those participating in prescribed co-curricular activities (e.g. NCC, NSS, Youth Festivals, Sports etc.) to the extent of 25% (making the necessary attendance as 50% in these cases). However, the claim for this exemption should be supported by authenticated certificate from the concerned college authorities.
- Provided further that those getting the exemptions, except for those getting exemptions for co-curricular activities, will not be entitled for getting the CCA marks for classroom attendance as given below.

(ii) Classroom Attendance Incentive: Those having greater than 75% attendance (for those participating in Co-curricular activities, 25% will be added to per cent attendance) will be awarded CCA marks as follows:-

| | |
|-----------------|---------|
| ≥ 75% but < 80% | 1 marks |
| ≥ 80% but <85% | 2 marks |
| ≥ 85 but <90% | 3 marks |
| ≥ 90% but < 95% | 4 marks |
| ≥95% | 5 marks |

(iii)Mid-Term (Minor) Tests – There will be two mid-term tests, first after 48 teaching days (8 weeks) covering the syllabus covered so far, and second after 90 teaching

days (15 weeks) covering the syllabus after the first minor test. **Each of these mid-term tests will be for 15 marks.**

(iv) **Seminar / Assignment / Term Paper** – The remaining 15 marks of the CCA will be awarded on the basis of seminar / assignment / term paper etc. that the course teacher might give to the students.

(v) **End-Semester Examination (ESE)**: The remaining 50% of the final grade of the student in a course will be on the basis of an end-semester examination (ESE) that will be for three hours duration and will be covering the whole syllabus of the course.

- For the Odd Semesters the ESE will be in the month of October / November and for Even Semesters it will be in the month of April / May.
- A candidate who does not pass the examination (ESE) in any course(s) (or due to some reason is not able to appear in the ESE, other conditions being fulfilled, and so is considered as 'Fail'), shall be permitted to appear in such failed course(s)' ESE in the subsequent ESE to be held in the following October / November or April / May as the case may be.
- The registration for the ESE will be done at the time of the enrollment for the course at the beginning of the semester. The fee for the ESE will also be collected at that time as decided by the university from time to time.
- If a student is not permitted to appear in the ESE due to shortage of attendance beyond the exemption limit (< 50% attendance) shall be deemed to have 'dropped' the course. However such candidate, on his / her written request to be made immediately, can be permitted to redo the missed semester after completing the rest of the programme or whenever the course is offered subsequently. This redoing would mean complete course including CCA and ESE.

The question paper for the ESE will have the following pattern:

- **Part A**

Compulsory of 18 marks consisting of 10 objective type questions (in MCQ/True False/Fill in the blanks or such type) and four short answer questions of 2 marks each covering whole of the syllabus.

- **Part B (UNIT I)**

One question out of two questions each of 8 marks. Each of these questions may contain sub parts and will be long type

- **Part C (UNIT II)**

One question out of two questions each of 8 marks. Each of these questions may contain sub parts and will be long type

- **Part D (UNIT III)**

One question out of two questions each of 8 marks. Each of these questions may contain sub parts and will be long type

- **Part E (UNIT IV)**

One question out of two questions each of 8 marks. Each of these questions may contain sub parts and will be of long type

Total marks (A + B + C + D+E)

18 + 8 + 8 +8+8 = 50 marks.

OUTLINES OF SEMESTER WISE COURSES

| SEMESTER-I | | | | | |
|-------------------|-----------------------------|--|--------------------|-------------------|---|
| S.N. | Course | Course Name | Course Code | Credit | Cumulated Credits Category wise |
| 1. | Compulsory Course I | Compulsory Course Hindi | | 3 | Compulsory – 3 Major Core – 8 Elective – 11 Total = 3 + 8 + 11 = 22 |
| 2. | Major Core Course I | Human Anatomy and Physiology-I | BPE0101 | 4 | |
| 3. | Major Core Course II | History of Physical Education and Sports | BPE0102 | 4 | |
| 4. | Elective Course I | (i) Philosophy & Administration of Recreation Or (ii) Sports Journalism | BPE0103 BPE0104 | } } Any One | |
| 5. | Elective Ground Course I | Games Practicals : (on any one of the following games) 1. Volleyball 2. Kabaddi 3. Hockey 4. Badminton | BPE-P-0105 | 4 | |
| 6. | Elective Ground Course II | Gymnastics Practicals : (on any one of the following activity) 1. Floor Exercises 2. Vaulting Horse 3. Parallel Bar 4. Balancing Beam | BPE-P-0106 | 2 | |
| 7. | Minor Elective Lab Course I | Human Anatomy and Physiology-I (Practicals) | BPE-P-0107 | 1 | |

| SEMESTER-II | | | | | |
|--------------------|------------------------------|---|--------------------|---------------|---|
| S.N. | Course | Course Name | Course Code | Credit | Cumulated Credits Category wise |
| 1. | Compulsory Course II | Compulsory Course English | | 3 | Compulsory – 3 Major Core – 8 Elective – 11 Total = 3 + 8 + 11 = 22 |
| 2. | Major Core Course III | Human Anatomy and Physiology-II | BPE0201 | 4 | |
| 3. | Major Core Course IV | Introduction to Physical Education | BPE0202 | 4 | |
| 4. | Elective Course II | (i) Health Education and Nutrition Or (ii) Exercise Physiology | BPE0203 BPE0204 | 4 | |
| 5. | Elective Ground Course III | General Lessons Practicals : (on any one of the following activities) 1. Marching 2. Calisthenics 3. Dumb-Bell 4. Band & Flute | BPE-P-0205 | 2 | |
| 6. | Elective Ground Course IV | Athletics Practicals : (on any one of the following athletic events) 1. Sprints 2. Long Jump 3. Shot put 4. Relay | BPE-P-0206 | 4 | |
| 7. | Minor Elective Lab Course II | Human Anatomy and Physiology-II (Practicals) | BPE-P-0207 | 1 | |

| SEMESTER-III | | | | | |
|---------------------|-------------------------------|--|------------------------|---------------|---|
| S.N. | Course | Course Name | Course Code | Credit | Cumulated Credits Category wise |
| 1. | Compulsory Course III | Environmental Science (Self Study Mode) | | 3 | Compulsory – 3 Major Core – 8 Elective – 11 Total = 3 + 8 + 11 = 22 |
| 2. | Major Core Course V | Fundamentals of Biomechanics in Sports | BPE0301 | 4 | |
| 3. | Major Core Course VI | Methods in Physical Education | BPE0302 | 4 | |
| 4. | Elective Course III | (i) Yoga Or (ii) Adapted Physical Education } Any One | BPE0303 BPE0304 } } | 4 | |
| 5. | Elective Ground Course V | Games Practicals : (on any one of the following games) 1. Kho-Kho 2. Basketball 3. Judo 4. Boxing 5. Table Tennis | BPE-P-0305 | 4 | |
| 6. | Elective Ground Course VI | Gymnastics Practicals : (on any one of the following activity) 1. Uneven Bar (for women) 2. Rhythmic Gymnastics (for women) 3. Horizontal Bar (for men) 4. Pomell Horse (for men) 5. Roman Rings (for men) | BPE-P-0306 | 2 | |
| 7. | Minor Elective Lab Course III | Yoga Practicals | BPE-P-0307 | 1 | |

SEMESTER-IV

| S.N. | Course | Course Name | Course Code | Credit | Cumulated Credits Category wise |
|------|------------------------------|---|--|--------|---|
| 1. | Major Core Course VII | Remedial and Massage | BPE0401 | 4 | Major Core – 8 Elective – 15 G.I.& H. - 1 Total = 8 + 15 + 1 = 24 |
| 2. | Major Core Course VIII | Organization and Administration of Phy. Edu. | BPE0402 | 4 | |
| 3. | Elective Course IV | (i) Fundamentals of Sports Training Or (ii) Officiating and Coaching } Any One | BPE0403 BPE0404 } } | 4 | |
| 4. | Elective Course V | Specialization in the Games : (on any one of the following games) 1. Hockey 2. Kabaddi 3. Judo 4. Badminton | BPE0405 BPE0406 BPE0407 BPE0408 } } | 4 | |
| 5. | Elective Ground Course VII | General Lessons Practicals : (on any one of the following activities) 1. Class Formation 2. Lazium 3. Indian Clubs & Rings 4. Aerobics | BPE-P-0409 | 2 | |
| 6. | Elective Ground Course VIII | Athletics Practicals : (on any one of the following athletic events) 1. Discus Throw 2. Triple Jump 3. Hurdles 4. Middle and Long distance races | BPE-P-0410 | 4 | |
| 7. | Minor Elective Lab Course IV | Remedial and Massage Practicals | BPE-P-0411 | 1 | |
| 8. | G.I. & H Course | Any one of the G.I. and H Course offered by the concerned college administration | | 1 | |

| SEMESTER-V | | | | | |
|-------------------|-----------------------------|--|--|---------------|---|
| S.N. | Course | Course Name | Course Code | Credit | Cumulated Credits Category wise |
| 1. | Major Core Course IX | Kinesiology | BPE0501 | 4 | Major Core – 12 Elective – 13 Total = 12 + 13 = 25 |
| 2. | Major Core Course X | Sports Sociology | BPE0502 | 4 | |
| 3. | Major Core Course XI | Common Sports Enjuries Prevention and Cure | BPE0503 | 4 | |
| 4. | Elective Course VI | Specialization in the Game : (on any one of the following games) 1. Kho-Kho 2. Basketball 3. Boxing 4. Table Tennis | BPE0504 BPE0505 BPE0506 BPE0507 | } 4 | |
| 5. | Elective Ground Course IX | Games Practicals : (on any one of the following games) 1. Cricket 2. Handball 3. Wrestling 4. Weightlifting 5. Football | BPE-P-0508 | 4 | |
| 6. | Elective Ground Course X | Athletics Practicals : (on any one of the following athletic events) 1. High Jump 2. Hammer Throw 3. Javelin 4. Competitive walking | BPE-P-0509 | 4 | |
| 7. | Minor Elective Lab Course V | Kinesiology Practicals | BPE-P-0510 | 1 | |

| SEMESTER-VI | | | | | |
|--------------------|------------------------------|--|--|---------------|---|
| S.N. | Course | Course Name | Course Code | Credit | Cumulated Credits Category wise |
| 1. | Major Core Course XII | Fundamental of Computer Application in Physical Education | BPE0601 | 4 | Major Core – 12 Elective – 13 Total = 12 + 13 = 25 |
| 2. | Major Core Course XIII | Sports Psychology | BPE0602 | 4 | |
| 3. | Major Core Course XIV | Test, Measurement & Evaluation | BPE0603 | 4 | |
| 4. | Elective Course VII | Specialization in the Games : (on any one of the following games) 1. Cricket 2. Hand Ball 3. Volley Ball 4. Foot Ball | BPE0604 BPE0605 BPE0606 BPE0607 | } 4 | |
| 5. | Elective Ground Course XI | Marking & Officiating in any Two Games (Covered in course contents of Semester I-V) | BPE-P-0608 | 4 | |
| 6. | Elective Ground Course XII | Marking & Officiating in Athletics (i.e. one track event & one field event covered in course contents of Semester I-V) | BPE-P-0609 | 4 | |
| 7. | Minor Elective Lab Course VI | Fundamental of Computer Application in Physical Education Practical | BPE-P-0610 | 1 | |

COURSE CONTENTS IN DETAIL

SEMESTER-1

COURSE CODE: BPE0101

(MAJOR COURSE-I)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

HUMAN ANATOMY AND PHYSIOLOGY– I

Unit-I Introduction: (14 Hours)

1. Meaning and Concept of Anatomy & Physiology.
2. Its importance in the field of physical education and sports.
3. Meaning and definition of cell, tissue, organ and system.
4. Microscopic structure and functions of cell.
5. Properties of living cell.

Unit-II Skeletal System: (16 Hours)

1. General structure of bone, classification of bones and functions of the bones.
2. Location of various bones in skeleton.
3. Joints, their structure and classification.

Unit-III Muscular System : (15 Hours)

1. Meaning of muscle.
2. Various types of muscle, their structure and functions.
3. Microscopic structure of skeletal muscle.
4. Mechanism of muscular contraction of skeletal muscle.

Unit-IV Cardiovascular System : (15 Hours)

1. Heart, its location, structure and function.
2. Major blood vessels of the body.
3. Mechanism of blood circulation.
4. Systemic, pulmonary and coronary circulatory.
5. Blood pressure, cardiac output, cardiac cycle, heart rate, pulse rate and athletes heart.

Reference Books:

1. Pearce E., "Anatomy and Physiology for Nurses." Delhi Oxford University Press 1989.
2. Parrot, J.W. , "Anatomy for the students and teachers of Physical Education." London Edward Arnold Ltd. 1973.
3. Miller, A. and Leavel L.C., "Kimber-Grey-Stack pole's, Anatomy and Physiology." Amerind Publishing Co. Pvt. Ltd. New Delhi, Bombay, Calcutta, new York 1973.
4. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers Ludhiana Second revised addition 2008.
5. Grays Anatomy.
6. Characids, B.D., " Handbook of General Anatomy." CAS Publication, New Delhi.
7. Fox, E.L, "Physiological Basis of Physical Education and Athletic" Brown Publication, 1989.

SEMESTER-I

COURSE CODE: BPE0102

(MAJOR COURSE-II)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

HISTORY OF PHYSICAL EDUCATION AND SPORTS

Unit-I History of Physical Education in India in Ancient Period: (13 Hours)

1. Physical education in Indus Valley civilization (3250BC – 2500 BC).
2. Physical Education in Vedic Period (2500 BC – 600 BC).
3. Physical Education in Early Hindu Period (600 BC – 320 AD).
4. Physical Education in Later Hindu Period (320 AD – 1000 AD).
5. Physical Education in Medieval Period (100 AD – 1757 AD).

Unit-II History of Physical Education in Pre & Post Independence Era in India:

(15 Hours)

1. Physical Education during British Period (till 1947).
2. Physical Education in India after independence.
3. Kothari Commission and its recommendation .
4. National policy on Education (1986).
5. Role of the following organization in promoting Physical Education and Sports:
 - a. Y.M.C.A.
 - b. S.N.I.P.E.S.
 - c. L.N.I.P.E.
 - d. N.S.N.I.S.
 - e. S.A.I.

Unit-III Historical Perspective of Physical Education World Wide: (15 Hours)

1. Physical Education in Rome.
2. Physical Education in Germany.
3. Physical Education in USA.
4. Physical Education IN English.
5. Physical Education in Japan.
6. Physical Education in China.

Unit-IV Historical Perspective of Physical Education with special reference to Greece

(17 Hours)

1. Physical Education in Athens.
2. Ancient Olympic Movement.
3. Modern Olympic Games.
 - a. Olympic Motto
 - b. Governing body
 - c. Olympic torch and flag
 - d. Opening ceremony
 - e. Awards
 - f. Closing ceremony

Reference Books:

1. Kamlesh M.L., “Physical Education, Facts and foundations” Faridabad P.B. Publications.
2. Barrow Harold M., “Man and movements principles of Physical Education” 1978.
3. Ravanes R.S., “Foundation of Physical Education” Houghton Millin Co. Boston USA (1978)
4. Krishana Murthy V. and Paramesara Ram, N., “Educational Dimensions of Physical Education”, 2nd Revised edition, Print India, New Delhi 1990.
5. Singh Ajmer et.al., “Essentials of Physical Education”, Kalyani Publishers Ludhiana Second revised Addition 2008.
6. Deleh V.A., “World History of Physical Education”, prentice Hall Inc.

SEMESTER-1

COURSE CODE: BPE0103

(ELECTIVE COURSE-I)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

PHILOSOPHY AND ADMINISTRATION OF RECREATION

Unit-I Introduction: (12 Hours)

1. Meaning, Aim and Objective of recreation.
2. Types of recreation, its scopes and significance.
3. Development of recreational activities in India since 1947.

Unit-II Administration of Recreation: (14 Hours)

1. Meaning of Recreation administration.
2. Importance of recreation administration.
3. Organization of recreation at different levels.
4. Agencies promoting recreation in India.

Unit-III Need of Recreation: (17 Hours)

1. *Factors Responsible for the need of recreation:*

- a. The growth of cities.
- b. Changing home conditions.
- c. Increase in leisure time.
- d. Specialization and automation in Industry.
- e. Population changes.
- f. Rising economy.
- g. Technological Development, etc.

2. *Recreational activities for different age groups.*

- a. Recreation for handicaps
- b. Facilities required for community recreation, industrial recreation, institutional recreation, family recreation and commercial recreation.

Unit-IV Programmes and methods of recreation: (17 Hours)

1. *Camping:*

- a. Importance and principles of camping
- b. Organization of camping
- c. Selection layout of camping
- d. Facilities required for camping
- e. Different types of camping
- f. Staff needed for camping
- g. Activities for the camping

2. *Leadership in Recreation:*

- a. Professional leadership
- b. Voluntary leadership
- c. Training to leadership

3. *Evaluation of Recreation programmes*

Reference Books:

1. George D. Butler, "Introduction of community recreation", Mc Graw Hills, 1969.
2. Zeigler F.F., "Philosophical Foundations for Physical Health and Recreation Education," Prentice Hill Inc. Eagle Wood Cliffs N.J. Prentice Hall, 1964.
3. Mayer and Bright Bill, "Recreation Administration." Englewood Cliffs N.J. Prentice Hall Inc. 1961.
4. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers Ludhiana second revised addition 2008.

SEMESTER 1

COURSE CODE: BPE0104

(ELECTIVE COURSE-I)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPORTS JOURNALISM

Unit-I (15 Hours)

1. Introduction to Mass Media.
2. Purpose of Mass Media for the propagation/promotion of sports.
3. Growth of sports communication.
4. Coverage of sports:
 - a. In daily newspapers.
 - b. General magazines and sports magazines.
 - c. Radio and Television.

Unit-II (12 Hours)

1. Space allocation for sports sections in a daily news paper.
2. News agency.
3. Magazine office.
4. Sports personalities, their pictures and thumbnail sketches in news papers.

Unit-III (17 Hours)

1. Journalistic techniques:
 - a. News writing and news story.
 - b. Reporting various schemes.
 - c. Editing and headings of news.
 - d. Picture section and editing sports page makeup
2. Characteristics of News
3. Writing a sports features:
 - a. Types of sports features.
 - b. Exclusive picture features.

Unit-IV (16 Hours)

1. Ethics of sports writing.
2. Sportsman's gratuities.
3. Amateurism V/s Professionalism.
4. Invasion of private life.
5. Sports for charity.
6. Writing a weekly or fortnightly common.
7. Writing sports editorials.

Reference Books:

1. Health. Jr. Gelfand: How to cover, write and edit sports, Ames Lowe USA, 1951
2. Woodward, S: Sports page Simon a and Schuster, New York, 1949.
3. Juries, John R: This writing game, New York, Columbia University, Press, 1969.
4. "Sports" by Bholu Singh Thakur (pp 1124) in the Indain reports Guide by Richard Critchfield, Allied Pacific Pvt. Ltd. Bombay, 1962.
5. Nea, Robest," News Gathering and new writing, New York, Prentice Hall, inc., 1949.

SEMESTER I
PRACTICALS
GAMES LESSON

COURSE CODE: BPE-P-0105

(ELECTIVE GROUND COURSE-I)

Credit: 4 (L+T+P)

Marks= 100

Lesson on any one of the following games:-

(120 Hours)

1. Volley Ball
2. Kabaddi
3. Hockey
4. Badminton

SEMESTER I
PRACTICALS
GYMNASTIC LESSON

COURSE CODE: BPE-P-0106

(ELECTIVE GROUND COURSE-II)

Credit: 2 (L+T+P)

Marks= 50

Lesson on any one of the following gymnastics activities:-

(60 Hours)

5. Floor Exercises (Both for men & women)
6. Vaulting Horse (Both for men & women)
7. Parallel Bar (For men only)
8. Balancing Beam (For women only)

The contents of teaching for each activity are as follows:-

1. History of game/ gymnastic.
2. Measurement of the field.
3. Equipment and specifications of equipments.
4. Fundamental skills and lead up games.
5. Techniques, strategies and system of play.
6. Rules and regulations of the game/activity.

7. Tournaments at national and international level.
8. Records (world, Olympic, Asian games and National Games).
9. Awards in the game.
10. Related books and magazines.
11. Officiating: -
 - a. Duties of official.
 - b. Knowledge of score sheets.
 - c. Signals officiating.
 - d. Technical equipment for officiating.

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games and gymnastics activities (5 lessons each in games and gymnastics). In addition each trainee shall complete 1 assignment each in games and gymnastics.
2. For the purpose of examination in practical one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the university.
3. Each group of practical examination will be of three hours duration irrespective of its weightage.

SEMESTER I

PRACTICALS

HUMAN ANATOMY & PHYSIOLOGY-I PRACTICAL

COURSE CODE: BPE-P-0107

(MINOR ELECTIVE LAB COURSE-I)

Credit: 1 (L+T+P)

Marks= 25

1. Physical examination of human skeleton. (12 Hours)
2. Classification of bones.
3. Study of type of joints.
4. Histological examination of the slides of the following:-
 - b. Blood
 - c. Cell
 - d. Bone
 - e. Skeletal muscle.

5. Measurement of blood pressure.
6. Counting of pulse rate.

SEMESTER-II

COURSE CODE: BPE0201

(MAJOR COURSE-III)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

HUMAN ANATOMY AND PHYSIOLOGY-II

Unit-I Digestive System: (13 Hours)

1. General arrangement and structure of digestive tract.
2. Mechanism of digestion.
3. Various glands of digestive system, their structure and functions.

Unit-II Respiratory System: (15 Hours)

1. Organs of respiratory system and their structure.
2. Mechanism of respiration.
3. Internal and external respiration.
4. Vital capacity, tidal volume, dead space, oxygen debt and second wind.

Unit-III Excretory System and Endocrine System: (17 Hours)

1. Structure and function of kidney, urinary tract and skin.
2. Microscopic structure of Nephron-mechanism of Urinary excretion.
3. Description of endocrine gland.
4. Various types of endocrine glands and their location.
5. Structure and function of pituitary gland, thyroid gland, adrenal gland, pancreases gland, parathyroid gland and sex gland.

Unit-IV Nervous System: (15 Hours)

1. Parts of the Brain, their structure and function.
2. Spinal cord its structure and function.
3. Structure of neuron and its types.
4. Reflex action and reflex arch.

Reference Books:

1. Pearce E., "Anatomy and Physiology for Nurses." Delhi Oxford University Press 1989.
2. Parrot, J.W. , "Anatomy for the students and teachers of Physical Education." London Edward Arnold Ltd. 1973.
3. Miller, A. and Leavel L.C., "Kimber-Grey-Stack pole's, Anatomy and Physiology." Amerind Publishing Co. Pvt. Ltd. New Delhi, Bombay, Calcutta, new York 1973.
4. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers Ludhiana Second revised addition 2008.
5. Grays Anatomy.
6. Characids, B.D., " Handbook of General Anatomy." CAS Publication, New Delhi.
7. Fox, E.L, "Physiological Basis of Physical Education and Athletic" Brown Publication, 1989.

SEMESTER-II

COURSE CODE: BPE0202

(MAJOR COURSE-IV)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

INTRODUCTION TO PHYSICAL EDUCATION

Unit-I Introduction: (15 Hours)

1. Definition, aim and objectives of Physical Education.
2. Principles of Physical Education.
3. Relationship of Physical Education with general education.
4. Misconception, regarding Physical Education.
5. Personality development of an individual.

Unit-II Philosophical aspect of Physical Education (17 Hours)

1. Meaning of Philosophy.
2. Different philosophies applied to Physical Education:
 - a. Idealism.
 - b. Pragmatism.
 - c. Realism.
 - d. Naturalism.
 - e. Existentialism.
3. Need and importance of different philosophies in modern Physical Education programme.

Unit-III Biological Concept of Physical Education: (14 Hours)

1. Biological principles of Physical Education.
 - a. Growth and development.
 - b. Heredity and environment.
 - c. Somatotypes.
 - d. Sex differences.
 - e. Use, disuse and over use.

- f. Chronological, physiological and anatomical ages

Unit-IV Emerging Trends in Physical Education (14 Hours)

1. Career opportunities in Physical Education and Sports:
 - a. As a Physical Education teacher.
 - b. Coach / trainee.
 - c. Gym instructor.
 - d. Physiotherapist.
 - e. Psychologist.
 - f. Dietitian.
 - g. Sports administrator/manager
 - h. Rehabilitator
2. Adventure Sports
3. Water Sports
4. Worldwide therapeutic acceptance of Yoga
5. Fast growing professional in sports

Reference Books:

1. Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications.
2. Barrow Harold M., "Man and movements principles of Physical Education", 1978.
3. Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978)
4. Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical Education", 2nd Revised edition, Print India, New Delhi 1990.
5. Singh Ajmer et.al., "Essentials of Physical Education", Kalyani Publishers Ludhiana Second revised Addition 2008.
6. Deleh V.A., "World History of Physical Education", prentice Hall Inc.

SEMESTER-II

COURSE CODE: BPE0203

(ELECTIVE COURSE-II)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

HEALTH EDUCATION AND NUTRITION

Unit-I Introduction: (12 Hours)

1. Concept of health, meaning, definition and scope of health education.
2. Objective of health education.
3. Principles of health education.
4. Need and significance of health education.

Unit-II Personal health and Hygiene: (17 Hours)

1. Meaning of personal hygiene.
2. Personal care of:
 - a. Skin.
 - b. Hair.
 - c. Ear.
 - d. Eyes.
 - e. Nose.
 - f. Teeth.
 - g. Feet.
 - h. Cloths.
3. Eliminating of body wastes.
4. Rest, sleep and relaxation.
5. Effect of alcohol and smoking on health.

Unit-III School Health Programme and Nutrition : (16 Hours)

1. *Healthful school living:*
 - a. Place and location of school.
 - b. Buildings.

- c. Infrastructure and facilities.
- d. Safety measures.

2. Health supervision/services:

- a. Physical medical examination and their follow up.
- b. Health inspection of students.
- c. Centers of communicable disease.

3. Health instructions related to:

- a. Personal care.
- b. Communicable disease.
- c. Nutrition.
- d. Healthful living.

4. Nutrition:

- a. Balanced diet and its elements:
 - i. Carbohydrates, proteins, fats, vitamins, minerals, salts and water.
- b. Daily energy/calorie requirements of healthy person.

Unit-IV Communicable Disease: (15 Hours)

1. Meaning and definition of communicable disease.
2. Mode of transmission, prevention and cure and sanitation of communicable disease.
3. Common Communicable Diseases:
 - a. Influenza.
 - b. Malaria.
 - c. Small pox.
 - d. Tuberculosis.
 - e. Typhoid.
 - f. Cholera.
 - g. Measles.

Reference Books

1. Klander H.F., "School Health Education", The Mac Million Co. 1962.
2. Pande P.K. and Gango Padhyay S.R., "Health Education for School Children."
3. S. Dheer and Others, "Introduction to Health Education, AP Publishers 9, Books Market Chowk Adda, Tande, Jalandhar 1989.

4. Nebmir. A. "The school Health Education, New York: Harper and Brothers.
5. Park, JE and park, K., "Text Books of Preventive and Social medicine" Tenth Edition, Banarsi Dass Bhanot, Habalpur 1985.

SEMESTER-II

COURSE CODE: BPE0204

(ELECTIVE COURSE-II)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

EXERCISE PHYSIOLOGY

Unit-I (14 Hours)

1. Meaning and definition of exercise physiology
2. Need and importance of exercise physiology in the field of Physical Education.
3. Energy sources
 - a. Definition of energy
 - b. Adenocine triphosphete (ATP)
 - c. Creative phosphate
 - d. Metabolism

Unit-II (17 Hours)

1. Structure of skeletal muscle
2. Sliding filament theory of skeletal muscle
3. Effect of exercises of muscular system
4. Fatigue
5. Symptoms of fatigue
6. Factors responsible for fatigue

Unit-III (14 Hours)

1. Effect of exercise on circulatory system
2. Effect of exercise on respiratory system
3. Effect of exercise on digestive system
4. Cardiac output, heart rate, vital capacity, second wind, oxygen debt, dead space & tidal volume.

Unit-IV (15 Hours)

1. *Balance between heat loss and heat production*

- a. Radiation
- b. Convection
- c. Evaporation
- d. Conduction

2. *Measurement of body temperature*

- a. Effects of high altitude on sports performance, heat cramps
- b. Dehydration, heat stroke and shivering
- c. Acclimatization with hot and cold temperature

Reference Books:

- 1. Brooks, G. Fahey, T. and Baldwin, K. (2004). Exercise physiology, MC Graw Hill. USA
- 2. MC Ardle, WD, Katch, FI and Katch VL (2000), Essentials of Exercise physiology 2nd edition Lippincott Williams and Wilkons, USA.
- 3. Powers, S. and Howley, E. (2006), “Exercise Physiology” MC Graw Hill. USA.
- 4. Wilmore Hack Hand Costil David L. (2004), “Physiology of sports and exercise Human Kinetics.
- 5. Rowland Thomas W. Children’s (2005), “Exercise Physiology” 2nd edition Human Kinetics.

**SEMESTER-II
PRACTICALS
GENERAL LESSON**

COURSE CODE: BPE-P-0205

(ELECTIVE GROUND COURSE-III)

Credit: 2 (L+T+P)

Marks= 50

Lessons on any one of the following General Lesson activities:- (120 Hours)

1. Marching
2. Calisthenics
3. Dumb- Bell
4. Band & Flute

**SEMESTER-II
PRACTICALS
ATHLETICS LESSON**

COURSE CODE: BPE-P-0206

(ELECTIVE GROUND COURSE-IV)

Credit: 4 (L+T+P)

Marks= 100

Lessons on any one of the following athletic events:- (120 Hours)

1. Sprints
2. Long Jump
3. Shot put
4. Relay

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in athletics and general lesson activities (5 lessons each in athletics and general lesson). In addition each trainee shall complete 1 assignment each in athletics and general lesson.

2. For the purpose of examination in practicals, one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the university.
3. Each group of practical examination will be of three hours duration irrespective of its weightage.

The contents of teaching for each activity are as follows:-

1. History of athletics.
2. Measurements of track & field events.
3. Equipments & specification of equipments.
4. Fundamental skills and lead up activities.
5. Rules and regulations of athletic events.
6. Tournaments at national and international level.
7. Records (World, Olympics, Asian and National games)
8. Awards in athletics.
9. Related books and magazines.
10. Officiating: -
 - a. Duties of official
 - b. Knowledge of score sheet
 - c. Officiating signals
 - d. Technical equipment for officiating.

PRACTICALS
ANATOMY & PHYSIOLOGY

COURSE CODE: BPE-P-0207

(MINOR ELECTIVE LAB COURSE-II)

Credit: 1 (L+T+P)

Marks= 25

1. Study of the digestive system, respiratory system, excretory system and nervous system with the help of models and charts. (17 Hours)
2. Demonstration of reflex action.
3. Measurement of vital capacity using spirometer.
4. Histological examination of the slides of the following:-
 - a. Skin
 - b. Nephron
 - c. Neuron
 - d. Alveoli
5. Internal and external respiration.

SEMESTER-III

COURSE CODE: BPE0301

(MAJOR COURSE-V)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

FUNDAMENTALS OF BIOMECHANICS IN SPORTS

Unit-I (15 Hours)

1. Meaning, definition and importance of biomechanics in the field of sports.
2. Fundamental mechanical concept of:
 - a. Mass
 - b. Weight
 - c. Volume
 - d. Density
 - e. Pressure
3. Introduction to kinematics and its related terms:
 - a. Time
 - b. Displacement
 - c. speed
4. Role of kinematics in the field of sports.

Unit-II (17 Hours)

1. Fundamental biomechanical terms:
 - a. Friction
 - b. Inertia
 - c. Force
 - d. Centripetal force
 - e. Centrifugal force
 - f. Center of gravity
2. Equilibrium, types of equilibrium and principles of equilibrium.
3. Kinetics and its role in the field of sports.

Unit-III (17 Hours)

1. Motion and types of motion.
2. Newton's laws of motion and their implications in the field of physical education and sports.
3. Lever and types of lever.
4. Advantages of lever.

Unit-IV (17 Hours)

1. A brief description of mechanical principles:
 - a. Projectile
 - b. Aerodynamics
2. Mechanical analysis of following:
 - a. Walking
 - b. Running
 - c. Jumping
 - d. Throwing
3. Application of Biomechanics in the field of sports.

Reference Books:

1. Barrlea, R. (20047), "Introduction to Sports Biomechanics." Ran sedge Publishers, USA.
2. Blazeovich, A. (2007), "Sports Biomechanics." A and C Black Publishers USA.
3. Beer and Zarmicks (1979), "Efficiency of Human Movement." WIB Sounders CO. USA.
4. Hamill. J and Knutzen, K.M. (2003), "Biomechanical Basis of Human Movement." Lippincott Williams and Wilkins USA.
5. McGimsis, P. (2004), "Biomechanics of Sports and Exercise." Human Kinetics, USA.
6. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers Ludhiana second revised addition 2008.

SEMESTER-III

COURSE CODE: BPE0302

(MAJOR COURSE-VI)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

METHODS IN PHYSICAL EDUCATION

Unit-I (17 Hours)

1. Meaning, scope and importance of teaching methods in physical education.
2. Basic types of teaching methods.
3. Factors affecting teaching methods.
4. Command and types of command:
 - a. For beginners
 - b. For advance groups
 - c. For large groups
 - d. For complicated exercises
5. Techniques of commanding:
 - a. Counting
 - b. Continuous counting
 - c. Counting the beat
 - d. Rhythmic counting
 - e. Counting aloud
 - f. Use of whistle
 - g. Procession instruments and music

Unit-II (13 Hours)

1. *Preliminary preparation:*
 - a. Personal preparation
 - b. Technical preparation
 - c. Steps of preparation
2. *Presentation Techniques:*
 - a. Orientation
 - b. Verbal explanation
 - c. Demonstration
 - d. Explanation

- e. Discussion
- f. Supervision
- g. Evaluation

3. *Teaching aids and types of teaching aids*

- a. Motion pictures
- b. Charts & diagrams
- c. Models and exhibitions
- d. Musical instruments and recording

Unit-III (17 Hours)

1. Lesson planning and objectives of lesson planning.
2. Parts of lesson planning and their order:
 - a. Introductory part
 - b. Fundamental or main body part
 - c. Concluding part
3. Types of lesson planning:
 - a. General lesson plan
 - b. Specific lesson plan
4. Principles of lesson planning.
5. Lesson plan evaluation and re-planning.

Unit-IV (17 Hours)

1. Class formation, its values and types of class formation:
 - a. Single line
 - b. Double line
 - c. File formation
 - d. Semi-circle
 - e. Circle formation
 - f. Spoke
 - g. Horse shoe
 - h. L- shape
 - i. Triangular
 - j. Rectangular
 - k. Double sided

- l. Three sided
- m. Free formation
2. Supervision and inspection of teaching methods.
3. Methods of supervision and qualities of a supervisor.
4. Evaluation of teaching methods.
5. Need and importance of evaluation.

Reference Books:

1. Kamalesh M.L. and Sangral M.S., "Methods in Physical Education" Parkash Brothers, 5,6 Books Market Ludhinana 1986.
2. Tirunarayan and Hariharan, "Methods in Physical Education." M/S C.T. and S.H. Allagappa College of Physical Education Karaikudi-4.
3. Kazmer, H.C. and Cassidy, R., "Methods in Physical Education" W.B. Saunders and Co. Philadelphia, London 1958.
4. Charrles, E. Forrythe and Irrn A. Keller, "Administration of High School Athletics." Prentice Hall Inc. Englewood, N.J. 1979.

SEMESTER-III

COURSE CODE: BPE0303

(ELECTIVE COURSE-III)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

YOGA

Unit-I (16 Hours)

1. Meaning, definition and origin of Yoga.
2. Aims, objectives and scope of yoga.
3. Historical development of yoga in India.
4. Importance of yoga in the modern era.
5. Types of Yoga:
 - a. Karam Yoga
 - b. Gyana Yoga
 - c. Hatha Yoga
 - d. Raj Yoga
 - e. Mantra Yoga
 - f. Laya Yoga
 - g. Bhakti yoga

Unit-II (14 Hours)

1. Concept and philosophy of Asthanga Yoga.
2. Constituents of Asthanga Yoga:
 - a. Yama
 - b. Niyama
 - c. Asana
 - d. Pranayama
 - e. Pratyahar
 - f. Dharma
 - g. Dhyana
 - h. Smadhi
3. Role and mode of practice of each step in the attainment of goal.

Unit-III (17 Hours)

1. Asanas and their importance.
2. Classification of asanas:

- a. Meditative
 - b. Relaxative
 - c. Cultural
3. General techniques and benefits of the following:
Padmasana, Vajrasana, Halasana, Bhujangasana, Sarvangasana, Chakrasana,
Dhanurasana, Salabhasana, Paschimotanasana, Mayurasana, Shirshasana.
4. Technique and benefits of Surya namaskar.
5. Difference between yoga and general exercises.

Unit-IV (16 Hours)

1. Concept of Shat Karma (Shudhi Kriyas) and brief description of the following:
 - a. Neti
 - b. Dhoti
 - c. Nauli
 - d. Tratak
 - e. Kapalbhathi
2. Meaning and definition of Pranayama, general techniques and physiological benefits of the following :
 - a. Ujjai
 - b. Sitkari
 - c. Shitali
 - d. Bhastrika
 - e. Bhramari
 - f. Kapalbhathi

Reference Books:

1. "Facts about Yoga", By Shri Jogindera, The Yoga Institute, Santa Cruz, Bombay-55 (1975)
2. "The Complete Book of Yoga", By Shre Anand Publishers Orient.
3. "Yoga in Modern Life", By Shri Jogindera, The Yoga Institute Santa Cruz, Bombay-55 (1966).
4. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers, Ludhiana, second revised addition 2008.

SEMESTER-III

COURSE CODE: BPE0304

(ELECTIVE COURSE-III)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

ADAPTED PHYSICAL EDUCATION

Unit-I (15 Hours)

1. Introduction :
 - a. Meaning and aim of adapted physical education.
 - b. Objectives of the adapted physical education.
 - c. Basis for adapted physical education.
 - d. Functions of adapted physical education.
2. The adapted programme in action :
 - a. Scope of adapted programme.
 - b. Adapted programme for elementary schools, high/secondary schools, colleges and university.

Unit-II (16 Hours)

1. Personal preparation :
 - a. Guiding principles of adapted physical education.
 - b. The policies for adapted physical education.
 - c. Preparation of personal.
 - d. In-service training programme.

Unit-III (14 Hours)

1. Evaluation and measurement :
 - a. Selection of evaluation procedures.
 - b. Classification of handicapped and disabled individuals.
 - c. Determination of specific disabilities.
 - d. Need based programme emphasis for individual handicapped.

Unit-IV (17 Hours)

1. Social and psychological adjustment :
 - a. Courses of maladjustment.

- b. Role of physical education in preventing maladjustment and in the promotion of adjustment.
- c. Recreation for the handicapped.
- d. Postural defects-flat foot, spinal defects and shoulder deformities and their rehabilitation.
- e. Special physical education programme for blind, deaf, dumb and mentally challenged children.
- f. Rehabilitation programme for bone and joints injuries, ankle, knee, shoulder, elbow and hand injuries.
- g. Neurological disabilities- Spastic poliomyelitis (Cerebral Palsy).

References Books:

1. H.H. Clark and D.H. Clark, "Development and Adapted Physical Education", Englewood, Prentice Hall, 1964.
2. A.S. Daniels, "Adapted Physical Education", New York, Harpers and Brothers, 1972.
3. G.T. Stafford, "Prevention and Corrective Physical Education", New York, A.S. Barnes and Co. 1970.
4. V.V. Hunt, "Recreation for the Handicapped", Prentice Hall inc. 174.
5. B.J. Gratty, "Adapted Physical Education in the Main Stream" Move Publisher Co. Denver Colorado-802222, 1989.

SEMESTER-III
PRACTICALS
GAMES LESSON

COURSE CODE: BPE-P-0305

(ELECTIVE GROUND COURSE-V)

Credit: 4 (L+T+P)

Marks= 100

Lesson on any one of the following games:-

(120 Hours)

1. Kho-Kho
2. BasketBall
3. Judo
4. Boxing
5. Table tennis

SEMESTER-III
PRACTICALS
GYMNASTICS LESSON

COURSE CODE: BPE-P-0306

(ELECTIVE GROUND COURSE-VI)

Credit: 2 (L+T+P)

Marks= 50

Lessons on any one of the following gymnastics activities:-

(60 Hours)

1. Uneven bar (for women)
2. Rhythmic gymnastics (for women)
3. Horizontal bar (for men)
4. Pommel horse (for men)
5. Roman rings (for men)

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games and gymnastic activities (5 lessons each in games and gymnastics). In addition each trainee shall complete 1 assignment each in games and gymnastics.
2. For the purpose of examination in practicals one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the university.

3. Each group of practical examination will be of three hours duration irrespective of its weightage.

The contents of teaching for each activity are as follows:-

1. History of game/gymnastics.
2. Measurement of the field.
3. Equipment and specifications of equipments.
4. Fundamental skills and lead-up games.
5. Techniques, strategies and system of play.
6. Rules and regulations of the game/activity.
7. Tournaments at national and international level.
8. Records (World, Olympic, Asian and National games).
9. Awards in the game.
10. Related books and magazines.
11. Officiating :-
 - a. Duties of the official.
 - b. Knowledge of score sheets.
 - c. Officiating signals.
 - d. Technical equipment for officiating.

SEMESTER-III
PRACTICALS
YOGA PRACTICAL

COURSE CODE: BPE-P-0307

(MINOR ELECTIVE LAB COURSE-III)

Credit: 1 (L+T+P)

Marks= 25

1. Practice of following asana:- (30 Hours)
 - a. Padamasana
 - b. Sidhasana
 - c. Vajrasan
 - d. Shavasan
 - e. Makarasan
 - f. Bhujangasan
 - g. Sarvangasan
 - h. Halasan
 - i. Paschimotanasan
 - j. Mayurasan
 - k. Chakkarsana
 - l. Sirshasana.
2. Practice of Surya Namaskar.
3. Practice of Bandhas :
 - a. Jalandhar Bandh
 - b. Uddiyan Bandh
 - c. Mool Bandh
4. Practice of Pranayam :
 - a. Kapalbhati
 - b. Sitali Pranayam
 - c. Shitkari Pranayam
 - d. Bhastrika Pranayam
 - e. Bhramari Pranayam.

SEMESTER-IV

COURSE CODE: BPE0401

(MAJOR COURSE-VII)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

REMEDIAL AND MASSAGE

Unit-I (15 Hours)

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 (16 Hours)

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 (17 Hours)

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.
 - d. Classification of the manipulation and movements in the massage :
 - i. Effleurage and stroking
 - ii. Petrissage
 - iii. Percussion/Tapotement
 - iv. Vibration and shaking
 - e. Effects of manipulation and movements on the different systems of human body.

Unit-IV (13 Hours)

1. *Classification of positions :*
 - a. Fundamental positions
 - b. Derived positions
 - c. Modified positions
2. *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.

SEMESTER-IV

COURSE CODE: BPE0402

(MAJOR COURSE-VIII)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION

Unit-I (15 Hours)

1. Meaning and definition of planning, organization, administration and management and their nature and scope.
2. Importance of management in educational institution.
3. Principles of management.
4. Theories of management.
5. Scheme of organization in school, college and university.

Unit-II (16 Hours)

1. *Facilities and equipment :*
 - a. Layout of physical education facilities and sports facilities.
 - b. Need and importance of equipment for physical education.
 - c. Procedure for the purchase of equipment.
 - d. Development of improvised equipment.
 - e. Care, maintenance and disposal of unserviceable equipment.
2. *Office management and budget :*
 - a. Maintenance of records.
 - b. Office correspondence and reports.
 - c. Physical education budget and its preparation.
 - d. Income and expenditure.
 - e. Petty cash.

Unit-III (14 Hours)

1. *Intramurals and extramural :*
 - a. Intramurals :
 - i. Its importance and planning.
 - ii. Events of competitions, time and facility factor.

- b. Extramurals :
 - i. Planning and conduct.
 - ii. Outcomes of participations (Educational).
 - iii. Limitations in participations.
 - iv. Selection and training of teams.
 - v. Participation, finance and other aspects.

Unit-IV (18 Hours)

1. Curriculum designing:

- a) Curriculum designing its need and importance.
- b) Factors affecting time table.
- c) Place of physical education periods in curriculum and teacher-pupil ratio.

2. Tournament organization:

- a) Conduct of tournaments and athletic meet.
- b) Types of tournaments.
 - i. Elimination (knockout).
 - ii. League.
 - iii. Combination.

Reference Books:

1. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers Ludhiana Second revised addition 2008.
2. Kamlesh M. L. and Sangral M.S., "Methods in Physical Education", Parkash Brothers, 5,6 Book Market Ludhiana 1986.
3. Kamlesh M. L. "Principles and history of physical Education" , Parkash Brother Paliala, 1991.
4. Charles, E. Foxythe and Irrn A. Keuer, "Administration of High School Athletics" , Prentice Hall Inc. Englewood, N.J. 1979.

SEMESTER-IV

COURSE CODE: BPE0403

(ELECTIVE COURSE-IV)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

FUNDAMENTALS OF SPORTS TRAINING

Unit-I (15 Hours)

1. Meaning, definition, aim and objectives of sports training.
2. Characteristics of sports training.
3. Principles of sports training.
4. Concept of warming up and cooling down, its use and importance.

Unit-II (17 Hours)

1. Meaning and definition of physical fitness and its components :
 - a. Speed.
 - b. Strength.
 - c. Endurance.
 - d. Flexibility.
 - e. Co-ordinative ability/agility.
2. Speed training :
 - a. Meaning of speed training, types of speed and methods of speed training.
 - b. Factors influencing speed.
3. Strength training :
 - a. Meaning of strength training, types of strength and methods of strength training.
 - b. Factors influencing strength.

Unit-III (17 Hours)

1. Endurance training :
 - a. Meaning of endurance training, types of endurance and methods of endurance training.
 - b. Factors influencing endurance.
2. Concept of training load, adaptation and recovery :
 - a. Definition of load and training load.

- b. Types of load.
- c. Symptoms, causes and measures to overcome overload.
- d. Meaning, definition and benefits of adaptation.
- e. Meaning, definition and benefits of recovery.

Unit-IV (16 Hours)

- 1. Meaning and definition of technique, skill and style.
- 2. Implications of technical training in various phases.
- 3. Stages of technical training.
- 4. Meaning and definition of tactical training.
- 5. Methodology of tactical training, strategy and tactics.
- 6. Relationship between technical training and tactical training.

Reference Books:

- 1. "Fundamentals of sports training, progress publishers", Moscow, 1977.
- 2. Dyson, "The mechanics of Warwick square, Athletics."
- 3. Buwn J. "Scientific Principles of coaching." Prentice Hall.
- 4. Broer, M. "Efficiency of Human movement." Philadelphia W.B. Saunders Co. 1978.
- 5. "Science of Coaching" By Hardy Singh.
- 6. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers, Ludhiana
Second revised addition 2008.

SEMESTER-IV

COURSE CODE: BPE0404

(ELECTIVE COURSE-IV)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

OFFICIATING AND COACHING

Unit-I (14 Hours)

1. Coaching :
 - a. Meaning and definition of coaching.
 - b. Principles of coaching.
 - c. Qualification and Qualities of a good coach.
 - d. Duties and responsibilities of a good coach.
 - e. Measures for improving the standard of coaching in India.

Unit-II (17 Hours)

1. Training Schedule :
 - a. Concept of Training Schedule.
 - b. Types of Training Schedule (Plan) :
 - i. Short term.
 - ii. Long term.
 - c. Periodization : Meaning of single and double periodization.
 - d. Principles of training schedule.
 - e. Preparation of training schedule.

Unit-III (13 Hours)

1. Officiating :
 - a. Meaning and definition of officiating.
 - b. Principles of officiating.
 - c. Qualification and qualities of a good official.
 - d. Duties and responsibilities of an official.
 - e. Measures for improving the standard of officiating in India.

Unit-IV (18 Hours)

1. Rules, regulations and plan of the following athletic events :
 - a) Sprints
 - b) Long jump
 - c) Shot put
 - d) Relay races
 - e) Middle and long distance races
 - f) Hope step and jump
 - g) Discus throw
 - h) Hurdles.
2. Score sheets and award of points for the above mentioned athletic events

Reference Books:

1. AAFB, "Officiating in Athletics", 2012.
2. Bunn, J.N. "Art of officiating in Sports", Prentice Hall Englewood N.J. 1968.
3. "Pearson G.F. Athletics", Thomson Nelson and sons Ltd. London.
4. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers, Ludhiana
Second revised addition 2008.

SEMESTER-IV

COURSE CODE: BPE0405

(ELECTIVE COURSE-V)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN HOCKEY

Unit-I (15 Hours)

1. Origin and brief history of Hockey.
2. Development of Hockey in India and worldwide.
3. Establishment of national and international federations/associations of Hockey.
4. Major tournaments of Hockey.
5. Awards associated with Hockey.

Unit-II (16 Hours)

1. Measurements and marking of Hockey playfield.
2. Specifications of equipments related to Hockey.
3. Preparation and maintenance of Hockey playfield.
4. Officials, no. of officials and duties of officials in the game of Hockey.
5. Technical equipments for officiating.

Unit-III (14 Hours)

1. Fundamental skills of Hockey :
 - a) Hitting
 - b) Stopping
 - c) Passing
 - d) Receiving
2. Lead-up games.
3. AAHPERD Youth Fitness Test.

Unit-IV (15 Hours)

1. Major rules and regulations of Hockey.
2. Important Signals in Hockey.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with Hockey.

Reference Books:

1. “Training Manual of Hockey”, NSNIS, Patiala.
2. Walter, R. and Johnson M. (2009), “Hockey Plays and Strategies”, Human Kinetics, USA.
3. Narang, P. (2003), “Play and Learn Hockey”, Khel Sahitya Kendra, New Delhi.
4. Weekes, D. (2003), “The Biggest Book of Hockey Trivia”, Greystone Books, USA.
5. “Official Rule Book of Hockey”, International Hockey Federation.

SEMESTER-IV

COURSE CODE: BPE0406

(ELECTIVE COURSE-V)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN KABADDI

Unit-I (15 Hours)

1. Origin and brief history of Kabaddi.
2. Development of Kabaddi in India and worldwide.
3. Establishment of national and international federations/associations of Kabaddi.
4. Major tournaments of Kabaddi.
5. Awards associated with Kabaddi.

Unit-II (16 Hours)

1. Measurements and marking of Kabaddi court.
2. Preparation and maintenance of Kabaddi court.
3. Officials, no. of officials and duties of officials in the game of Kabaddi.
4. Technical equipments for officiating.

Unit-III (16 Hours)

1. Fundamental skills of Kabaddi:
 - a) Holding
 - b) Dodging
 - c) Kicking
 - d) Chain formation
 - e) Raiding
2. Lead-up games.
3. AAHPERD Youth Fitness Test.

Unit-IV (15 Hours)

1. Major rules and regulations of Kabaddi.
2. Important Signals in Kabaddi.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with Kabaddi.

Reference Books:

1. “Training Manual of Kabaddi”, NSNIS, Patiala.
2. Mishra S.C. (2007), “Teach Yourself Kabaddi”, Sports Publishers, New Delhi.
3. Rao, C.V. (1983), “Kabaddi : Native Indian Sports”, NSNIS, Patiala Publishers, Patiala.
4. Rao, E.P. (1994), “Modern Coaching in Kabaddi”, DVS Publishers, New Delhi.
5. “Official Rule Book of Kabaddi”, International Kabaddi Federation.

COURSE CODE: BPE0407

(ELECTIVE COURSE-V)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN JUDO

Unit-I (15 Hours)

1. Origin and brief history of Judo.
2. Development of Judo in India and worldwide.
3. Contribution of 'Jigaro Kano' in the promotion of Judo.
4. Establishment of national and international federations/associations of Judo.
5. Major tournaments of Judo.
6. Awards associated with Judo.

Unit-II (16 Hours)

1. Measurements of Competition Area for Judo.
2. Preparation and maintenance of Competition area of Judo.
3. Officials/Judges, no. of officials and duties of officials in the game of Judo.
4. Technical equipments for officiating.

Unit-III (17 Hours)

1. Fundamental skills of Judo:
 - a) Rolling.
 - b) Rei.
 - c) Kumikata.
 - d) Ushiro Ukemi.
 - e) Yoko Ukemi.
 - f) Mai Ukemi.
2. Lead-up game.
3. AAHPERD Youth Fitness Test.

Unit-IV (17 Hours)

1. Major rules and regulations of Judo.
2. Important Signals in Judo.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with Judo.

Reference Books:

1. "Training Manual of Judo", NSNIS, Patiala.
2. Law, M. (2009), "Falling Hard : A Journey in to the world of Judo", Trumperer Publishers, Japan.
3. Takahashi, M. (2005), "Mastering Judo", Human Kinetics, USA.
4. Harison, E.J. (2002), "Coaching Successfully Judo", Sports Publishers, New Delhi.
5. "Official Rule Book of Judo", International Judo Federation.

SEMESTER-IV

COURSE CODE: BPE0408

(ELECTIVE COURSE-V)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN BADMINTON

Unit-I (15 Hours)

1. Origin and brief history of Badminton.
2. Development of Badminton in India and worldwide.
3. Establishment of national and international federations/associations of Badminton.
4. Major tournaments of Badminton.
5. Awards associated with Badminton.

Unit-II (17 Hours)

1. Measurements and marking of Badminton court.
2. Specifications of equipments related to Badminton.
3. Preparation and maintenance of Badminton court.
4. Officials, no. of officials and duties of officials in the game of Badminton.
5. Technical equipments for officiating.

Unit-III (16 Hours)

1. Fundamental skills of Badminton:
 - a) Holding (Grip) of the racket
 - b) Service
 - c) Smash
 - d) Drop
2. Lead-up games.
3. AAHPERD Youth Fitness Test.

Unit-IV (17 Hours)

1. Major rules and regulations of Badminton.
2. Important Signals in Badminton.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with Badminton.

Reference Books:

1. "Training Manual of Badminton", NSNIS, Patiala.
2. Grice, T. (2007), "Badminton : Steps to Success", 2nd Ed., Human Kinetics, USA.
3. Singh, M.K.(2006), "A to Z Badminton", Friends Publication, New Delhi.
4. Jain, D. (2001), "Teaching and Coaching Badminton", Khel Sahitya Kendra, New Delhi.
5. "Official Rule Book of Badminton", International Badminton Federation.

**SEMESTER-IV
PRACTICALS
GENERAL LESSON**

COURSE CODE: BPE-P-0409 (ELECTIVE GROUND COURSE-VII)

Credit: 2 (L+T+P)

Marks= 50

Lesson on any one of the following general lesson activities:- (60 Hours)

1. Class formation
2. Lazium
3. Indian club & rings
4. Aerobics.

**SEMESTER-IV
PRACTICALS
ATHLETICS LESSON**

COURSE CODE: BPE-P-0410 (ELECTIVE GROUND COURSE-VIII)

Credit: 4 (L+T+P)

Marks= 100

Lesson on any one of the following Athletics Events: (120 Hours)

1. Discus Throw
2. Hope Step and Jump
3. Hurdles
4. Middle and long distance races

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in athletics and general lesson activities (5 lessons each in athletics and general lesson). In addition each trainee shall complete 1 assignment each in athletics and general lesson.
2. For the purpose of examination in practical one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the university.

3. Each group of practical examination will be of three hours duration irrespective of its weight age.

The contents of teaching for each activity are as follows:-

1. History of athletics.
2. Measurements of track & field events.
3. Equipments & specification of equipments.
4. Fundamental skills and lead up activities.
5. Rules and regulations of athletic events.
6. Tournaments at national and international level.
7. Records (World, Olympics, Asian Games and national games)
8. Awards in athletics.
9. Related books and magazines.
10. Officiating: -
 - a. Duties of official
 - b. Knowledge of score sheet
 - c. Officiating signals
 - d. Technical equipment for officiating.

SEMESTER- IV

REMEDIAL AND MASSAGE PRACTICAL

COURSE CODE: BPE-P-0411

(MINOR ELECTIVE LAB COURSE-IV)

Credit: 1 (L+T+P)

Marks= 25

(17 Hours)

1. Classification of Posture.
2. Recognition of the postural deformities.
3. Rehabilitation exercise for postural deformities.
4. Massage movements on the different parts of the body.
5. Classification of body positions.

SEMESTER-V

COURSE CODE: BPE0501

(MAJOR COURSE-IX)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

KINESIOLOGY

Unit-I (13 Hours)

1. Meaning and definition of Kinesiology
2. Origin and development of kinesiology
3. Aim and objectives of kinesiology
4. Need and scope of kinesiology
5. Importance of kinesiology in Physical Education

Unit-II (17 Hours)

1. Planes and axis
2. Joint and types of joints
3. Various fundamental movements
4. Movements around various joints :
 - a. Neck
 - b. Shoulder
 - c. Elbow
 - d. Wrist
 - e. Hip
 - f. Ankle

Unit-III (15 Hours)

1. *Muscle contraction and its types:*
 - a. Isotonic
 - b. Isometric
 - c. Isokinetic
2. *Corrective/therapeutic exercises:*
 - a. Passive exercises
 - b. Active assistive exercises
 - c. Active exercise

- d. Resistive exercise
- e. Stretching exercises

3. *Application of kinesiology in the field of physical education and sports*

Unit-IV (17 Hours)

1. Structural classification of skeletal muscles
2. Functional classification of skeletal muscles
 - a. Agonist
 - b. Antagonist
 - c. Stabilizer
 - d. Neutralizer
3. Location, origin, insertion and action of the following muscles :
 - a. Deltoid
 - b. Biceps
 - c. Gastrocnemius
 - d. Latissimus dorsi
 - e. Trapezius major
 - f. Sternocleidomastoid

Reference Books:

1. Rasch, P.I. and Burke R.K., "Kinesiology and Applied Anatomy", Lee and Febiger.
2. Wells K., "Kinesiology", Philadelphia W.B. Saunders Co. 1986.
3. Cooper and Cleseo, "Kinesiology", St. Louis C.V. Mosby Co.1968.
4. Smith Lara K. and Others, "Srunnstrem's Clinical kinesiology", Jaypee Brothers P.B. No- 7193 New Delhi 1982.
5. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers Ludhiana Second revised addition 2008.

SEMESTER-V

COURSE CODE: BPE0502

(MAJOR COURSE-X)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPORTS SOCIOLOGY

Unit-I (13 Hours)

1. Meaning, nature and scope of sociology
2. Definition of sports sociology and sports sociology as a discipline
3. Sports as a medium of socio-cultural change
4. Effect of appearance sociability and specialization on sports participation.

Unit-II (15 Hours)

1. Sports as social phenomenon and social institution
2. Historical development of sports in different type of societies
3. Types of Indian societies and development of sports.
4. Sports as an element of society
5. Sports as an element of cultural development
6. Sports as an art
7. Sports as a science

Unit-III (17 Hours)

1. Meaning and concept of social stratification in sports
2. Sports and women
3. Sports and children
4. Sports and older persons
5. Sports and adults
6. Socialization and types of socialization
7. Agencies of Socialization
8. Role of family, school, college and peer group in sports socialization

Unit-IV (14 Hours)

1. Politics and sports, role of political institutions in sports and need of political skills to govern sports.
2. Role of media in shaping of sports
3. Economy and sports, role of the economy of the country in the development of sports and games.
4. Hooliganism in sports, violence in sports and its causes.
5. Role of sports in the promotion of National Integration.

Reference Books:

1. Sharma S.R., "Sociological Foundation in Physical Education and Sports", Friends Publication New Delhi.
2. Singh Kawaljeet, "Sociology of sports", Friends publication, New Delhi
3. Singh Bhupinder, "Sports Sociology : An Indian Perspective", Friends Publication, New Delhi.
4. Yobu. A, "Sociology of Sports", Friends Publication, New Delhi.
5. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers Ludhiana, Second revised addition, 2008.

SEMESTER-V

COURSE CODE: BPE0503

(MAJOR COURSE-XI)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

COMMON SPORTS INJURIES, PREVENTION AND CURE

Unit-I (17 Hours)

1. Sports injuries and its types:
 - a. Acute injuries
 - b. Overuse injuries
2. Common sport injuries:
 - a. Sprain
 - b. Strain
 - c. Fracture
 - d. Dislocations
 - e. Abrasion
 - f. Contusion
 - g. Bruise
 - h. Blisters
 - i. Corn
 - j. Athletes foot
 - k. Tennis elbow
 - l. Footballers Knee
 - m. Footballers Ankle
3. Preventive measures for common sports injuries
4. Treatment for common sports injuries

Unit-II (17 Hours)

1. Meaning, aim and objectives of first aid
2. First aid box and its articles
3. Types of bandages and splinters
4. Qualities and functions of a first aider
5. Principles of first aid
6. Causes of sports injuries

7. First aid for the common sports injuries
8. Concept of PRICE.

Unit-III (18 Hours)

1. Emergency treatment for common accidents:
 - a. Drowning
 - b. Burning
 - c. Insect stings & bitings
 - d. Snake bite
 - e. Dog bite
 - f. Poisoning
 - g. Unconsciousness
 - h. Fainting
 - i. Hysteria
 - j. Sunstroke
 - k. Shock
 - l. Electric shock
 - m. Acid burn
2. Ergogenic aids in sports and their ill effects :
 - a. Anabolic agents
 - b. Stimulants
 - c. Beta blockers
 - d. Narcotic analgesics
 - e. Diuretics
 - f. Blood doping

Unit-IV (14 Hours)

1. Rehabilitory exercises for sports injuries
2. Rehabilitation procedures of sports injuries :
 - a. Cold Therapy
 - b. Heat Therapy
 - c. Hydrotherapy
 - d. Electron radiotherapy
 - e. Ionization Therapy
 - f. Exercise Therapy
 - g. Massage

Reference Books

1. Armstrong and Tuckler; "Injuries in sport", London, Staples press, 1964.
2. Bolan J.P., "Treatment and prevention of athletic injuries".
3. More house, L.E. and Resch, P.J., "Sports medicine for Trainers, Philadelphia".
4. Ryans Allan; "Medical Care of the Athlete", McGraw Hill.
5. Evans, A. William; "Everyday safety", Chicago: Iyan and Chamaha.
6. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers, Ludhiana, Second revised addition 2008.

SEMESTER-V

COURSE CODE: BPE0504

(ELECTIVE COURSE-VI)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN KHO-KHO

Unit-I (14 Hours)

1. Origin and brief history of Kho-Kho.
2. Development of Kho-Kho in India and worldwide.
3. Establishment of national and international federations/associations of Kho-Kho.
4. Major tournaments of Kho-Kho.
5. Awards associated with Kho-Kho.

Unit-II (17 Hours)

1. Measurements and marking of Kho-Kho playfield.
2. Preparation and maintenance of Kho-Kho playfield.
3. Officials, no. of officials and duties of officials in the game of Kho-Kho.
4. Technical equipments for officiating.

Unit-III (17 Hours)

1. Fundamental skills of Kho-Kho :
 - a. Offensive skills :
 - i. Giving Kho
 - ii. Covering
 - iii. Tapping
 - iv. Diving
 - b. Defensive skills :
 - i. Running
 - ii. Chain
 - iii. Ring
2. Lead-up games.
3. Scott Motor Ability Test.

Unit-IV (16 Hours)

1. Major rules and regulations of Kho-Kho.
2. Important Signals in Kho-Kho.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with Kho-Kho.

Reference Books:

1. "Training Manual of Kho-Kho", NSNIS, Patiala.
2. Chakaraborty, G.(2002), "Kho-Kho Avlokan", Khel Sahitya Kendra, New Delhi.
3. Pandey, L. (1982), "Kho-Kho Sarvaswa", Metropoliton, New Delhi.
4. "Official Rule Book of Kho-Kho", International Kho-Kho Federation.

SEMESTER-V

COURSE CODE: BPE0505

(ELECTIVE COURSE-VI)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN BASKETBALL

Unit-I (14 Hours)

1. Origin and brief history of BasketBall.
2. Development of BasketBall in India and worldwide.
3. Establishment of national and international federations/associations of BasketBall.
4. Major tournaments of BasketBall.
5. Awards associated with BasketBall.

Unit-II (17 Hours)

1. Measurements and marking of BasketBall court.
2. Specifications of Basketball.
3. Preparation and maintenance of BasketBall court.
4. Officials, no. of officials and duties of officials in the game of BasketBall.
5. Technical equipments for officiating.

Unit-III (15 Hours)

1. Fundamental skills of BasketBall :
 - a. Dribbling
 - b. Passing
 - c. Shooting
 - d. Defense
2. Lead-up games.
3. Scott Motor Ability Test.

Unit-IV (15 Hours)

1. Major rules and regulations of BasketBall.
2. Important Signals in BasketBall.
3. Knowledge of score sheet.
4. Related sports terminologies.
6. Eminent sports personalities associated with BasketBall.

Reference Books:

1. “Training Manual of Basketball”, NSNIS, Patiala.
2. Drewelt, J. (2007), “How to improve Basketball”, Crabtree Publishing Co., USA.
3. Sharma, O.P. (2003), “Basketball Skills and Rules”, Khel Sahitya Kendra, New Delhi.
4. Thani, Lokesh (1995), “Skills and Tactics of Basketball” , Sports Publication, New Delhi.
5. “Official Rule Book of Basketball”, International Basketball Federation.

SEMESTER-V

COURSE CODE: BPE0506

(ELECTIVE COURSE-VI)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN BOXING

Unit-I (14 Hours)

1. Origin and brief history of Boxing.
2. Development of Boxing in India and worldwide.
3. Establishment of national and international federations/associations of Boxing.
4. Major tournaments of Boxing.
5. Awards associated with Boxing.

Unit-II (17 Hours)

1. Measurements of Boxing Arena/Ring.
2. Specifications of equipments related to Boxing.
3. Preparation and maintenance of Boxing Arena/Ring.
4. Officials, no. of officials and duties of officials in the game of Boxing.
5. Technical equipments for officiating.

Unit-III (16 Hours)

1. Fundamental skills of Boxing :
 - a. Shot Ring Boxing
 - b. Middle Ring Boxing
 - c. Long Ring Boxing
2. Lead-up games.
3. Scott Motor Ability Test.

Unit-IV (15 Hours)

1. Major rules and regulations of Boxing.
2. Important Signals in Boxing.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with Boxing.

Reference Books:

1. “Training Manual of Boxing”, NSNIS, Patiala.
2. Gotay, A.L.(2008), “Boxing Basics”, Outskirts Press, USA.
3. “Official Rule Book of Basketball”, International Basketball Federation.

SEMESTER-V

COURSE CODE: BPE0507

(ELECTIVE COURSE-VI)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN TABLE TENNIS

Unit-I (14 Hours)

1. Origin and brief history of Table Tennis.
2. Development of Table Tennis in India and worldwide.
3. Establishment of national and international federations/associations of Table Tennis.
4. Major tournaments of Table Tennis.
5. Awards associated with Table Tennis.

Unit-II (17 Hours)

1. Measurements of T-T Table.
2. Specifications of equipments related to Table Tennis.
3. Preparation and maintenance of T-T Table.
4. Officials, no. of officials and duties of officials in the game of Table Tennis.
5. Technical equipments for officiating.

Unit-III (15 Hours)

1. Fundamental skills of Table Tennis :
 - a. Service
 - b. Drive (Forehand and Backhand)
 - c. Shot (Forehand and Backhand)
 - d. Loop
2. Lead-up games.
3. Scott Motor Ability Test.

Unit-IV (14 Hours)

1. Major rules and regulations of Table Tennis.
2. Important Signals in Table Tennis.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with Table Tennis.

Reference Books:

1. "Training Manual of Table Tennis", NSNIS, Patiala.
2. Heton, J. (2009), "Table Tennis : Skills, Techniques and Tactics", Crowood Press, USA.
3. Macfee, R.(2009), "Table Tennis : Steps to Success", Human Kinetics, USA.
4. Phillsco, R.R.(2009),"Superior Table Tennis : The Science and Art" , Create space Publishers,USA.
5. "Official Rule Book of Table Tennis", International Table Tennis Federation.

**SEMESTER-V
PRACTICALS
GAMES LESSON**

COURSE CODE: BPE-P-0508

(ELECTIVE GROUND COURSE-IX)

Credit: 4 (L+T+P)

Marks= 100

Lesson on any one of the following games:- (120 Hours)

1. Cricket
2. Hand Ball
3. Wrestling
4. Weight Lifting
5. Football.

**SEMESTER-V
PRACTICALS
ATHLETICS LESSON**

COURSE CODE: BPE-P-0509

(ELECTIVE GROUND COURSE-X)

Credit: 4 (L+T+P)

Marks= 100

Lesson on any one of the following athletics events:- (120 Hours)

1. High Jump.
2. Hammer Throw
3. Javelin
4. Competitive walking.

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games and gymnastics activities (5 lessons each in games and gymnastics). In addition each trainee shall complete 1 assignment each in games and gymnastics.
2. For the purpose of examination in practical one lesson each of respective category is compulsion for each candidate which will be assessed by external examiner appointed by the university.

3. Each group of practical examination will be of three hours duration irrespective of its weight age.

The contents of teaching for each activity are as follows:-

1. History of Game/Athletics .
2. Measurement of the field.
3. Equipment and specifications of equipments.
4. Fundamental skills and lead-up games.
5. Techniques, strategies and system of play.
6. Rules and regulations of the game/activity.
7. Tournaments at national and international level.
8. Records (World, Olympic, Asian games and national games).
9. Awards in the game.
10. Related books and magazines.
11. Officiating: -
 - a. Duties of official
 - b. Knowledge of score sheets
 - c. Signals officiating
 - d. Technical equipment for officiating.

SEMESTER-V

PRACTICALS

KINESIOLOGY PRACTICAL

COURSE CODE: BPE-P-0510

(MINOR ELECTIVE LAB COURSE-V)

Credit: 1 (L+T+P)

Marks= 25

(18 Hours)

1. Identification of different Planes and axis.
2. Recognition and demonstration of fundamental movements around the joints.
3. Demonstration of the types of muscle contraction.
4. Location, origin, insertion and action of the following muscles:-
 - a. Deltoid
 - b. Biceps
 - c. Gastrocnemius
 - d. Latissimus dorsi
 - e. Trapezius major
 - f. Sternocleidomastoid

SEMESTER-VI

COURSE CODE: BPE0601

(MAJOR COURSE-XII)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

FUNDAMENTALS OF COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit-I Concepts of Computer and its basics: (15 Hours)

1. History, application, characteristics, types of computer (Analog, Digital, Hybrid) and generations of Computer.
2. Physical structure of computer.
3. Use of computer
4. Human V/s Computer
5. Role of computer in various fields
6. Aspects and need of computer in Physical Education.

Unit-II Component of Computer System: An Introduction of Hardware and Soft ware (17 Hours)

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 Operating System : (17 Hours)

1. Operating system and its functions.
2. DOS, Internal and External DOS Commands
3. Window features
4. Windows accessories- Calculator, notepad, word-pad and paint.
5. Structure of window screen (Desktop, wallpaper, taskbar and icons)

6. Start button
7. Programme, documents, setting search, help and support, run, concept of file and folders and shut down.
8. Virus- Types, symptoms, effects and protection.

Unit-IV MS Office : (18 Hours)

1. Work-Introduction to word processor, creating and saving documents, editing and formatting a document, including color, size, font, alignment of text, printing a document, inserting word art, clip art and picture, page sorting, bullets and numbering, inserting tables, creating rows and columns and mail-merge.
2. Power point.
3. Excel- Introduction to excel, need of spreadsheet, creating, opening and saving workbook, editing worksheet, using links, applying different views and types of functions.
4. Internet and its benefits.
5. Types of connections: dial up, dedicated or leased lines, Wi-Fi.
6. Using search engine downloading the information
7. Communication on the Internet: e-mail, chatting and internet newsgroups.

Reference Books

1. Arora S., "Introduction to Information and Technology", Dhanpat Rai and Co. (Pvt.) Ltd. Education and Technical Publisher (2002).
2. Nasib Fill, "Essential of Computer and Network Technologies", Khana Book Publishing Company Darya Ganj New Delhi.
3. Hussain; "Computer Technology and Application", 1996.
4. Carter Roger, "The Information Technology Handbook", Heinmar Professional Publishing (Ltd.) 1987.
5. Raja Raman V; "Fundamentals of Computer", Prentice Hall of India (Pct) Ltd. 1982.
6. Raja Gopalan R., "Understanding Computers", Tata McGraw Hill Publishing Company Ltd. 1920.

SEMESTER-VI

COURSE CODE: BPE0602

(MAJOR COURSE-XIII)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPORTS PSYCHOLOGY

Unit-I (13 Hours)

1. Meaning, definition, scope and importance Sports Psychology.
2. Relationship of sports psychology with other sports sciences.
3. Development of sports psychology in India.
4. Psychological factors effecting physical performance.
5. Utility of sports psychology in the field of physical education and sports.

Unit-II (16 Hours)

1. Concept of growth and development.
2. Physical, mental, social, intellectual and emotional development in infancy, later childhood and adolescence stages.
3. Learning: meaning, definition and nature of learning.
4. Laws of learning and learning curve.
5. Theories of learning.

Unit-III (16 Hours)

1. Meaning and definition of motivation.
2. Types of motivation and motivation in learning.
3. Individual differences its type and nature.
4. Determinants of individual difference:
 - a. Heredity
 - b. Environment
5. Intelligence, its meaning and types.

Unit-IV (15 Hours)

1. Meaning, definition and characteristics of personality.
2. Types of personality.
3. Factors affecting personality development.

4. Role of Physical Education and sports in the development of personality.
5. Description of Important psychological terms:
 - a. Anxiety
 - b. Stress
 - c. Self Confidence
 - d. Group Dynamic
 - e. Group Cohesion

Reference Books

1. “Educational Psychology”, Little Field Adms OC. 1979.
2. Cratty B.J., “Psychology in contemporary sports”, Prentice Hall, Englewood Cliffs
3. Kamlesh M.L., “Psychology of Physical Education and sports”, Metropolitan Book Co. (P) Ltd. New Delhi 1983.
4. Sharma Y.P., “Psychology in Physical Education and sports”, Reliance Publishing House New Delhi 2000.
5. Singh Ajmer et.al, “Essentials of Physical Education”, Kalyani Publishers Ludhiana Second revised addition 2008.

SEMESTER-VI

COURSE CODE: BPE0603

(MAJOR COURSE-XIV)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

TEST MEASUREMENT AND EVALUATION

Unit-I (13 Hours)

1. Meaning and definition of test, measurement and evaluation
2. Relationship between test, measurement and evaluation
3. Principles of evaluation
4. Need and importance of test, measurement and evaluation in the field of physical education

Unit-II (18 Hours)

1. Criteria for test selection
2. Characteristics of an effective test:
 - a. Validity
 - b. Reliability
 - c. Objectivity
 - d. Norms/subjectivity
3. Classification of tests :
 - a. Standardized test
 - b. Teacher made test
4. Construction of a test:
 - a. Knowledge test
 - b. Skill test
5. Administration of a test:
 - a. Advance preparations
 - b. During test duties
 - c. After test duties

Unit-III (18 Hours)

1. Meaning and definition of motor ability
2. Tests for motor ability:

- a. Barrow motor ability test
- b. Scott motor ability test
3. Meaning and definition of physical fitness
4. Test of physical fitness and cardiovascular endurance test:
 - a. AAHPERD test
 - b. Harvard step test

Unit-IV (15 Hours)

1. Specific sports skill test:
 - a. Badminton- French short serve and clear test.
 - b. Basket ball- Johnson basket ball test.
 - c. Kabaddi- Schmithals French test in field Kabaddi.
 - d. Volley ball- SAI Volleyball Test.

Reference Books:

1. Clarks H. Harrison; "Application of measurement to health and Physical Education" Pretice Hall Inc., Englewood Cliffs, N.J. 5th Edition, 1976.
2. Scott Gladys and French; "Measurement and Evaluation in Physical Education", W.M.C. Brown Co. Publishers, Dubugue, Iowa, 1959.
3. Mathews K. Donald; "Measurement in Physical Education" W.B. Saunders Co., Philadelphia, London (Second Edition).
4. Mayer J.C; "Tests and Measurements in health and Physical Education", Appleton Century Crafts, Inc. Third Edition.
5. Johnson, Barry L. and Nelso Jack K; "Practical Measurement for Evaluation in Physical Education", Surjeet Publications, 1982.

SEMESTER-VI

COURSE CODE: BPE0604

(ELECTIVE COURSE-VII)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN CRICKET

Unit-I (14 Hours)

1. Origin and brief history of Cricket.
2. Development of Cricket in India and worldwide.
3. Establishment of national and international federations/associations of Cricket.
4. Major tournaments of Cricket.
5. Awards associated with Cricket.

Unit-II (17 Hours)

1. Measurements and marking of Cricket ground.
2. Specifications of equipments related to Cricket.
3. Preparation and maintenance of Cricket ground.
4. Officials, no. of officials and duties of officials in the game of Cricket.
5. Technical equipments for officiating.

Unit-III (15 Hours)

1. Fundamental skills of Cricket :
 - a. Batting
 - b. Bowling
 - c. Fielding
 - d. Catching
 - e. Throwing

2. Lead-up games.
3. Barrow motor ability test.

Unit-IV (14 Hours)

1. Major rules and regulations of Cricket.
2. Important Signals in Cricket.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with Cricket.

Reference Books:

1. "Training Manual of Cricket", NSNIS, Patiala.
2. Boycott, G.(2010), "Play Cricket The Right Way", Great Northern Books Ltd., UK.
3. Thani, V.(1998), "Coaching Cricket ", Khel Sahitya Kendra, New Delhi.
4. Amarnath, M. (1996), "Learn To Play Good Cricket ", UBS Publishers, New Delhi.
5. "Official Rule Book of Cricket", International Cricket Council.

SEMESTER-VI

COURSE CODE: BPE0605

(ELECTIVE COURSE-VII)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN HANDBALL

Unit-I (14 Hours)

1. Origin and brief history of Handball.
2. Development of Handball in India and worldwide.
3. Establishment of national and international federations/associations of Handball.
4. Major tournaments of Handball.
5. Awards associated with Handball.

Unit-II (17 Hours)

1. Measurements and marking of Handball court.
2. Specifications of Handball.
3. Preparation and maintenance of Handball court.
4. Officials, no. of officials and duties of officials in the game of Handball.
5. Technical equipments for officiating.

Unit-III (16 Hours)

1. Fundamental skills of Handball :
 - a. Dribbling
 - b. Passing
 - c. Shooting
 - d. Defense
2. Lead-up games.
3. Barrow motor ability test.

Unit-IV (15 Hours)

1. Major rules and regulations of Handball.
2. Important Signals in Handball.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with Handball.

Reference Books:

1. Training Manual of Handball”, NSNIS, Patiala.
2. Phillips, B. E. (2009), “Fundamental Handball”, Kessinger Publishers, USA.
3. Jain, D. (2003), “Play and Learn Handball”, Khel Sahitya Kendra, New Delhi.
4. Surbone, L.M. et. al. (2010),“Team Handball ”, Betascript Publishing Co.,USA.
5. “Official Rule Book of Handball”, International Handball Federation.

SEMESTER-VI

COURSE CODE: BPE0606

(ELECTIVE COURSE-VII)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN VOLLEYBALL

Unit-I (14 Hours)

1. Origin and brief history of VolleyBall.
2. Development of VolleyBall in India and worldwide.
3. Establishment of national and international federations/associations of VolleyBall.
4. Major tournaments of VolleyBall.
5. Awards associated with VolleyBall.

Unit-II (16 Hours)

1. Measurements and marking of VolleyBall court.
2. Specifications of VolleyBall.
3. Preparation and maintenance of VolleyBall court.
4. Officials, no. of officials and duties of officials in the game of VolleyBall.
5. Technical equipments for officiating.

Unit-III (15 Hours)

1. Fundamental skills of VolleyBall :
 - a. Service
 - b. Pass
 - c. Smash
 - d. Blocking
2. Lead-up games.
3. Barrow motor ability test.

Unit-IV (14 Hours)

1. Major rules and regulations of VolleyBall.
2. Important Signals in VolleyBall.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with VolleyBall.

Reference Books:

1. Training Manual of Volleyball”, NSNIS, Patiala.
2. American Volleyball Coaches Association (2005), “Volleyball : Skills and Drills”, Human Kinetic, USA.
3. Scates, A.E.(1993), “Winning Volleyball”, W. C. Brown, USA.
4. Sagar, S. K.(1994),“Cosco skill Tactics -Volleyball ”, Sports publication, Delhi.
5. “Official Rule Book of Volleyball”, International Volleyball Federation.

SEMESTER-VI

COURSE CODE: BPE0607

(ELECTIVE COURSE-VII)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN FOOTBALL

Unit-I (14 Hours)

1. Origin and brief history of Football.
2. Development of Football in India and worldwide.
3. Establishment of national and international federations/associations of Football.
4. Major tournaments of Football.
5. Awards associated with Football.

Unit-II (17 Hours)

1. Measurements and marking of Football ground.
2. Specifications of Football.
3. Preparation and maintenance of Football ground.
4. Officials, no. of officials and duties of officials in the game of Football.
5. Technical equipments for officiating.

Unit-III (16 Hours)

1. Fundamental skills of Football :
 - a. Passing
 - b. Kicking
 - c. Trapping
 - d. Heading
 - e. Throw in
2. Lead-up games.
3. Barrow motor ability test.

Unit-IV (16 Hours)

1. Major rules and regulations of Football.
2. Important Signals in Football.
3. Knowledge of score sheet.
4. Related sports terminologies.
5. Eminent sports personalities associated with Football.

Reference Books:

1. Training Manual of Football”, NSNIS, Patiala.
2. American Football Coaches Association (2002), “The Football Coaching Bible”, 1st edition, Human Kinetic, USA.
3. Sharma, O.P.(2001), “Teaching and Coaching Football”, Khel Sahitya Kendra, New Delhi.
4. Thani, Yograj (2002), “Coaching Successfully Football ”, Khel Sahitya Kendra, New Delhi.
5. “Official Rule Book of Football”, Federation International Football Association.

SEMESTER-VI

PRACTICALS

MARKING & OFFICIATING IN GAMES

COURSE CODE: BPE-P-0608

(ELECTIVE GROUND COURSE-XI)

Credit: 4 (L+T+P)

Marks= 100

(120 Hours)

Lessons on marking and officiating on any two games covered in the practical course contents of B.P.E. course (Semester-I to Semester-V)

SEMESTER-VI

PRACTICALS

MARKING & OFFICIATING IN ATHLETICS

COURSE CODE: BPE-P-0609

(ELECTIVE GROUND COURSE-XII)

Credit: 4 (L+T+P)

Marks= 100

(120 Hours)

Lessons on marking and officiating on any two events (one track and one field event) of athletics covered in the practical's course content of B.P.E. course (Semester I to V).

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons on marking & officiating in athletics and games (5 lessons each in athletics & games). In addition each trainee shall complete 1 assignment each in marking & officiating in athletics & games.
2. For the purpose of examination in practical's one lesson each in marking and officiating of respective games & athletic events is compulsory for each candidate which will be assessed by external examiner appointed by the university.
3. Each group of practical examination will be of three hours duration irrespective of its weight age.

The contents of teaching for each activity are as follows:-

1. Measurements & marking of track & field events and play fields of games.
2. Equipments & specification of equipments.

3. Rules & regulations of athletic events and games.
4. Related books & magazines.
5. Officiating :
 - a). Duties of official
 - b). Knowledge of score sheets
 - c). Officiating signals
 - d). Technical equipment for officiating
 - e). No. and types of officials.

SEMESTER-VI
PRACTICALS

(Fundamental of Computer Application In Physical Education Practical)

COURSE CODE: BPE-P-0610

(MINOR ELECTIVE LAB COURSE-VI)

Credit: 1 (L+T+P)

Marks= 25

(25 Hours)

1. M.S. Word :
 - a. Creating Document
 - b. Typing Text
 - c. Text Formatting
 - d. Inserting Tables, rows and columns
 - e. Mail- Merge
 - f. Page Formatting
2. Excel:
 - a. Creating Spread Sheet and Sorting
3. Power Point Presentation:
 - a. Creating PPT's
4. Creating e-mail, Id and Web-browsing.

