

CURRICULUM FRAMEWORK TWO-YEAR B.P.Ed PROGRAMME



Banaras Hindu University, Varanasi, Uttar Pradesh

GUIDELINES OF REGULATIONS AND STRUCTURE FOR B. P. ED. TWO YEARS PROGRAMME (FOUR SEMESTERS) (CBCS)

Important Note:-

The Banaras Hindu University is following choice based credit system, (CBCS) as approved and Circulated by the UGC, the credit hours given in the following curriculum framework will be considered along with the hours of teaching mentioned for each paper/ activity / course

Preamble:

Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII.

B. P. Ed. programme shall be designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship.

B.P.Ed. 1. Eligibility

Intake, Eligibility and Admission Procedure as per the NCTE norms and standards 2014-15 and regulation of the University.

B.P.Ed. 2. Duration:

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

B.P.Ed. 3. The CBCS System:

Choice Based Credit System (CBCS) it is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

B.P.Ed 4. Course:

The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.

B.P.Ed. 5. Courses of Programme:

The B.P.Ed. Programme consists of a number of courses, the term ‘Course’ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed. Programme.

Theory:**Core Course: Elective****Course:****Practicum:****Teaching Practices:****Internship****B.P.Ed.6. Semesters:**

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

B.P.Ed.7. Working days:

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

B.P.Ed. 8. Examinations:

- i. There shall be examinations at the end of each semester, as per the rules of Banaras Hindu University.
- ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

B.P.Ed 9 Condonation:

As per The Banaras Hindu University rules.

B.P.Ed 10. Pattern of Question Papers:

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

B.P.Ed.: Format of Question Paper for 4 Units.

Each question paper shall have fourteen questions. The pattern will be as follows:

Section	Description	Marks
A	Short Question (Each answer should be written within 50 words or 6 to 8 lines.) From all Units.	2 X 10 = 20
B	Long Question (Attempt all question. Each answer be in 250 words) From all Units. Question 11 or 11 Question 12 or 12	10 X 2 = 20
C	Long Question (Attempt all question. Each answer be in 500 words) From all Units. Question 13 or 13 Question 14 or 14	15 X 2 = 30
	Total	70

B.P.Ed. 11. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

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

The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

B.P.Ed. 12. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for the practical courses.

B.P.Ed 13. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in R. B.P.Ed. 16 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SGPA(S_i) = \frac{\sum(C_i \times G_i)}{\sum C_i}$$

$$CGPA = \frac{\sum(C_i \times S_i)}{\sum C_i}$$

Where C_i is the Credit earned for the course is in any semester; G_i is the Grade point obtained by the student for the course i and n number of courses obtained in that semester; is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

B.P.Ed. 14. Classification of Final Results:

A candidate who has passed in all the courses of examinations of I, II, III and IV Semesters taken together will be declared as “Passed”. Such passed candidates may be awarded with the division according to the following criterion:

- (i) First Division with distinction CGPA 8.5 and above.
- (ii) First DivisionCGPA 6.0 and above but below 8.5
- (iii) Second Division.....CGPA 5.0 and above but below 6.0
- (iv) Pass CGPA 4.0 and above but below 5.0
- (v) Fail/Dropped ...Candidate who has not Passed will be categorized as Failed

B.P.Ed.15. Award of the B.P.Ed. Degree:

A candidate shall be eligible for the award of the degree of the B.P.Ed. only if he/she has earned the minimum required credit.

B.P.Ed.16. Letter Grades and Grade Points:

- i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii. The grades for each course would be decided on the basis of the percentage marks Obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A ⁺	Excellent	First Class
60-69.99	6.0-6.99	A	Very Good	
55-59.99	5.5-5.99	B ⁺	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

B.P.Ed.17. Grade Point Calculation

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

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

$$\text{CGP} = \frac{\sum C_i \times G_i}{\sum C_i}$$

Example – I

Marks obtained by Student in course CC101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 03

Credits Grade Point (CGP) = 6.5 × 03 = 19.5

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

SEMESTER-I

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
BPCC-101	3	65	A	6.5	19.5
BPCC-102	3	60	A	6	18
BPCC-103	3	62	A	6.2	18.6
BPEC-104	3	57	B ⁺	5.7	17.1
BPEC-105					
BPPC-106	3	55	B ⁺	5.5	16.5
BPPC-107	3	72	A ⁺	7.2	21.6
BPPC-108	3	66	A	6.6	19.8
BPPC-109	3	72	A ⁺	7.2	21.6
BPPC-110	3	72	A ⁺	7.2	21.6
	27				174.3

Examples: Conversion of marks into grade points

BPCC-101 65 = 60 + 5 = 6.0 + 5 x (0.99 / 9.99) = 6.0 + 5 x 0.1 = 6.0 + 0.5 = 6.5

BPCC-102 60 = 6.0

BPCC-103 62 = 60 + 2 = 6.0 + 2 x (0.99/9.99) = 6.0 + 2 x 0.1 = 6.0 + 0.2 = 6.2

BPEC-104/BPEC-105 57 = 55 + 2 = 5.5 + 2 x (0.49 / 4.99) = 5.5 + 2 x 0.1 = 5.5 + 0.2 = 5.7

BPPC-106 55 = 5.5

BPPC-107 72 = 70 + 2 = 7.0 + 2 x (1.49 / 14.99) = 7.0 + 2 x 0.1 = 7.0 + 0.2 = 7.2

BPPC-108 $66 = 60 + 6 = 6.0 + 6 \times (0.99 / 9.99) = 6.0 + 6 \times 0.1 = 6.0 + 0.6 = 6.6$

BPPC-109 $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$

BPPC-110 $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points

= $174.3 / 27 = 6.46$

SGPA Sem. I = 6.46

At the end of Semester-1

Total SGPA = 6.46

Cumulative Grade Point Average (CGPA) = $6.46 / 1 = 6.46$

CGPA = 6.73, Grade = A, Class = First Class

SEMESTER-II

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
BPCC-201	3	76	A ⁺	7.6	22.8
BPCC-202	3	64	A	6.4	19.2
BPCC-203	3	59	B ⁺	5.9	17.7
BPEC-204/ BPEC-205	3	80	A ⁺	8	24
BPPC-206	3	49	C	4.9	14.7
BPPC-207	3	64	A	6.4	19.2
BPPC-208	3	55	B ⁺	5.5	16.5
BPTP - 209	3	72	A ⁺	7.2	21.6
BPTP-210	3	72	A ⁺	7.2	21.6
	27				177.3

SGPA Sem. II = 6.57

At the end of Semester-2

Total SGPA for two Semesters = 13.03

Cumulative Grade Point Average (CGPA) = $13.03 / 2 = 6.52$

CGPA = 6.73, Grade = A, Class = First Class

SEMESTER-III

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
BPCC-301	3	64	A	6.4	19.2
BPCC-302	3	64	A	6.4	19.2
BPCC-303	3	59	B ⁺	5.9	17.7
BPEC-304/ BPEC-305	3	81	A ⁺	8.1	24.3
BPPC-306	3	49	C	4.9	14.7
BPPC-307	3	64	A	6.4	19.2
BPPC-308	3	68	A	6.8	20.4
BPTP-309	3	75	A ⁺	7.5	22.5
BPTP-310	3	75	A ⁺	7.5	22.5
	27				179.7

SGPA Sem. III = 6.66

At the end of Semester-3

Total SGPA for three Semesters = 19.69

Cumulative Grade Point Average (CGPA) = $19.69/3 = 6.5633$

CGPA = 6.73, Grade = A, Class = First Class

SEMESTER-IV

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
BPCC-401	3	8	A ⁺	8.3	24.9
BPCC-402	3	7	A ⁺	7.6	22.8
BPCC-403	3	5	B ⁺	5.9	17.7
BPEC-404	3	8	A ⁺	8.1	24.3
BPEC-405		1			
BPPC-406	3	4	C	4.9	14.7
BPPC-407	3	7	A ⁺	7.8	23.4
BPTP-408	3	8	A ⁺	8.1	24.3
BPTP-409	3	7	A ⁺	7.5	22.5
BPTP-410	3	7	A ⁺	7.5	22.5
	27				197

SGPA Sem. IV = 7.30

At the end of Semester-4

Total SGPA for all the four semesters = 26.9

Cumulative Grade Point Average (CGPA) = $26.9/4 = 6.73$

CGPA = 6.73, Grade = A, Class = First Class

Note:

- (1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- (3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
- (4) For the award of the class, CGPA shall be calculated on the basis of:
 - (a) Marks of each Semester End Assessment and
 - (b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for B.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from all the one to four semester examinations.

Semester - I

Part - A : Theoretical Course						
Course Code	Title of the Papers	Total Hours /Week	Credit	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course						
BPCC -101	History, Principles and Foundation of Physical Education	3	3	30	70	100
BPCC -102	Anatomy & Physiology	3	3	30	70	100
BPCC -103	Sports Psychology and Sociology	3	3	30	70	100
Elective Course						
BPEC –104	Sports Nutrition and Weight Management	3	3	30	70	100
BPEC –105	Sports Management					
Part - B : Practical Course						
BPPC –106	Athletics (Track Events)	6	3	30	70	100
BPPC –107	Badminton	6	3	30	70	100
BPPC –108	Football	6	3	30	70	100
BPPC –109	Indigenous Activities: Lathi/ Lezium/ March Past etc.	6	3	30	70	100
BPPC –110	Educational Tour (Leadership Camp)	6	3	30	70	100
Total		42	27	270	630	900
Note: Total number of hours required to earn 3 credits for each theory course is 51-60 hours per semester whereas 102-120 hours for each practicum course.						

Semester - II

Part - A : Theoretical Course						
Course Code	Title of the Papers	Total Hours /Week	Credit	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course						
BPCC -201	Measurement and Evaluation in Physical Education	3	3	30	70	100
BPCC -202	Health Education and Environmental Studies	3	3	30	70	100
BPCC -203	Educational Technology and Methods of Teaching in Physical Education	3	3	30	70	100
Elective Course						
BPEC –204	Officiating and Coaching	3	3	30	70	100
BPEC –205	Olympic Movement					
Part - B : Practical Course						
BPPC -206	Athletics (Field Events)	6	3	30	70	100
BPPC –207	Hockey	6	3	30	70	100
BPPC –208	Cricket	6	3	30	70	100
BPPC –209	Volleyball	6	3	30	70	100
Part - C Teaching Practices						
BPTP –210	Teaching Practices (05 Lessons in General/ Indigenous Activities Teaching and 05 Lessons in Sports Skills Teaching	6	3	30	70	100
Total		42	27	270	630	900
Note: Total number of hours required to earn 3 credits for each theory course is 51-60 hours per semester whereas 102-120 hours for each practicum course.						

Semester - III

Part - A : Theoretical Course						
Course Code	Title of the Papers	Total Hours /Week	Credit	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course						
BPCC -301	Organisation and Administration	3	3	30	70	100
BPCC -302	Yoga Education	3	3	30	70	100
BPCC -303	Kinesiology and Biomechanics	3	3	30	70	100
Elective Course						
BPEC -304	Research and statistics in Physical Education	3	3	30	70	100
BPEC -305	Curriculum Design					
Part - B : Practical Course						
BPPC -306	Basketball	6	3	30	70	100
BPPC -307	Tennis	6	3	30	70	100
BPPC -308	Gymnastics	6	3	30	70	100
Part - C Teaching Practices						
BPTP-309	Teaching Practices of Classroom Teaching (05 Internal Lesson)	6	3	30	70	100
BPTP -310	Internship	6	3	30	70	100
Total		42	27	270	630	900
Note: Total number of hours required to earn 3 credits for each theory course is 51-60 hours per semester whereas 102-120 hours for each practicum course.						

Semester – IV

Part - A : Theoretical Course						
Course Code	Title of the Papers	Total Hours /Week	Credit	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course						
BPCC -401	Sports Training	3	3	30	70	100
BPCC -402	Sports Medicine, Physiotherapy and Rehabilitation	3	3	30	70	100
BPCC -403	Theory of Sports and Game	3	3	30	70	100
Elective Course						
BPEC –404	Computer Application in Physical education	3	3	30	70	100
BPEC –405	Contemporary Issues in Physical Education, Fitness and Wellness					
Part - B : Practical Course						
BPPC -406	Yoga	6	3	30	70	100
BPPC –407	Sports Specializations	6	3	30	70	100
BPPC –408	Kabaddi	6	3	30	70	100
BPPC –409	Sports Science Lab Testing	6	3	30	70	100
Part - C Teaching Practices						
BPTP –410	Training/ Coaching Lesson of Sports Specialization (05 Internal & 01 External)	6	3	30	70	100
Total		42	27	270	630	900
Note: Total number of hours required to earn 3 credits for each theory course is 51-60 hours per semester whereas 102-120 hours for each practicum course.						

SCHEME OF EXAMINATION**SEMESTER – I**

Part - A : Theoretical Course				
Course Code	Title of the Papers	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course				
BPCC – 101	History, Principles and Foundation of Physical Education	30	70	100
BPCC – 102	Anatomy & Physiology	30	70	100
BPCC – 103	Sports Psychology and Sociology	30	70	100
Elective Course				
BPEC – 104	Sports Nutrition and Weight Management	30	70	100
BPEC – 105	Sports Management			
Part - B : Practical Course				
BPPC – 106	Athletics (Track Events)	30	70	100
BPPC – 107	Badminton	30	70	100
BPPC – 108	Football	30	70	100
BPPC – 109	Indigenous Activities: Lathi/ Lezium/ March Past etc.	30	70	100
BPPC – 110	Educational Tour (Leadership Camp)	30	70	100
Total		270	630	900

SEMESTER -II

Part - A : Theoretical Course				
Course Code	Title of the Papers	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course				
BPCC -201	Measurement and Evaluation in Physical Education	30	70	100
BPCC -202	Health Education and Environmental Studies	30	70	100
BPCC -203	Educational Technology and Methods of Teaching in Physical Education	30	70	100
Elective Course				
BPEC -204	Officiating and Coaching	30	70	100
BPEC -205	Olympic Movement			
Part - B : Practical Course				
BPPC -206	Athletics (Field Events)	30	70	100
BPPC -207	Hockey	30	70	100
BPPC -208	Cricket	30	70	100
BPPC -209	Volleyball	30	70	100
Part - C Teaching Practices				
BPTP -210	Teaching Practices (05 Lessons in General/ Indigenous Activities Teaching and 05 Lessons in Sports Skills Teaching	30	70	100
Total		270	630	900

SEMESTER –III

Part - A : Theoretical Course				
Course Code	Title of the Papers	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course				
BPCC - 301	Organization and Administration	30	70	100
BPCC -302	Yoga Education	30	70	100
BPCC - 303	Kinesiology and Biomechanics	30	70	100
Elective Course				
BPEC - 304	Research and statistics in Physical Education	30	70	100
BPEC - 305	Curriculum Design			
Part - B : Practical Course				
BPPC -306	Basketball	30	70	100
BPPC - 307	Tennis	30	70	100
BPPC - 308	Gymnastics	30	70	100
Part - C Teaching Practices				
BPTP - 309	Teaching Practices of Classroom Teaching (05 Internal Lesson)	30	70	100
BPTP - 310	Internship	30	70	100
Total		270	630	900

SEMESTER –IV

Part - A : Theoretical Course				
Course Code	Title of the Papers	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course				
BPCC -401	Sports Training	30	70	100
BPCC -402	Sports Medicine, Physiotherapy and Rehabilitation	30	70	100
BPCC -403	Theory of Sports and Game	30	70	100
Elective Course				
BPEC -404	Computer Application in Physical education	30	70	100
BPEC -405	Contemporary Issues in Physical Education, Fitness and Wellness			
Part - B : Practical Course				
BPPC -406	Yoga	30	70	100
BPPC -407	Sports Specializations	30	70	100
BPPC -408	Kabaddi	30	70	100
BPPC-409	Sports Science Lab Testing	30	70	100
Part - C Teaching Practices				
BPTP -410	Training/ Coaching Lesson of Sports Specialization (05 Internal & 01 External)	30	70	100
Total		270	630	900

B. P. Ed.-Outline of Syllabus**Semester – I
Theory Course****BPCC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION**

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Understand the historical development of physical education in India
- Understand the different applied principles of physical education
- Understand the foundation of physical education
- Understand relationship of physical education with general education.

Learning Outcomes: After completing this course, the students will be able to-

- Understand the importance of physical education with general education.
- Understand Chronological significance of physical education.
- Understand different aspect of an individual in physical education.
- Guide for the development of fitness, sports for all.

COURSE CONTENT**Unit-1 Introduction**

- Meaning, Definition and scope of Physical Education
- Aims and Objective of Physical Education
- Importance of Physical Education in present era.
- Misconceptions about Physical Education.
- Relationship of Physical Education with General Education.
- Physical Education as an Art and Science.

Unit-2 Historical Development of Physical Education in India and Awards

- Indus Valley Civilization Period.(3250BC–2500BC)
- Vedic Period (2500BC–600BC)
- Early Hindu Period (600BC–320AD) and Later Hindu Period (320AD–1000AD)
- Medieval Period (1000AD–1757AD)
- British Period (Before1947)
- Physical Education in India (After1947)
- Contribution of Akhadas and Vyayamshals
- Y.M.C.A. and its contributions.
- Arjuna awards, Dhronacharya awards, Dhyanchand Achievement, Rajiv Gandhi Khel Ratan Award, Maulana Abul Kalam Azad Trophy (MAKA)

Unit-3 Foundation of Physical Education

- Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture.
- Fitness and wellness movement in the contemporary perspectives
- Sports for all and its role in the maintenance and promotion of fitness.

Unit-4 Principles of Physical Education

- Biological
 - Growth and development
 - Age and gender characteristics
 - Sheldon's Body Types
 - Anthropometric differences
- Psychological
 - Learning types, learning curve
 - Laws and principles of learning
 - Attitude, interest, cognition, emotions and sentiments
- Sociological
 - Society and culture
 - Social acceptance and recognition
 - Forms and Qualities of Leadership
 - Social integration and cohesiveness

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Semester I
Theory Course
BPCC-102 ANATOMY AND PHYSIOLOGY

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- To provide theoretical and practical input regarding basic anatomy and physiology.
- To provide Knowledge about various system of body and their functioning.
- To provide practical knowledge about effect of exercises on various system of the body

Learning Outcomes: After completing this course, the students will be able to-

- Student will learn basic Anatomy & physiology and apply in physical education and sports
- Student will come in position to understand various systems of the body and their functioning and role in sports performance.
- Student will come in a position to understand the effect of exercises on body.

COURSE CONTENT

UNIT- I Introduction

- Brief Introduction of Anatomy and physiology in the field of Physical Education.
- Introduction of Cell and Tissue.
- The arrangement of the skeleton- Function of the skeleton- Ribs and Vertebral column and the extremities-joints of the body and their types
- Gender differences in the skeleton.
- Muscular System: Types of muscles, Major muscle of Upper and Lower Extremity, Types of Muscle Contraction. Structure, Composition, Properties and functions of skeletal muscles.

UNIT-II Systems of the body

- **Blood and circulatory system:** Constituents of blood and their function-Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation, Cardiac output.
- **The Respiratory system:** The Respiratory passage-the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume of oxygen, oxygen debt, second wind, vital capacity
- **The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism,
- **The Excretory system:** Structure and functions of the kidneys and the skin.
- **The Endocrine glands:** Functions of glands pituitary, Thyroid, Parathyroid, Adrenal, Pancreatic and the sex glands.

- **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action,
- **Sense organs:** A brief account of the structure and functions of the Eye and Ear.

UNIT-III Physiology

- Definition of physiology and its importance in the field of physical education and sports.
- Nerve control of muscular activity:
- Neuromuscular junction
- Transmission of nerve impulse across it.
- Fuel for muscular activity

UNIT-IV Exercise Effect

- Effect of exercise and training on cardiovascular system.
- Effect of exercise and training on respiratory system.
- Effect of exercise and training on muscular system
- Physiological concept of physical fitness, warming up, conditioning and fatigue.
- Basic concept of balanced diet – Diet before, during and after the competition.

Practicum:

- Temperature Measurement
- Blood Pressure Measurement
- Pulse Rate and Resting Breathing Rate Measurement
- Vital Capacity Measurement
- First Aid

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- <https://en.wikipedia.org/wiki/Anatomy#>
- <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art>

Semester I
Theory courses
BPCC-103 SPORTS PSYCHOLOGY AND SOCIOLOGY

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objective of the Course: This course will enable students to-

- This course will enable students to understand the concept basics theory and methodology of sports psychology and sociology as well.
- The knowledge of basics of Sports Psychology theory will establish the foundation from which Mental Training and Mental Readiness can be developed among Athletes.
- It also focuses on applied aspect of mental health or psychopathology which also provides scientific approach that guides the athletes to give good performance.

Learning Outcomes: After completing this course, the students will be able to-

- Sports psychology teach skills and techniques to athletes that enhance their motor skills and learning processes, help them cope better with competitive pressure and anxiety, fine-tune the level of awareness that they need for optimal performance and to not lose focus amidst distractions and in a competitive environment.
- Understand and to imply the concepts of sports psychology and sociology in various sports and games.
- Get equipped with the knowledge of various psychological skills in improvement of performance.

COURSE CONTENT

Unit-I Introduction

- Meaning, Importance and Scope of Educational and Sports Psychology
- General Characteristics of Various Stages of Growth and Development
- Individual Differences; its nature and types. Factors responsible–Heredity and Environment
- Psycho-Social aspects of Human Behavior in Relation to Physical Education and Sports

Unit-II Psychological Aspects

- Learning: Its nature, theories of learning, law of learning, Plateau in learning, Transfer of learning, factors affecting learning.
- Personality: Meaning, Definition and Characteristics, Dimension of Personality, Personality and Sports Performance.
- Motivation: Factors influencing motivation, Motivational Techniques and impact of motivation on sports performance.
- Mental Preparation Strategies: Attention, focus, self-talk, relaxation, imaginary
- Emotion, Arousal, Anxiety, Stress, Aggression and their effects on sports performance

Unit-III Social Aspects of Physical Education and Sports

- Orthodoxy, costumes, tradition and physical education
- Festivals and Physical Education
- Socialization through Physical Education
- Social Group life, Social conglomeration and social group, primary group and remote group

Unit-IV Culture and Physical Education

- Features and Importance of culture
- Effect of culture on people lifestyle
- Role of culture in Physical Education and Sports Participation
- Different methods of psychological Studying; Observation, inspection, questionnaire, interview methods etc.

Practical:

- Audio Visual Reaction Time Test
- Digital Vision Angel Test
- Electronic Depth Perception Test
- Concept of Bio Feedback

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- Bucher, C.A. (1972). Foundation of physical education. St. Louis: The C.V. Mosby Co.
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Semester I**Theory Courses****BPEC- 104 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)**

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objective of the Course: This course will enable students to-

- To provide knowledge of nutrition science
- To differentiate between basic and sports nutrition requirements
- To formulate awareness about obesity epidemic
- To provide understanding of menu and exercise planning

Learning Outcomes: After completing this course, the students will be able to-

- Understand requirements of balance diet and nutrition
- Understand relationship between basic and sports nutrition guidelines
- Learn to use different strategies for obesity management
- Acquire the skill of diet and exercise scheduling

COURSE CONTENT**Unit-I Introduction to Sports Nutrition**

- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan

Unit-II Nutrients: Ingestion to Energy Metabolism

- Carbohydrates, Protein, Fat–Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water-Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition–daily caloric requirement and expenditure.

Unit-III Nutrition and Weight Management

- Meaning of weight management, Concept of weight management in modern era, Factor affecting weight management and values of weight management
- Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
- Obesity–Definition, meaning and types of obesity,
- Health Risks Associated with Obesity, Obesity-Causes and Solutions for Overcoming Obesity.

Unit-IV Steps of Planning of Weight Management

- Nutrition–Daily calorie intake and expenditure, Determination of desirable body weight
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss

Practicum:

- Body Composition Analysis: waist-to-hip ratio (equipment - steel tape), body mass index (equipment - anthropometric rod and digital weighing scale), bio-electrical impedance method (equipment – BIA machine)
- Energy estimation of cooked food recipes (Kcal)
- Estimation of Kcal consumption per day
- Designing of diet and exercise schedule for weight management

References:

- Bessesen, D.H. (2008). Update on obesity. *J Clin Endocrinol Metab.* 93(6), 2027-2034.
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- Jie Kang, Bioenergetics Primer for Exercise Science. Human Kinetics, Campaign.
- Tommy Boone, Is Sports Nutrition for Sale? Ethical Issues and Professional Concerns for Exercise Physiologists. Nova Science Pub Inc., Hardcover.
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- <https://www.studocu.com/in/document/osmania-university/nutrition/rda-2020-revised-recommended-dietary-allowance-from-nin-icmr-for-indian/9422419>
- <https://foodfuturefoundation.org/media/i0ld30zx/recommended-dietary-allowances-RDA-for-indians-2020.pdf>
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**Semester – I
Theory Courses**

BPEC-105 SPORTS MANAGEMENT (ELECTIVE)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Understand the concept of sports management, essential skills of sports management in physical education and sports.
- Understand each topic at a fairly understandable level to the students at this stage. Each concept has been explained through examples and application oriented problems.

Learning Outcome: After completing this course, the students will be able to-

- Understand the concept of management in physical education and sports.
- Describe the various functions of management and hence enhance the employability skills.
- Analyze the concept of administration and supervision.
- Explain the importance and maintenance of facilities, equipment and records.
- Prepare the financial budget for physical education & sports.

COURSE CONTENT

Unit-I Understanding Sports Management

- Meaning, Nature and Concept of Sports Management
- The importance and scope of Sports Management
- Essential skills of Sports Management
- Principles and Functions of Management
- Qualities and Competencies required for the Sports Manager

Unit-II Leadership

- Meaning and Importance of Leadership
- Role and Qualities of a Leader
- Leadership and Management
- Leadership Styles (Autocratic, Laissez-faire, Democratic, Benevolent Dictator)
- Elements of leadership
- Qualities of Administrative Leader
- Preparation of Administrative Leader
- Leadership and Organizational Performance

Unit-III Organization and Planning

- Sports Organization in Schools, Colleges and Universities.
- Factors Affecting Organization
- Event Management in Physical Education and Sports

- Construction of New Facilities: i. Financing (Public, Private, Both) ii. Design of the Facility (Multi-purpose)
- Planning a School or College Sports Programme
- Directing of School or College Sports Programme
- Controlling a School, College and University Sports Programme
 - Developing performance standard
 - Establishing a reporting system
 - Evaluation
 - The reward/punishment system

Unit-IV Office Management and Budget

- Financial management in Physical Education & Sports in Schools, Colleges and Universities.
- Meaning and Importance of Records, Types of Records, Maintenance of Records
- Budget – Importance, Criteria of Good Budget,
- Steps of Budget Making
- Principles of Budgeting

References:

- Bowers, M. (2015). *Sport management*. Champaign: Sagamore Publishing.
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Semester – II**Theory Courses****BPCC-201 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Introduce the students with concept of Test & Measurement & Evaluation.
- Make the students understand Criterion, Classification and Administration of Test.
- Provide practical Exposure to some Physical Fitness and Sports Skill Tests.

Learning Outcome: After completing this course, the students will be able to-

- Understand the concept of Test & Measurement & Evaluation.
- Get equipped with the knowledge of Criterion, Classification and Administration of Test.
- Understand practical experience of Physical Fitness and Sports Skill Tests.

COURSE CONTENT**Unit-I Introduction to Test & Measurement & Evaluation**

- Meaning of Test & Measurement & Evaluation in Physical Education
- Need & Importance of Test & Measurement & Evaluation in Physical Education
- Principles of Evaluation

Unit-II Criteria, Classification and Administration of test

- Criteria of good Test
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- Type and classification of Test
- Administration of test, advance preparation–Duties during testing–Duties after testing.

Unit-III Physical Fitness Tests

- AAHPER youth fitness test
- National physical Fitness/Efficiency Test
- Indiana Motor Fitness Test
- JCR test

Unit-IV Sports Skill Tests

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I Volleyball test
- S.A.I Hockey test

Practicum:

- Practical Exposure to Any Two Physical Fitness Test & Two Motor Fitness Test
- Sports Skill Test

References:

- Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: H. Storm.
- Barron, H. M. & Mchee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
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Semester – II**Theory Courses****BPCC-202 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Provide theoretical and Practical inputs in order to provide an integrated and holistic understanding and developing positive attitude, values, skills and behavior related to Health Education.
- Provide theoretical and Practical inputs in order to provide an integrated and holistic understanding and developing positive attitude, values, skills and behavior related to Environmental Studies.

Learning Outcome: After completing this course, the students will be able to-

- Accept individual and collective responsibility for healthy living at home, college, university and in the community and Health Status.
- Create awareness among students about safety Measures.
- Acquaint them with first Aids Measures about common sickness and injuries.
- Knows about the Basic of Environmental Education (like Scope, Need and
- Understand the importance of Environmental Studies and Historical perspective of Environmental Education.
- Knows about various resources and pollution and its measures.

COURSE CONTENT**Unit – I Health Education**

- Concept, Dimensions, Spectrum and Determinants of Health
- Definition of Health, Health Education, Health Instruction, Health Supervision
- Aim, objective and Principles of Health Education
- Health Service and guidance instruction in personal hygiene

Unit – II Health Problems in India

- Communicable and Non Communicable Diseases
- Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,
- Personal and Environmental Hygiene for schools
- Objective of school health service, Role of health education in schools
- Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit – III Environmental Science

- Definition, Scope, Need and Importance of environmental studies.
- Concept of environmental education, Historical background of environmental education,
- Celebration of various days in relation with environment.
- Plastic recycling & probation of plastic bag /cover.
- Role of school in environmental conservation and sustainable development.

Unit – IV Natural Resources and related environmental issues:

- Water resources, food resources and Land resources
- Definition, effects and control measures of:
- Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- Management of environment and Govt. policies, Role of pollution control board.

Practicum:

- First Aid for Injuries.
- Plantation and its care.

References:

- Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.
- Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
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Semester – II**Theory courses****BPCC-203 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION**

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Provide concept and knowledge about education technology in physical education.
- Provide practical concept and knowledge of teaching techniques and their implementation in physical education and sports
- Provide knowledge about various teaching, learning supportive aids.

Learning Outcome: After completing this course, the students will be able to-

- Learn education technology se and importance in physical education.
- Learn about various teaching techniques and use of teaching aids.
- Learn various command used in physical education and sports.
- Gain theoretical as well as practical knowledge of lesson plan in physical education.

COURSE CONTENT**Unit – I Introduction**

- Education and Education Technology- Meaning and Definitions
- Types of Education- Formal, Informal and Non- Formal education.
- Educative Process
- Importance of Devices and Methods of Teaching.

Unit – II Teaching Technique

- Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
- Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- Presentation Technique – Personal and technical preparation
- Command- Meaning, Types and its uses in different situations.

Unit – III Teaching Aids

- Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
- Teaching aids – Audio aids, Visual aids, Audio-visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc
- Team Teaching – Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.

Unit – IV Lesson Planning and Teaching Innovations

- Lesson Planning – Meaning, Type and principles of lesson plan.
- General and specific lesson plan.
- Micro Teaching – Meaning, Types and steps of micro teaching.
- Simulation Teaching - Meaning, Types and steps of simulation teaching.

Practicum:

- Demo Teaching Practice of lesson plan
- Simulation Teaching practice
- Micro teaching practice.
- Preparation of PPT, Google class room and Google meet.

References:

- Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Arup of Sons.
- Bhatia, & Bhatia,(1959). *The principles and methods of teaching*. New Delhi: Doaba House.
- Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
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- <https://www.slideshare.net/muntajeb/education-technology-meaning-and-definition>
- <http://www.egyankosh.ac.in/bitstream/123456789/31612/1/Unit-3.pdf>
- <https://www.indiastudychannel.com/resources/120148-Teaching-Aids>

Semester – II
Theory courses
BPEC – 204 Officiating and Coaching (ELECTIVE)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Understand the role of officiating and coaching.
- Understand the knowledge of basics of officiating and coaching.
- Understand the role of a coach for elite athletes.
- Understand the importance of officials in sports competition.

Learning Outcome: After completing this course, the students will be able to-

- Understand the importance of coaching and officiating in the field of physical education.
- Get equipped with the knowledge of various qualities and qualification of a coach and official.
- Guide for maintenance of integrity and values of sports.
- Build brotherhood among players.
- Understand duties of a coach to make elite athletes
- Understand role and duties of officials in sports competition.
- Understand the value of sportsmanship.
- Understand the value of coach and official in the field of sports and physical education.

COURSE CONTENT

Unit – I Introduction of Officiating and Coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit – II Coach as a Mentor

- Duties of coach in general, pre, during and post game
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychological aspects of competition and coaching

Unit – III Duties of Official

- Duties of official in general, pre, during and post game
- Philosophy of officiating
- Mechanics of officiating – position, signals and movements etc.
- Ethics of officiating

Unit – IV Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official
- General rules of games and sports and their Interpretation
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports

References:

- Bunn, J. W. (1968). *The art of officiating sports*: Englewood cliffs N. J. Prentice Hall.
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Semester – II
Theory courses
BPEC-205 OLYMPIC MOVEMENT (ELECTIVE)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- This course will enable students to understand the concept of ancient Olympic Games and revival of modern Olympic Games.
- The knowledge of basics of Olympic movement theory will establish the concept to understand about different type of Olympic Games.

Learning Outcome: After completing this course, the students will be able to-

- Understand about the philosophy and value of Olympic Games.
- Get equipped with the knowledge of various types of Olympic Games.
- To understand the mission of the IOC.

COURSE CONTENT

Unit – I Origin of Olympic Movement

- Philosophy of Olympic movement
- The early history of the Olympic movement
- The significant stages in the development of the modern Olympic movement
- Educational and cultural values of Olympic movement

Unit – II Modern Olympic Games

- Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic Motto,
- Olympic Protocol for member countries
- Olympic Code of Ethics
- Olympism in action
- Sports for All

Unit – III Different Olympic Games

- Objective, history, major events and governing body of Para Olympic Games
- Objective, history, major events and governing body of Summer Olympics
- Objective, history, major events and governing body of Winter Olympics
- Objective, history, major events and governing body of Youth Olympic Games

Unit – IV Committees of Olympic Games

- International Olympic Committee - Structure and Functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

References:

- Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner
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- <https://olympics.com/ioc/faq/roles-and-responsibilities-of-the-ioc-and-its-partners/what-is-the-olympic-movement>
- <https://olympics.com/ioc/olympic-movement>
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Semester – III**Theory Courses****BPCC-301 ORGANISATION AND ADMINISTRATION IN PHYSICAL EDUCATION**

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Understand the organization and administrations.
- Understand knowledge of basics of Office Management, Record, Register & Budget, Facilities, & Time-Table Management.
- Focuses on Competition Organization and planning.

Learning Outcome: After completing this course, the students will be able to-

- Understand and to imply the Organization and administration in sports.
- Get equipped with the knowledge Office Management, Record, Register & Budget, Facilities, & Time-Table Management.
- Guide for organize and planning tournaments.

COURSE CONTENT**Unit – I Organization and administration**

- Meaning , definition and importance of Organization and Administration in physical education
- Principal of Administration and Organization.
- Factors Influencing Good Administration
- Qualification and Responsibilities of Physical Education teacher and pupil leader
- Planning and their basic principles,
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

Unit- II Office Management, Record, Register & Budget

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making,
- Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-III: Facilities, & Time-Table Management

- Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit-IV: Competition Organization

- Importance of Tournament,
- Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramurals & Extramural Tournament planning

References:

- Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
- Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Louis: The C.V. Mosby Co.
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- Alshurman, M. (2015). Democratic education and administration. *Procedia-Social and Behavioural Science*, 176, 861-869
- Alla, J.B. & Ajibua, M.A. (2012). Administration of physical education and sports in Nigeria. *Higher Education Studies*, 2(1), 88-96
- Bucher, C.A. & Krotee, M.L. (2002). *Management of physical education and sports* (12th Edition). NY, McGraw Higher Education
- Katz, R.L. (1974) *Skills of an effective administrator*.
- Omenu, F. (2015). Leadership and administrative skills for optimal Universal Basic Education Delivery in Nigeria. *African Research Review*, 9(3), 50-61
- American Academy of Paediatrics Council on School Health pdf (Concepts of administration and organization.)
- Valente, C.M. & Lumb, K.J. (). Organization and function of a school health council. *Journal of School Health*, 51(7), 499-469

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- <http://old.staff.neu.edu.tr/~apolatoglu/files/inttopubadm>.
- <https://hbr.org/1974/09/skills-of-an-effective-administrator>. Retrived 18/01/2020.
- <https://www.ncbi.nlm.nih.gov/books/NBK231148/>
- <http://old.staff.neu.edu.tr/~apolatoglu/files/inttopubadm.pdf>
- <https://www.nature.com> > books received > article

Semester – III
Theory Courses
BPCC-302 YOGA EDUCATION

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Provide theoretical and practical Knowledge, concept about Introduction of yoga.
- Provide theoretical, practical Knowledge and concept about foundation of yoga.
- Provide theoretical and practical Knowledge, concept about Asanas yoga.

Learning Outcome: After completing this course, the students will be able to-

- Learn about yoga sutra, meaning and concept of yoga.
- Learn about ashtang yoga.
- Learn about asnas, pranayam and kriyas

COURSE CONTENT

Unit – I Introduction

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Yoga in Early Upanisads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

Unit - II Foundation of Yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga
- Yogic Ahar (Diet): Satvik, Rajsi, and Tamsik

Unit - III Asanas

- Effect of Asanas and Pranayama on various system of the body
- Classification of asanas with special Reference to physical education and sports
- Influences of relaxtive, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of Kriyas

Unit – IV Yoga Education

- Basic, applied and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yoga asanas

Practicum:

- Practice of Asnas.
- Practice of Kriyas.

References:

- Brown, F. Y.(2000). *How to use yoga*. Delhi: Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaixydahmoe Publishers.
- Iyenger B.K.S.(2017) *Light on Yoga: The Definitive Guide to Yoga Practice*. Harper Thorsons publisher.
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- Saraswati S.S.(2008) *Asana Pranayama & Mudra Bandha*, Yoga publication Trust,Munger Bihar
- Shankar,G.(1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.
- Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahit ya Kendra.

E-References:

- <https://www.parmarth.org/yoga/yoga-definition/>
- <https://swamiyoga.in/book/>
- <https://www.india.com/travel/articles/top-9-yoga-centres-in-india-that-will-leave-you-feeling-refreshed-3237147/>
- <https://en.wikipedia.org/wiki/Asana>
- <https://www.yogaindailylife.org/system/en/bandhas>
- [https://en.wikipedia.org/wiki/Bandha_\(yoga\)](https://en.wikipedia.org/wiki/Bandha_(yoga))

Semester – III
Theory Courses
BPCC-303 KINESIOLOGY AND BIOMECHANICS

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Know the concept and purpose of Biomechanics and Kinesiology
- Able to differentiate Kinematic and Kinetic Parameters
- Knowledge about basic mechanics applied in sports
- Gain the ability to recognize and understand the basic structure and classification of Joint and Muscles
- Develop an Understanding of Auxiliary and Fundamental Movements
- Basic Magnification of Kinesiological Concept in the movement mechanism

Learning Outcome: After completing this course, the students will be able to-

- Understand and to implement the practical application of Biomechanics in Sports and games.
- To enhance the knowledge of Auxiliary and Fundamental Movements in axes and planes
- To understand the basic structure and classification of Joint and Muscles
- To understand the nature of the movement

COURSE CONTENT

UNIT - I Introduction to Kinesiology and Sports Biomechanics

- Meaning and Definition of Kinesiology and Sports Biome, Importance of Kinesiology and Sports Biomechanics to Physical Local, Teacher. Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental concepts of following terms - Axes and Planes. Centre of Gravity, Equilibrium, Line of Gravity
- Movement Coupling, Movement Rhythm, Movement Flow, Successive Movement, Simultaneous Movement, Cyclic and a Cyclic Movement, Movement Precision.

Unit – II Fundamental Concept of Anatomy and Physiology

- Classification of Joints and Muscles
- Types of Muscle Contractions, Two Joint Muscle Biarticular and Multiarticular Muscles, Active and Passive insufficiency
- Posture - Meaning. Types and Importance of good posture.
- Fundamental concepts of following terms- Angle of Pull. All or None Law, Reciprocal Innovation

Unit – III Mechanical Concepts

- Force - Meaning. Definition, types (Collinear Forces, Concurrent Forces, Parallel Forces, and its application to sports activities, Nature of Force, Aspects of Forces, Composite Effects of Forces
- Lever - Meaning, definition, types and its application to human body, Mechanical Advantage of lever.
- Newton's Laws of Motion - Meaning. definition and its application to sports activities

- Projectile - Factors influencing projectile trajectory, Types of Projectile, Three different situations in Projectile motion.

Unit –IV Kinematics and Kinetics of Human Movement

- Linear Kinematics - Distance and Displacement, speed and velocity, Acceleration: Average and Instantaneous
- Equations of Uniformly accelerated motion
- Vector
- Vector Addition
- Head to tail method
- Parallelogram Method
- Angular kinematics - Angular Distance and Displacement, Angular Speed and velocity. Angular Acceleration. Linear Kinetics - Inertia. Mass. Momentum. Friction. Angular Kinetics - Moment of inertia, Couple, Stability.

Practicum:

- Manual calculations of various kinetic and kinematic parameters – Distance, Displacement, Speed, Velocity, Acceleration, Momentum, Force, Mass, Weight, Resultant Vector, Pressure, Work, Power, Energy etc.
- Practical of Basic Biomechanical Concept in Newton's Law of Motion, Moment of Inertia, Lever
- Classification of Various movements in Axes and Planes
- Calculation of Horizontal and Vertical components of Projectile
- Stick Diagram (Fundamental Movement)

References:

- Bunn. J. W. (I 972). *Scientific principles of coaching*. Englewood Cliffs, NJ.: Prentice Hall Inc.
- Hay. J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, NJ.: prentice Hall Inc.
- Hay. J. G. (I 970). *The biomechanics nipins techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
- Kreighbaum, Ellen and Barthels. *Biomechanics A Qualitative Approach for studying Human movement*. Third edition (New York:Mcmillan publishing company, 1990)
- Ifa. J. G. & Reid. J. G. (1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, NJ.: Prentice Hall Inc.
- Robertson, D. Gordon E. et. Al. *Research Methods in Biomechanics*. (Champaign etc: Human kinetics publishers, 2004.

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- <https://www.britannica.com/science/biomechanics-science>
- <https://us.humankinetics.com/blogs/excerpt/body-mechanics-matching-movement-to-muscles-and-bones>
- <https://courses.lumenlearning.com/ap1/chapter/types-of-body-movements/>
- <https://prezi.com/xd-dnyltwkw7/12-body-movements/>
- https://www.physio-pedia.com/Cardinal_Planes_and_Axes_of_Movement
- <https://link.springer.com/article/10.1007/BF02371451>

Semester – III
Theory Courses

BPEC-304 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION (Elective)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Understand the basic concepts of research and statistics in physical education and sport
- Recognize each topic at a fairly understandable level to the students at this stage. Each concept has been explained through examples and application oriented problems

Learning Outcome: After completing this course, the students will be able to-

- Comprehend the fundamentals of research and its classification
- Identify the research problem area and formulate objective and hypothesis
- Recognize the tools of research and types of variables
- Describe the use of statistics in physical education and sports
- Understand how to organize, manage, and present data
- Analyze data with a wide variety of statistical methods and hence develop data analysis skills

COURSE CONTENT

Unit-I Introduction to Research

- Meaning and Nature of Research
- Need and Importance of Research in Physical Education and Sports
- Scope of Research in Physical Education & Sports
- Classification of Research
- Research Problem (Meaning, Location, Criteria and Formulation), Variables, Measurement Scales, Limitations and Delimitations
- Ethics in Research

Unit-II Survey of Related Literature and Research Process

- Meaning and Need of Surveying Related Literature Review
- Steps for Conducting a Literature Review, Literature Sources
- Meaning and Steps of Research Process, Hypothesis
- Meaning and Significance of Research Proposal and Report
- Preparation of Research Proposal/Project
- Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution

Unit-III Basics of Statistics

- Statistics: Meaning, Definition, Nature and Importance
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- Graphical Representation of Data: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit- IV Statistical Methods in Physical Education and Sports

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- Measures of Variability: Meaning, importance, computing from group and ungroup data
- Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

- Gupta, S.C. (2012). *Statistical Methods*. Sultan Chand & Sons., New Delhi.
- McNeill, P. (2006). *Research Methods*. Routledge.
- Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2015). *Research Methods in Physical Activity*. Human kinetics.
- Verma, J. P. (2009). *A Text Book on Sports Statistics*. Sports Publication, New Delhi.
- Verma, J. P. (2012). *Statistical Methods for Sports and Physical Education*. Tata Mcgraw-Hill Education Private Limited, New Delhi.
- Walliman, N. (2010). *Research Methods: The Basics*. Routledge.

Semester – III
Theory Courses
BPEC-305 CURRICULUM DESIGN (Elective)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Know the concept of Curriculum
- Able to understand the mechanics of curriculum planning

Learning Outcome: After completing this course, the students will be able to-

- Understand and to implement the curriculum
- To enhance the knowledge of basic guideline for curriculum
- To understand the mechanics of curriculum planning

COURSE CONTENT

UNIT-I Curriculum-Old and New concepts

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

UNIT-II Basic Guide line for Curriculum, Construction, Contest (Selection and Expansion)

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

UNIT-III Mechanics of Curriculum Planning

- Curriculum Design, Meaning, Importance and factors affecting curriculum design.
- Principles of Curriculum design according to the needs of the students and state and national level policies for different level. (K-12) and major principles for preparation the physical education programmes Time table.

UNIT-IV Under-graduate Preparation of Professional Preparation

- Areas of Health education, Physical education and Recreation.
- Curriculum design-Experience of Education, Field and Laboratory.
- Teaching practice.
- Professional Competencies and Skills to be developed-Facilities and special resources for library, laboratory and other facilities.

References:

- Barrow, H. M. (1983). *Man and movement: principles of physical education*. Philadelphia: Lea and Febiger.
- Bucher, C. A. (1986). *Foundation of physical education*: St. Louis: The C. V. Mosby & Company.
- Cassidy, R. (1986). *Curriculum development in physical education*. New York: Harper & Company.

Semester – IV
Theory Courses
BPCC-401 SPORTS TRAINING

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- To promote concepts of scientific sports training approach
- To describe evident facts about training load, adaptation and recovery
- To provide diagnosis to improve motor components
- To inculcate periodized sports training practices for efficient sports performance

Learning Outcome: After completing this course, the students will be able to-

- Understand scientific sports training means and methods patterns
- Understand importance of training load, adaptation, and recovery to improve sports performance
- Enhance understanding about tailor-made diagnostic means and methods to develop motor components
- Encourage effective sports training formulation and regulation with correct feedback.

COURSE CONTENT

Unit–I Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- Training means and its type

Unit–II Training Process

- Training Load-Definition and Types of Training Load
- Principles of Training load, Judgment of Load.
- Adaptation process and condition of Adaptation.
- Overload-Causes and symptoms, tackling of overload

Unit–III Motor Components

- Strength– Definition, Types, Mean and Methods of Strength Development
- Speed– Definition, Types, Mean and Methods of Speed Development
- Endurance-Definition, Types, Mean and Methods of Endurance Development
- Coordination– Definition, Types, Mean and Methods of coordination Development
- Flexibility– Definition, Types, Mean and Methods of Flexibility Development

Unit–IV Training programming and planning

- Technical and tactical training
- Periodization–Meaning and types of Periodization.

- Planning– Meaning and types of Planning.
- Talent Identification and Development

Practicum:

- Physical exercises means in sports - general exercises, special exercises, competition exercises
- Continuous Training Method – slow/fast tempo, variant tempo and fartlek
- Interval Training Method – extensive and intensive tempo
- Repetition Training Method – high intensive tempo and maximum intensive tempo

References:

- Boyle, Michale (2003). *Functional Training for Sports*, Publication Date: August 13,,Edition: 1,Human Kinetics
- Dick,W.F.(1980).*Sportstrainingprinciples*.London:LepusBooks.
- Harre,D.(1982).*Principlesofsportstraining*.Berlin:Sporulated.
- Jensen,R.C.&Fisher,A.G.(1979).*Scientificbasisofathleticconditioning*.Philadelphia: LeaandFibiger, 2ndEdn.
- Kurz, Thomas (1956).*Science of sports training: how to plan and control training for peak performance*. Publisher: Island Pond, Vt. :Stadion,
- Matvyew,L.P.(1981).*Fundamentalofsportstraining*.Moscow:ProgressPublishers.
- National Strength and Conditioning Association. *Essentials of Strength Training and Conditioning - 3rd Edition* (2008).
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- Singh,H.(1984).*Sportstraining,generaltheoryandmethods*.Patials:NSNIS.
- Todor O. Bompá, and Michael C. Carrera (2005). *Periodization Training for Sports*, Second Edition, Human Kinetics.
- Uppal,A.K., (1999).*SportsTraining*.NewDelhi:FriendsPublication.

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- https://www.nscs.com/contentassets/116c55d64e1343d2b264e05aaf158a91/basics_of_strength_and_conditioning_manual.pdf
- https://www.academia.edu/42323673/Essentials_strEngth_training_Conditioning_NatioNal_StreNght_aNd_CoNditioNiNg_aSSoCiatioN_THird_EdiTion
- https://www.sagamorepub.com/sites/default/files/2018-09/bat-lookinside_0.pdf
- <https://www.westada.org/cms/lib/ID01904074/Centricity/Domain/2805/Sports%20Medicine%20Essentials.pdf>
- <https://www.chino.k12.ca.us/cms/lib/CA01902308/Centricity/Domain/2007/Robert%20C%20France%20Introduction%20to%20Sports%20Medicine.pdf>
- https://www.researchgate.net/publication/236012623_Training_for_Speed_Agility_and_Quickness_2nd_Edition
- <http://www.ttathletics.com.au/la/downloads/DevelopingAgilityandQuickness.pdf>

Semester – IV
Theory Courses
BPCC-402 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Understand the basic concept of sports medicine, physiotherapy, therapeutic exercises, massage and its manipulations, sports injuries and their rehabilitation.
- Understand each topic at a fairly understandable level to the students at this stage. Each concept has been explained through examples and application oriented problems.

Learning Outcomes: At the end of the course, students will be able to-

- Describe the importance of sports medicine, physiotherapy and rehabilitation
- Demonstrate the basics of sport first aid during and after game situation
- Understand the effect and use of various therapies
- Recognize the type of therapeutic exercise for better movements
- Care the athlete in a very effective manner

COURSE CONTENT

Unit-I: Sports Medicine

- Sports Medicine: Concept, Meaning, Definition, Aims, Objectives, and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- Need and Importance of Sports Injuries in the Field of Physical Education
- Prevention of Injuries in Sports, Common Sports Injuries-Diagnosis First Aid, Treatment Laceration, Blisters, Contusion, Strain, Sprain, Fracture, Dislocation and Cramps
- Bandages-Types of Bandages, Trapping and Supports.

Unit-II Physiotherapy

- Meaning, Principles and Importance of Physiotherapy
- Introduction and Demonstration of therapy-Electrotherapy, Infrared Rays, Ultraviolet Rays, Short Wave Diathermy, Ultrasonic Rays

Unit-III: Hydrotherapy

- Introduction and Demonstration of therapy- Cryo therapy, Thermo therapy, Contrast Bath, Whirlpool Bath, Steam Bath, Sauna Bath, Hot Water Fomentation
- Massage: History of Massage, Classification of Manipulation (Swedish System) Physiological Effect of Massage

Unit-IV: Therapeutic Exercise

- Definition and Scope, Principles of Therapeutic Exercise, Classification, Effects and Uses of Therapeutic Exercise-Passive Movements (Relaxed, Forced and Passive Stretching), Active Movements (Concentric, Eccentric and Static)
- Application of the Therapeutic Exercise: Free Mobility Exercise-Shoulder, Elbow, Wrist and Finger Joints, Hips, Knee, Ankle and Foot Joints, Trunk, Head and Neck Exercises.

References:

- Bindal, V.D. (2010). *Correctives of Physical Education, Therapeutic Exercise and Rehabilitation*, Associated Publishing House, Agra.
- Hougum, P. A. (2016). *Therapeutic Exercise for Musculoskeletal Injuries 4th Edition*. Human Kinetics.
- Jayaprakash, C. S. (2003), *Sports Medicine*. J.P. Brothers Pub., New Delhi.
- Kisner, C., Colby, L. A., & Borstad, J. (2017). *Therapeutic exercise: foundations and techniques*. Fa Davis.
- Madden, C., Putukian, M., McCarty, E., & Young, C. (2013). *Netter's Sports Medicine E-Book*. Elsevier Health Sciences.
- Porter, S. (2013). *Tidy's Physiotherapy E-Book*. Elsevier Health Sciences.
- Prentice, W. E. (1999). *Rehabilitation techniques in sports medicine*. McGraw-Hill Companies.
- Prentice, W. E. (2008). *Therapeutic modalities: for sports medicine and athletic training*. McGraw-Hill Higher Education.
- Sareem, Karem (2004). *Sports Medicine and Management: A Practical Approach*. Vol. I, New Delhi: IVP Publishing House.
- Ylinen, J., & Cash, M. (2011). *Sports massage*. Random House.

Semester – IV
Theory Courses
BPCC-403 THEORY OF SPORTS AND GAMES

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

UNIT – I

- History: Historical development of the game/sport at national and international levels.
- Organization:
 - National Bodies controlling sports and their affiliated units.
 - International Bodies controlling sports and their affiliated units.
 - Major national and International Competitions.

UNIT – II

- Officiating and Lay out of play field:
 - Rules and their interpretations.
 - Mechanics of officiating.
 - Lay out and marking of play areas.

UNIT – III

- Techniques/skills
 - Classification of techniques/skills
 - Technical/skill training
 - Preparatory Exercises
 - Basic Exercises
 - Supplementary Exercises
 - Recreational and lead-up activities
- Tactics and Strategy
 - Selection of players/team
 - Different tactical concepts applicable to the game/sport
 - Tactical training

UNIT – IV

- Training and Planning:-
 - Systematization of training process for a beginner, intermediate and high performances Sportspersons.
 - Training methods and means for the development of motor abilities (strength, speed, Endurance and flexibility).
 - Basic Concept of preparation of training schedules.
 - Short term and long term training plans.
 - Periodisation (Prep., Camp & Transition).

- Evaluation:
 - Tests and Measurements:
 - General Fitness Tests.
 - Specific Fitness Tests.
 - Performance and objective Skill Tests of concerning games.

NOTE: The list of reference books will be provided by the concerned faculty member.

Semester – IV
Theory Courses
BPEC-404 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION (Elective)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- This course will enable students to understand the concept of computer Application

Learning Outcomes: At the end of the course, students will be able to-

- Understand and to imply the basics of computer
- Get equipped with the knowledge of various application software

COURSE CONTENT

Unit-I: Introduction to Computer

- Meaning, need and importance of information and communication technology (ICT).
- Application of Computers in Physical Education
- Components of computer, input and output device
- Application software used in Physical Education and sports

Unit-II: MS Word

- Introduction to MS Word
- Creatingg, saving and opening a document
- Formatting, Editing features, Drawing table, pagesetup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

Unit-III: MS Excel

- Introduction to MS Excel
- Creatingg, saving and opening spread sheet
- Creating formulas
- Format and editing features adjusting columns width and row height understanding charts.

Unit-I: MS PowerPoint

- Introduction to MS PowerPoint
- Creating, saving and opening a ppt. file
- Format and editing features slide show, design, inserting slide number
- Picture, graph, table
- Preparation of powerpoint presentations

Reference:

- Irtegov, D.(2004).*Operating system fundamentals*.Firewall Media.
- Marilyn, M. & Roberta, B.(n.d.).*Computers in your future*. 2nd edition, India: Prentice Hall.

- Milke,M. (2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.
- Sinha, P.K. & Sinha, P.(n.d.).*Computerfundamentals*.4thedition, BPB Publication.

Semester – IV
Theory Courses
BPEC-405 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS
AND WELLNESS (ELECTIVE)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

Objectives of the Course: This course will enable students to-

- Understand the concept of contemporary issues in physical education, fitness and wellness.
- Focus on recent issues in physical education, fitness and wellness.
- Understand the modern lifestyle and hypokinetic diseases–prevention and management for better quality of life.

Learning Outcomes: At the end of the course, students will be able to-

- Understand importance of fitness and wellness in modern era.
- Get advantage with the knowledge of various health benefits through fitness and wellness.
- Understand hypo kinetic diseases and their prevention and management.
- Understand different principles of exercise program.
- Provide guidelines for health and safety measures in daily life.
- Understand first aid and emergency care

COURSE CONTENT

Unit–I Concept of Physical Education and Fitness

- Definition, Aims and Objectives of Physical Education, fitness and Wellness
- Importance and Scope of fitness and wellness
- Modern concept of Physical fitness and Wellness
- Physical Education and its Relevance in Inter Disciplinary Context

Unit–II Fitness, Wellness and Lifestyle

- Fitness-Types of Fitness and Components of Fitness
- Understanding of Wellness
- Modern Lifestyle and Hypo kinetic Diseases–Prevention and Management
- Physical Activity and Health Benefits

Unit–III Principles of Exercise Program

- Means of Fitness development–aerobic and anaerobic exercises
- Exercises and Heart rate Zones for various aerobic exercise intensities
- Concept of free weight Vs Machine, Sets and Repetition etc
- Concept of designing different fitness training program for different age group.

Unit–IV Safety Education and Fitness Promotion

- Health and Safety in Daily Life
- First Aid and Emergency Care

- Common Injuries and their Management
- Challenges in Maintenance of Fitness

References:

- Buchha, A.N. (2018). *Contemporary Issues in Physical Education, Fitness and Wellness: Sports publications, New Delhi.*
- Corbin, C.B. and Welk, G.J. etc (2011). *Concepts of Fitness and Wellness, A Comprehensive lifestyle Approach: McGraw-Hill.*
- Difiore, J. (1998). *Complete guide to postnatal fitness.* London: A & C Black.
- Giam, C.K & The, K.C.(1994). *Sport medicine exercise and fitness:* Singapore: P.G. Medical Book.
- Mcglynn,G., (1993). *Dynamics of fitness:* Madison: W.C.B Brown.
- Rani, R. (2018). *Physical Fitness and Wellness:* Friends Publications, Delhi.
- Rath, S.S. (2019). *Physical Fitness and Wellness:* Sports publications, New Delhi.
- Sharkey, B.J.(1990). *Physiology of fitness:* Human Kinetics Book.
- Singh, T.N. (2017). *Contemporary Issues in Physical Education, Fitness and Wellness:* Friends Publications, Delhi.
- Singh, T.N. (2017). *Fitness and life style Management:* Friends Publications, Delhi.
- Uppal, A.K. and Dhankhar, A. (2019). *Wellness and Fitness: Friends Publications, Delhi.*

PART – B: PRACTICUM COURSE**Semester – I
BPPC – 106: ATHLETICS (TRACK EVENT)**

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Theory (Track Events)

1. A brief historical survey of athletics and also an elementary knowledge of international and national developments, important competitions, achievements table of India, Asia and World leading nations and outstanding personalities specially of India.
2. Rules of athletics.
3. Conditioning and warming up exercises.
4. Hygiene of athletics.
5. Equipment and surfaces
6. Test.

1. Track Events**A. Sprints: 100 M. 200 M. 400 M.**

1. Methods of starts.
2. Standing and Crouch.
3. Starting strides
4. Full speed strides and body position
5. Coasting and curve running (200 M. and 400 M.) and finish

B. Medium & distance running (800 M. to 10,000 M.)

1. Standing starts
2. First 50 M. run
3. Strides and body position in running
4. Pace judgment
5. Passing an opponent and finish

C. Road running/cross country running

1. Dress and Personal equipment.
2. Start
3. Strides and body posit on and finish

D. Hurdles races (100 M., 110 M. and 400 M.)

1. Start
2. strides to the first hurdle
3. Strides between hurdles and finish)
4. hurdle clearance

E. Relay races

1. Visual and non-visual methods
2. Methods of holding the baton
3. Passing the baton
4. Arrangement of runners
5. Responsibilities of receiver and passer

References:

1. IAAF Competition Rules.
2. Track and Field Events Layout and Marking by George Emmanuel
3. Track and Field by Gerhardt Schmolinsky.

BPPC – 107: BADMINTON

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

THEORY

1. A Brief historical survey of Badminton and also an elementary knowledge of international and national development competition, achievement table of India, Asia, World and leading nations , outstanding personalities (specially in India) .
2. Rules of Badminton
3. Warming up exercises and conditioning
4. Hygiene of Badminton
5. Etiquette
6. Test

PRACTICE

Fundamental Skills

- a. Grip
- b. Footwork
 - i. On ground stance
 - ii. The pivot
 - iii. Forehand return
 - iv. Back court return
- c. Service
 - i. Short Service
 - ii. Long Service
- d. Strokes
 - i. Forehand stroke
 - ii. Backhand store
 - iii. Overhand stroke
 - iv. Net stroke

- e. Smash
 - i. Forehand
 - ii. Backhand

- f. The drop
- g. Regular game practice: game practice³ will be a part of daily lesson
- h. Evaluation Test
- i. Performance Test
- j. Oral and Written Test
- k. Professional aptitude
- l. Assignment

References:

1. Seth.R.K. "Badminton:, Patiala: The National Institute of Sport 1971.
2. Pelton, Barry C, "Badminton:, Englewood Cliffs,N.J. Prentice Hall Inc.,1971.
3. Mills,Roger and Butler.Eric, "Modern Badminton" London: Stanley Paul &Co.Ltd.,1969.

BPPC – 108: FOOTBALL

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

THEORY

1. A Brief historical survey of Football and also an elementary knowledge of international and national development competition, achievement table of India, Asia, World and leading nations , outstanding personalities (specially in India) .
2. Rules of Football game
3. Warming up exercises and conditioning
4. Hygiene of Football
5. Etiquette
6. Test

PRACTICE

Basic skills and their drills

1. Kicking the ball
 - i. Push Kick
 - ii. Low drive
 - iii. Hip Shot
 - iv. Volley
 - v. Half Volley
2. Trapping the ball
 - i. Under the sole of the foot
 - ii. Inside of the foot
 - iii. Instep of the foot
 - iv. Outside of the foot
 - v. With thigh
3. Heading the ball
 - i. Deflection side way
 - ii. Forward

iii. Backward

4. Dribbling & Tacking

i. Running and controlling the ball

ii. Back Tackle

iii. Side tackle

5. Goal keeping

i. Play

ii. Handling of High and low ball

iii. Servicing the ball

iv. Clearance of the ball

6. Evaluation Plan

i. Performance Test

ii. Oral and Written Test

iii. Professional aptitude

iv. Assignment

References:

- Scientific Soccer by Roger Macdonald & Eric Batty
- Soccer Techniques & Tactics by Jimmy Greaves.
- The A to Z to Soccer by Michael Parkinson & Willis Hall.
- Soccer (How to play) by David Baeuzzi.
- All about football by Joseph Edmundson.

BPPC-109 Indigenous Activities: Lathi/Lezium/March Past etc.

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

The activities are designed by the concern teacher.

BPCC- 110 Educational (Leadership camp)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

SEMESTER II
Practical Course
BPPC-206 Athletics (Field Events)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Jumping Events

A High Jump Western and Straddle Roll

1. Approach Run
2. Take Off
3. Cross Bar Clearance
4. Landing

B. Long Jump (Shill Hang and Hitch-Rick Style)

- 1 Approach Run
- 2 Take Off

C Triple Jump

- 1 Approach Run
- 2 Take Off
- 3 Landing of all the three Phase-Hop, Step and Jumbo

D Pole Vault

- 1 Hand Hold
- 2 Pole Carry
- 3 Pole Planting
- 4 Swing Up
- 5 Pull Up
- 6 Body turn
- 7 Cross bar clearance
- 8 Landing

Throwing Events**A Shot-hold and Put**

- 1 Hand hold
- 2 Placement of shot
- 3 Initial stance
- 4 Glide
- 5 Delivery stance
- 6 Delivery action and body position
- 7 Reserve and body position

B. Throwing the Discus

- 1 Hand hold
- 2 Stance
- 3 Preliminary swing
- 4 Turn
- 5 Delivery stance
- 6 Delivery action
- 7 Reverse

C. Throwing the javelin

- 1 Grip
- 2 Carrying the javelin
- 3 Getting ready to throw
- 4 Delivery Stance
- 5 Delivery action
- 6 Reverse

D Relay Races

- 1 Visual and non-visual methods

- 2 Methods of holding the baton
- 3 Passing the baton
- 4 Arrangement of runner
- 5 Responsibilities of receiver and passer

References :

1. IAAF Competition Rules.
2. Track and Field Events Layout and Marking by George Emmanuel
3. Track and Field by Gerhardt Schmolinsky

Semester- II
Practical Course
BPPC – 207 HOCKEY

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Theory

A brief historical survey of hockey and an elementary knowledge of International and National developments, important competitions, achievements tables of India. Asia and World. Leading Nations and outstanding personalities especially of India.

1. Rules of hockey game.
2. Warming up exercises and conditioning.
3. Hygiene of hockey.
4. Etiquette.
5. Test.

Practice

A. Basic skills and their drills

1. Grip of stick
2. Dribbling
3. Stopping the ball
4. Stroke
5. Hit & Variations
6. Push & Variations
7. Scoop
8. Reverse stroke
9. Flick
10. Jab
11. Tackling
12. Dodging right and left

B. Use of skills in game situations, lead up practices.

C. Positional play

D. Strategy-attack and defense

E. Regular game practice: Game practice will be a Part of daily lesson.

Semester- II
Practical Course

BPPC – 208 CRICKET

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Theory

A brief historical survey of cricket and an elementary knowledge of International and National developments, important competitions, achievements tables of India. Asia and World. Leading nations and outstanding personalities especially of India.

- Rules of cricket game.
- Laws of cricket.
- Warming up exercises and conditioning.
- Hygiene of cricket.
- Spirit of the Game
- Test.

A Batting

- 1 Grip and stance
- 2 Strokes

1. Vertical Strokes

- i. Defensive stroke: Front foot & Back foot
- ii. Drive: Off drive, On drive, Cover drive, Straight Drive
- iii. Leg glance

2. Horizontal Strokes

- i. Square cut
- ii. Late cut
- iii. Pull & Hook
- iv. Sweep

3 Bowling

- Gripping the Ball, Approach Run, Delivery, Follow Through

1. Spin

- i. Finger Spin: Right and Left Arm
- ii. Wrist spin: Right and Left Arm (Chinaman)

2. Pace

- I. In swing
- II. Out swing
- iii. Leg cutter
- iv. Off Cutter

4 Fielding and catching**5 Lead up games****6 Regular game practices : Game practice will be a part of lesson**

Semester- II
Practical Course

BPPC – 209 VOLLEYBALL

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Theory

A brief historical survey of volleyball and an elementary knowledge of International and National developments, important competitions, achievements tables of India, Asia and World. Leading nations and outstanding personalities especially of India.

- Rules of volleyball game.
- Warming up exercises and conditioning.
- Hygiene of volleyball
- Etiquette.
- Test.

1 Pass

- i. Different stances and related movements
- ii. Upper hand pass
 - b. Forward pass
 - c. Turn and pass
 - d. Jump pass
 - e. Back pass
- iii. Underhand pass
 - f. One hand pass
 - g. Two hand pass
- iv. Pass with roll
 - h. Upper hand forward pass with back and side roll
 - i. Underhand pass with side roll (one hand pass)

2 Service

- j. Underhand service
- k. Side arm service
- l. Upper hand service
 - i. Tennis service
 - ii. Round arm service
- m. High service

3 Setting Up

- a. Zone No.4(forward)
- b. Zone No.2(backward)

4 Attack

- a. Straight smash two feet take off

5 Block

- a. Single block
- b. Group block

6 **Regular game practices : Game practice will be a part of lesson**

**Semester- II
Practical Course**

BPTP – 210 Part – C Teaching Practice

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Teaching Practices (05 Lessons in general/Indigenous Activities teaching and 05 Lessons in sports skill teaching).

**Semester – III
Practical Course**

BPPC – 306 BASKETBALL

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Theory

A brief historical survey of basketball and an elementary knowledge of International and National developments, important competitions, achievements tables of India, Asia and World. Leading nations and outstanding personalities especially of India.

- Rules of basketball game.
- Warming up exercises and conditioning.
- Hygiene of basketball
- Etiquette.
- Test

1 Ball Handling

2 Catching the ball

3 Pass and their drills

- i. Chest Pass
- ii. Side Pass
- iii. Over head pass
- iv. Bounce pass
- v. Underhand pass
- vi. Back pass
- vii. All passes with variations

4 Passes on the move and drill

5 Dribbling

- viii. Bouncing on the spot
- ix. High-Low (Variations)

-
- x. Zig-Zag dribbling
- 6 Shooting
- xi. Set shot (Variations)
 - xii. Free throw (Variations)
 - xiii. Lay up shot (Variations)
 - xiv. Tip in shot
- 7 Footwork in moving
- xv. Stances
 - xvi. Change of direction
 - xvii. Change of pace
 - xviii. Drills
- 8 Pivoting
- xix. Stationary
 - xx. Reverse
 - xxi. Front
- 9 Individual defense
- xxii. Stance
 - xxiii. Footwork
 - xxiv. Position of hands
- 10 Rebounding variations
- Offensive and defensive rebounding
- 11 Team defense (variations)
- i. Man to man defence
 - j. Zone defence
 - k. Combination of defence
- 12 Team offences
- i. Fast break
 - j. Simple offense play
- 13 Regular game practices : Game practice will be a part of lesson

**Semester- III
Practical Course**

BPPC – 307 LAWN TENNIS

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Theory

1. Brief historical Survey of Tennis and also elementary knowledge of Developmental competitions, achievement Tables of India, Asia and world. Leading nations and outstanding Personality especially of India.
2. Rules of Tennis.
3. Warming up Exercise and conditioning.
4. Test.
5. Etiquette.

Practices

I. Fundamental skills:

(a) Basic strokes

- i. Grip - Ready position, foot work, Back swing, point of impact, follow through.
- ii. Back hand - as above.
- iii. Service - grip, stance, Back swing, point, of impact, and follow through.
- iv. Volleys - grip, Ready position. V) Lobs - offensive, defensive.
- v. Smash.
- vi. Drop shots.

(b) Variations in

- i. Ground strokes.
- ii. Service.
- iii. Volleys
- iv. *Lobs*

2. Tactics:

- i. Offensive strokes.
- ii. Defensive strokes.
- iii. Across-offensive and Defensive *tactics*.
- iv. *Doubles-offensive* and Defensive tactics.

3. Regular game practice: game practice will be a part of Daily lesson.

References :

- Brown, Jim Tennis stoker strategy and programs. New J. Prentice Hall, The Englewood cliffs 1980.
- Trengove, Alan the art of Tennis London: Hadder and strengoea Ltd., Warwick Lane 1964.
- Howtan Mary. How to play winning Tennis, New York Ecothirtyf one west 39th Street, 1979.

Semester- III
Practical Course
BPPC – 308 GYMNASTICS

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Theory

1. Brief historical Survey of Gymnastics and also elementary knowledge of Developmental competitions, achievement Tables of India, Asia and world. Leading nations and outstanding Personality especially of India.
2. Rules of Gymnastics.
3. Warming up Exercise and conditioning.
4. Test.
5. Etiquette.

Practices

- Forward Roll
- Backward Roll
- Forward dive Roll
- Forward Split Roll
- Backward Split Roll
- Kart wheel

Parallel Bar:

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

Horizontal /Single Bar:

- o Grip
- o Swings
- o Fundamental Elements
- o Dismount

Uneven Parallel Bar:

- o Grip
- o Swings
- o Fundamental Elements
- o Dismount

Semester- III
Part C – Teaching Practices
BPTP – 309 Teaching Practices of classroom teaching (05 Internal Lesson)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

BPTP- 310 Internship (school Internship)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Semester- IV
Practical Course
BPPC -406 YOGA

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Benefits of Yoga, Caution and Therapeutic aspect of Yoga.

ASANAS

- Padmasana
- Vajrasana
- Savasana
- Bhujangasana
- Dhanurasana
- Matsyasana
- Shalabhasana
- Halasana
- Paschimotasana
- Yoga Mudra
- Vakrasana
- Ardhamatsyendrasana
- Sarvangasana
- Shirshasana
- Vrikashasana
- Tadasana
- Makarasana
- Suryanamaskar
- Pawanmuktasana Series

**Semester- IV
Practical Course**

BPPC – 407 SPORTS SPECIALISATION

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

The Candidate has choice to select any one of the following games as the Specialization (Athletics/Badminton/Football/Hockey/Cricket/Volleyball/Basketball/Lawn Tennis/Gymnastics/Yoga/ Kabaddi) (*Any one Games*)

Unit-I

- Introduction and Historical Development of games with special reference to India.
- Important Tournaments held at National and International Levels.
- National sports Awardees related to the game.

Unit-II

- Organizational set-up at national and International level (governing Bodies)
- Measurement and Markings of concern game.
- Facilities and Equipment of games.

Unit-III

- Training and development of fundamental skill and techniques of the game.
- Training and development of advance techniques of the game.
- Implementation of drills for the technical Training.

Unit-IV

- Strategy and tactics of the game
- Training and development of Basic tactics.
- Training and development of Advance Tactics.

Unit-V

- Rules and their interpretation of concern game.
- Duties and responsibilities of the Technical Officials.
- Training / coaching Lesson plan of the game.

Semester IV
Practical course
BPPC 408 KABADDI

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Theory

A brief Historical survey of Kabaddi and an elementary knowledge of national development, important competition, achievement tables of leading states and outstanding personalities especially of India.

- Rules of Kabaddi games
- Conditioning and Warm-up
- Hygiene of Kabaddi players
- Etiquettes
- Test

1 Marking of Kabaddi ground

2 Offensive Skills

2) The Chant

3) Skills performed by leg

- i. Toe touch
- ii. Side kick
- iii. Front kick
- iv. Curve Kick
- v. Cross kick
- vi. Roll kick
- vii. Mule kick or back kick
- viii. Fly kick

3 Defensive Skill

- i. Ankle catch
- ii. Double ankle catch
- iii. Knee catch
- iv. Double Knee catch
- v. Double thigh catch
- vi. Trunk Hold
- vii. Wrist catch
- viii. Crocodile catch
- ix. Wrist catch with reverse grip
- x. Shoulder catch
- xi. Washman hold

4 Lead up games**5 Regular game practices : Game practice will be a part of lesson****6 Positional and system of play****7 Offensive and defensive strategy.****Reference:**

1. Rao, C.V. "Kabaddi", Patiala: N.I.S. Publication

**Semester IV
Practical course**

BPPC – 409 Sports Science Lab Testing

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

**Semester IV
Practical Course
Part C – Teaching Practices**

BPTP – 410 Training/coaching lesson of Sports Specialization (05 Internal and 01 External)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
6	3	30	70	100

Table – 1: Semester wise distribution of hours per week

Semester	Theory	Practicum	Teaching practice	Total
<i>I</i>	12	30	-	42
<i>II</i>	12	24	6	42
<i>III</i>	12	18	12	42
<i>IV</i>	12	18	12	42
<i>Total</i>	48	90	30	168
<i>Minimum of 36 teaching hours per week is required in five or six days in a week</i>				

Table – 2: Number of credits per semester

Semester	Theory	Practicum	Teaching practice	Total
<i>I</i>	12	15	-	27
<i>II</i>	12	12	03	27
<i>III</i>	12	09	06	27
<i>IV</i>	12	09	06	27
<i>Total</i>	48	45	15	108
<i>Minimum of 36 teaching hours per week is required in five or six days in a week</i>				