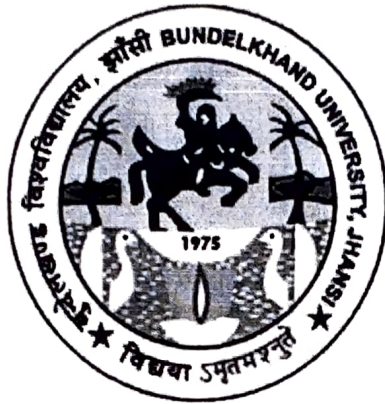


BUNDELKHAND UNIVERSITY JHANSI
(Major Dhyani Chandra Institute of Physical Education)



COURSE OF STUDY
AND
PRESCRIBED BOOKS FOR THE
B.P.E.S.
(Bachelor of Physical Education and Sports)

Board of Studies - 09 and 10th June - 2022
meeting held on according to NEP - 2020.

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BUNDELKHAND UNIVERSITY JHANSI

Ordinance

1. **Degree Title:** Bachelor of Physical Education and Sports

2. **Duration:** Three academic years that is Six Semester.

1Year(Two Semesters)	Undergraduate Certificate in Physical Education and Sports
2Years(Four Semesters)	Undergraduate Diploma in Physical Education and Sports
3Years(Six Semesters)	Bachelor's Degree in Physical Education and Sports

3. **Eligibility:**

1. The candidate must have completed his/her Higher Secondary (10+2) scheme examination or Intermediate examination or the pre-university (10+2) or any other equivalent examination recognized by the U.P. Board or any other Board recognized for this purpose by Bundelkhand University, Jhansi as equivalent. Reservation and age rules as per U.P. Government.

4. **Admission Procedure:**

1. As decided by Bundelkhand University from time to time.
2. Provide Medical Fitness Certificate prescribed by MBBS Doctor.

5. **Total Seats:** 120

6. **Duration of Course:** The B.P.E.S. programme shall be of a duration of three academic years, that is Six semester. However, the students shall be permitted to complete the programme requirements within a maximum of six years from the date of admission to the programme.

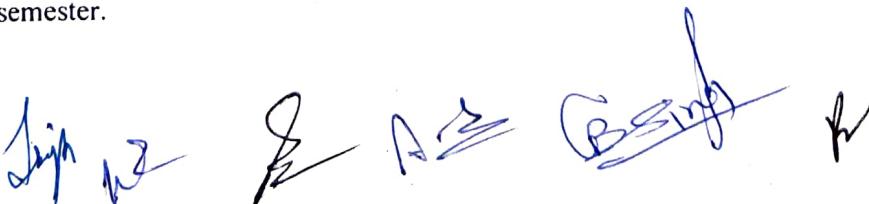
7. **Fee Structure:** As decided by Bundelkhand University from time to time.

8. **Examination, Curriculum and Related Regulation:**

Asper CBCS ordinance of Bundelkhand University Jhansi.

i. There shall be examination at the end of each semester, probably first semester in the month of November/December: probably second semester in the month of May/June. A candidate who does not pass the examination in any paper shall be permitted to appear in such failed paper in the subsequent examinations to be held in November/December or May/June.

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



9. **Minimum Passing Standard:**

The minimum passing standard for Internal Assessment and External Examinations shall be 33%, i.e. 10 marks out of 30 marks and 24 marks out of 70 marks respectively for both theory and practical paper.

Letter Grade	Detail	Limit of Number	Numerical Grade
O	Outstanding	91-100	10
A+	Excellent	81-90	9
A	Very Good	71-80	8
B+	Good	61-70	7
B	Above Average	51-60	6
C	Average	41-50	5
P	Pass	33-40	4
F	Fail	0-32	0
Ab	Absent	Absent	0
Q	Qualified		
NQ	Not Qualified		

10. **Eligibility for the award of the degree:**

A candidate shall be eligible for the degree of Bachelor of Physical Education and sports when he/she has completed the requirement of examination successfully as per ordinance of Bundelkhand University Jhansi.

11. **Attendance:**

Attendance in theory and practical subjects shall be compulsory. A minimum of 75% attendance is required separately for each theory and practical subjects.

12. **Leadership Camp:**

In addition of the above provision a candidate must fulfill the following requirement in order to be eligible of appear at the BPES IInd Semester Examination: -
Students have an attended a leadership training camp organized by the University for at least 10 days.

13. **General Instruction:**

For matters not covered in this ordinance, general rules of Bundelkhand University Jhansi, as applicable in semester examination shall apply in other matters.

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ACADEMIC PROGRAMME
(With No. of Lectures and Credits Per Week)

B.P.E.S. Ist Semester

Part-A(Theory Papers)		No. of Classes per week	No. of Credits	Type of Course
		Lectures		
T-101	Basic and Systemic Anatomy-I	04	04	Core Major
T-102	Foundation of Physical Education	04	04	Core Major
T-103	History of Physical Education	04	04	Core Major
T-104	English	04	04	Minor
Part-B(Practical)				
P-101	Athletics-I	02	02	Core Minor
P-102	Gymnastics-I	02	02	Core Minor
P-103	Yoga	02	02	Core Minor

Total Credits- 22

B.P.E.S. IInd Semester

Part-A(Theory Papers)		No. of Classes per week	No. of Credits	Type of Course
		Lectures		
T-201	Basic and Systemic Anatomy-II	04	04	Core Major
T-202	Methods in Physical Education	04	04	Core Major
T-203	Officiating and Coaching	04	04	Core Major
T-204	Sports Journalism	04	04	Minor
Part-B(Practical)				
P-201	Athletics-II	02	02	Core Minor
P-202	Gymnastics-II	02	02	Core Minor
P-203	Cricket	02	02	Core Minor

Total Credits-22

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B.P.E.S. IIIrd Semester

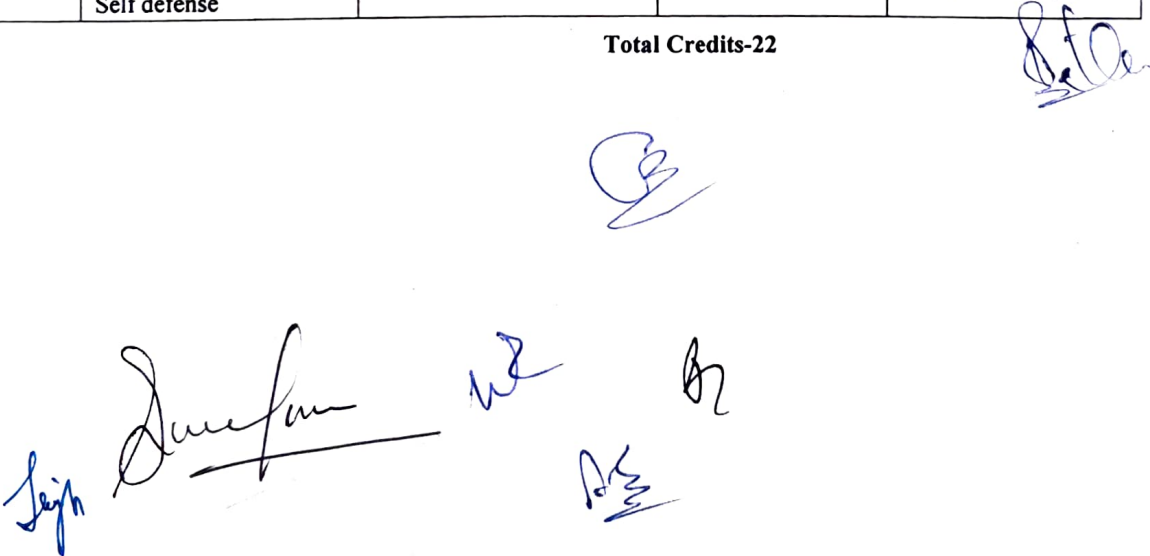
Part-A(Theory Papers)		No. of Classes per week	No. of Credits	Type of Course
		Lectures		
T-301	Physiology and Physiology of Exercise	04	04	Core Major
T-302	Educational Psychology	04	04	Core Major
T-303	Sports Sociology	04	04	Core Major
T-304	Basic Computer Applications	04	04	Minor
Part-B(Practical)				
P-301	Badminton	02	02	Core Minor
P-302	Volleyball	02	02	Core Minor
P-303	Football	02	02	Core Minor

Total Credits -22

B.P.E.S. IVth Semester

Part-A(Theory Papers)		No. of Classes per week	No. of Credits	Type of Course
		Lectures		
T-401	Kinesiology	04	04	Core Major
T-402	Basics of Sports Training	04	04	Core Major
T-403	Health Education	04	04	Core Major
T-404	Introduction to Education and Physical Education	04	04	Minor
Part-B(Practical)				
P-401	Hockey	02	02	Core Minor
P-402	Aerobics	02	02	Core Minor
P-403	Martial Arts/ Self defense	02	02	Minor Elective

Total Credits-22



B.P.E.S. Vth Semester

Part –A (Theory Papers)		No. of Classes per week	No. of Credits	Type of Course
Paper Code	Nomenclature	Lectures		
T-501	Management of Physical Education	04	04	Core Major
T-502	Test and Measurement in Physical Education	04	04	Core Major
T-503	Rehabilitation of Sports Injury	04	04	Core Major
T-504	Environmental Science	04	04	Minor
Part – B (Practical)				
P-501	Table Tennis	02	02	Core Minor
P-502	Handball	02	02	Core Minor
P-503	Kabaddi / Mallakhamba	02	02	Minor Elective

Total Credits -22

B.P.E.S. VIth Semester

Part –A (Theory Papers)		No. of Classes per week	No. of Credits	Type of Course
Paper Code	Nomenclature	Lectures		
T-601	Correctives and Rehabilitation in Physical Education	04	04	Core Major
T-602	Sports Medicine	04	04	Core Major
T-603	Yoga and Stress Management	04	04	Core Major
T-604	Sports Specialization	04	04	Discipline Specific Elective (DSE)
Part – B (Practicals)				
P-601	Kho-Kho	02	02	Core Minor
P-602	Basketball	02	02	Core Minor
P-603	Tennis / Weight Training	02	02	Minor Elective

Total Credits - 22

SCHEME OF EXAMINATION

B.P.E.S. SEMESTER-I

Part-A(Theory Papers)		Maximum Marks	
		External	Internal
T-101	Basic and Systemic Anatomy-I	70	30
T-102	Foundation of Physical Education	70	30
T-103	History of Physical Education	70	30
T-104	English	70	30
Part-B(Practical)			
P-101	Athletics-I	70	30
P-102	Gymnastics-I	70	30
P-103	Yoga	70	30
	Total	490	210

Grand Total

700

B.P.E.S. SEMESTER-II

Part-A(Theory Papers)		Maximum Marks	
		External	Internal
T-201	Basic and Systemic Anatomy-II	70	30
T-202	Methods in Physical Education	70	30
T-203	Officiating and Coaching	70	30
T-204	Sports Journalism	70	30
Part-B(Practical)			
P-201	Athletics-II	70	30
P-202	Gymnastics-II	70	30
P-203	Cricket	70	30
	Total	490	210

Grand Total

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B.P.E.S. SEMESTER-III

Part-A(Theory Papers)		Maximum Marks	
		External	Internal
T-301	Physiology and Physiology of Exercise	70	30
T-302	Educational Psychology	70	30
T-303	Sports Sociology	70	30
T-304	Basic Computer Applications	70	30
Part-B(Practical)			
P-301	Badminton	70	30
P-302	Volleyball	70	30
P-303	Football	70	30
	TOTAL	490	210

Grand Total

700

B.P.E.S. SEMESTER-IV

Part-A(Theory Papers)		Maximum Marks	
		External	Internal
T-401	Kinesiology	70	30
T-402	Basics of Sports Training	70	30
T-403	Health Education	70	30
T-404	Introduction to Education and Physical Education	70	30
Part-B(Practical)			
P-401	Hockey	70	30
P-402	Aerobics	70	30
P-403	Martial Arts/Self Defense	70	30
	TOTAL	490	210

Grand Total

700

B.P.E.S. SEMESTER – V

Part – A (Theory Papers)		Maximum Marks	
		External	Internal
T-501	Management of Physical Education	70	30
T-502	Test and Measurement in Physical Education	70	30
T-503	Rehabilitation of Sports Injury	70	30
T-504	Environmental Science/ Leadership and Time Management	70	30
Part – B (Practicals & Sports Specialization)			
P-501	Table Tennis	70	30
P-502	Handball	70	30
P-503	Kabaddi / Mallakhamba	70	30
	TOTAL	490	210

Grand Total

700

B.P.E.S. SEMESTER – VI

Part – A (Theory Papers)		Maximum Marks	
		External	Internal
T-601	Correctives and Rehabilitation in Physical Education	70	30
T-602	Sports Medicine	70	30
T-603	Yoga and Stress Management	70	30
T-604	Sports Specialization	70	30
Part – B (Practicals & Sports Specialization)			
P-601	Kho-Kho	70	30
P-602	Basketball	70	30
P-603	Tennis / Weight Training	70	30
	Total	490	210

Grand Total

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BPES SEMESTER-I
Paper –T-101
BASIC AND SYSTEMIC ANATOMY-I

Unit- I Introduction

- (i) Meaning and Concept of Anatomy
 - a. Definition of Anatomy
 - b. Types of Anatomy
- (ii) Need and Importance of Anatomy for the students of Physical Education.
- (iii) Minute structure and functions of cells.
 - a. Structure of cell
 - b. Properties of cell
 - c. Constituents of cell and their functions
- (iv) Minute structure and functions of tissues
 - a. Definition of tissue
 - b. Classification of tissues
 - c. Structure and functions of various types of tissues

Unit-II Skeletal System

- (i) **Brief introduction about the skeletal system**
 - a. Composition of bone
 - b. Microscopic structure of bone
 - c. Classification of bones
 - d. Functions of bones
 - e. General features of major bones of human body
 - f. Brief introduction about skull bone
- (ii) **Joints**
 - a. Definition of joints
 - b. Classification of Joints
 - c. Anatomical structure of synovial joints
 - d. Characteristics of synovial joints
 - e. Terminology of movements around a joint

Unit-III Muscles

- a. Structural classification of muscles
- b. Functional classification of muscles
- c. Microscopic structure of muscles(skeletal, cardiac and smooth)
- d. Functions of muscles(skeletal, cardiac and smooth)
- e. Properties of skeletal muscles(elasticity, contractibility, stretchibility, irritability and muscle tone)
- f. Location(origin and insertion)and action of important muscles of human body(shoulder girdle, shoulder joint, elbow joint, hip joint, knee joint, ankle joint)

Unit-IV Cardio-vascular system

- a. Introduction about heart and cardio vascular system
- b. Structure of heart
- c. Structure of artery, veins and capillaries
- d. Blood flow through the heart
- e. Types of blood circulation
- f. Pumping action of heart and its regulation
- g. Introduction about mechanism of the contraction of heart
- h. Introduction about regulation of heart beat

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Unit- V Respiratory system

- a. Introduction about respiratory system
- b. Organs of respiratory system
- c. Structure of organs
- d. Types of respiration
- e. Muscles of respiration
- f. Mechanism of respiration

Books Recommended:

- a. MC Clerg, Anderon T., Human Kinetics and Analyzing Body Movements, London: William Hein Mann Medical Book Ltd.
- b. Davis, D.V. Gray's Anatomy: London: Long mans Green and Co.Ltd.
- c. Pcatce, Evelyn B., Anatomy and Physiology for Nurse: London faber and faber Ltd.
- d. Pearce, J.W. Anatomy for students and teachers of Physical Education, London: Edward Arnold and Co.
- e. Anderson, T. Mc. Clerg. Human Kinetics and Analyzing Body Movements, London: WiliiamHeinmanMedicalBooksLed.1961.



BPES SEMESTER-I
Paper-T-102
FOUNDATION OF PHYSICAL EDUCATION

Unit- I

- a. Meaning and Definition of Physical Education.
- b. Aims and objective of Physical Education.
- c. Scope of Physical Education.
- d. Need and Importance of Physical Education
- e. Physical Education as an Art and Science

Unit-II

a. Olympic Games

- Start of Olympics, Objectives Of Olympics
- Olympic Motto And Olympics Flag
- Olympics Charter
- Opening And Closing Ceremonies
- Olympics Commission And Their Functions

b. Indian Olympic Association.

Unit-III

- a. Meaning of Camp
- b. Aims and Objective of the Camps
- c. Uses of Camping/outdoor education.
- d. Types of Camp and Agencies promoting Camping.
- e. Organization of Camps and factors effecting its organization.

Unit-IV

- a. Definition of physical fitness.
- b. Component of Physical fitness.
- c. Benefit of Physical fitness.
- d. Effect of Exercises on muscular, circulatory, digestive, Respiratory system.
- e. Warming up, cooling down, and their Importance.
- f. Biological Basis of life and biological weakness.
- g. Chronological, Anatomical, Physiological and Mental ages of individual –Their implications in developing and implementing programme of Physical Education.

Unit- V

- a. Games and sports as man's cultural heritage.
- b. Sports and socialization.
- c. Physical Education and sports as a need of the society.
- d. Physical Education in ancient India. Vedic, Epic and Buddhists.

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- e. Physical Education in the city states of Greece.
- f. Survey of modern physical education in India, pre and post-independence period.
- g. Sports training institutions in India.
- h. Sports Authority of India.
- i. Youth Welfare Programmes NCC, NSS, NSC, SCOUTS AND GUIDES

References:

- 1) Bucher, Charles, A. Foundation of physical Education St. Louis: The C.V.Mosby Co. 1986 dollar 9.50.
- 2) Nixon Engene D. and Couson W. An introduction to physical Education, Philadelphia, London: W.B. Saunders Co.1969.
- 3) Oderteuter, Delbert: Physical Education, New York, Harper and Brothers publishers 1970.
- 4) Sharma, Jakson, R. Introduction to physical education, New York: A.S Barnes and Co. 1964.
- 5) Willaims Jeses Feiring: The Principle of Education, Philadelphia: W.B.Saunders Co.

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BPES SEMESTER –I
Paper T-103
HISTORY OF PHYSICAL EDUCATION

UNIT – I

- 1 Physical Education in ancient India Vedic epic and Buddhist periods
- 2 Physical education in the city states of Greece

UNIT – II

- 3 Survey of modern physical education in India
Pre and post Independence period.
Physical education and sports training institution in India
Indian Olympic association of India
National sports federation /associations
Sports authority of India
State sports councils

UNIT – III

- 4 Ancient Olympic Games – Historical Background, Significance of Ancient Games, Conduct of Ancient Games, Decline and termination of Olympic Games.

UNIT – IV

- 5 Modern Olympic Games – Revival of Modern Olympic Games, International Olympic Committee (IOC), Functions of IOC, Organization and conduct of Games and ceremonies (opening and closing ceremonies)

UNIT – V

- 6 Contribution of Leaders and Movements for the Growth of Physical Education in The world
Germany (Johan Basedow, Guts muths, Turnverein Movement
Sweden (Per Henric Ling), Swedish Medical Gymnastics.
Denmark (Franz Nachtegal, Neils Burke)
Great Britain (Archiblad Maclaren,)
U.S.A. (Dr. Dudley Alen Sargent)
U.S.S.R. (Russia)

Books Recomanded

- Contribution of Leaders to the Indian Sports and Physical Education India G.D.Sondhi, Padam Shree Dr. P. M. Joseph, Rajkumari Amrit Kaur, Pt Jawaharlal Nehru, Prof. Karan, Shri H.C.Buck Dr. J.P.Thomas, D.G.Wakharkar.

Jyoti

Joseph

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Dr. J.P. Thomas

D.G. Wakharkar

H.C. Buck

BPES SEMESTER-I

Paper-T-104

ENGLISH

Unit- I

- A Tenses: Present, Past and Future Tenses.
- B Vocabulary: Synonyms, Antonyms, One word, Substitution, Punctuation.
- C Preposition.
- D Co-ordinate Conjunction and Subordinate Conjunction
- E Gender & their uses.

Unit-II

- A Article: A, An, and The
- B Syntax & their uses & applications.
- C Active & Passive Voice
- D Idioms & Proverbs: Meaning and uses.

Unit-III

- A Sentences Structure – Simple and Complex Sentences.
- B Transformation (with and without changing the sense)
- C Interrogative Sentences
- D Imperative Sentences
- E Exclamatory Sentences

Unit-IV Paragraph and Essay Writing

- A Writing paragraphs and essays on topics concerning sports and General awareness.

Unit- V Comprehension

- A Precise writing
- B Answering questions after reading passages.
- C Comments on reading material.

References:

1. 'High School English Grammar and Composition by P.C. Wren and M. Martin, Published by S. Chand and Com. Ltd. Ram Nagar, New Delhi 110055.
2. An intensive Course in English – Are medial work book C.d. Sidhu. Published by P.rya Adarkar, Orient Longman Ltd. Kamani Marg, Ballard Estate Bombay 400048.
3. Living English Literature Practice Book for Foreign students W. Standard Alton, Orient Longman Ltd. 1/24, Asaf Ali Road, New Delhi 110002.

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GAMES (PRACTAL)

ATHLETICS, GYMNASTICS AND YOGA

Common syllabus all games

Unit-I. History of game, Federations and Competitions.

Unit-II. Rules and their interpretation.

Unit-III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit-V. Layout and maintenance of playfields















BPES SEMESTER-II

Paper T-201

BASIC AND SYSTEMIC ANATOMY-II

Unit I: Digestive System

- (i) **Introduction about digestive system**
 - Organs of digestive system
 - Structure of various parts of digestive system
 - Brief introduction about the accessory organs of digestive system (liver, pancreas, gallbladder)
- (ii) **Secretion and function of the digestive juices**
 - The name of digestive juices
 - Their site of secretion, nature and function
- (iii) **Function of Liver**
 - Functions of liver as an accessory organ of digestion
 - Brief knowledge of general function of liver

Unit II: Nervous System

- (i) **Introduction about the nervous system**
 - Introduction about the nervous system
 - Classification and organs of nervous system
 - Introduction about various parts of brain
 - Structure of various parts of brain
 - Structure of spinal cord
- (ii) **Functions of the important parts of the nervous system**
 - Functions of cerebrum
(Basal ganglia, Thalamus & Hypothalamus)
 - Functions of cerebellum
 - Functions of midbrain
 - Functions of pons
 - Functions of medulla oblongata
 - Functions of spinal cord
 -

Unit III : Urine –Genital and Excretory System

- (i) **Brief account of urine-genital system**
 - Introduction about urinal system
 - Structure of kidney
 - Structure of ureter, bladder, urethra
 - Introduction about genital system
- (ii) **Introduction about excretory system**
 - Brief concept of excretion of water from the body through skin (sweating), lungs, kidney and urinal track
 - Structure of kidney and urinal track
 - Formation of urine in kidney
(Simple filtration, selective re absorbs ion and secretion)

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Unit IV : Endocrine System

- Introduction about endocrine system
- Name of endocrine glands and their sites
- Structure of glands(Pituitary, Thyroid, Pancreases and Adrenal)
- Secretion of glands(Pituitary, Thyroid, Pancreases and Adrenal)
- Role of their secretion in growth, development and body functions
- Basic knowledge of transmission of hereditary characteristics

Unit V: Sensory System

- Structure of organs of vision
- Functions of various parts of eye
- Structure of organs of hearing
- Functions of various parts of ear
- Brief introduction of sense of touch (skin), smell and taste

Books Recommended:

1. MCCLerg, Anderon T., Human Kinetics and Analyzing Body Movements, London: William Hein Mann Medical Book Ltd.
2. Davis, D. V. Gray's Anatomy: London: Longmans Green and Co. Ltd.
3. Pcarce, Evelyn B., Anatomy and Physiology for Nurse: London faber and faber Ltd.
4. Pearce, J. W. Anatomy for students and teachers of Physical Education, London: Edward Arnold and Co.
5. Anderson, T. Mc. Clerg. Human Kinetics and Analyzing Body Movements, London: William Hein man Medical Books Led.1961.

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B PES SEMESTER-II

Paper T-202

METHODS IN PHYSICAL EDUCATION

Unit I

(A) Meaning

Meaning of the term "teaching method" its scope and importance the factors to be considered in determining the method of teaching.

(B) Types of method

Part-whole method, whole part method, command method, discussion method, project method, demonstration method.

(C) Principles of teaching

Unit II

Presentation Techniques

- (a) Personal preparation.
- (b) Technical preparation.
- (c) Steps of presentation.
- (d) Command and their techniques.
- (e) Situation which require different words of command.
- (f) Types of class management.

Lesson planning

Types of lessons and their values

- (a) Objectives of different lesson plans and part of the lesson introductory and development.
- (b) Skill practice/group work.
- (c) Class activity/recreation part (reassembly revision and dismissal).

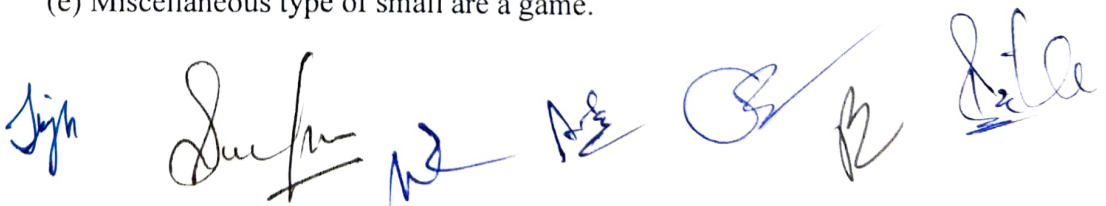
Unit III

Organization and conduct of competitions

- (a) Tracks and field
- (b) Gymnastics.
- (c) Weight lifting, bodybuilding and best physique contest.
- (d) Wrestling and combative.
- (e) Swimming, diving-aquatics.
- (f) Games and sports tournaments.

Tournaments-organization, meaning and their types

- (a) Knockout types of elimination double elimination tournaments.
- (b) League-(single-double) or round robin type.
- (c) Combination type of tournament.
- (d) Challenge of perennial type (ladder-pyramid type).
- (e) Miscellaneous type of small are a game.



Unit IV

Audio-visual aids and teaching gadgets

- (a) Values and uses of audio visual aids.
- (b) Criteria for selecting the aids.
- (c) Steps to be followed in using teaching aids.

Publicity-meaning and method of preparation:

- (a) Demonstration.
- (b) Play days.
- (c) Exhibitions.
- (d) Sports for all days.

Unit V

Marking of track and play fields:

- (a) Track and field- track 400m standard and 200m.
- (b) Playfield-football, volleyball, basketball, hockey, badminton, kabaddi, kho-kho, softball as per international regulation.

Improvisation-ways and means of improvisation:

- (a) Area
- (b) Apparatus
- (c) Equipment
- (d) Leadership
- (3) Evolution
 - (a) Need
 - (b) Importance
 - (c) Basic methods of evaluation:
 - Observation
 - Interview
 - Tests and measurements
 - Corporative evaluation by pupil and teacher

References:

- Tirunaryanan, C. Andhariharan, S. Methods in physical education, karai kud is out hindi a press, 1962.
- Kozman, B. Cassidy, Rosalind and Jackson, C.B., Methods in physical education, London: W.B. Saunders company, 1960.
- Knapp, Clyde and Hagman, E.P. Teaching methods for physical education, New York: McGraw-Hill Book Co., 1948.

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BPES SEMESTER-II
Paper T-203
OFFICIATING AND COACHING

Unit-I

Introduction of Officiating and coaching

- 1.1 Concept of officiating and coaching
- 1.2 Principles of officiating & Coaching
- 1.3 Importance of officiating and coaching.
- 1.4 Qualifications for Officials conducting various tournaments.

Unit-II

Rules and Layout:

- 2.1 Dimensions, layouts and marking of sports fields
- 2.2 Rules and their interpretations of game
- 2.3 Qualification and number of officials in sports and game
- 2.4 Coaching in the different Games and sports

Unit-III

Duties of Official:

- 3.1 Duties of official in general, pre, during and post-game.
- 3.2 Philosophy of officiating
- 3.3 Mechanics of officiating- position, singles and movement etc.
- 3.4 Ethics of officiating

Unit-IV

Qualities and Qualifications of Coach and Official:

- 4.1 Layout, dimensions and markings of Track
- 4.2 Rules and their interpretations of running events in Track.
- 4.3 Yoga and its rules
- 4.4 Coaching in Athletics and Yoga

Unit-V

Coach as a Mentor

- 5.1 Duties of coach in general, pre, during and post-game.
- 5.2 Philosophy of Coaching
- 5.3 Responsibilities of a coach on and off field
- 5.4 psychology of competition and coaching

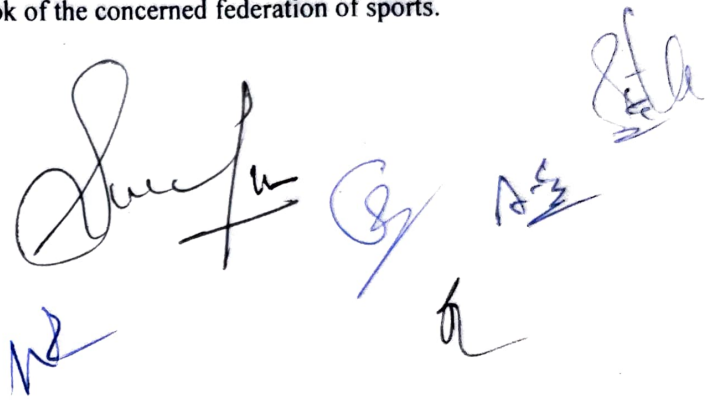
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Reference Books:

1. Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice
2. Hall. Bunn, J. W. (1972). *Scientific principles of coaching*.
3. Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
4. Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd. Lawther, J.D.(1965).
5. *Psychology of coaching*. New York: Pre. Hall.
6. Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Grew Hill.
7. Official Rule Book / Handbook of the concerned federation of sports.



BPES SEMESTER-II

Paper T-204

SPORTS JOURNALISM

UNIT I:

Introduction Meaning and Definition of Journalism, Ethics of Journalism – Canons of journalism- Sports Ethics and Sportsmanship – Reporting Sports Events.

National and International Sports News Agencies.

UNIT II:

Sports Bulletin Concept of Sports Bulletin: Journalism and sports education – Structure of sports bulletin – Compiling a bulletin – Types of bulletin – Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting.

UNIT III:

Mass Media Mass Media in Journalism: Radio and T.V. Commentary – Running commentary on the radio – Sports expert's comments. Role of Advertisement in Journalism. Sports Photography: Equipment- Editing – Publishing.

UNIT IV:

Report Writing on Sports Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

UNIT V:

Journalism Sports organization and Sports Journalism – General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach. Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news.

REFERENCE:

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications Ahiya B.N.
- Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication, Padmanabhan.

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- A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
- Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd. Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

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GAMES (PRACTAL)

ATHLETICS, GYMNASTICS AND CRICKET

Common syllabus all games

Unit-I. History of game, Federations and Competitions.

Unit-II. Rules and their interpretation.

Unit-III. Fundamental and Advance skills.

Unit-IV. Equipments and their specification and maintenance.

Unit-V. Layout and maintenance of play fields

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BPEs SEMESTER-III

Paper T-301

PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE

Unit I Introduction

- (a) Meaning and concept of physiology.
- (b) Need and importance of physiology for the students of physical education.
- (c) Meaning and concept of exercise physiology.
- (d) Need and importance of exercise physiology in physical education and sports.

Unit II Cardio Pulmonary System

1. The Cardio-vascular system and Blood.
 - (a) Cardiac-cycle.
 - Definition of cardiac cycle
 - Concept of cardiac cycle with the help of diagram.
 - (b) Blood pressure, its maintenance and regulation
 - Definition of blood pressure.
 - Types of blood pressure.
 - Measurement of blood pressure.
 - Regulation of blood pressure.
 - (c) The cardiac output and its regulation
 - Concept of cardiac output.
2. The respiratory System
 1. Mechanism of Respiration.
 2. Pulmonary ventilation and its regulation.
 3. Second -wind, Oxygen debt.

Unit III Digestive, nervous and sensory system

- (a) Digestive System
 1. Absorption of Food
 2. General metabolism, metabolism of carbohydrates fats and proteins.
 3. Temperature -Regulation
- (b) Nervous System
 1. Functions of the important parts of the nervous system, cerebrum, Medulla oblongata, thalamus, cerebellum and spinal cord.
 2. Functions of autonomic nervous system.
- (c) Sensory System
 1. General sensations (cutaneous and kinesthetic)
 2. Brief knowledge about various forms of senses with special reference To vision and hearing.

Unit IV Excretory, Endocrine and Reproductive Systems

- (a) The excretory System-
Excretion of water from the body through skin (sweating), lungs, kidney and G I Tract.
- (b) The Endocrine System-
 1. Secretion of endocrine glands (Pituitary, Thyroid, Adrenal and Pancreas)
 2. Role of their secretion in growth. Development and body functions.
- (c) Reproductive System-
 1. Physiology of human reproduction.
 2. Basic knowledge of transmission of hereditary characteristics.

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Unit V **Physiology of Exercise**

1. Effect of exercise on respiratory, circulatory and muscular system.
2. Changes during muscular contraction.
3. Nerve control of muscular activity.
4. Warming-up, conditioning and training.
5. Stitch and cramps.

References:

1. Anthony, C. Parher and Kolth off N.Jane, Text Book of Anatomy and Physiology, St. Louis: The C.V.: Mosby Company.
2. Chatterjee, C.C. Human Physiology, Calcutta, Medical Allied Agency.
3. Clarke, David, H. Exercise Physiology, New Jersey: Prentice Hall Inc., Englewood Cliffs.
4. Translated by Myshne, David, A. Text Book for Nurses Training Schools, Moscow, NIR Publishers.
5. Pearce, Evelyn, C. Anatomy and Physiology for Nurses. Calcutta, Oxford University Press.

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BPESEMESTER-III

Paper T-302

EDUCATIONAL PSYCHOLOGY

Unit I:

- Meaning and Nature of Psychology
- Sources of psychology
- Definition of Psychology
- Psychology is a Sciences
- Branches of Psychology
- Importance of Psychology in Education with special reference to Physical Education.

Unit II:

- Growth and Development
- Meaning of growth and Maturation
- Development by maturation
- Development by exercise and learning
- Behavioral development with special reference to perceptual, Language intellectual social, emotional and physical
- Individual differences: meaning of the terms individual differences.
- Heredity and environment as cause of individual differences
- Interaction of heredity and environment.

Unit III:

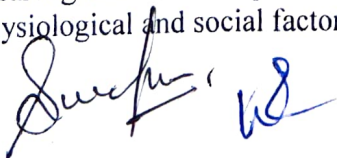
- Learning Meaning and nature of learning
- Principles of learning
- Types of learning
- Theories of learning (Trial and error, conditioned reflex, insight theory, learning by imitation).
- Meaning of transfer of training. Conditions of transfer of training. Learning curve.
- How to overcome plateau

Unit IV:

- **Motivation**
Meaning of motivation. Concept of need, drive, motive, incentive and achievement
Types of Motivation
Role of motivation on teaching physical activities
- **Emotion**
Meaning and nature of emotion.
Types of emotion.
Emotional experiences (anxiety and fear) and their effect on learning of physical activities.

Unit V;

- **Personality**
Meaning and nature of personality.
Physiological and social factors in personality.



Development of personality

- **Memory**

Definition of memory, Types of Memory.

Mechanism of the process of remembering, memory training.

Meaning of forgetting, Reasons of forgetting, curves of forgetting.

Importance of memory in learning physical activities.

- **Practical**

Practical will be conducted to acquaint with practical aspects of the subject.

There will be practical internal examination for 10 marks .The marks of this examination will be added to the theory sectionals.

References:

- Boaz,G.D Generalpsychology, Madras:
Boaz institute of Psychological Service, 1957
- Skinner,C.E.Educational Psychology, New Delhi : Prentice Hall of India Pvt.
Ltd.
- Lindren,H. E.Educational Psychology in classroom, New York: John
Wiley & Sons Inc. 1963.
- Kamlesh,M.L. Psychology of Physical Education and Sports, New
Delhi Metropolitan Bros.
- Snum, Richar M. Psychology in Sports, Surjeet Publication, 1982
- Silva,J.M. and Weinberg R.S Psychology of foundations of Sports, Illinois,
Human Kinetics Publishers Inc.

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BPES SEMESTER - III
PAPER-T-303
SPORTS SOCIOLOGY

UNIT-I

1. Meaning & Definitions of Sociology:
Scope and Method of Sociology, relationship of Sociology with other social science, Introduction to Sports Sociology;
Society, Community, Association, Institutions, Customs;
Man as a Social animal;
Effect of various social forces heredity and environment on personality development;
Origin and growth of culture.

UNIT-II

2. Social Structure, Organization and Institutions:
Socialization, social codes and social control, groups (primary and secondary, crowds and public, family, kinship and marriage;
Social stratification, social class and caste, social mobility;
Economical and political institutes for society;
Cultural and religious institutions;
Concept, factors and process of socio-cultural changes.

UNIT-III

3. Main Features of Indian Society and Rural Scene:
Demographic profile, social elements;
Religions pluralism – Hindu, Muslim, Christian and Tribal;
Linguistic Pluralism;
Indian policy – secularism, democracy, social justice;

UNIT-IV

4. Indian Rural Scene:
Indian village, rural family, rural education;
Indian village community, rural stratification;
Community development projects and Panchayati-Raj;
Trends in Rural change.

UNIT-V

5. Sport and Society:
Meaning and definition of sport sociology;
Sport as a social occurrence;
Socialization through games and sports;
Relationship between family and sport participation;
Relationship between politics and sports;

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Social Stratification and sports;
Sports as a social phenomenon.

REFERENCE BOOKS

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

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BPES SEMESTER III

Paper T-304

BASIC COMPUTER APPLICATIONS

Unit I: Introduction to Computer

What is computer? Characteristics of Computer, Application of Computer with special reference to Physical Education, Block Diagram of Computer, classification of Computer, Introduction to CPU, CU, ALU Memory Unit ,Auxiliary Storage Devices ,Input Devices ,Output Devices ,File ,Program Software –types, Hardware, Language Processors.

Unit II: Introduction to OS Windows

Define Operating System, Objectives and Function of an Operating System, Types of an Operating System, Windows Features, Windows Desktop Settings, Files and Folders, Menus and Icons Windows Accessories, Recycle Bin.

Unit III: MS-Word

Define Word Processor ,Types of Word Processor ,Creating document in MS-word ,Formatting features of MS-Word ,Standard Toolbar ,Drawing toolbar Header & Footer ,Table Handling features ,Insertion of files ,symbols ,pictures, shapes ,clip art and charts, Equation editor, Spelling and Grammar ,Font color ,highlighting and shading.

Unit IV: MS-Excel

Basic of Electronic Spread Sheet, Saving & quitting worksheet, Opening & Moving in a worksheet, toolbar and menus, working with formulas and cell referencing, working with graph, functions, and data sorting.

Unit V: Ms-Power Point and Internet

Creating presentation, working with different menus, editing and formatting text, inserting data's, pictures, organization charts and graph, drawing, slide show, animation of slides, Internet & World Wide Web (www) ,Electronic Mail, Search Engines, locating information on internet, downloading.

References :

- Computer Fundamentals: Dr. V Rajaraman.
- Fundamentals of Information Technology : Chetan Shrivastava, kalyani Publisers
- Fundamentals of Information Technology : Alexis Leon Techword and Vikash Publishing House .
- MS –Office:Ron Mansfield ,BPB Publication.
- MS-Word 2000: Thumb Rules and :Dr.Snigdha Banerjee ,New Age International Publication.

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GAMES (PRACTAL)
BADMINTON, VOLLEYBALL AND FOOTBALL

Common syllabus all games

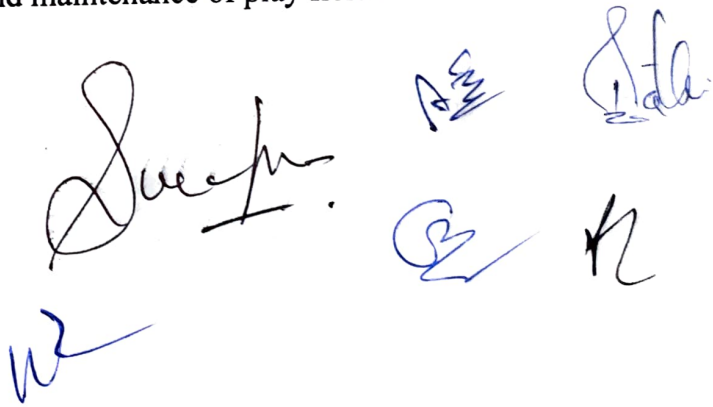
Unit-I. History of game, Federations and Competitions.

Unit-II. Rules and their interpretation.

Unit-III. Fundamental and Advance skills.

Unit-IV. Equipments and their specification and maintenance.

Unit-V. Layout and maintenance of play fields

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BPES SEMESTER- IV

Paper T-401

KINESIOLOGY

Unit I: Introduction

- (A) Definition, Brief history and important contributions of Aristotle, Leonardoda Vinchi, Alfonso Borelli, Weger Brothers, Benjamin Duchene.
- (B) Aims and objective of Kinesiology.
- (C) Role of Kinesiology in Physical Education and Physical Medicine.
- (D) Fundamental concepts: Definition and brief explanation of the following terms and their application to the human body.
Axes and Planes, Centre of Gravity, Line of Gravity Base, Starting Positions.

Unit II: Anatomical Concepts

- (A) Review of classification of joints and muscles, Terminology of fundamental movements.
- (A) Types of Muscle-Contraction (Isometric and Isotonic – concentric, Eccentric), Allor None Law, Reciprocal innervations and inhibition group action of muscles and Muscular Co-ordination.
- (B) Major characteristics location and action of major joints of shoulder, hip, knee, elbow, forearm and wrist joints. Location and actions of major muscles at these joints.

Unit III: Mechanical Concepts

- (A) Concept of mechanical basic of Kinesiology and its application it physical education and Sports.
- (B) Definition and brief explanation of following basic terms:
Mass, weight, force, motion, equilibrium, friction, speed, velocity, and momentum.

Unit IV:

(A) Kinesiological fundamental of Mechanisms

- (1) Simple Mechanics found in the Muscular skeletal system (Lever age and its application to human body)
- (2) Laws of motion and their application to sports activities.
- (3) Forces :
 - a. Moving one's own body.
 - b. Giving impetus to external objectives,
 - c. Receiving impetus.
- (4) Equilibrium: Role of equilibrium in sports and games.

Unit V: Application

- (A) Application of basic mechanical principles to walking, running and jumping.
- (B) Motor skills of daily living.
- (C) Application of mechanics prevention of injury.

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Reference:

- Brower, Marion, R. Efficiency of Human Movement. Philadelphia: W. B. Saunders Co. 1966-Dollar.
- Cooper, John, M. and R. B. Glasgow. Kinesiology. St. Louis: C. V. Mosby Company, 1963.
- Scott M. Gladys. Analysis of Human Motion, New York.
- Wells, Katherine P. Kinesiology, Philadelphia. W. B. Saunders Co., 1966.
- James, G. Hay, J. Gavin Reid. The Anatomical and Mechanical Bases of Human Motion. Prentice Hall Inc. New Jersey.
- Rasch Philip J. and P. K. Burke. Kinesiology and Applied Anatomy. Philadelphia.: LEA and Fieber, 1967.
- Duan, John W. Scientific Principles of Coaching. Englewood Cliffs, N. J. Prentice Hall Inc. 1966.
- Duvall Elieen Neal. Kinesiology. Englewood Cliffs, N. J. Prentice Hall Inc. 1956.

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BPESEMESTER-IV

Paper T-402

BASICS OF SPORTS TRAINING

Unit-I Sports Training

- Definition of terms-Conditioning, Teaching, Coaching and Sports Training.
- Importance of sports training
- Aim, Tasks and Characteristics of Sports Training.
- Principles of Sports Training.

Unit-II Bio motor abilities and training means-

- Concept of bio motor abilities & definition of important motor abilities- Cardio – respiratory endurance, muscular endurance, strength, speed, power, agility, flexibility, co-ordination, balance.
- Training means and methods for developing various fitness components.

Unit-III Warming up and cooling down

- Introduction
- Types of warming up
- Significance of warming up
- General guidelines that govern the warming up programme
- Methods of warming up
- Duration of warming up
- Components of warming up
- Physiological basis of warming up
- Cooling down

Unit-IV Environmental factors and sports performance

- Introduction
- Variation in temperature
- Humidity
- Altitude
- Physical programme at altitude
- Physiological function at altitude

Unit- V (A) Periodization

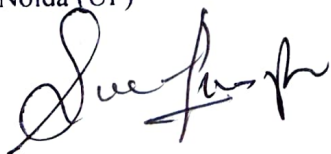
- Concept of periodization and its importance.
- Different periods of training and their duration.
- Types of periodization.
- Aim and content of different training periods.

(B)Cycles of Training

- Macro Cycle
- Meso Cycle
- Micro Cycle

References:

- Essentials of Physical Education, Dr. Ajmer Singh, Dr. Jagtar Singh Gill, Dr. Jagdish Bains, Dr. Rachhpal Singh Brar, Kalyani Publishers, Ludhiana, New Delhi, Noida (UP)



2. Science of Sports Training, Dr. A.K. Uppal, Friends Publications, New Delhi (India)
3. Science of Sports Training, Hardayal Singh
4. Bratty, S. Perceptual and motor development in infants and children. Prentice Hall, 1979
5. Harre, D. Principles of Training.

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BPES SEMESTER – IV

Paper T-403

HEALTH EDUCATION

Unit I

(A) Health

- Dimensions of Health
- Positive Health
- Concept Of Health
- Ecology of Health
- Spectrum of Health
- Determinants of Health.

(B) Health Education

- Concept ,objective and scope
- Principles of Health Education.
- Communication in Health Education.
- Public Health Education in attainment of Health Goals.

Unit II

(A) Health Problems

- Communicable diseases
- Nutrition
- Environmental sanitation
- Medical Care
- Population

(B) Organization and Administrative set-up of Health System in India

- Central level
- State Level
- District Level.

(C) Planning of Health Education programme

- Practice of Health Education Programme.
- Steps to be followed in Planning and Heath Education Programme.

(D) Brief Description of Maternal Child Health

Unit III

(A) Hygiene

The Concept, Care of Skin, Mouth, nails, clothing, bathing etc.
Importance of rest, sleep and exercise.

(B) Community Health

Brief account of Housing water supply ,sewage and refuse disposal .

(C) School Health Service

- History and Health Problems
- Objectives of School Health Service

(D) Aspects of School Health Service

- a. Health Appraisal
- b. Remedial measures and follow –up
- c. Prevention of communicable diseases
- d. Healthful school environment
- e. Nutritional services
- f. First –aid and Emergency care
- g. Mental health
- h. Dental health
- i. Eye health service.
- j. Health Education
- k. Education of handicapped children.
- l. School Health record.

Unit IV

(A) Food and Nutrition

Classification of foods ,Proximate Principles, and Role of various nutrient.

(B) Balanced diet

Definition ,Principles of preparing and balance diet. Balanced diet for Indian Players /School children .Malnutrition and Adulteration of food.

Unit V

(A) National Family Welfare Programme

Concept, need, importance, and role of Health Education in family welfare programme.

(B) Sex Education

Concept, need and organization of sex education at school level.

(C) National Health Programmers in Indian

- (a) NMEP (National Malaria Eradication Programme.)
- (b) DDCP (Diarrhoeal Diseases Control Programme.)
- (c) NFCP (National Filaria Control Programme.)
- (d) National TB Control Programme.
- (e) STD Control Programme.

(D) International Health Agencies

- (a) WHO (b) UNICEF (c) UNDP
- (d) FAO (e) ILO

(E) Evaluation

- (a.) Evaluation of Health Education Programme.
- (b.) Importance of Evaluation of Health Education Programme.

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Reference:

1. Anderson ,C.L. and Chewell , William H. School Health Practice, St. Louis: The C. V. Mosby Company ,1986.
2. Bedi, Yashpal Social and Preventive Medicine ,New Delhi ,Atmaram and Sons ,1985.
3. Goah ,B.N. Hygine and Public Health ,Calcutta :Scientific Publishing Co.1989.
4. Hanllon, John ,I. Principal of Public Health Administration Saint Louis :The C.V. Mosby Company 1969.
5. Katz, Alfred ,H ,and Felton , Jean Spences Health and the community .London :Coltion Mc Millan Limited 1965.
6. Park ,J.E. and Park ,K. Preventive and Social medicine Jabalpur : M/s.Banarsidas Bhanot Publishers,1983.

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BPES SEMESTER -I

Paper T-404

INTRODUCTION TO EDUCATION AND PHYSICAL EDUCATION

UNIT I

1 INTRODUCTION

MEANING AND DEFINATION OF THE TERM EDUCATION

Aims and objectives of education

Meanings and definition of the term Physical education

Aims and objective of Physical education

Attainment of objectives of education through physical education

UNIT II

2 Maxims of teaching and methods of teaching

Maxims of teaching and their application to physical education.

Various Teaching Methods – Lecture – Cum – Demonstration methods and application to physical education.

Herbation steps and Lesson Planning.

Uses of Teaching Aids.

Characteristics of Good Teaching.

UNIT III

3 The School and the Community.

School and Community Relation.

Structure and role of the school with reference to games infrastructure.

Stadd, Time – Table, Students Classification and Promotion of Physical and Educational Activities.

Rewards and Discipline, Steps to check indiscipline.

Principles of time tables Construction.

UNIT IV

4 Philosophy and Education

Meaning of Philosophy

Relationship between Philosophy, Education and Physical Education

Different schools of philosophy viz., Naturalism, Idealism, and Pragmatism and their application to physical education.

Educational Philosophers namely, John Dewey, Jean Jacques Rousseau, Fedrich Augustus Froebel, Maria Montessori, M.K.Gandhi, Swami Vivekanand and R.N.Tagore.

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UNIT V

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Preparation of teaching and Teaching Techniques

Art so Questioning and Answer

Proper Techniques pf dealing with answer:

Preparation of Entry to Teaching Profession with reference to physical education

The Education and Responsibilities of a teacher.

REFERENCE

- Importance of Physical Education Aspects of School Organization, Its Principle and Determining the school Building, School Healthful condition, class room.

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GAMES(PRACTAL)

HOCKEY, AEROBICS AND MARTIALARTS/SELF DEFENSE

Common syllabus all games

Unit-I. History of game, Federations and Competitions.

Unit-II. Rules and their interpretation.

Unit-III. Fundamental and Advance skills.

Unit-IV. Equipments and their specification and maintenance.

Unit-V. Layout and maintenance of play fields

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BPES SEMESTER V

Paper T-501

MANAGEMENT OF PHYSICAL EDUCATION

Unit I

Introduction

- (a) Meaning and definition of planning ,organizing, administration and management and their nature and scope.
- (b) Importance of planning and management in educational institutions .
- (c) Principles of planning and management , organisation structure :
 - (i). Working out an effective scheme of organaisation.
 - (ii). Scheme of organisation in school ,college and university.
 - (iii).Scheme of organisation in the district and state education.

Unit II.

Facilities and equipments

- (a) Layout of the school building and other facilities.
- (b) Types of buildings,laboratories ,other built-up facilities.
- (c) Layout of physical education facilities common and special .
- (d) Need and importance o equipment for physical education and recreation
- (e) An ideal of equipment or physical education and recreational activities.
- (f) Realistic approach in purchases , procedures.
- (g) Development of improvised equipments
- (h) Storing,store keeping.
 - (i) Care , maintenance, repairs and disposal equipments.

Unit III

Staff and Leadership

- (a) Head of the Institute, his role in imbibing the spirit of discipline in sports and education.
- (b) Importance of qualified teachers of physical education and recreational leaders
- (c) Qualities of good teachers /teachers of physical education
- (d) Development of voluntary services of other teachers.
- (e) Student leadership it's importance and limitations
- (f) Staff cooperation
- (g) Selection of training of students leaders
- (h) Recognition of staff and student leaders.

Unit IV

Intramurals and extramural, Public Relations

(A) Intramural

- (a) it's importance and planning.
- (b).Events of Competition, Time and facility factors.
- (c). Point system, award recognition

(B) Extramural

- (a) Outcomes of participation (educational)
- (b) Limitations in participation.
- (c) Selection and training of teams.
- (d) Participation ,finances and other aspects .

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(C). Public Relations

- (a). Definition and need.
- (b). Principles of public relations in physical educations.
- (c). Techniques , sue of media
- (d). Relations with parents , public and other bodies.
- (e). Demonstration , displays on special occasions

Unit V

Office management and budget

- (a). Maintinence of rccords
- (b). Office Correspondence , filing and reports .
- (c). Physical education budget and it's preparation
- (d). Income & expenditure (sources)
- (e). Maintinence of accounts.
- (f). Petty cash.

References:

1. Joseph ,P.M.Organisation of physical education , The old students association ,TIPE Kandivali (bombay).1963.
2. Voltmer ,E.F.et al The organisation and administration of physical education , prentice hall inc., New Jersey , 1979.
3. Bucher ,C.A.Administration of Physical Education and atheletic programmes , The C.V.Mosby Co. London 1983.
4. Zeigler ,E.R. and Bowie G.W Management Competency Development in Sports and Physical Education , Lea and Febiger, Philadelphia ,!983.
5. Maheshwari ,B.L.Managaement by Objective , Tata Mc.Graw -Hill. Publishing Co. Ltd. New Delhi 1982.
6. ALen L.A.Management and Organisation , McGraw -Hill Book Co. Inc. London 1958.
7. Newman W.H. Administrative Action, Prentice Hall Inc. New Jersey ,1963.
8. Huges , W.L.etal Administration and physical Education. The Ronald Press Co. New York,1962.

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BPES SEMESTER V

Paper T-502

TEST AND MEASUREMENT IN PHYSICAL EDUCATION

Unit I :Introduction

- (1) Meaning of Test, Measurement and Evaluation .Need and Impotence of Test and Measurement and Evaluation in Physical Education.
- (2) Meaning of Statistics, Need and Importance of Statistics.
- (3) Meaning of Data. Kinds of Data.
- (4) Frequency Table – Meaning construction and uses .Population and sample. Sampling techniques – importance and principles.

Unit II: Fundamentals of Statistics

- (1) Measures of Central Tendency –Meaning uses and calculations from frequency tables.
- (2) Measures of variability –meaning uses and calculations.
- (3) Graphical representation of Data.
- (4) Percentile Meaning, uses and calculations.
- (5) Correlations –Meaning, uses and calculations.

Unit III: Test and Evaluation and Construction

- (1) Knowledge Test. Importance and Types
- (2) Items to be included in objective and subjective knowledge tests
- (3) Criteria of test selection

Unit IV: Measurement of Health Status

- (1) Measurement of nutritional status (subjective and objective.)
- (2) Somatotyping- A brief account of kretchmer's and Sheldon's body types.

Unit V: Measurement of Social Efficiency, Physical Fitness and Skill Performance

- (1) Sports Skill Tests:
 - (a) Lockhart and McPherson Badminton Test.
 - (b) Johnson Basketball Ability Test.
 - (c) McDonald Soccer Test.
 - (d) Brady Volleyball Test.
 - (e) Dribble and Goal Shooting Test in Hockey.
- (2) Fitness Tests –Roger's PFI, AAHPERD Youth Fitness Test, Indiana Motor Fitness Test, JCR Test and Kraus –Weber Test.

Reference:

1. Clarke ,H.H. Application of Measurement to Health and Physical Education, Englewood Cliffs, N .J. : Prentice Hall Inc.
2. Larson ,L. A. and Yacom ,R.D. Measurement and Evaluation in Physical ,Health and Recreation Education .St. Louis :C.V. Mosby Company 1957 .
3. Mathews. Donald K. Measurement in Physical Education ,London : W .B. Saunders Company , 1973.
4. Neilson ,N.P. : An Elementary course in Statistics ,Test and Measurement in Physical Education , National Tests Polo Alth, 1960.

REFERANCE

- Sinha A.G Principle and Practices of Therapeutic Massage Jaypee Brothers, New Delhi 1999 2
- Kisner and Colby Therapeutic Exercises – Foundations and Techniques F.A. Davis. 2002 5
- Basmajian John V Therapeutic Exercise Williams & Wilkins 1990 5
- Thomson et al Tidy's Physiotherapy Butterworth Heinmann 1991 12
- Kendall Muscles – Testing and Function Williams & Wilkins 2005 5

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BPES SEMESTER-III

Paper T-504

ENVIRONMENTAL SCIENCE

UNIT-I

- Introduction, concept & dynamics of environment. Role, necessity and scope of environmental science.
- Biosphere-Its segments and relationship.
- Atmosphere: Definition, characteristics & important features.
- Major layers of atmosphere (brief idea)
- Emission of temperature in atmosphere & its effects. Physical and chemical properties of atmosphere.

UNIT – II

- Hydrosphere: Introduction and brief idea of major types (fresh and marine) Hydrological cycle.
- Physical and chemical properties of water.
- Biological properties of water.

UNIT – III

- Lithosphere: Introduction and basic idea of earth's structure.
- Soil component; mineral matter, organic matter, soil air, soil water, soil organisms. Physical and chemical properties of soil.
- Types of soil based on particle size.
- Fertility of soil, improvement of soil fertility by natural and artificial methods, use of bio fertilizers.
- Soil erosion; introduction, causes & process of soil erosion, control measures of soil erosion.

UNIT – IV

- Environmental degradation – meaning, definition, process, causes and types – natural and man induced (brief idea)
- Accelerated rate of extreme events by anthropogenic activities.
- Exploitation of natural resources.

UNIT-V

- Consequences of environmental degradation with reference to; Population explosion.
- Industrialization and Urbanization. Agriculture Development.
- Green House effect meaning, major sources of greenhouse gases and causes. Climate change, Global warming and its effects.

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BPES SEMESTER V

GAMES (PRACTICAL)

TABLE TENNIS, HANDBALL, KABADDI / MALLAKHAMBHA

Common syllabus all games

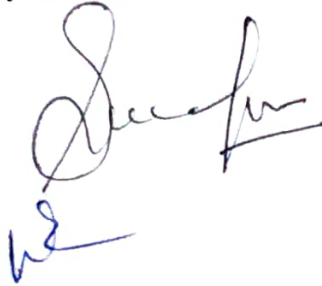
Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields



BPES SEMESTER VI

Paper T-601

CORRECTIVES AND REHABILITATION IN PHYSICAL EDUCATION

Unit I:

- (a) Meaning and scope of "Correctives" in Physical Education.
- (b) Posture and its deviation :
 - (1) Definition. Standards of standing posture values of good posture, causes and drawbacks of bad posture.
 - (2) Common postural deviations, their causes and remedial exercises :
 - (a) Kyphosis (b) Scoliosis (c) Lordosis
 - (d) Knock Knees (e) Bowlegs (f) Flat – feet.
 - (3) Organization of a corrective-Gymnastic Class (Group theory) and its advantages.

Unit II:

- (a) (1) Scope of Sports injuries in Physical Education.
(2) Hazards of Incomplete treatment.
- (b) Prevention of injuries:
 - (1) Factors predisposing the sports injuries.
 - (2) General principles regarding the prevention of injuries.
- (c) Common sports injuries and their immediate treatment:
 - (1) Contusion (2) Abrasion (3) Laceration
 - (4) Sprain (5) Strain (6) Haematoma
 - (7) Fracture (8) Dislocation.

Unit III: Rehabilitation

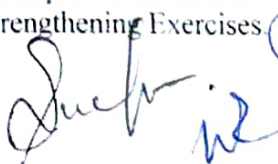
- (1) Definition aims and objectives and scope and rehabilitation.
- (2) Goals of rehabilitation.
- (3) An introduction of effects and uses of Therapeutic Modalities in rehabilitation.
 - (a) Cold Therapy (b) Infra Red Radiation
 - (c) Contrast Bath (d) Wax Bath Therapy
 - (e) Hydrotherapy (Exercises under water).

Unit IV:

- (A) Therapeutic Exercises
 - (1) Definition and scope of Therapeutic Exercises in Athletic injuries.
 - (2) Classification, Physiological effects and uses of the following:
 - (a) Active Exercise (Free, Assisted and Resisted, Movements).
 - (b) Passive Exercises (Relaxed and forced movements).
 - (3) An introduction to progressive resistance exercises method.

(B) Techniques of Therapeutic Exercises:

- (a) Muscles Strengthening Exercises



(b) General Principles of Muscle Strengthening.

(c) Manual-Muscle testing: A Method of assessing Muscle-strength.

1. Stretching and Mobilizing Exercises : Factors causing Limitation of joint Range, General mobilizing methods, and practical demonstration of exercises to mobilizing the shoulder, elbow, wrist, hip knee, ankle and foot.

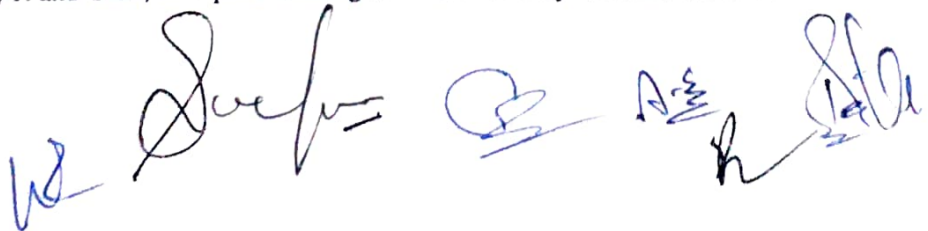
2. Testing of common soft tissue tightness or contractures and suitable exercises to stretch them.

Unit V: Therapeutic and Sports Massage

- (1) Definition and brief history of massage and remedial exercises.
- (2) General approach to a Massage Manipulation.
- (3) Common Physiological effects of Massage.
- (4) Common Massage Manipulations used in sports and Athletics and their therapeutic uses.
- (5) Contra – indications of massages in general.
- (6) Techniques of Massage for the limbs, back and neck.

Books Recommended:

1. First Aids to the Injured, New Delhi , St. John Ambulance Association.
2. Johnson, W.R. and Buskirk, E.R. "Science and Medicine of Exercise and Sports" , New York, Harper and Row , 1974.
3. O'Dongho D. "Treatment of Injuries to Athletes", Philadelphia : W.B. Saunders and Company
4. Pande, P.K. Gupta, L.C. : ' outline of sports Medicine', New Delhi Jaypee Brothe, 1987.
5. Reilly Thomas : 'Sport Fitness and sports Injured', London, Faber and Faber Ltd. , 1981.
6. Strauss, R.H. : ' Sports Medicine', Philadelphia, W.B. Saunders Co. , 1984 .
7. Steven Roy, Irvin Richard, ' Sports Medicine, Engle wood cliffn N.J. : Prentice Hall, 1983.
8. Colson John, Proressive Exercise Therapy, Bristol John Wright and sons Ltd. 1969.
9. Danies and worthingham . Muscle Testing : Techniques of Manual Examination, Philadelphia, W.B. Saunders Co.
10. Forster, Palastangas : 'Clayton's Electrotherapy' Delhi CBS Publishers and Distributors.
11. Gardiner M. Dena : 'The Principles of Exercise Theraph' : London : Bell and Hyman, 1981.
12. Kessler Henry H. : The Principles and Practices of Rehabilitatin, Philadelphia, lea and Febiger, 1950.
13. Rathbone J.L. , 'Corrective Physical Education' , London, W.B. Saunders Co.
14. Wood and Backer, Board, Massage : Philadelphia : W.B. Saunders Co.
15. Yliery J. and Cash, M. Sports Massage : London : stanty Paul and co. 1988.



BPES SEMESTER - VI

Paper T-602

SPORTS MEDICINE

Unit I. Effecting training, Stages of Training

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.

Unit II. Sports Injuries and Remedies:

- Injuries:
 - a. General Injuries: Wound, Lesion, Contusion, Burn, Abrasion, Sprain, Strain, Fracture.
 - b. Special Injuries: Injuries on Back, Abdomen, Thigh, Knee, Ankle, Feet, Legs.
- Reasons for Injuries, Preventive measures for injuries, Treatment for Rehabilitation.

Unit III. Massage and various therapies:

- Hydrotherapy: Contrast Bath, Sauna bath, Water Massage, Whirlpool.
- Cryotherapy: Ice pack, Gel and chemical cold Pack, Ice Massage, melting ice cryotherapy.
- Electrotherapy: Shortwave diathermy, Ultrasound, Electric moist heating pad, stimulant, Infrared, Ultraviolet electric waves.
- Exercise Therapy: Isotonic, Isometric, Iso kinetic Exercise training.
- Massage: Meaning, Importance, need and Types.

Unit IV. Nutritional diet for athletes and drugs:

- Athlete Nutritional Diet – Factors effecting balance diet, Athlete's Diet for different sports and games, Malnutrition in athletes and it scare.
- Doping – Meaning, History, Definition, Classification, Types, Use of drugs and their side effects, Role of Coach and Managers in solving the problem of doping.

Unit V. Women Athlete:

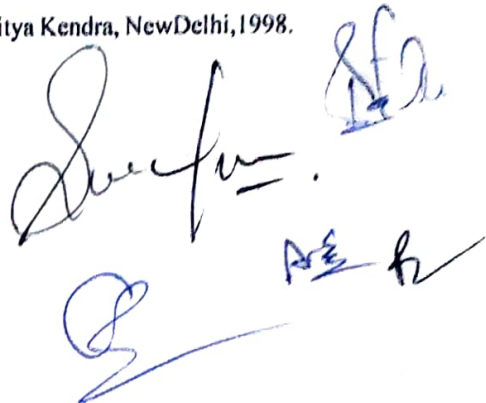
- Anatomical and Physiological differences.
- Health Problems: Menses, Pregnancy, Special problems.

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References:

1. Ann. Lowlin. Women's Fitness Program Development Human, Kinetics.2002.
2. Bengt O. Eriksson et al, Sports Medicine, Guinness Publication, 1990.
3. Christine M. Drews, Physiology of Sports and Exercise, Human Kinetics, USA, 1999.
4. David R. Mottran, Drugs in Sports (4th Ed) Routledge Taylor and Francis Group, 2005.
5. Erikson, B.O. et al, Sports Medicine, Guinness Pub. Great Britain, 1990.
6. Jain, Rachna, Sports Medicine, KSK, New Delhi, 2002.
7. Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
8. Khanna, G.L., Exercise Physiology & Sports Medicine, Lucky Enterprises, Delhi, 1990.
9. Mathew D.K. & Fox E.L, Physiological Basis of Physical Education and Athletics, W.B. Saunders Co: Philadelphia, 1971.
10. Pandey, P.K., Outline of Sports Medicine, J.P. Brothers Pub., New Delhi, 1987.
11. Pandey, P.K., Sports Medicine, Khel Sahitya Kendra, New Delhi, 1998.



BPES SEMESTER-VI
Paper –T-603
YOGA AND STRESSES MANAGEMENT

Unit I

Meaning and definition of Yoga – aims & objectives of yoga – misconception about yoga. Historical perspective on yoga – yoga before the time of Patanjali (Indus valley civilization, Vedas, Brahmnas, Upanishads, Epics, Puranas). Contributions of Patanjali and Thirumular to yoga. Yoga practices and other systems of exercises.

Unit II

Schools of Yoga: Bhakthi Yoga, Jnana Yoga, Karma Yoga, Kundalini Yoga, Mantra Yoga, Hatha Yoga, Raja Yoga. Eight Limbs of Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana & Samathi. General principles of practicing Asana, Pranayama, Meditation, Kriyas Bandhas and Mudra.

Unit III

Classification of Asanas - Meditative Asanas – Relaxative Asanas – Cultural Asanas. - safety measure and precautions while performing asanas. Pranayama – different phases in Pranayama practices: Puraka (Inhalation), Kumbhaka (Retention) and Recaka (Exhalation), - safety measures and precautions while performing pranayama. Meditation - Its techniques & benefits. Practicing methods and benefits of Kriyas, Bandha and Mudra.

Unit IV

Impact of Yoga on Muscular system, Respiratory System, Circulatory system, Nervous system, Digestive system and Endocrine system

Unit V

Yoga and development of Social qualities of personality – Co-operation – Simplicity – Tolerance – Social adjustments – Yoga and personal efficiency. Improvement of personal efficiency through yoga.

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Reference

- Author's guide, (2003). Yoga – The Science of Holistic living. Chennai:
- Vivekananda Kendra Prakashana trust
- Chandrasekaran, K., (1999) Sound Health through Yoga. Sedapatti: Prem
- Kalyan Publications.
- Maguire, Imelda., (2005) Yoga for a Healthy Body. London: Greenwich Editions.
- Mariayyah, P., (2000). Suriyanamaskar. Perunthurai: Jaya Publishing House.
- Tummers, Nanette. E., (2009) Teaching Yoga for Life. Champaign: Human
- Kinetics.

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BPES SEMESTER VI

CRICKET SPECIALIZATION

Unit - I

Rules and their interpretations.

Unit - II

- (A) Standard one day and Twenty- Twenty and Test Match Playing Conditions.
- (B) All advance skills.

Unit - III

Officiating – Duties of Umpires, Referees and Scorers -

- (A) Before the Match.
- (B) During the Match.
- (C) During the intervals.
- (D) Joint Desiccation.
- (E) After the Match.

Unit - IV

Lay out, construction and maintenance of cricket field and markings.

Unit - V

Awards and Personalities

- (A) Sunil Gawaskar
- (B) M.S. Dhoni
- (C) Sandhya Agarwal
- (D) Ajit Wadekar
- (E) B. Bedi

References:

1. Frank Tyson, Manual for cricket coaching.
2. Tom Smith umpiring and scoring
3. E.B. Elbloria Cricket Coaching.

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BPES SEMESTER VI

BADMINTON SPECIALIZATION

Unit I- Awards and Personalities

(a) Awards- Rajiv Gandhi Khal Ratna, Padma Shri, Arjuna Award, Dronacharya Award.

(b) Prakash Padukone, Gopichand, Dinesh Khanna, Nanda Natekar Syed Modi, Ani Ghia, Meena Shah, Mohmmad Arif.

Unit II- Management

(a) Construction of Badminton Hall.

(b) Court marking and its maintenance

(c) Flooring, height, lighting system, space around courts surroundings and umpire's chair.

Unit III- Officiating in Badminton

(a) Fixtures for District/State/National/International Open Tournaments.

(b) Instructions for filling up the score sheet for singles, doubles and mixed doubles.

Unit IV- Advanced skills

(a) Round the Head strokes- clear, smarth and drop.

(b) Jump Smarsh, Half and sliced Net dribble.

(c) Advanced Footwork.

Unit V- Tactics and Strategy

(a) Mixed Doubles

(b) Lead up Games, Recreation Games in Badminton.

References:-

1. Jake Downey, Better Badminton for All.

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BPES SEMESTER VI

ATHLETICS SPECIALIZATION

Unit – I : History

- a. Historical review of various athletic events (after 2000)
 - a. Historical review of various sports awards to athletes (after 2000)

Unit –II : Federation and Tournaments

- a. Anti – Doping Rules
- b. Prohibited Agents
- c. Procedure of Testing

Unit – III: Training Methods

- a. Training of Speed
- b. Training of Endurance
- c. Training of Strength

Unit – IV: Skills and Techniques

- a. Techniques of shotput
- b. Technique of Discus throw
- c. Technique of Javelin Throw
- d. Techniques of Baton exchange
- e. Theoretical concept of Techniques of Hammer Throw and of Pole Vault
 - a. Scientific basis of above techniques

Unit – V : Officiating Playfields and Equipments

- a. Basic rules of Relay Race, Shotput, Discus throw, Javelin Throw, Hammer throw and Pole Vault.
- b. Mechanics of Officiating All throws, Pole Vault and Relay Races.
- c. Equipment and specifications of all throws, pole vault and relay races related equipments.
- d. Layouts and maintenances of all Field events.

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BPES SEMESTER VI

GYMNASTICS SPECIALIZATION

Unit - I

- A History of gymnastics in India.
- B Brief History of France, U.S.S.R., England, U. S.A.

Unit - II

- A Organization of : G.F.I.
- B Safety and spotting techniques.

Unit - III Training Methods

- A Training of strength.
- B Training of speed.
- C Training of Endurance.
- D Training of Feasibility.
- E Training of Co-ordinative abilities.

Unit - IV General mechanical principles applied to skills/techniques.

Unit -V

- A Competition I, II & III.
- B Table of general faults & penalties.
- C Regulations for judge's structure, composition and function of juries.

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BPES SEMESTER VI

HOCKEY SPECIALIZATION

Unit I- Organizations

- (a) F.I.H. structure and functions.
- (b) H.I.F. structure and functions.

Unit II

- (a) Fitness and Coaching in Hockey.
- (b) Skill acquisition.
- (c) System of Play.

Unit III- Mechanical and muscular analysis of skills

Unit IV- Mechanics of officiating.

Unit V- Rules and their interpretation.

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BPES SEMESTER VI

KHO-KHO SPECIALIZATION

Unit I-

- (a) Construction & maintenance of ground.
- (b) Introduction of Federation & their Committees

Unit II

- (a) Rules of the game and their interpretation.
- (b) Various Official & their duties for a match

Unit III- Skills of Attacker & Defender

Unit IV-

- (a) Qualities and philosophy of Coach
- (b) Organization of KHO-KHO Tournaments
- (c) Injuries related with a KHO-KHO player & their Immediate Treatment

Unit V-

- (a) Lead up activities
- (b) Coaching Lessons

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BPES SEMESTER VI

FOOTBALL SPECIALIZATION

Unit - I Organization

- a. FIFA structure and function
- b. AIFF structure and functions

Unit – II Training Method

- a. Warming up (General and Specific)
- b. Training load
- c. Training as motor qualities (General)

Unit – III Tactics

- a. Advance skill and tactics

Unit- IV Basic and advance skill of football

- a. Various types of receiving
- b. Various types of kicking
- c. Throwing in
- d. Dribbling

Unit-V

- a. Fitness and coaching in football
- b. System of play

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BPES SAMESTER VI

VOLLYBALL SPECILIZATION

Unit - I Organization

- a. FIVB structure and function
- b. VFI structure and functions

Unit – II Training Method

- a. Warming up (General and Specific)
- b. Training load
- c. Training as motor qualities (General)

Unit – III Tactics

- a. Advance skill and tactics

Unit- IV Basic and advance skill of Volleyball

- a. Various types of receiving
- b. Various types of Services
- c. Smashing
- d. Blocking

Unit-V

- a. Fitness and coaching in Volleyball
- b. System of play

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BPES SAMESTER VI

BASKETBALL SPECILIZATION

Unit - I Organization

- a. FIBA structure and function
- b. BFI structure and functions

Unit – II Training Method

- a. Warming up (General and Specific)
- b. Training load
- c. Training as motor qualities (General)

Unit – III

Fundamental and Advance skills

- a. Passing
- b. Dribbling
- c. Shooting

Unit – IV Rules and Their Interpretation.

Unit V- Layout of Basketball Court.

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BPES SEMESTER VI

GAMES (PRACTAL)

KHO-KHO, TENNIS/WEIGHT TRAINING, BASKETBALL

Common syllabus all games

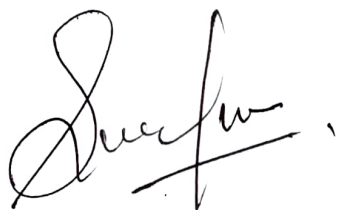
Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

















**MAJOR DHYANCHAND INSTITUTE
OF
PHYSICAL EDUCATION**



**BUNDELKHAND UNIVERSITY,
JHANSI**

B. P. E.S.

(3 Year)

**Programme Outcomes, Programme
Specific Outcome, Course Outcomes**

PROGRAMME OUTCOMES (POS)

To gain knowledge in the field of physical education and various sports skills in winning ways, the student teacher expected to undergo these skills.

PO 1: To get the knowledge of multi lingual language both in reading and writing in prose and poetry, such as, Tamil and English.

PO 2: To get the general knowledge in the field of physical education during the ancient period and present era.

PO 3: To apply the knowledge of fitness and wellness with various types of training on different types of physical fitness components and the physiological system through exercise with nutritional values.

PO 4: Implementing the knowledge on organizing various sports and games, drawing fixtures, supervising and administering various play fields. To apply the knowledge of various test and measurement of games and sports and analysis of evaluation of the outcome of the test.

PO 5: To attain the knowledge of various yogic methods, such as, asanas, pranayama, bandhas and kriyas and their role in ancient and modern periods.

PO 6: To apply the general science knowledge, anatomy, physiology in the field of physical education

and apply knowledge of human body motion and uses of various joints. Trauma management with care and prevention.

PO 7: To construct and marking of various play field and standard and non-standard track, update the rules of sports, such as, Athletics and cross country, football, badminton, tennis, badminton, kabaddi, hockey, handball, cricket, volleyball, kho-kho, table tennis and throw ball and apply the rules in various events such as, inter-class, inter-college, inter- university etc.

PO 8: To attain and implement the knowledge on various statistical tool in the field of physical education with the uses of computers.

PO 9: To use knowledge of various natural resources, various terrains eco system and biodiversity and conservation methods.

PO 10: To apply the sports psychological and sociological knowledge during play situation

COURSE OUTCOME AND PROGRAMME SPECIFIC OBJECTIVES

BPE 101 ANATOMY AND FIRST AID

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand Need and Importance of Anatomy
- ✓ CO2 Apply knowledge of Physiology of Skeletal Systems
- ✓ CO3 Learn the structure and Functions of the Human Heart
- ✓ CO4 Evaluate the Human Nervous System
- ✓ CO5 Remember the basic structure and functions of Urinary System

Programme Specific Objectives:

- ✓ PSO1 Understand Need and Importance of Anatomy
- ✓ PSO2 Apply knowledge of Physiology of Skeletal and circulatory Systems
- ✓ PSO3 Remember the basic structure and functions of the Nervous and Urinary Systems

BPE 102 INTRODUCTION TO EDUCATION AND PHYSICAL EDUCATION

COURSE OUTCOMES (Cos): Students completing this course were able to

- ✓ CO1 To acquire the meaning, aims and objectives of education and importance of education in modern era
- ✓ CO2 To acquire the meaning, aims and objectives of physical education and mis-concept of physical education
- ✓ CO3 To understand the biological foundation, Philosophical foundation, psychological foundation and sociological foundation.
- ✓ CO4 To get knowledge of sports and physical education institution in India

Programme Specific Objectives:

- ✓ PSO1 Understand Need and Importance of education and physical Education
- ✓ PSO2 Apply knowledge of biological foundation, Philosophical foundation, psychological foundation and sociological foundation.

BPE 103 HISTORY OF PHYSICAL EDUCATION

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand the basics of History of Physical Education
- ✓ CO2 Apply knowledge on Foundations of Physical Education
- ✓ CO3 Evaluate History with reference to the Foundations of Physical Education
- ✓ CO4 Analyze knowledge on the concepts different Foundations of Physical Education
- ✓ CO5 Create and apply the values of History and Foundations

Programme Specific Objectives:

- ✓ PSO1 Apply knowledge on Foundations of Physical Education
- ✓ PSO2 Analyze knowledge on the concepts different Foundations of Physical Education
- ✓ PSO3 Create and apply the values of History and Foundations

BPE 104 METHODS OF PHYSICAL EDUCATION

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand the basics of Fixtures
- ✓ CO2 Apply knowledge of Methods
- ✓ CO3 Analyze the concepts of Methods
- ✓ CO4 Evaluate Methods with reference to Physical Education

- ✓ CO5 Remember the different Methods followed in Physical Education

Programme Specific Objectives:

- ✓ PSO1 Analyze the concepts of Methods
- ✓ PSO2 Apply knowledge of Methods
- ✓ PSO3 Remember the different Methods followed in Physical Education

BPE 105 ENGLISH AND GENRAL KNOWLEDGE OF SPORTS PHYSICAL EDUCATION

COURSE OUTCOMES (Cos): Students completing this course were able to

- ✓ CO1 After learning this course, the student will acquire reading ability of English literature and understand English constructs.
- ✓ CO2 The ability to understand the poems and know information on poets and authors, know about well-known English novels

Programme Specific Objectives:

- ✓ PSO1 Learn the concepts of English in their life
- ✓ PSO2 Apply knowledge of English in physical education
- ✓ PSO3 Learn general knowledge in sports and Physical Education

BPE 106 ENVIORNMENTAL SCIENCE

COURSE OUTCOMES (Cos): After Completing the course, the students will be able to:

- ✓ CO1 Understand about the concept of health and health education.
- ✓ CO2 Understand the health problems in India.
- ✓ CO3 Understand about hygiene, nutritional aspects and prevention and control of communicable and non communicable diseases.
- ✓ CO4 Apply the comprehensive knowledge of the concept of health education, school health services and prevention of the environment related problems.
- ✓ CO5 Realize the value of environmental science.
- ✓ CO6 To look at the natural resources and related environmental issues.
- ✓ CO7 Develop an understanding about the environment.

Programme Specific Objectives:

- ✓ PO1 To bring awareness & understanding about environment & basic aspect.
- ✓ PO2 To provide knowledge about various National Environmental Policies (NEP).
- ✓ PO3 To bring awareness about conserve natural resources.
- ✓ PO4 To bring awareness about the social issues of environment on human health

BPE 107 PHYSIOLOGY

COURSE OUTCOMES (Cos): Students completing this course were able to

- ✓ CO1 Be aware of the Meaning and Importance Exercises
- ✓ CO2 Comprehend the Meaning and Importance of Physiology
- ✓ CO3 Recognize the Nerve control of muscular activity
- ✓ CO4 Understand the Effect of Exercise on the various systems of the body
- ✓ CO5 Acquire knowledge of Metabolism

Programme Specific Objectives:

- ✓ PSO1 Be aware of the Meaning and Importance Exercises and Physiology
- ✓ PSO2 Comprehend the Meaning and Importance of Physiology
- ✓ PSO3 Understand the Effect of Exercise on the various systems of the body

BPE 108 HEALTH EDUCATION

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand the basics of Health
- ✓ CO2 Apply knowledge of Safety
- ✓ CO3 Analyze the concepts of Health
- ✓ CO4 Evaluate Health and Safety Education with reference to Physical Education
- ✓ CO5 Remember the different applications of Health and Safety followed in Physical Education

Programme Specific Objectives:

- ✓ PSO1 Apply knowledge of Safety
- ✓ PSO2 Analyze the concepts of Health
- ✓ PSO3 Evaluate Health and Safety Education with reference to Physical Education

BPE 109 INTRODUCTION TO SOCIOAL SCIENCE

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 To gain the knowledge of concept, importance scope of social science.
- ✓ CO2 To understand the relations of sports and society.
- ✓ CO3 To acquire the knowledge of social factors concerning sports in society.
- ✓ CO4 To understand the relation of sport and the life cycle.

Programme Specific Objectives:

- ✓ PSO1 Apply knowledge and experience of Social science in society
- ✓ PSO2 Analyse the person in sports and society
- ✓ PSO3 Evaluate social factors in sports and society with reference to Physical Education

BPE 110 EUDCATIONAL PSYCHOLOGY

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Be aware of the Meaning and Importance of Sports Psychology
- ✓ CO2 Recognize the different Laws of Learning
- ✓ CO4 Understand the effects Motivation on learning

Programme Specific Objectives:

- ✓ PSO1 Be aware of the Meaning and Importance of Sports Psychology
- ✓ PSO2 Recognize the different Laws of Learning and effect of Motivation on learning

BPE 111 KINESIOLOGY

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Be aware of the Meaning, Importance and objectives of Kinesiology
- ✓ CO2 Comprehend the Origin and Insertion of the Muscles
- ✓ CO3 Understand the Angular Kinematics
- ✓ CO4 Acquire knowledge of Linear Kinematics

Programme Specific Objectives:

- ✓ PSO1 Comprehend the Origin and Insertion of the Muscles
- ✓ PSO2 Acquire knowledge of Angular and Linear Kinematics

BPE 112 FOUNDATION OF PHYSICAL EDUCATION

COURSE OUTCOMES (Cos): After Completing the course, the students will be able to:

- ✓ CO1 They will develop the basic biological foundation in the field of physical education.
- ✓ CO2 They develop the basic psychological foundation in the field of physical education.
- ✓ CO3 They will develop the basic Philosophical foundation in the field of physical education.

Programme Specific Objectives:

- ✓ PO1 To develop the basic biological foundation in the field of physical education.
- ✓ PO2 To develop the basic psychological foundation in the field of physical education.
- ✓ PO3 To develop the basic Philosophical foundation in the field of physical education.
- ✓ PO4 To develop the basic Sociological foundation in the field of physical education

BPE 113 CORRECTIVES AND REHABILITATION IN PHYSICAL EDUCATION

COURSE OUTCOMES (Cos): After Completing the course, the students will be able to:

- ✓ CO1 Students will be understand Various common sports injuries and their Rehabilitation.
- ✓ CO2 Students will know prevent and management of various postural deformities.
- ✓ CO3 Students will be understand applications of Various therapeutic modalities.

Programme Specific Objectives:

- ✓ PO1 To bring out knowledge about the Correctives & Rehabilitation.
- ✓ PO2 To understand the various Sports Injuries.
- ✓ PO3 To understand the Therapeutical modalities.

BPE 114 PROFESSIONAL PREPARATION

COURSE OUTCOMES (Cos) : After Completing the course, the students will be able to:

- ✓ CO1 Understand the concept of professional preparation.
- ✓ CO2 Describe the historical perspective of professional preparation at Indian and Abroad.
- ✓ CO3 Classify and identify the basic knowledge of preparation.

Programme Specific Objectives:

- ✓ PO1 To develop professional personnel.
- ✓ PO2 To give knowledge about Historical development of Physical Education in India.
- ✓ PO3 To give the knowledge about basic and effective teaching and training.

BPE 115 TESTS AND MEASUREMENTS

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand Need and Importance Tests
- ✓ CO2 Apply knowledge of Measurement and Evaluation
- ✓ CO3 Learn the Techniques of Evaluation
- ✓ CO4 Evaluate Tests with Measurements and Evaluation
- ✓ CO5 Remember the Importance of Measurements and Evaluation of Tests

Programme Specific Objectives:

- ✓ PSO1 Understand Need and Importance Tests
- ✓ PSO2 Apply knowledge of Measurement and Evaluation

- ✓ PSO3 Remember the Importance of Measurements and Evaluation of Tests

BPE 116 MANAGEMENT IN PHYSICAL EDUCATION

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand Meaning and Importance of Sports Management
- ✓ CO2 Apply knowledge of Personnel Management
- ✓ CO3 Learn the Methods of Sports Marketing
- ✓ CO4 Learn the Supply of Sports Equipment's
- ✓ CO5 Acquire knowledge of Accounting and Budgeting

Programme Specific Objectives:

- ✓ PSO1 Apply knowledge of Personnel Management
- ✓ PSO2 Learn the Methods of Sports Marketing and Supply of Sports Equipment's
- ✓ PSO3 Acquire knowledge of Accounting and Budgeting