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# University of Mysore

(Estd.1916)

## BACHELOR OF PHYSICAL EDUCATION (B. P. Ed.)

Choice Based  
Credit System  
(CBCS)




# UNIVERSITY OF MYSORE

Department of Studies in Physical Education and Sports Science

Mysuru-570005

**Regulations and Syllabus**  
**Bachelor of Physical Education (B. P. Ed.)**  
**(Two-year semester scheme)**

**Under**  
**Choice Based Credit System (CBCS)**

  
**Dr. S. MADIALAGAN**  
Associate Professor  
Department of Studies  
Physical Education & Sports Science  
Sports Pavilion, University of Mysore  
MYSORE-570 005

**Department of Studies**  
**Physical Education & Sports Science**  
**Sports Pavilion**  
**University of Mysore**  
**MYSORE-570 005**

## UNIVERSITY OF MYSORE

### GUIDELINES AND REGULATIONS LEADING TO BACHELOR OF PHYSICAL EDUCATION (TWO – YEAR SEMESTER SCHEME UNDER CBCS)

#### Programme Details

<b>Name of the Department</b>	: Department of Studies in Physical Education and Sports Science
<b>Subject</b>	: Physical Education
<b>Faculty</b>	: Education
<b>Name of the Programme</b>	: Bachelor of Physical Education (B. P. Ed.)
<b>Duration of the Programme</b>	: Two years divided into 4 semesters

#### Programme Outcomes

- *The B. P. Ed. programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship.*

#### Programme Specific Outcomes

- 1. Provide strong foundation in the subject of Physical Education to become Physical Education Teacher.**
2. Prepare teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII.
3. Help the students to become Entrepreneur and start their own company
- 4. Understand the meaning of physical education for an individual development and improving general health for professional activity;**
5. Foster motivational attitude to the physical education, healthy lifestyle and regular exercising;
6. Learn special knowledge, practical skills, which provide health protection, form compensatory process, correct present health abnormalities, provide mental prosperity, development and improvement of psychophysical skills, form professional qualities of an individual;
7. Know about Body's adaptation for physical and mental workload and also at the increasing of the capability of physiological systems as well as raising of the

resistance of immune defence

8. Learn the methodology of formation and taking health exercises independently, the methods of self-control while exercising, hygiene rules and sound schedule for work and rest;
9. Learn how to resist unfavourable factors and working conditions, decreasing fatigue during professional activities and raising the quality of results.

### **Pedagogy**

- Class room teaching will be using black board and chalk, power point presentation and information and communications technology.
- One on one interaction or with small student numbers during tutorial classes.
- Student seminar/research paper presentation in each semester.
- Students will be tested for their writing abilities to answer precise and essay type questions.
- Every semester the students will be subjected to viva voce examinations by external examiners.
- Project work on various rules and regulations, court markings, maintains and officiating Literature review in the form of Dissertation.
- Invited talks from eminent scientists.
- Internship programme

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**B.P.ED. DEGREE COURSE STRUCTURE AND SYLLABUS**

(CC- Core Course; EC- Elective Course; PC- Practical Course)

**SEMESTER - I**

<b>PART A: Theoretical Course</b>								
<b>Activity No.</b>	<b>Title of the Paper</b>	<b>Lecture</b>	<b>Tutorial</b>	<b>Practical</b>	<b>No. of Credits</b>	<b>Total Hours per week</b>	<b>Components 1&amp;2 continuous Assessment in terms of Percentage of Marks</b>	<b>Component 3 and Evaluation in terms of percentage of Marks</b>
<b>Core Course</b>								
CC-101	History, Principles and foundation of Physical Education	03	00	00	03	03	30	70
CC-102	Educational Technology and Methods of Teaching in Physical Education	03	00	00	03	03	30	70
CC-103	Anatomy and Physiology	03	00	00	03	03	30	70
<b>Elective Course (Any One)</b>								
EC-101	Olympic Movement	03	00	00	03	03	30	70
EC-102	Curriculum Design							
<b>PART-B: Practical Course</b>								
PC-101	Track and Field - I	00	01	02	03	06	30	70
PC-102	Handball and Softball	00	01	02	03	06	30	70
PC-103	Kabaddi and Kho-Kho	00	01	02	03	06	30	70
PC 104	Mass Demonstration Activities: Drill & Marching/ Mass P.T/ Table Card / Wands / Hoops / Dumbbells/ Lezium / Minor Games / Aerobics	00	01	02	03	06	30	70
<b>TOTAL</b>		<b>12</b>	<b>04</b>	<b>08</b>	<b>24</b>	<b>36</b>	<b>240</b>	<b>560</b>

## SEMESTER - II

<b>PART A: Theoretical Course</b>								
Activity No	Title of the Paper	Lecture	Tutorial	Practical	No. of Credits	Total Hours per week	Components 1&2 continuous Assessment in terms of Percentage of Marks	Component 3 and Evaluation in terms of percentage of Marks
<b>Core Course</b>								
CC-201	Yoga Education	03	00	00	03	03	30	70
CC-202	Organization and Administration	03	00	00	03	03	30	70
CC-203	Computer Applications in Physical Education	03	00	00	03	03	30	70
<b>Elective Course (Any One)</b>								
EC-201	Contemporary Issues in Physical Education, Fitness and Wellness	03	00	00	03	03	30	70
EC-202	Sports Nutrition and Weight Management							
<b>PART-B: Practical Course</b>								
PC-201	Track and Field - II	00	01	02	03	06	30	70
PC-202	Wrestling and Karate	00	01	02	03	06	30	70
PC-203	Badminton and Lawn Tennis	00	01	02	03	06	30	70
IP -201	Teaching Practice: (05 lessons in class room, Teaching and 05 lessons in outdoor activities)	00	01	02	03	06	30	70
<b>TOTAL</b>		<b>12</b>	<b>04</b>	<b>08</b>	<b>24</b>	<b>36</b>	<b>240</b>	<b>560</b>

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### SEMESTER - III

<b>PART A: Theoretical Course</b>								
Activity No	Title of the Paper	Lecture	Tutorial	Practical	No. of Credits	Total Hours per week	Components 1&2 continuous Assessment in terms of Percentage of Marks	Component 3 and Evaluation in terms of percentage of Marks
<b>Core Course</b>								
CC-301	Sports Training	03	00	00	03	03	30	70
CC-302	Health Education and Environmental Studies	03	00	00	03	03	30	70
CC-303	Sports Psychology and sociology	03	00	00	03	03	30	70
<b>Elective Course (Any One)</b>								
EC-301	Sports Medicine, Physiotherapy and Rehabilitation	03	00	00	03	03	30	70
EC-302	Sports Management							
<b>PART-B: Practical Course</b>								
PC-301	Swimming and Gymnastics	00	01	02	03	06	30	70
PC-302	Yoga and Cricket	00	01	02	03	06	30	70
PC-303	Volleyball and Basketball	00	01	02	03	06	30	70
<b>PART-C: Teaching Practices</b>								
TP-301	Teaching Practice: (Teaching Lesson Plans for Racket Sport/Team Games/ Indigenous Sports) (Out of 10 lessons 5 Internal and 5 External at practicing school)	00	01	02	03	06	30	70
<b>TOTAL</b>		<b>12</b>	<b>04</b>	<b>08</b>	<b>24</b>	<b>36</b>	<b>240</b>	<b>560</b>

## SEMESTER - IV

<b>PART A: Theoretical Course</b>								
Activity No	Title of the Paper	Lecture	Tutorial	Practical	No. of Credits	Total Hours per week	Components 1&2 continuous Assessment in terms of Percentage of Marks	Component 3 and Evaluation in terms of percentage of Marks
<b>Core Course</b>								
CC-401	<b>Measurement and Evaluation in Physical Education</b>	03	00	00	03	03	30	70
CC-402	<b>Officiating and Coaching</b>	03	00	00	03	03	30	70
CC-403	<b>Research and Statistics in Physical Education</b>	03	00	00	03	03	30	70
<b>Elective Course (Any One)</b>								
Ec-401	<b>Theory of Sports and Games</b>	03	00	00	03	03	30	70
EC-402	<b>Kinesiology and Biomechanics</b>							
<b>PART-B: Practical Course</b>								
PC-401	<b>Specialization: Track &amp; Field / Swimming / Gymnastics</b>	00	01	02	03	06	30	70
PC-402	<b>Football and Hockey</b>	00	01	02	03	06	30	70
<b>PART-C: Teaching Practices</b>								
TP-401	<b>Sports Specialization: Coaching lesson Plans (One for Sports 5 lessons)</b>	00	01	02	03	06	30	70
TP-402	<b>Games Specialization: Coaching lesson Plans (One for Games 5 lessons)</b>	00	01	02	03	06	30	70
<b>TOTAL</b>		<b>12</b>	<b>04</b>	<b>08</b>	<b>24</b>	<b>36</b>	<b>240</b>	<b>560</b>
<b>GRAND TOTAL</b>		<b>48</b>	<b>16</b>	<b>32</b>	<b>96</b>	<b>144</b>	<b>960</b>	<b>1240</b>

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**PART – A**  
**SEMESTER - I**  
**THEORY COURSES**

**CC-101: HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION**

**Course Outcome**

- To develop knowledge about History of Physical Education and Sports in various periods
- To develop an understanding and appreciation of importance of Physical Education
- To develop philosophical and scientific perspectives of Physical Education.
- To develop an understanding of the Biological, psychological and sociological principles of Phy. Edn.
- To understand and develop leadership and social values of Physical Education.

**Unit-I: 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-II: Historical Development of Physical Education in India**

- Indus Valley Civilization Period. (3250 BC – 2500 BC).
- Vedic Period (2500 BC – 600 BC)
- Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD).
- Medieval Period (1000 AD – 1757 AD).
- British Period (Before 1947)
- Physical Education in India (After 1947)
- Contribution of Akhadas and Vyayamshalas.
- Y.M.C.A. and its contributions.

**Unit-III: 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-IV: Principles of Physical Education**

- **Biological**      - Growth and development  
                         - Age and gender characteristics  
                         - 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
  - Leadership
  - Social integration and cohesiveness

**References:**

1. Barrow, Harold M. (1977). *Man and Movement: Principles of Physical Education*. Second edition; Philadelphia : Lea and Febiger,.
2. Bookwalter, Carl E. and Harold J. Vanderzwaag. (1969). *Foundation and principles of Physical Education*. Philadelphia: W.B. Saunders Company,
3. Bucher, Charles A. (1971). *Foundations of Physical Education*. Saint Louis: The C.V.Mosby Company,
4. Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
5. Howell, Reet and Howell, Maxwell (1994). *Foundations of Physical Education*. Baroda:Friends publications,
6. Kamlesh, M.L. (1994). *Principles and History of physical Education*. Ludhiana:Prakash Brothers
7. Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.
8. Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.
9. Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.
10. Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co.
11. Williams, J.F. (1964). *Principles of Physical Education*. Philadelphia: W.B. Saunders Co.
12. Zeigler, E.F. (1968) *Philosophical foundations of Physical, Health and Recreation Education*. Englewood Cliffs, New Jersey : Prentice Hall Inc.,

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**SEMESTER – I**  
**THEORY COURSES**  
**CC-102: EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING**  
**IN PHYSICAL EDUCATION**

**Course Outcome**

- To develop awareness of teaching methods and science of teaching.
- To make the best use of instructional aids of all kinds.
- To develop unit plan and innovative lesson plan
- To developing concepts and acquisition of subject specific skills.
- To develop the awareness in classification of students.
- To develop awareness of curriculum transaction through teaching.

**Unit-I: Introduction**

- Education and Education Technology- Meaning and Definitions
- Meaning of the terms 'Teaching' and 'Method'.
- Types of Education- Formal and Informal
- Principles and advantage of team teaching.
- Importance of Devices and Methods of Teaching.
- Factors influencing methods: Nature of subjects, Nature of students, Availability of time and materials, Situations and Scientific principles.

**Unit-II: Teaching Technique**

- Teaching Methods- Verbal, Lecture, Explanation, Command, Demonstration, Whole, Part, Whole-Part-whole, Progressive, Observation, Imitation, Dramatization, project method etc;
- Command Method- Meaning, Types and its uses in different situations.
- Teaching Procedure – Whole method, whole-part-whole method, part-whole method.
- Presentation Technique – Personal and technical preparation, Steps in presentation.
- Class room teaching- Technique, Method and Principles of class room teaching.
- Class management - General and specific factors for class management.

**Unit-III: Teaching Aids and Classification of Students**

- Teaching Aids - Meaning, Importance, Types and its criteria for selecting teaching aids,
- Practical and Class room teaching aids – Fitness aids, Cones, Belts, Medicine balls, Audio-Visual aids, Chalk board, Charts, Model, Slide projector, Motion picture, Power point, Smart board etc.
- Difference between Teaching Methods and Teaching Aids.
- Classification of Students: Need for classification in Physical Education and sports. Factors influencing classification.
- McCloy's Classification and Neilson and Cozen's classification indices.

**Unit-IV: Lesson Planning and Teaching Innovations**

- Micro Teaching - Meaning, Types and steps of micro teaching
- Simulation Teaching - Meaning, Types and steps of simulation teaching
- Lesson Planning - Meaning, Need, Aim, Course Outcome and principles of lesson of lesson plan
- Types of lesson plans - General, Particular and Class room lesson plan

- Aim and Course Outcome of different parts of lesson plan
- Preparation of General, Particular and Class room lesson plan

**Reference:**

1. Aggarwal, J.C. Principles, Methods and Techniques of Teaching. New Delhi: Vikas Publishing House Pvt. Ltd., 1998.
2. Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons.
3. Bhatia K.K and J.N. Arora. Methodology of Teaching. Ludhiana; Prakash Brothers, 1985.
4. Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House.
5. Kochhar S.K. Methods and Techniques of Teaching. New Delhi: Sterling Publishers Pvt. Ltd., 1995.
6. Kamallesh M.L and Sangral M.B. Methods in Physical Education. Ludhiana: Prakash brothers publication, 1991.
7. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.
8. Thirunarayanan C. and Hariharasharma S. Methods in Physical Education. Karaikudi: The South India Press Publication, 1978.
9. Walia, J.S. (1999). *Principles and methods of education*. Jullandhar: Paul Publishers.
10. Wilgoose, Carl E. Evaluation in Health Education and Physical Education. New York: McGraw Hill Book Co., 1961.



**SEMESTER - I**  
**THEORY COURSES**  
**CC-103: ANATOMY AND PHYSIOLOGY**

**Course Outcome**

- Understanding of human body, parts and systems and their functions.
- Ability to identify fundamental movements of human body relating to muscles and joints.
- Ability to recognize prime muscles of human body involved in general and sports specific movements
- Understand the basic physiological effects of exercise on various systems.

**UNIT-I: Introduction to Anatomy**

- Brief Introduction of Anatomy and physiology in the field of Physical Education. o Introduction of Cell and Tissue.
- The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities – joints of the body and their types
- Gender differences in the skeleton.
- Types of muscles.



**UNIT-II: Systems of Human 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.
- **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: Introduction to Physiology**

- Definition of physiology and its importance in the field of physical education and sports. Structure, Composition, Properties and functions of skeletal muscles.
- Nerve control of muscular activity:- Neuromuscular junction and Transmission of nerve impulse across it.
- Fuel for muscular activity
- Role of oxygen- physical training, oxygen debt, second wind and vital capacity.

**UNIT-IV: Effect of exercise on various systems**

- Effect of exercise and training on cardiovascular system.
  - Effect of exercise and training on respiratory system.
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- 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 competition.

**References:**

1. Antony, A Catherine. Structure and function of the body. Saint Louis: The C.V. Mosby company, 1972.
2. Fox, Stuart Ira. Human Physiology. Ninth Edition; New York : McGraw-Hill Company, 2006.
3. Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.
4. Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.
5. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.
6. Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.
7. Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.
8. Miller, A. Marjorie and others. *Anatomy and physiology*. New York: The Mac Millan Company, 1972.
9. Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.
10. Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.
11. Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd.
12. Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.
13. Rasch, Philip J. and Roger K. Burke. *Kinesiology and Applied Anatomy*. 3<sup>rd</sup> edition; Philadelphia: Lea and Febiger, 1968.
14. Shaver, Larry G. *Essentials of Exercise Physiology*. New Delhi : Surjeeth Publications, 1982.
15. Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jcct Publications.
15. Vander, Arthur J. and Others. *Human Physiology: The Mechanics of Body Function*. New Delhi : Tata McGraw Hill Publishing Company Ltd., 1975.

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**SEMESTER - I**  
**THEORY COURSES**  
**EC-101: OLYMPIC MOVEMENT (ELECTIVE)**

**Course Outcome**

- To develop knowledge about History of Olympics and Sports.
- To understand significance of Olympic symbols
- To understand the need and Importance of different Olympics
- To understand committees and programmes of Olympics

**Unit-I: Origin of Olympic Movement**

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

**Unit-II: Modern Olympic Games**

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

**Unit-III: Different Olympic Games**

- Summer Olympics
- Para llympic's Games
- Winter Olympics
- Youth Olympic Games

**Unit-IV: Committees and Programmes of Olympic Games**

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

**Reference:**

1. Osborne, M. P. (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.
2. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner
3. Kamlesh, M.L. *Principles and History of physical Education*. Ludhiana: Prakash Brothers , 1994.

**SEMESTER - I**  
**THEORY COURSES**  
**EC-102: CURRICULUM DESIGN (ELECTIVE)**

**Course Outcome**

- To develop knowledge about concept of the curriculum
- To understand significance of curriculum construction
- To understand the principle of curriculum planning.
- To understand the professional preparation.

**UNIT-I: Modern concept of the curriculum**

- 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: Curriculum-Old and new concepts, Mechanics of curriculum planning.**

- Basic principles of curriculum construction.
- Curriculum Design, Meaning, Importance and factors affecting curriculum design.
- Principles of Curriculum design according to the needs of the students and state and national level policies.
- Role of Teachers

**UNIT-IV: Under-graduate professional preparation.**

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

**Reference:**

1. Barrow, H. M. (1983). *Man and movement: principles of physical education*. Philadelphia: Lea and Febiger.



2. Bucher, C. A. (1986). *Foundation of physical education*: St. Louis: The C. V. Mosby & Company.
3. Cassidy, R. (1986). *Curriculum development in physical education*. New York: Harper & Company.
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5. Larson, L.A. (n.d.). *Curriculum foundation in physical education*. Englewood Cliffs: N.J. Prentice Hall Inc.
6. Underwood, G. L. (1983). *The physical education curriculum in secondary school: planning and implementation*. England: Taylor and Francis Ltd.
7. Willgoose, C.E. (1979). *Curriculum in physical education*. 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.

**SEMESTER - II**  
**THEORY COURSES**  
**CC-201: YOGA EDUCATION**

**Course Outcome**

- To develop knowledge about concept of Yoga Education
- To understand the yoga and its types
- To understand the branches of Yoga
- To understand method of teaching yoga

**Unit-I: Introduction**

- Meaning and Definition of Yoga
- Aims and Course Outcome of Yoga
- Need and Importance of Yoga in Physical Education and Sports
- Yoga in Early Upanishads
- The Yoga Sutras: General Consideration

**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
- Hata Yoga

**Unit-III: Asanas, Pranayama, Bandhas, Mudras and kriyas their effects**

- Types of Bandhas and mudras
- Type of kriyas
- Asanas and Pranayama with special reference to physical education and sports
- Effect of Asanas and Pranayama on various system of the body
- Influences of relaxative, meditative posture on various system of the body

**Unit-IV: Yoga Education**

- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Basic, applied and action research in Yoga
- Instruction and Method of Teaching Yoga
- Competitions in Yogasanas

**References:**

1. Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
2. Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaixydahmoe.
3. Iyengar B. K. S., (2000). *Yoga Deepika*. Vivekananda Kendra Publishers, Bangalore
4. Rajjan, S. M. (1985). *Yoga: strengthening and relaxation for sports man*. New Delhi: Allied Publishers.
5. Shankar,G.(1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.
6. Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.

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**SEMESTER - II**  
**THEORY COURSES**  
**CC-202: ORGANIZATION AND ADMINISTRATION IN**  
**PHYSICAL EDUCATION AND SPORTS**

**Course Outcome**

- To understand the concept and basic principles of management.
- To understand the Office Management, Record, Register & Budget
- To understand the care and maintenance of equipments
- Understand the systems of tournaments and organization of sports

**Unit-I: Organization and administration**

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

**Unit-II: Office Management, Record, Register & Budget**

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

**Unit-III: Facilities, & Time-Table Management**

- Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- Care of 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
- Types- Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Drawing fixtures for various sports and games
- Organization structure of Athletic Meet
- Intramurals & Extramural Tournament planning

**References:**

1. Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
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**SEMESTER - II  
THEORY COURSES**

**CC-203: COMPUTER APPLICATIONS IN PHYSICAL EDUCATION**

**Course Outcome**

- To develop knowledge about Computer Application
- To develop knowledge of Office Word and Office excel
- To understand the MS Power Point
- To develop knowledge about internet

**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: Office Word and Office Excel**

- Introduction to Office Word and Office excel
- Saving and opening a document, Creating formulas and opening spreadsheet in office excel,
- Formatting Editing features, Drawing table, page setup, paragraph alignment, spelling and grammar check printing option.
- Format and editing features adjusting columns width and row height understanding charts in office excel.
- Inserting page number, graph, footnote and notes.

**Unit-III: MS Power Point**

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file
- format and editing features slide show , design , inserting slide number
- picture ,graph ,table
- Preparation of Power point presentations

**Unit-IV: Internet**

- Need and importance of internet in physical education and sports
- Internet browsing\
- E-mail
- Social media
- Sports website

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**SEMESTER - II**  
**THEORY COURSES**

**EC-201: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION (ELECTIVE)**

**Course Outcome**

- To develop concept of Physical Education and Fitness
- To develop knowledge of Wellness and Lifestyle
- To develop knowledge Exercise Program
- To develop knowledge about Application of Science

**Unit-I: Concept of Physical Education and Fitness**

- Definition, Aims and Course Outcome 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 v/s Machine, Sets and Repetition etc
- Concept of designing different fitness training program for different age group

**Unit-IV: Application of Science to Physical Education and Sports**

- Need of Sports law
- Fitness centers, Health club, Recreation club and Adventure sports,
- Commercialization of sports and sports media
- Gender issues in sports
- Alternate career in sports

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**SEMESTER - II**  
**THEORY COURSES**

**EC-202: SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)**

**Course Outcome**

- To develop concept of Sports Nutrition and Principles of nutrition for health
- To develop knowledge of Energy Metabolism
- To develop knowledge of Weight Management
- To develop knowledge of acquiring desirable body weight

**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
- Obesity – Definition, meaning and types of obesity,
- Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.
- 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

**Unit-IV: Steps in Planning of Weight Management**

- Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight
- Meaning of Balanced diet, 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

**References:**

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**SEMESTER - III**  
**THEORY COURSES**  
**CC-301: SPORTS TRAINING**

**Course Outcome**

On completion of the course the student shall understand the following concepts:

- Scope, Aim and Course Outcome of Sports Training
- Training Means and methods
- Concepts of load
- Concepts and Types of training
- Training programming and planning

**Unit-I: Introduction to Sports Training**

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- Warm up and warm down- need and procedure
- System of Sports Training – Basic Performance, Good Performance and High Performance Training

**Unit-II: Training Components**

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

**Unit-III: Training Process**

- Training Load- Concepts of load, Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technique Training – Meaning and Methods of Technique Training
- Tactical Training – Meaning and Methods of Tactical Training

**Unit-IV: Training programming and planning**

- Periodization – Meaning and types of Periodization
- Aim and Content of Periods – Preparatory, Competition, Transitional etc.
- Planning – Training session
- Talent Identification and Development

**References:**

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2. Harre, Dietrich, Principles of sports training. Berlin: Sportverlag, 1982.
3. Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2ndEdn.
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**SEMESTER - III  
THEORY COURSES**

**CC-302: HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

**Course Outcome**

On Completion of the course the student shall

- Develop Health awareness and habits for healthy living in personal, family and community life.
- Develop interest and take responsibilities for implementing health and safety Education.
- Develop environmental awareness and wastage eradication
- Develop an awareness of natural resources and causes of pollution

**Unit-I: Health Education**

- Concept, Definition of Health, Health Education,
- Dimensions, Spectrum and Determinants of Health
- Aim, objective and Principles of Health Education
- Health Instruction, Health Supervision and Guidance

**Unit-II: Health Problems in India**

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

**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 & prohibition of plastic bag / cover
- Environmental Hygiene for schools
- Role of school in environmental conservation and sustainable development.

**Unit-IV: Natural Resources and related environmental issues:**

- Water resources, food resources and Land resources
- Effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution.
- Supervision and management of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution in Physical Education and Sports.
- Management of environment and Govt. policies, Role of pollution control board.
- Care, Maintenance and usages of natural resources during sports programs.

**References:**

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**SEMESTER - III**  
**THEORY COURSES**  
**CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY**

**Course Outcome**

On completion of the course the student shall understand the following concepts:

- Psychology, Sports Psychology and Sociology
- Nature of learning and Personality
- Group and Structure of the group, and behavior in different context
- Need for study of sports sociology
- Culture, Sports culture and elements of culture.

**Unit-I: Introduction**

- Meaning and definition of Psychology and Sports Psychology.
- Need, Importance and scope of Sports Psychology.
- General characteristics of Various Stages of growth and development
- Types and nature of individual differences; Factors responsible –Heredity and environment
- Psycho-sociological aspects of Human behavior in relation to physical education and sports

**Unit-II: Sports Psychology**

- Nature of learning, Laws of learning & transfer of training
- Meaning and definition of personality, characteristics of personality, Personality and Sports performance
- Nature and types of Motivation, Factors influencing motivation and its impact on sports performance.
- Aggression, Stress, Anxiety, Arousal and their effects on sports performance

**Unit-III: Sports Sociology**

- Meaning and definition of Sociology and sports sociology
- Need, Importance and scope of Sports sociology
- Social structure, Socialization through Physical Education.
- Orthodoxy, customs, Tradition and Physical Education.
- Society and sports

**Unit-4: Sports Culture**

- Social Group life, Primary group and Remote group.
- Festivals and Physical Education.
- Features of culture,
- Importance of culture.
- Effects of culture on people life style.

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**SEMESTER - III**  
**THEORY COURSES**  
**EC-301: SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION**  
**(ELECTIVE)**

**Course Outcome**

On completion of the course the student shall understand the following concepts:

- Importance of sports medicine
- Scope of sports medicine
- Role of sports medicine expert in enhancing sports performance
- Sports injuries, their prevention, management and rehabilitation
- Ill effects of drug use

**Unit-I: - Sports Medicine:**

- Sports Medicine: Meaning, Definition, Aims, Course Outcome, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- Need and Importance of the study 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**

- Definition – Guiding principles of physiotherapy, Importance of physiotherapy,
- Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays – short wave diathermy – ultrasonic rays.

**Unit-III: Hydrotherapy:**

- Introduction and demonstration of treatments of Cry 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:**

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**SEMESTER - IV**  
**THEORY COURSES**  
**EC-302: SPORTS MANAGEMENT (ELECTIVE)**

**Course Outcome**

On completion of the course the student shall understand the following concepts:

- Sports Management Nature and Concept
- Concepts of Management and History of sport management
- Management principles applied to sports
- Steps in planning process in management
- Budget Preparation

**Unit-I: Introduction to Sports Management**

- Nature and Concept of Sports Management.
- Progressive concept of Sports management.
- The purpose and scope of Sports Management.
- Essential skills of Sports Management.
- Qualities and competencies required for the Sports Manager.
- Event Management in physical education and sports.

**Unit-II: Leadership Development**

- Meaning and Definition of leadership
- Leadership style and method.
- Elements of leadership.
- Forms of Leadership – Autocratic, Laissez-faire, Democratic & Benevolent Dictator
- Qualities of administrative leader.
- Preparation of administrative leader.
- Leadership and Organizational performance.

**Unit-III: Sports Management in Educational Institutions**

- Sports Management in Schools, Colleges and Universities.
- Factors affecting planning
- Planning a school or college sports programme.
- Directing of school or college sports programme.
- Controlling a school, college and university sports programme - Developing performance standard, Establishing a reporting system, Evaluation, the reward/punishment system

**Unit-IV: Budget Preparation**

- Financial management in Physical Education & sports in schools, Colleges and Universities.
- Budget – Importance, Criteria of good budget,
- Steps of Budget making
- Principles of budgeting

**References:**

1. Ashton, D. (1968). *Administration of physical education for women*. New York: The Ronald Press Cl.

2. Bonnie L. Barkhouse, *The Management of Sports its foundation and application*. St. Louis : The C.V. Mosby Co., 1991.
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**SEMESTER - IV**  
**THEORY COURSES**

**CC-401: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

**Course Outcome**

- To develop the understanding in evaluation procedures.
- To develop the knowledge in test administration.
- To develop the awareness in assessment of physical fitness.
- To develop the awareness in assessment of sports skills.

**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 - 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 Test
- Indiana Motor Fitness Test
- JCR test
- U.S Army Physical Fitness 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

**References:**

1. Barrow, Harold M. and Rose Mary McGee. A Practical Approach to Measurement in Physical Education. Philadelphia: Lea and Febiger, 1997.
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**SEMESTER - IV**  
**THEORY COURSES**  
**CC-402: OFFICIATING AND COACHING**

**Course Outcome**

- To develop an understanding coaching and officiating principles
- To develop a broad perspective of the profession of sports coaching.
- To develop competency in selection of sports teams.
- To develop an understanding and appreciation of officiating in various sports.
- To know application of mechanics of officiating in various games/sports.

**Unit- I: Introduction of coaching**

- Meaning of Teaching, Training, and Coaching
- Brief introduction/ Concept and Importance of coaching
- Job of a coach. Philosophy and Ethics of coaching
- Qualities and qualifications of a coach.
- Principles of coaching
- Relation of coach with Management, Players, Parents and Spectators

**Unit- II: Coach as a Mentor**

- Duties of coach in general, pre, during and post game.
- Responsibilities of a coach on and off the field
- Selection and placement of players: Tryouts, Mastery over skills, Game qualities, Zeal Desire to excel, Position of players and Teamwork
- Feed back and its importance
- Psychology of competition and coaching
- Measures of improving the standards of coaching

**Unit- III: Introduction of Officiating**

- Meaning and importance of Officiating, Concept of Officiating
- Officiating as an art, Basic philosophy and Ethics of officiating
- Qualities and qualifications of an official
- General principles of officiating
- Officials rapport with players, management and spectators
- Duties of officials, in general, pre, during and post game

**Unit- IV: System of officiating and Eligibility rules**

- System of officiating-Diagonal system, Trail and Lead System, Parallel system.
- Mechanics of officiating – Movement, Position, Signals and control etc.
- Measures/ Suggestions to improve the standard of officiating.
- Eligibility rules of Schools, intercollegiate and inter-university tournaments, preparation of reports and TA, DA bills

**References:**

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**SEMESTER - IV  
THEORY COURSES**

**CC-403: RESEARCH AND STATISTICS IN PHYSICAL EDUCATION**

**Course Outcome**

- To develop basic concept of Research and statistics in Physical Education
- To develop knowledge and areas of research in Physical Education
- To develop knowledge of Measures of Central Tendency and dispersion and their uses
- To understand Meaning and importance of graphical representation of data
- To help the students to take up the small projects

**Unit-I: Introduction to Research**

- Definition of Research
- Need and importance of Research in Physical Education and Sports.
- Scope of Research in Physical Education & Sports.
- Classification of Research

**Unit-II: Action Research**

- Meaning, Definition and Need for action research
- Action 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: Basic Statistics**

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

**Unit- IV: Statistical Models in Physical Education and Sports**

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Importance, Advantages, Disadvantages and Calculation from grouped and ungrouped data
- Measures of Variability: Meaning, importance, computing from grouped and ungrouped data
- Meaning, importance, computing from grouped and ungrouped data
- Standard scores and their interpretation,

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**SEMESTER - IV**  
**THEORY COURSES**  
**EC-401: THEORY OF SPORTS AND GAMES (ELECTIVE)**

**Course Outcome**

- To develop knowledge of sports specialization
- To develop the awareness of types of competition and tournaments.
- To understand the procedure of marking for track and field events.
- To develop knowledge of latest surfaces, equipments, Sportswear, sports engineering etc.

**UNIT-I: Introduction of Games and Sports**

- **General Introduction of specialized games and sports**  
Athletics, Gymnastic, Swimming, Yoga, Kabaddi, Kho-Kho and Volleyball,
- **Each game or sports to be dealt under the following heads**
  - History and development of the Game and Sports
  - Ground preparation, dimensions and marking

**UNIT-II: Introduction of Games and Sports**

- **General Introduction of specialized games and sports**  
Football, Basketball, Handball, Softball, Lawn Tennis, Badminton, Hockey and Cricket
- **Each game or sports to be dealt under the following heads**
  - History and development of the Game and Sports
  - Ground preparation, dimensions and marking

**UNIT-III: Marking for track and field events.**

- Characteristics of a standard track, Types of track, Method of marking 400mts standard track,
- Calculation of RDR and CDR, Distribution of space, Fixing the points for marking,
- Calculation of staggers, Marking for start and finish points for track events
- Method of marking 200 meters track
- Marking for start and finish points for track events in 200mts track
- Methods of marking for field events.

**UNIT-IV: Technology in Sports**

- Equipment and gadgets
- Playing surfaces
- Sports wear

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1. Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
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**SEMESTER - IV**  
**THEORY COURSES**  
**EC-402: KINESIOLOGY AND BIOMECHANICS**

**Course Outcome**

On completion of the course the student shall understand the following concepts:

- To understand the concept of movement in various forms
- To understand basic concept of physics as applied to movement
- To help students to make analysis of human movement
- To understand the process of movements

**Unit-I: Introduction to Kinesiology and Sports Biomechanics**

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

**Unit-II: Biomechanical Characteristics of Locomotor System**

- Bones
- Joints
- Muscles
- Types of muscular contractions
- Length-tension characteristics

**Unit-III: Mechanical Concepts**

- Force - Meaning, definition, types and its application to sports activities
- Lever - Meaning, definition, types and its application to human body.
- Newton's Laws of Motion – Meaning, definition and its application to sports activities.
- Projectile – Factors influencing projectile trajectory.

**Unit-IV: Kinematics and Kinetics of Human Movement**

- Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
- Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- Linear Kinetics – Inertia, Mass, Momentum, Friction.
- Angular Kinetics – Moment of inertia, Couple, Stability.

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1. Bunn, John M. Scientific Principles of coaching., Englewood cliffs, N.J : Prentice Hall, Inc., 1979.
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**PART – B**  
**SEMESTER – I**  
**PRACTICAL COURSES**

**PC - 101: TRACK AND FIELD I**

**a) Track Events - Sprints, Hurdles and Relays**

- **Sprint-** Running Technique, Fixing the blocks in straight & curve, Proper use of blocks  
Starting techniques: Crouch start types (Bunch/Bullet, Medium & Elongated) & Standing start  
Finishing Techniques: Run through, Forward lunging & Shoulder shrug
- **Hurdles Technique** - Starting, Clearance and Landing Techniques.
- **Relays:** Various patterns of Baton Exchange - Visual and Non-visual, Up swing and Down swing & Understanding of Relay Zones

**b) Jumping Events - Pole vault and Long Jump**

Basic Skills and techniques

- **Long jump** – Hang & Hitch kick (Cycling) techniques, Approach, Take-off, Technique in the air & Landing
- **Pole vault** – Grip, Carry, Approach, Plant, Body twist, Clearance over the bar and Landing

**c) Throwing Events - Shot Put and Javelin throw**

Basic Skills and techniques

- **Shot Put** – Glide & Rotatory techniques, Grip, Stance, Technique, Power stance, Release and Reverse (Follow through)
- **Javelin throw** – Grip, Carry, Approach, Cross steps, Release and Follow through

**d) Rules, Officiating and Marking** – Ground / Sector Marking, Interpretation of Rules, Duties of officials and Officiating of the events in the syllabi.

**PC – 102: Team games**

**a) Handball:**

- Catching/Receiving; Throwing:- One hand straight/under hand throw, Free throw, Side line throw, Corner throw, Goal keeper throw
- Goal Throws:- Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Penalty throw
- Dribbling:- High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre
- Defense:- Against individual players, Blocking and Team defense; Goal keeping
- Court marking, Rules and their interpretations and Duties of officials.

**b) Softball:**

- Catching- Position, Movement, Catching below/above the waist,
- Throwing- Position, Overhand/Underhand throw, Throwing to the air/floor
- Batting/Hitting- Selecting a bat, Grip, Stance, Stride, Hip rotation, Swing, Follow through
- Bunting- Stance, Execution, Bunting low/high ball,
- Fielding- Selecting glove, Getting familiar with glove, Position of body/hand, Fielding a ground ball/fly ball
- Fielding positions- Field positioning, Infield, Outfield
- Pitching- Grip, Stance, Pump, Stride, Arm action, Delivery phase, Follow through.
- Pitch catching- Stance, Receiving, Blocking the ball, Catching left/right side ball.
- Base running- Digging out of batter's box, Running to first base, Techniques of running to other bases, Touching home plate- Running stump, Bent leg slide.
- Various formations, Tactics and Strategies in offence and defense.

- Court marking, Rules and their interpretations and Duties of officials.

### PC - 103: Indigenous sports

#### a) Kabaddi:

- Raiding Skills:- Cant, Entry, Footwork, Attack, Retreat; Hand touches; Leg touches:-Toe touch, Foot touch, Squat leg thrust; Various kicks:- Back kick, Side kick, Running kick, Curve kick.
- Crossing of baulk line, Crossing of Bonus line, Luring the opponent to catch, Pursuing.
- Additional skills in raiding:- Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation.
- Defensive Skills:- Holding Skills: Wrist hold, Ankle hold, Dive and Ankle Hold, Knee hold, Thigh hold, Waist hold, Blocking- Chest block; Chain Hold.
- Various defensive formations:- Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, Catching formations and techniques.
- Combined formations, Tactics and Strategies in offence and defense.
- Court marking, Rules and their interpretations and Duties of officials.

#### b) Kho-Kho:

- Sitting in the square- Parallel toe / Shuffling or bullet toe method
- Giving 'Kho':- Proximal and Distal foot, Advance Kho, Giving 'Kho' with a fake.
- General skills of the game- Running, Chasing, Dodging, Faking etc.
- Skills in chasing:- Moving on the cross lane, Pursuing the runner, Direct, Indirect and Surprise attack, Tapping- Heel, Shoulder and on the pole, Diving, Judgment Kho, Rectification of Foul.
- Skills in Running- Single and double chain, Variations in ring games, Dodging while facing and on the back, Pole turning, Pole diving, Pole Avoiding, Attack after pole turning, Fakes on the pole, Fakes- Body, Arm, Legs etc, Counter action for ring game, Combination of different skills.
- Court marking, Rules and their interpretations and Duties of officials.

### PC - 104: Mass Demonstration Activities: Drill and Marching/Mass P.T/ Table Card/ Wands/

#### Hoops/ Dumbbells/ Leziun/ Minor Games /Aerobics

- **Drill and Marching:** March past, Ceremonial Parade, Flag hoisting, Flag honor.
- **Mass P.T. Exercises:** Standing series -12 Exercises, Sitting series - 08 Exercises
- **Table cards exercises:** 14 Exercises
- **Wands (Lathi):** Two counts, Four count, Eight count, Sixteen count exercises.
- **Hoops:** 08 Exercises (As per NFC syllabus)
- **Dumbbells:** 08 Exercises (As per NFC syllabus)

#### • Leziun: Hindi Leziun

- |              |                   |
|--------------|-------------------|
| 1. Char Avaz | 5. Do Ruk         |
| 2. Ek Jagahe | 6. Age Phalang    |
| 3. Adi Lagav | 7. Peeche phalang |

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4. Pavitra

**N.D.S Lezium**

1. Dahine Baye Hath ki Harkat.
2. Dahine Baye Paon ki Harkat
3. Zukna Harkat
4. Age ki Harkat\_
5. Age ki Zukna Harkat
6. Harkat Bharat Mata
7. Chakkar aur Baitne-Uthna ki Harkat
8. Age ki Mor-Chal
9. Choumukhi Mor-Chal

• **Teach above activities in following aspects:**

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand – at – ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music:– Two count, Four count, Eight count and Sixteen count.

• **Minor Games / Relays:**

1. Odd Man
2. Touch and Run
3. Keep the Ball up
4. Hopping Tag
5. Chase your partner
6. Magic wand
7. Find a partner
8. Fire on the Mountain
9. Catch the Fox's Tail
10. Hooping Relay
11. Kho-kho Relay
12. Shuttle Relay
13. Potato Relay
14. Ball pass Relay

• **Aerobics: (10 Moves/ Exercises)**

- Introduction of Aerobics
- Postures – Warm up and cool down
- Rhythmic Aerobics - Dance
- Basic movements
- Low impact aerobics
- High impact aerobics
- THR Zone – Being successful in exercise and adaptation to aerobic workout.

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**PART – B**  
**SEMESTER - II**  
**PRACTICAL COURSES**

**PC - 201: TRACK AND FIELD II**

**a) Track Events - Steeple Chase, Race Walking, Middle and Long distance races**

- **Steeple Chase** - Obstacle Clearance, Water pit jump and Landing Techniques.
- **Race walking** - Technique, Faults and Officiating.
- **Middle and Long distance races** – Technique and Training

**b) Jumping Events - High Jump and Triple Jump**

Basic Skills and techniques

- **High Jump** - Straddle Roll & Flop Technique, Approach, Take-off, Technique in the air, Clearance over the bar & Landing
- **Triple Jump** – Hop, Step and Jump Technique, Approach, Take-off & Landing

**c) Throwing Events - Discus Throw and Hammer Throw**

Basic Skills and techniques

- **Discus Throw** - Standing and Rotatory techniques, Grip, Stance, Rotation Technique, Power stance, Release and Reverse (Follow through)
- **Hammer Throw** - Grip, Swings, Rotation foot work, Release and Follow through

**d) Rules, Officiating and Marking** - Ground / Sector Marking, Interpretation of Rules, Duties of officials and Officiating of the events in the syllabi.

**PC - 202: COMBATIVE SPORTS**

**a) Wrestling:**

- **Stance:** Square, Diagonal and Kneeling; **Holds:** From top and from below
- **Drag:** Single/Double arm drag, Head drag
- **Take downs, Leg tackles:** Single and double; Leg drive.
- **Counters for take downs, Cross face.**
- **Escapes from under:-** Sit-out turn in tripped.
- **Counters for escapes from under:-** Basic control back drop, Counters for stand up.
- **Pinning combination:-** Nelson series- Half / Single Nelson, Half Nelson and Barandas / Double Nelson, Single/Double Leg lift, Reverse double Barandas, Inside crouch (duck under) Switch (getting behind)
- **Escapes from byfall:-** Double arm lock roll, Bridge.
- **Standing Wrestling:-** Head under arm series
- **Scissor, Front dulto, Back dulto, Single arm throw, Head throw**
- **Wrestling mat specification, United World Wrestling Rules and their interpretations, Positions & Duties of officials/Referee.**

**b) Karate:**

**Preparatory exercises** - Side Sit-ups, Thigh stretches, Squats, Abdomen pairups, Abdomen kicks, Abdomen foldups, Abdomen concentration, Pushups - Open hand, Knockles, Fingers.

- **Stances (Dachi)** - Attention stance (Heisoku dachi); Ready stance (Yoi dachi); Horse rider stance (Kiba dachi) with movements; Forward stance (Zenkutsudachi) with movements; Back stance (Kokutsu dachi) with movements.

- **Punches (Tsuki)** - Middle punch (Chudan tsuki) with breathing/Kiai; Upper punch (Jodan tsuki) with breathing/Kiai; Lower punch (Gedan tsuki) with breathing/Kiai; Reverse punch (Gyaku tsuki) with breathing/Kiai.
- **Blocks (Uke)** - Lower block (Gedan uke); Upper block (Jodan uke); Inner middle block (Chudanuke); Outer middle block (Soto uke); Knife hand block (Shoto uke).
- **Strikes (Uchi)** - Knife hand strike (Shuto uchi); Hammer fist strike (Tetsui uchi); Elbow strike (Empi uchi).
- **Kicks (Gere)** - Groin kick (Kin gere); Front kick (Mae gere); High kick (Keage gere); Side kick (Yoko gere); Innersole sweep (Ashi barai)
- **Sparrig (Kumite)** - One step sparring (Ippon kumite); Three step sparring (Sandan kumite); One step free sparring (Jiyu ippon kumite); Free sparring (Jiyu kumite)
- **Kata** – Combination of movements like Kicks, Blocks, Strikes are executed in different stances and in different directions in logical manner.
- **Self Defense** - Against punches, Grabs and strikes, Against basic weapons (knife, club sticks).
- Area marking, Rules and their interpretations and Duties of officials.

## PC - 203: RACKET SPORTS

### a) Badminton:

- The basic stances, Racket parts, Racket grips- Fore hand, Back hand, Shuttle Grips.
- The basic serves- High service, Low service (short service), Flick service, Drive service
- The basic strokes/smash - Forehand-overhead/ underarm, Backhand-overhead/ underarm. Drop shot- Fore-hand/Back-hand, Drive, Net shot
- Foot-work, Drills and lead up games
- Types of games-Singles, Doubles and Mixed doubles.
- Court marking, Rules and their interpretations and Duties of officials.

### b) Lawn Tennis:

- Grips- Eastern forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip
- Stance and Footwork
- Basic Ground strokes-Forehand drive, Backhand drive
- Basic service, Basic Volley, Over-head Volley, Chop
- Tactics - Defensive, attacking in game
- Court marking, Rules and their interpretations and Duties of officials

**PART – B**  
**SEMESTER - III**  
**PRACTICAL COURSES**

**PC - 301: BASIC ACTIVITIES**

**a) Swimming:**

- Entry into the pool, Developing water balance and confidence, Water fear removing drills, Floating- Mushroom and Jelly fish etc., Gliding with and without kickboard.
- Introduction of various strokes - Body Position, Leg, Kick, Arm pull, Breathing & Coordination.
- Free style, Back stroke, Brest stroke, Butterfly stroke
- All the strokes - Push and glide, Push and kick and Push and swim for 20 Meters.
- Start and turns of the concerned strokes.
- Water Trading and Simple Jumping.
- Life saving - Getting in, Releasing, Towing, Getting out.
- Swimming under water for 15 meters and Colleting an object from 10 feet depth.
- Pool specifications, Rules of competitive swimming and Officials and their duties

**b) Gymnastics:**

- Floor Exercise:- Forward Roll, Backward Roll, Forward Roll Split, Backward Roll Split, Backward Roll hand stand, Dive roll, Hand stand roll, Cart wheel.
- Table Vault:- 25mt Approach Run, Take off from the beat board, Straddle vault, Through vault, Straddle hold, Hand stand roll.
- Parallel Bar (Boys):- Under the bar upstart, Mount from bar, Forward/Backward Swing Straddle, Walking on arms on parallel bars, Straddle seat change, Perfect swing, Shoulder stand on bar and Forward roll straddle, Shoulder stand, Front on back vault to the side (dismount).
- Horizontal /Single Bar (Boys):- Grip, Swings, Change the arms 90 degree, Fundamental Elements, Dismount
- Uneven Parallel Bar (Girls):- Grip, Swings, Split/Close leg swings, Change the arms 90 degree, Fundamental Elements, Dismount.
- Balancing Beam (Girls):- Dancing steps, Jumps-leap, Scissors leap, Vertical leap, Back leap, Balance scales- 'T' balance, Front scale, 'Y' balance, Front roll.
- Pommel horse and Rings (Boys):- Mounting and Swings
- Equipments specification, Competitions, Rules and their interpretations and Duties of officials.

**PC - 302**

**a) Yoga:**

- Surya Namaskara:- 10 counts, 12 counts, 16 counts
- Asanas:- Sitting- Vajrasana, Dandasana, Padmasana, Matsyasana, Ardha Matsyendrasana, Suptavajrasana, Paschimottasana, Bakasana, Simhasana, Shirasasana.  
Standing- Tadasana, Trikonasana, Parshwa konasana, Veerabardrasana, Parivrutta trikonasana.  
Prone Position- Bhujangasana, Dhanurasana, Shalabhasana.  
Supine Position- Sarvangasana, Sethubandha sarvangasana, Halasana, Karnapeedasana.
- Corrective Asanas- Tadasana, Dandasana, Bhujangasana, Sarvangasana.
- Pranayamas:- Ujjayi, Nadi Shodhana, Anuloma – Viloma, Basthrika, Bhramari, Sheethali
- Kriyas- Nethi, Jalanethi, Nouli, Trataka.
- Mudras- Dhyana mudra, Chinmaya mudra, Namaste mudra, Nasika mudra

- Dhyana & its types
- Competition format, Rules and their interpretations and Duties of officials

**b) Cricket:**

- Batting- Forward (front foot) and backward (back foot) defensive stroke, Drives
- Bowling- Simple bowling techniques, Fast bowling, Spin bowling
- Fielding- Orthodox fielding and Long Barrier (defensive), Pick up and throw and Chase and Return / Throwing techniques (offensive).
- Catching- High catch and Low catch
- Wicket keeping techniques- Stance, Position, Collection of Ball
- Ground measurements, Rules and their interpretations and Duties of officials

**PC - 303: TEAM GAMES**

**a) Volleyball:**

- Players Stance, Receiving and passing
- The Volley (Overhead pass), The Dig (Underhand pass), Service Reception
- Service- Under Arm Service, Tennis Service, Side Arm Spin Service, Round Arm Service, High spin service, Asian serve / American serve (floating)
- Setting the ball- Set for attack, Back set, Jump set
- Smash/Spike- Straight smash, Body turn smash, Wrist outward smash, Wrist inward smash
- Block- Single block, Double block, Three-man block
- Rolls- Overhead pass & back rolling, One hand underhand pass with side rolling, Forward dive
- Attack Combination, Defense Systems, Libero play
- Court marking, Rules and their interpretations and Duties of officials

**b) Basketball:**

- Grip; Player stance- Triple threat stance and Ball handling exercises
- Passing (Two hand/one hand)- Chest pass, Bounce Pass, Over head pass, Underhand pass, Hook Pass, Behind the back pass, Baseball pass, Side arm pass and passing in running.
- Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
- Dribbling- How to start dribble, How to stop dribble, High / Low dribble with variations
- Shooting- Layup shot and its variations, One hand set shot, One hand jump shot, Free throw, Hook shot, Tip-in shot.
- Stopping- Stride/Scoot, Pivoting and Faking /Feinting footwork.
- Rebounding- Defensive rebound, Offensive rebound, Box out, Rebound Organization.
- Individual Defensive- Guarding the man with the ball and without the ball.
- Offensive drills, Fast break drills, Team Defense/Offense, Team Tactics
- Court marking, Rules and their interpretations and Duties of officials



**PART – B**  
**SEMESTER - IV**  
**PRACTICAL COURSES**

**PC - 401: TEAM GAMES**

**a) Football:**

- Kicks- Inside kick, Instep kick, Outer instep kick, Lofted kick, Chipping, Volley, Half Volley
- Trapping- Trapping rolling the ball, Trapping bouncing ball with sole
- Dribbling- With instep and outer instep of the foot.
- Heading- From standing, running and jumping.
- Feinting- With the lower limb and upper part of the body.
- Tackling- Simple tackling, Slide tackling.
- Throw-in- Standing and Sliding
- Goal Keeping- Collection of balls, Ball clearance, throwing and deflecting.
- Ground marking, Rules and their interpretations and Duties of officials

**b) Hockey:**

- Grip, Body position, Ball position, Action, Follow through
- Passing - Parallel pass, Through pass, Diagonal pass, Return pass
- Rolling the ball - Straight rolling
- Dribbling - Straight dribbling, with walk, jog and run.
- Stopping - Straight stopping and Reverse stick stopping.
- Hit - Straight hit, Turn around hit, Reverse hit, Wrong foot hit.
- Flick, Drag flick, Dodging, Jab tackling, Lunging and tackling, Reverse tackling
- Scoop - Straight scoop, Reverse scoop
- Goal keeping - Position, Movement, Hand defense, Foot defense
- Positional play in attack and defense.
- Ground marking, Rules and their interpretations and Duties of officials

**Note: For final external exam, in each activity skills the candidate shall execute / demonstrate five skills / techniques. Candidate's choice - 03, Examiners choice – 02.**



**PART - C**  
**TEACHING PRACTICES**

**TP - 201: Teaching practices**

Ten (10) teaching practice lessons out of which five (05) lessons in class-room situation and five (05) lessons for out-door activities within premises on the students of B.P.Ed. course.

**TP - 301: Teaching practices**

Ten (10) teaching lesson plans for Racket Sport/ Team Games/ Indigenous Sports out of which five (05) lessons internal and five (05) lessons external at school.

**TP - 401: Sports Specialization: Track and Field / Gymnastics / Swimming**

Four (04) internal lessons at practicing school and one (01) final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.

**TP - 402: Games Specialization: Kabaddi, Kho-Kho, Volleyball, Football, Basketball, Handball, Softball, Lawn Tennis, Badminton, Hockey, Cricket and Yoga**

Four (04) internal lessons at practicing school and one (01) final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.

**Note: Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities.**

**TABLE-1**  
**SEMESTER-WISE DISTRIBUTION OF WORK LOAD IN TERMS OF HOURS PER WEEK**

Semester	Theory	Practicum	Teaching Practice	Total
I	12	24	00	36
II	12	18	06	36
III	12	18	06	36
IV	12	18	06	36
<b>TOTAL</b>	<b>48</b>	<b>78</b>	<b>18</b>	<b>144</b>
<b>Minimum of 36 teaching hours per week is required in five or six days in a week</b>				

**TABLE-2**  
**NUMBER OF CREDITS PER SEMESTER**

Semester	Theory	Practicum	Teaching Practice	Total
I	12	12	00	24
II	12	09	03	24
III	12	09	03	24
IV	12	09	03	24
<b>TOTAL</b>	<b>48</b>	<b>39</b>	<b>09</b>	<b>96</b>
<b>Minimum of 36 teaching hours per week is required in five or six days in a week</b>				

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