

UNIVERSITY OF MYSORE
REGULATIONS, SCHEME OF EXAMINATION AND SYLLABI GOVERNING
DEGREE OF BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.) COURSE
UNDER –CBCS SCHEME 2014-15

1.0 Course Offered and Duration of the Course

The degree of Bachelor of Physical Education henceforth referred to as B.P.Ed. Degree in the following regulations may be awarded to the candidates who successfully complete the courses of study such as theory, teaching ability and practicals prescribed for the said course as per the scheme and satisfy the regulations that govern the B.P.Ed. Degree course in the department of studies in Physical Education and Sports Sciences in the University of Mysore or in a college affiliated to the University of Mysore.

1.1 The B.P.Ed degree course shall be offered under the faculty of Education of the University of Mysore. The duration of B.P.Ed. Degree course shall be two semesters spread over one academic year.

1.2 The B.P.Ed degree course shall be residential.

1.3 Duration of the Course: Each semester shall extend over a period of sixteen weeks excluding examination days. There shall be 06 hrs of work each day of the week (Theory 02 hrs and practical 04 hrs). A candidate has to complete a total of 24 credits covering core papers and practical activities.

2.0 Eligibility for Admission

a) Any graduate of University of Mysore or of any other University recognized by the University of Mysore, as equivalent thereto, who is physically fit and satisfies any of the following conditions shall be eligible for admission to B.P.Ed. Degree course:

- i)** Graduate in Physical Education i.e., B.P.E of three years duration with a minimum of 40% marks.
- ii)** Graduate with a minimum of 40% marks having represented State / University in Sports / Games / Athletics.
- iii)** Graduate with a minimum of 40% marks, who has secured 1st or 2nd or 3rd position in the inter-Collegiate Sports / Games competitions.
- iv)** Graduate with a minimum of 40% marks possessing N.C.C. "C" certificate / Graduate with a minimum of 40% marks with a pass in basic course in adventure sports.

v) Any graduate with a minimum of 40% marks, who has participated in Inter-Collegiate tournaments and Inter-School sports competitions organized by recognized bodies / boards.

vi) Graduate with a minimum of 40% marks and with one year training programme in Sports Sciences, Sports Management, Sports Coaching, Yoga, Olympic Education, Sports Journalism etc.

Note: NCTE norms as adopted by the University shall be followed. The government and University guidelines shall be followed in respect of eligibility of marks in the qualifying examination. A relaxation upto 5% of marks shall be allowed in case of candidates belonging to SC/ST and Cat-I.

b) Candidates seeking admission to B.P.Ed. Degree course shall be below 26 years of age as on 1st July of year of admission. The age is relaxable upto 28 years for outstanding sportspersons. Outstanding sportsperson means a candidate who has participated in recognized Inter- University / Inter-State / Inter-National Sports / Games competitions. However, in case of trained physical Education teachers and coaches, the age is relaxable upto 35 years, subject to condition that, they are medically fit. All candidates shall produce a medical fitness certificate issued by a Medical Officer of not less than the rank of District Surgeon.

Note: In-service candidates shall be working on a regular basis and shall have put in a minimum of two years of completed service in a recognized school/college/institution as teachers or coaches. The candidates should produce a certificate to the effect signed by a competent authority/appointing authority.

Note: Admission shall be made on the basis of academic performance, sports achievement and points scored in Physical Efficiency Tests conducted by the concerned institution, and Physical fitness of the candidate is assessed by administering National Physical Fitness Programme Tests of India as indicated in Regulation 3.

3.0 Selection Procedure

3.1 Candidates for B.P.Ed. Degree course will be selected on the basis of merit. Merit shall be determined on the basis of academic performance, Physical fitness and achievement in sports/games as follows:

Weightage:

- a) Academic performance --- 40% - (Means 40% of the aggregate marks obtained in the qualifying degree examination. That is 40 points)
- b) Physical fitness ----- 30% - Means 30 points.
- c) Sports Achievement ----- 30% - Means 30 points.

Physical fitness is determined on the basis of points obtained in the National Physical Fitness Programme Tests of India that include the following events.

<u>Events</u>	<u>Max. Points</u>
1. 100 Mt Run	6
2. Shot-put 7.25kg (Men) / 4.00kg (women)	6
3. Long Jump	6
4. High Jump	6
5. <u>800 Mt Run (Men) / 200 Mt. Run (women)</u>	<u>6</u>
<u>Total</u>	<u>= 30 points</u>

The candidate shall secure a minimum of 40% of points (12 points) in the N.P.F.P. tests to qualify for admission to B.P.Ed. degree course.

3.2 Award of Points for Achievement in Sports / Games

Points will be awarded for achievement in sports as follows:

1. Representing the country ----- 30 points.

2. National Level (Representing the State)		3. All India Inter-University (Representing the University)		4. Inter-Collegiate Level (Representing the College)	
1 st Place	30 Points	1 st Place	20 Points	1 st Place	07 Points
2 nd Place	25 Points	2 nd Place	16 Points	2 nd Place	05 Points
3 rd Place	20 Points	3 rd Place	12 Points	3 rd Place	03 Points
Participation only	18 Points	Participation only	10 Points	Additional place won	02 Points
For each additional place won or representation 05 points will be awarded. However, the total shall not exceed 30 points.		For each additional place won or representation 04 points will be awarded. However, the total shall not exceed 20 points.		For each additional place won 02 points will be awarded. However, the total shall not exceed 07 points.	

Note: 1. For award of points, participation and achievement at only one level (highest) will be Considered.

2. Points shall be awarded for positions only in final competitions at the inter zonal level.
3. Points secured in a) Academic Performance b) Physical Fitness c) Sports Achievement shall be added to a maximum of 100 points.
4. The total points obtained by a candidate shall be merit of the candidate. Selection shall be made on the basis of merit as per the rules of the University.
5. Points for achievement in sports shall be awarded for certificates issued by associations and federations recognized by AIU/IOA.
6. Allotment of seats will be governed by the roaster system as laid down by University.

3.3 Admission to the course under In-service category

In case of a tie among candidates in the in-service category, following criteria shall be followed to resolve the tie in the order as mention below:

- i) Candidates who are graduates of the University of Mysore shall be given consideration.
- ii) Candidates who are graduates of universities of Karnataka other than University of Mysore shall be considered.
- iii) The candidates who are graduates of universities of India other than Karnataka state universities shall be considered.
- iv) The candidates who are working in government and aided institutions of Karnataka state shall be considered.
- v) The candidates who are working in government and aided institutions outside Karnataka state shall be considered.
- vi) The candidates who are working in the institutions, other than government and aided institutions of Karnataka state shall be considered.
- vii) The candidates who are working in the institutions, other than government and aided institutions outside Karnataka state shall be considered.
- viii) Priority shall be given to candidates who are higher in age.
- ix) Length of continuous service of the candidates shall be considered.
- x) If the tie still persists the percentage of marks in the qualifying examination shall be considered.

4.0 B.P.Ed. Degree course under CBCS/CBCA semester scheme shall be organized as a regular course.

5.0 Credits to be completed

Each candidate is expected to take up 03 credits in each of the four theory papers offered throughout each semester, **(Total 12 credits)** and Three credits in each of the Four practical Units offered in a semester **(12 credits)**. For each paper there shall be three hours of lecture per week. For each unit in practical, 02 hours

shall be devoted for tutorials and 04 hours shall be devoted for practical, per week. This shall apply for each semester. In all, the candidate shall complete **24 credits** in a semester.

6.0 Proposed scheme of examination courses of study and syllabi governing the Bachelor of Physical Education degree course (B.P.Ed.) under CBCS/CBCA scheme (two semesters)

**PROPOSED SCHEME OF EXAMINATION GOVERNING DEGREE OF
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed) UNDER CBCS SCHEME 2013-14**

B.P.Ed. FIRST SEMESTER

UNIT: THEORY:

Theory Paper No.	Title of the Paper	Lecture	Tutorial	Practical	No. of Credits Per Semester	Total Hours Per Week	Components 1 & 2 Continuous Assessment in terms of Percentage of Marks	Component-3 Semester end Evaluation in terms of Percentage of Marks
1.1	History of Physical Education, Recreation and Camping (HC)	03 Credits	-	-	03 Credits	03 hrs	30	70
1.2	Foundations of Physical Education (HC)	03 Credits	-	-	03 Credits	03 hrs	30	70
1.3	Methodology of Teaching in Physical Education (HC)	03 Credits	-	-	03 Credits	03 hrs	30	70
1.4	Anatomy, Physiology and Kinesiology (HC)	03 Credits	-	-	03 Credits	03 hrs	30	70
	GRAND TOTAL	12 Credits	00	00	12 Credits	12 hrs	120 Marks	280 Marks

UNIT: PRACTICALS: (FIRST SEMESTER)

Activity No.	Title of the Paper	Lecture	Tutorial	Practical's	No. of Credits Per Semester	Total Hours per week	Components 1 & 2 Continuous Assessment in terms of Percentage of Marks	Component-3 Semester end Evaluation in terms of Percentage of Marks
1.5	Volleyball and Swimming (HC)	-	01 credit	02 Credits	03	06 hrs	30	70
1.6	Kho-Kho and Kabaddi (HC)	-	01 credit	02 Credits	03	06 hrs	30	70
1.7	Formal Activities and Gymnastics (HC)	-	01 credit	02 Credits	03	06 hrs	30	70
1.8	Athletics Cricket (HC)	-	01 credit	02 Credits	03	06 hrs	30	70
	TOTAL	00 hrs	04 Credits	08 credits	12 Credits	24 hrs	120 Marks	280 Marks

**PROPOSED SCHEME OF EXAMINATION GOVERNING DEGREE OF
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed) UNDER CBCS SCHEME 2013-14
B.P.Ed. SECOND SEMESTER**

UNIT: THEORY:

Theory Paper No.	Title of the Paper	Lecture	Tutorial	Practical	No. of Credits Per Semester	Total Hours Per Week	Components 1 & 2 Continuous Assessment in terms of Percentage of Marks	Component-3 Semester end Evaluation in terms of Percentage of Marks
2.1	Health Education and Safety Education. (HC)	03 Credits	-	-	03 Credits	03 hrs	30	70
2.2	Principles of Officiating and Coaching. (HC)	03 Credits	-	-	03 Credits	03 hrs	30	70
2.3	Education Management (HC)	03 Credits	-	-	03 Credits	03 hrs	30	70
2.4	Adapted Physical Education and Sports Injuries (HC)	03 Credits	-	-	03 Credits	03 hrs	30	70
	GRAND TOTAL	12 Credits	00	00	12 Credits	12 hrs	120 Marks	280 Marks

UNIT: PRACTICALS: (SECOND SEMESTER)

Activity No.	Title of the Paper	Lecture	Tutorial	Practical's	No. of Credits Per Semester	Total Hours per week	Components 1 & 2 Continuous Assessment in terms of Percentage of Marks	Component-3 Semester end Evaluation in terms of Percentage of Marks
2.5	Handball and Hockey (HC)	-	01 credit	02 Credits	03	06 hrs	30	70
2.6	Badminton and Indigenous activities (HC)	-	01 credit	02 Credits	03	06 hrs	30	70
2.7	Football and Basketball (HC)	-	01 credit	02 Credits	03	06 hrs	30	70
2.8	Teaching ability -General Lesson plan and Teaching ability - Particular Lesson	-	01 credit	02 Credits	03	06 hrs	30	70
	TOTAL	00 hrs	04 Credits	08 credits	12 Credits	24 hrs	120 Marks	280 Marks

Note: Each student shall complete 10 supervised General Lessons and 10 Particular Lessons in a school setting. Each student shall observe 10 lessons each. Each student shall complete 04 lessons in class room teaching.

7.0 Medium of Instruction

The medium of instruction shall be English. However, candidates are permitted to write examination in English or Kannada.

8.0 Attendance

The candidate shall put in a minimum of 85% attendance (Lectures / Tutorials / Practical), in each semester. The candidate shall put in a minimum of 85% attendance in each sub unit or credit taken. Candidate who does not fulfill the requirement of attendance shall be considered to have dropped a paper or unit/sub unit.

Note: The candidate is said to have dropped a paper/sub unit

- a. If a candidate has failed to put in 85% attendance in each sub unit/paper/ or credit.
- b. If a candidate decides to discontinue to study the paper.
- c. If in component I and component II put together the candidate has not secured the minimum prescribed.
- d. If at the end of component III the candidates has remained unsuccessful, and remains unsuccessful even after one re-appearance during the subsequent semester-end examination.
- e. If a candidate withdraws a paper / sub unit after final grades are notified to improve the performance.
- f. The candidate should complete component I and component II to appear for component III examination. If he/she has not completed the components I and II a candidate is said to have dropped the paper/sub unit.

9.0 Continuous Assessment (Internal)

The assessment and award of marks shall be on the basis of regularity, Initiative, learning aptitude, skill development, proficiency and performance of the candidate throughout each semester.

Assessment pattern (Tests, skill testing and assignment) shall be worked out by the concerned faculty members. The continuous assessment and scores of first half of the semester will be consolidated during the 8th week of semester **(Component 1)**. The continuous assessment and scores of second half of the semester will be consolidated during the 16th week of the semester **(Component 2)**. During the 18th to 20th week of the semester, a semester end examination (Evaluation) will be conducted at the University level **(Component 3)**.

9.1 Teaching Ability:

- a. Higher marks obtained in two supervised general lessons ----- 10 marks
- b. Best observation report of a general lesson -----02 marks
- c. Best Lesson in class room teaching-----03 marks
- a. Higher marks obtained in two supervised particular lessons --10 marks
- b. Best observation report of a particular lesson -----02 marks
- c. Best Lesson in class room teaching-----03 marks

10.0 Scheme of Examination (External)

10.1 Theory: - There shall be an examination conducted by the University at the end of each semester. The candidate shall appear for the semester end theory examination. The duration of examination will be 2 hours per theory paper. Syllabus shall be divided into 04 units. Each theory question paper will have four questions (one in each unit), with internal sub-divisions. There can be internal choice for questions in each unit.

10.2 Teaching Ability: - Each candidate shall take one general lesson (in first semester)and one particular lesson (in second semester) during the semester end examination/evaluation.

10.3 Practical: - There shall be a semester end examination/Evaluation conducted by the University in practical units. The candidate shall appear for the practical examination at the end of each semester.

Note: The evaluation of candidates in semester end examination shall be done as per university guidelines.

11.0 Awarding Grades

Grades are awarded as per University guidelines.

12.0 Provision For Repeating The Course And Improvement Of Results

The rules as per University guidelines shall be followed.

FIRST SEMESTER B.P.Ed COURSE (CBCS)

Paper 1.1 : History of Physical Education, Recreation and Camping

	L	T	P
Credits-03	03 hrs.	-	-

Objectives :

- To develop knowledge about History of Physical Education and Sports.
- Ability to Identify sources of Professional Organizations.
- To understand prevailing types of Competitions and Sports Awards.
- To understand the need and Importance of Recreation in the development of personality.
- To understand and develop Leadership Qualities.

Unit I

Brief history of Physical Education: Ancient Greece: Sparta and Athens. Origin and development of Ancient Olympics and Modern Olympics. Significance of Olympic Games. Physical Education in Ancient India. Physical education in India after independence. Central advisory board, N.F.C, N.D.C.

Unit II

Physical education in Rome. Brief history physical education in Sweden, Denmark and Germany and Great Britain and U.S.A.

Brief concepts of the following:

- Sports Authority of India (SAI)
- National Council for Teacher Education (NCTE)
- Sports Authority of Karnataka (SAK)
- School Games Federation of India (SGFI) , I.O.A.
- Ranji Trophy, Santosh Trophy ,Davis cup ,Thomas cup, Common Wealth games, Asian games
National championships, World championships, Vizzy Trophy, All India Inter University
Tournaments, World Universities Games, Moulana Abdul Kalam Azad Trophy
- Awards: Ekalavya , Arjuna , Dronacharya ,Rajeev Gandhi Khelrathna, Padmashree,
Padmabhushana

Unit III: Recreation:

Meaning, scope, and definitions of Recreation. Need for recreation in modern society. Aim and objectives of recreation. Relationship among Play, Work, leisure and Recreation. Nature of recreation: Active, passive, emotional, creative and sub-zero level.

Agencies offering Recreation- Home, local bodies, Voluntary and commercial agencies. Programme planning in Recreation: General Principles of programme planning, Types of Recreation activities- Indoor and Outdoor games, Arts and Crafts.

Unit IV: Camping :

Meaning, Scope and Significance of Camping: Types of Camps, Leadership and supervision in camping, programme and activities of camping. Selection and lay-out of camp sites: Area, availability of natural resources, distance from the head quarters, road and transport, water and food, Safety and security, Organization and administration of camp.

References

- Bucher, Charles A. Foundations of Physical Education. St.Louis: The C.V. Mosby company, 1968.
- Butler, George D. Introduction to Community Recreation. New York : McGraw-Hill Book Company Inc., 1949.
- Deshpande S.H. Physical Education in Ancient India. Delhi: Bharathiya Vidya Prkashan, 1992.
- John, A. Rice, Emmett Hutchinson and Mabel Lee . A. Brief History of Physical Education. New York: The Ronald Press Company, 1969.
- Kamalesh M.L. and Sangral M.B. Organization, Administration and Recreation in Physical Education. Ludhiana : Prakash Brothers, 1994.
- Khan, Ahmed Eraj. A Brief History of Physical Education. Patna: Scientific Book Co., 1969.
- Meyer, Harold D. and Brightbill, Charles K. Community Recreation. New Jersey : Prentice Hall Inc., 1956.
- Perinbaraj, Bevinson. S and others. History of Physical Education. Tamilnadu: Vinsi Publication, 2002.
- Satyanesan R.C. Handbook of Principles and History of Physical Education. 2nd Edition; Madhurai: Vijaya Printers, 1970.
- Sharma O.P. History of Physical Education.Delhi: Khel Sahitya Kendra,1998.
- Thirunarayanan, C. and S. Hariharan. An Analytical History of Physical Education. Karaikudi: South India press, 1973.

FIRST SEMESTER B.P.Ed COURSE (CBCS)

Paper 1.2 : Foundations of Physical Education

	L	T	P
Credits-03	03 hrs.	-	-

Objectives:

- 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 physical education.
- To understand leadership and social values of Physical Education.

Unit I

Education: Definition, Meaning, Aim and Objectives of Education. Traditional and Modern concepts of Education. Types of Education. Physical Education:- Definition and meaning of the terms Physical culture, Physical training , Physical Education, Physical activity, sports and games. Traditional and Modern concepts of Physical Education. Aim and objectives of Physical Education.

Unit II

Philosophy: Definition, meaning and scope of philosophy. Components / Aspects of Philosophy. Need for philosophical study. Philosophy of education and physical education. Traditional schools of philosophy: Naturalism, Realism, Idealism and Pragmatism. Implication of schools of philosophy in Education and Physical Education.

Unit -III

Biological Foundation: Concepts of Heredity and environment. Mechanism of transmission of Heredity. Influence of Heredity and Environment on growth and development. Growth and development and their general characteristics. Sex differences, Biological values of Physical activity. Sociological Foundation: Nature of Man. Socialization. Physical Education and socialization. Groups, their nature and kinds. Group Dynamics. Physical Education and Social values.

Unit IV

Psychological Foundations:- Definition, meaning and branches of Psychology. Psychology as a science. Contribution of psychology to Teacher education. Types of learning and laws of learning. Theories of play. Individual differences, Brief concepts of personality, motivation, learning curve. Intelligence tests and their uses.

References :

- Barrow, Harold M. Man and Movement: Principles of Physical Education. Second edition; Philadelphia : Lea and Febiger, 1977.
- Bookwalter, Carl E. and Harold J. Vanderzwaag. Foundation and principles of Physical Education. Philadelphia: W.B. Saunders Company, 1969.
- Bucher, Charles A. Foundations of Physical Education. Saint Louis: The C.V.Mosby Company, 1971.
- Howell, Reet and Howell, Maxwell. Foundations of Physical Education. Baroda:Friends publications, 1994.
- Kamlesh, M.L. Principles and History of physical Education. Ludhiana:Prakash Brothers , 1994.
- Williams, J.F. Principles of Physical Education. Meerut: College Book House, 1994.
- Zeigler, E.F. Philosophical foundations of Physical, Health and Recreation Education. Englewood Cliffs, New Jersey : Prentice Hall Inc., 1968.

FIRST SEMESTER B.P.Ed COURSE (CBCS)

Paper 1.3 : Methodology of Teaching in Physical Education

	L	T	P
Credits-03	03 hrs.	-	-

Objectives:

- 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 for developing concepts and acquisition of subject specific skills.
- To develop the awareness in teaching yoga, major games and sports.
- To develop the awareness in classification and evaluation of students.
- To develop the awareness of types of competition and tournaments.
- To develop awareness of methods of marking for track and field events.
- To develop awareness of curriculum transaction through teaching.

Unit I : Methods of Teaching

Meaning of the terms 'Teaching' and 'Method'. Factors influencing methods: Nature of subjects, Nature of students, Availability of time and materials, Situations and Scientific principles. Methods of Teaching: - Verbal, Lecture, Explanation, Command, Demonstration, Whole, Part, Whole-Part-whole, Progressive, Observation, At will, Set drill. Imitation and Dramatization; Teaching Aids: Types and Uses.

Unit II : Teaching Strategies and Lesson Plan

Presentation Technique: - Personal and technical preparation. Steps in presentation.

Class management: - General and specific factors for class management.

Lesson Plan: - Need for lesson plan, Aim and objectives of lesson plan, Principles of lesson plan, Types of lesson plans, Aim and objectives of different parts of lesson plan and preparation of General, Particular and Class room lesson plan for micro teaching. Method of teaching major games, athletics and Yoga.

Unit– III : Classification, Evaluation and Types of Competition

Classification of Students: - Need for classification of students in physical education. Factors influencing classification. McCloy's Classification and Neilson and Cozen's classification indices. Evaluation of students: - Method of measuring and evaluating fitness, Method of assessing level of understanding (Knowledge and Comprehension). Remedial instruction for weaker students. Meaning and types of competitions: - Knockout, League, and Combination Tournaments. Methods of drawing fixtures. Merits and demerits of Knock out and League Tournaments.

Unit–IV : Methods of 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 (400 mts).

Method of marking 200 meters track, Marking for start and finish points for track events in 200mts track, Methods of marking for field events.

References

- Aggarwal, J.C. Principles, Methods and Techniques of Teaching. New Delhi: Vikas Publishing House Pvt. Ltd., 1998.
- Barry, L. Johnson, Practical Measurements for Evaluation in Physical Education. USA: Burgess Publishing Company, 1982.
- Bhatia K.K and J.N. Arora. Methodology of Teaching. Ludhiana; Prakash Brothers, 1985.
- Bosen, Ken O. Teaching Athletics. Patiala : Sports Authority of India publication, 1993.
- Iyengar B.K.S. Light on Yoga. New Delhi: Harper Collins Publishers, 2008.
- Kochhar S.K. Methods and Techniques of Teaching. New Delhi: Sterling Publishers Pvt. Ltd., 1995.
- Kamallesh M.L and Sangral M.B. Methods in Physical Education. Ludhiana: Prakash brothers publication,1991.
- Thirunarayanan C. and Hariharasharma S. Methods in Physical Education. Karaikudi: The South India Press Publication, 1978.
- Vishwanath M.J. Athletics Spardheya Niyamagalu. Shimoga : U.S Publication, 1997.
- Wilgoose, Carl E. Evaluation in Health Education and Physical Education. New York: McGraw Hill Book Co., 1961.

FIRST SEMESTER B.P.Ed COURSE (CBCS)

Paper 1.4 : Anatomy, Physiology and Kinesiology

	L	T	P
Credits-03	03 hrs.	-	-

Objectives:

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

Unit I

Meaning of anatomy, physiology and kinesiology. Need for the study of anatomy, physiology and kinesiology. Role of kinesiology in physical education. structure and functions of cell; concepts of tissues, organs and systems. Types of fundamental movements; concepts of axes, planes, levers.

Unit II

Fundamental structural and functional concepts of skeletal system, muscular system, and nervous system. Types of muscles of human body and their functions. Major skeletal muscles, types of skeletal muscle contractions. Motor units and reflex arc. Effect of exercise on muscular system. Bone and types of Bones. Joints and classification of joints.

Unit III

Fundamental structural and functional concepts of circulatory, respiratory and digestive systems. Effect of exercise on cardio-respiratory system and digestive system. The Endocrine glands – Pituitary, Thyroid, Parathyroid, Adrenal, Islets of Langarhan's, Sex glands and Pancreas. Functions of endocrine glands.

Unit IV

Structure and functions of special sense organs of the human body – eye, ear and skin. Structure and functions of kidney

References:

- Antony, A Catherine. Structure and function of the body. Saint Louis: The C.V. Mosby company, 1972.
- Fox, Stuart Ira. Human Physiology. Ninth Edition; New York : McGraw-Hill Company, 2006.
- Miller, A. Marjorie and others. Anatomy and physiology. New York: The Mac Millan Company, 1972.
- Rasch, Philip J. and Roger K. Burke. Kinesiology and Applied Anatomy. 3rd edition; Philadelphia: Lea and Febiger, 1968.
- Shaver, Larry G. Essentials of Exercise Physiology. New Delhi : Surjeeth Publications, 1982.
- Vander, Arthur J. and Others. Human Physiology : The Mechanics of Body Function. New Delhi : Tata McGraw Hill Publishing Company Ltd., 1975.
- Wells, Katherine F. and Kathryn Lutgens. Kinesiology : Scientific Basis of Human Motion. 6th Edition, Philadelphia : W.B. Saunders Company, 1976.

SECOND SEMESTER B.P.Ed COURSE (CBCS)

Paper 2.1 : Health Education and Safety Education

	L	T	P
Credits-03	03 hrs.	-	-

Objectives

On Completion of the course the student shall

- Develop Health awareness, right attitude and habits for healthy living in personal, family and community life.
- Develop interest and ability to involve themselves and take responsibilities for implementing health and safety Education activities in the school and community.
- Develop an awareness of nutrition health hazards, diseases and their prevention.

Unit I - Introduction to Health Education

Meaning and definition of Health, Hygiene and Health Education. Aim and objectives of Health Education. Need, Importance and scope of Health Education. Factors affecting/influencing Health. WHO and its importance. Personal Health and Hygiene: Values of personal health, care of skin, mouth, ear, nose and eyes. Health needs of the Society.

UNIT-II - Communicable Diseases:

Definition and Meaning of communicable diseases: Causes, symptoms and prevention of (a) Whooping cough b) Malaria g) Dengue h) Filariasis, i) sexually transmitted diseases – AIDS j) H₁ N₁ Concepts of infection : Agents of infection, Mode of spread of diseases. Immunity- Natural and acquired: immunization.

Unit III

Nutrition: Principles and elements of Nutrition: Balanced diet, Nutritive value of food, Nutritional requirements of the body, Malnutrition. Obesity and overweight, Causes, effects and measures to prevent obesity. Health Hazards: Health hazards of modernization and industrialization. Pollutions- different types, effects and preventive measures. Effects of/and measures to overcome a) Use of Alcohol b) Smoking c) Drug use d) Hypokinetic diseases. Drinking water. Methods of water purification, sewage, garbage and refuse disposal.

Unit IV

Safety Education: Meaning and importance. Safety precautions at home, on road, in school, on playgrounds. Accidents, Accident patterns and prevention. First Aid: Meaning, Aim, and principles of first aid. First Aid kit, First Aid for the following: shock, unconsciousness, poisoning, burns, drowning, choking, electrical shock, animal and insect bites (snake, insect, dog etc) fainting. Common injuries: Fractures, dislocations, sprains and muscle cramps. First aid for these conditions.

References

- Bone, C. Dawson E.C. and Catherine Stretton. First Aid for Everyday Emergencies. Bombay : Jaico Publishing House, 1978
- Byrd, Oliver E. Health, Fourth Edn; Philadelphia : W.B. Saunders Company, 1966.
- Deshmukh, Sanjay. An introduction to Health Education and Sports. New Delhi: Book Enclave, 1997.
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- Haag, Jessie Helen. School Health Program. 3rd Edition; Philadelphia : Lea and Febiger, 1972.
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- Royappa D. J. and Govindarajulu LK. Safety Education. Madras: The Jupiter Press Pvt. Ltd.
- Thygerson, A L. Safety Principles: Instructions and Readings. Englewood cliffs,NJ: Prentice Hall Inc., 1972.

SECOND SEMESTER B.P.Ed COURSE (CBCS)

Paper 2.2 : Principles of Officiating and Coaching

	L	T	P
Credits-03	03 hrs.	-	-

Objectives

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

Unit I

Meaning of Teaching, Training, and Coaching. Brief introduction to coaching. Job of a coach. Qualities and qualifications of a coach. Principles of coaching. Components of Athletic fitness. Concept of load. Factors of load: Intensity, Volume, Duration and Frequency. Types of exercise; Principles of training; Setting the environment for Teaching and Learning.

Unit II

Training Methods: - Methods of Strength training, Endurance training, Speed training, Flexibility training; Warming up: Meaning, Types, Advantages and procedure of doing warm up, (Limbering up). Importance of warm down (Limbering down); Observation, analysis and correction of sports skills; Feed back and its importance; Developing Training Program.

Selection and placement of players: – Tryouts, Mastery over skills, Game qualities, Zeal, Desire to excel, Role of players, Teamwork;

Unit III

Sports officiating: – Officiating as an art, The potential presence of official, Basic philosophy of officiating, Official-player rapport, Good public relations;

General principles of officiating, Qualities and qualifications of an official, Duties of officials, Suggestions to improve the standard of officiating.

Unit IV

Officiating Mechanics: – Positioning, movement and control, System of officiating-Diagonal system, Trail and Lead System, Parallel system. Principles of application of rules. Dimensions of Playfields and Courts: Measurement of playfields / courts, and significance of various markings of all the games included in the practical.

REFERENCES

- Billie, others, Guide to Effective Coaching: Principles and Practice. W.C. Brown Publishers, 1989.
- Bunn, John W. The Art of Officiating. New Jersey: Prentice Hall Inc., 1974.
- Clegg, and others. Modern Sports Officiating. Dubuque: Iowa, WMC, Brown Publishers, 1970.
- Goel, R.G. Encyclopedia of sports and Games. New Delhi: Vikas Publishing House Pvt. Ltd, 2005.
- Harre, Dietrich. Principles of Sports Training. Berlin: Sportverlag, 1982.
- Pate, Russel R. et.al. Scientific Foundations of Coaching. USA: CBS college publishing, 1984.
- Sharma, P.D. Officiating and Coaching. Jalandhar: AP. Publishers, 1990.
- Singh, Hardayal. “Science of Sports Training”. New Delhi: D.V.S. publication, 1991.

SECOND SEMESTER B.P.Ed COURSE (CBCS)

Paper 2.3 : Education Management

	L	T	P
Credits-03	03 hrs.	-	-

Objectives

- On completion of the course the student shall understand the concept and basic principles of school management, institutional planning and resource management.
- Understand and identify factors conducive to the effective management of school
- Activities and physical education programme and facilities.
- Understand the concept of class room management
- Understand the concept of public relation and the importance of media.
- Understand the role of Administrators in Educational Management.

Unit 1 : Organization and Administration

Meaning , aim and objectives, guiding principles of organization. Organisational set up of physical education and sports – school, college, University, Taluk, District, State and National levels.

Facilities:- Standard Indoor and outdoor sports facilities for Educational Institutions: Layout of playground, Construction of Gymnasium, Recreational Hall, Swimming Pool. Management of Institutional facilities.

Unit 2 : Finance:

Sources of Income. preparing school budget and sports budget. Maintenance of Accounts. Accounting and Auditing.

Purchasing policies and care of equipment, Disposal of unserviceable materials. Records and Registers.

Unit 3. Concept and scope of management.

Principles of school management. Qualities, Functions and Duties of Head of the institution. Preparing of calendar of events: school time-table, importance, types and principles involved in construction of time-table. Intramurals, Extramurals, Incentives and Award. conduct of competition in major games and Athletics.

Unit 4 : School Administration

Administrative set up for school Education in Karnataka, Co-ordination, evaluation, monitoring of Physical Education and Sports Programme in school. Supervision: Types and Techniques of supervision. Public Relations: Meaning, importance and principles. Administrative Responsibilities. Types of media and their functions.

References

- Ashton, Dudley. Administration of Physical Education for Women. New York : The Ronald Press Company, 1968.
- Dheer, S. and Kamal, Radhika. Organisation and Administration of Physical Education. Delhi: Friends publications, 1991.
- Frost, B. Reuben and others . Administration of Physical Education and Athletics. New Delhi: Universal Book Publishers, 1998.
- Kamalesh, M.L. Management Concepts in Physical Education and Sport. New Delhi : Metropolitan Book Co. Private Ltd., 2000.
- Sharma, Sita Ram. The Organisation and Administration of Games and Sports. Jaipur: India Book Enclave, 1997.
- Thomas, J.P. Organization of Physical Education. Madras: Gnanodaya Press, 1967.
- Voltmer, Edward F. And Esslinger Arthur. The Organisation and Administration of Physical Education. Bombay: Times of India Press , 1964
- Zeigler, and others. Management Competency Development in Sports and Physical Education. Philadelphia: Lea and Febiger, 1983.

SECOND SEMESTER B.P.Ed COURSE (CBCS)

Paper 2.4 : Adapted Physical Education and Sports Injuries

	L	T	P
Credits-03	03 hrs.	-	-

Objectives

- To develop positive attitude towards special population.
- To develop awareness of the need of special population and challenged children.
- To develop competency to handle/manage special population.
- To develop competency in identifying symptoms of various sports injuries and postural deformities.
- To develop competency for on field management and rehabilitation of various sports injuries.

Unit-I - Introduction

Meaning, scope and importance of adapted physical education; objectives of adapted physical education; Recent trends and developments in adapted physical education. Meaning of special population. physically and mentally challenged; classification of special population; Role of physical education teacher in catering to various needs of special population through physical activities; Games and sports for special population.

Unit-II - Posture and Sports Injuries

Meaning and values of good posture; Causes of mal-posture; Assessment of posture; Ideal sitting, standing and walking postures. Postural deformities, types- causes, prevention and rehabilitation. Common Sports injuries- skin injuries, contusion, strain, sprain, fractures and dislocation, their causes and symptoms. Principles and procedures of on field evaluation and management of above sports Injuries.

Unit-III - Massage

Meaning of massage; Indications and contra indications of massage; classification- effleurage, kneading, Petrisage, friction, tapotment and vibration. Physiological benefits of massage on different systems of the body: Muscular system, Circulatory system, Nervous system and Excretory system

Unit-IV - Therapeutic Modalities and Exercises

Therapeutic Exercise- Meaning and types – passive, active and resisted; principles of therapeutic exercises; Role of therapeutic exercise in modern society. Procedure of rehabilitation. RICE Principle: Cold modalities (Cryotherapy) – Ice massage, ice packs and cold whirl pool; Heat modalities (Thermo Therapy) – Superficial heat modality – Infrared lamp, paraffin bath and contrast bath; deep heat modalities – Ultra sound and short wave diathermy.

References

- Adamas, R.C. and Mc Cubbin, J.A. Games Sports and Exercises for the Physically Disabled. 4th Edition; Philadelphia: Lea & Febiger, 1991.
- Auxter, Adapted Physical Education and Recreation. Mosby: Boston. Louis Baltimore Publisher, 1998.
- Clarke, Harrison H. and Clarke, David H. Developmental and Adapted Physical Education. Englewood Cliffs, New jersey : Prentice Hall Inc., 1963.
- Daughtrey. Physical Education Programme. London: W.B. Saunders Company.
- Fait, Holis F. Special Physical Education. Philadelphia: W.B. Saunders Company, 1972.
- Griffith, Winter, Complete Guide to Sports Injuries. New Delhi : Metropolitan Book Co., Pvt. Ltd., 1986.
- Pande, P.K. Sports Medicine. Delhi: Khel Sahitya Kendra, 1998.
- Sherrill, C. Adapted Physical Education and Recreation. 3rd ed; U.S.A: W.C. Brown Co., 1986.
- Tucker, W. E. Home Treatment and Posture. London: E & S Livingstone Ltd., 1969.
- Winnick, Joseph P. Adapted Physical Education and Sport. 4th Edition; Canada : Human Kinetics, 2005.

Syllabi for Practical – B.P.Ed., (CBCS)

- 1) History: Origin and Development of the Game.**
Major Tournaments at State, National & International levels.
- 2) Teaching and coaching**
Teaching – Fundamental technique
Basic skills and drills
Training – Individual / group / teams
- 3) Officiating and system of officiating.**
Terminologies
Ground preparation, marking and maintenance
Facilities and equipments
- 4) Selection of Players / teams**
Fitness / Motor qualities and skill
Measurement / Assessment of physical fitness and motor qualities

B.P.Ed. - I SEMESTER

SYLLABI FOR PRACTICALS

1.5: VOLLEYBALL AND SWIMMING:

30marks (internal) components- 1&2

70 marks (External) Component-3

VOLLEYBALL -35 marks

I	II
1) Upper-hand forward pass	1. Straight smash
2) Underhand pass/Forearm pass	2. Body turn smash
3) Set for attack	3. Wrist outward smash
4) Back set	4. Wrist inward smash
5) Jump set	5. Single block
6) Underhand service	6. Double block
7) Sidearm spin service	7. Three-man block
8) High spin service	8. Rebound from the net.
9) Tennis service	9. Team Play/Training
10) Round arm service	10. Reception Service
11) Asian serve (floating)	11. Attack Combination
12) American serve/ floating	12. Defence Systems
13) Upper-hand pass with back rolling	13. Training for Libero
14) One hand underhand pass with side rolling	
15) Forward dive.	

SWIMMING – 35marks**III**

1. Free style a) push and glide b) Push and kick and c) push and swim for 20 Meters.
2. Back stroke a) push and glide b) Push and kick and c) push and swim for 20 Meters.

IV

3. Brest stroke a) push and glide b) Push and kick and c) push and swim for 20 Meters.
4. Life saving a) getting in b) Towing c) getting out d) swimming under water for 15 meters and e) Colleting an object from 12 feet depth.

1.6: KHO-KHO AND KABADDI

30 marks (internal) components- 1&2/

70 marks (External) Component-3

KHO-KHO – 35 marks

I	II
1. Giving 'Kho' to side with proximal and distal foot	1. Single chain
2. Advance Kho	2. Double chain
3. Giving 'Kho' with a fake	3. Mixed chain
4. Pole turning	4. Ring game
5. Pole diving	5. Short game
6. Method of moving on the cross lane	6. Medium game
7. Attack after pole turning.	7. Long game
8. Initial Attack	8. Ring at post
9. Clubbing	9. Pole Avoiding
	10. Initial and Subsequent position of Defenders

KABADDI – 35 marks

III	IV
<p>1. Cant, Entry, Setting, Footwork, Attack, Retreat</p> <p>2. Techniques to make an Anti out</p> <p>3. Hand touches</p> <p>4. Leg touches</p> <p style="padding-left: 40px;">a) Toe touch</p> <p style="padding-left: 40px;">b) Foot touch</p> <p style="padding-left: 40px;">c) Squat leg thrust</p> <p>5. Kicks</p> <p style="padding-left: 40px;">a) Back kick</p> <p style="padding-left: 40px;">b) Side kick</p> <p style="padding-left: 40px;">c) Running kick</p> <p style="padding-left: 40px;">d) Reverse kick</p> <p style="padding-left: 40px;">e) Curve kick</p> <p>6. Bonus Line Crossing</p>	<p>1. Wrist hold.</p> <p>2. Ankle hold, Dive and Ankle Hold</p> <p>3. Knee hold</p> <p>4. Thigh hold</p> <p>5. Waist hold</p> <p>6. Blocking</p> <p>7. Chain Hold</p> <p>8. Systems of play.</p>

1.7 FORMAL ACTIVITIES AND GYMNASTICS

30 marks (internal) components- 1&2 / 70 marks (External) Component-3

FORMAL ACTIVITIES – 35 Marks

I

Mass PT, Table cards, Hoops and Dumbbells:

- | | | |
|-----------------------|---|------------------------------------|
| Standing series | - | 12 Exercises |
| Sitting series | - | 08 Exercises |
| Table cards exercises | - | 14 Exercises |
| Hoops | - | 08 Exercises (As per NFC syllabus) |
| Dumb bells | - | 08 Exercises (As per NFC syllabus) |

II

Lezium- Hindi Lezium:

- | | |
|--------------|-------------------|
| 1. Char Avaz | 5. Do Ruk |
| 2. Ek Jagahe | 6. Age Phalang |
| 3. Adi Lagav | 7. Peeche phalang |
| 4. Pavitra | |

N.D.S - Lezium

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

Minor Games and Relays:

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

GYMNASTICS – 35 marks

III

- **Floor Exercise:** Forward roll, backward roll, Dive roll, Cart wheel. (Men & women)
- **Vaulting Horse:** Straddle vault, through vault, Tuck vault, Wolf vault (Men & women)

IV

- **Parallel Bars:** Forward march straddle, backward march straddle, Straddle seat change (Men)
- **Balancing Beam:** Traversing, Skipping, and balancing on one leg (Women)

1.8 CRICKET AND TEACHING ABILITY (GENERAL LESSON PLAN)

30 marks (internal) components- 1&2

70 marks (External) Component-3

CRICKET (35 marks)

III	IV
<p><u>Batting:</u></p> <ol style="list-style-type: none"> 1. Forward Defence stroke 2. Backward Defense stroke 3. Drives <p><u>Fielding:</u></p> <ol style="list-style-type: none"> 1. Orthodox fielding (defensive) 2. Long Barrier (defensive) 3. Pick up and throw (offensive) 4. Chasing and Returning (offensive) 5. Throwing (offensive) 	<p><u>Catching:</u></p> <ol style="list-style-type: none"> 1. Low catch 2. High catch 3. High catch variation 4. Catching hard one <p><u>Bowling:</u></p> <ol style="list-style-type: none"> 1. Simple bowling action 2. Fast bowling 3. Spin bowling <p><u>Wicket keeping :</u></p> <ol style="list-style-type: none"> 1. Stance 2. Position 3. Collection of Ball

For component -3, that is, Semester end Evaluation (External assessment) the following shall apply:

In each sub-unit in practical component (Game/Sport) the candidate shall execute or demonstrate four skills / techniques / exercise. (one from each part- I,II,III and IV). The selection of Skill/Techniques/Exercise shall be the choice of the candidate. One skill/Technique/Exercise from a sub unit under each practical unit shall be the examiner's choice.

Candidate's choice - 04

Examiner's choice - 01

Each Skill / Technique/Exercise shall carry 07 (seven) marks.

Teaching ability examination - 35 marks (semester end external evaluation)

PRACTICAL SYLLABI

B.P.Ed., - II Semester

2.5 HANDBALL AND HOCKEY

30 marks (internal) components- 1&2

70 marks (External) Component-3

HANDBALL – 35 marks

- | I | II |
|--|---|
| <ol style="list-style-type: none"> 1. Catching 2. Throwing: <ul style="list-style-type: none"> - One hand under hand throw - Free throw - Side line throw - Corner throw - Goal keeper throw 3. Penalty throw. 4. Goal keeping 5. Dribbling | <ol style="list-style-type: none"> 1. Goal throw <ul style="list-style-type: none"> - Jump shot - Dive shot - Reverse shot - Under or direct shot 2. Attacking:- simple goal attack
(With variations) 3. Defence against
individual players 4. Team defence. |

HOCKEY – 35 marks

III	IV
1. Soft hit	1. Stopping
2. Hard hit	2. Stopping with reverses stick
3. Reverse hit	3. Dribbling past an opponent
4. Wrong foot hit	4. Face- to -face and shadow push tackling
5. Push	5. Tackling from side
6. Push scoop and Overhead scoop	6. Jab
7. Flick & Drag flick	7. Goal keeping: Position
8. Reverse scoop	8. Goal keeping : kicking
9. Dribbling	

2.6 BADMINTON AND INDIGENOUS ACTIVITIES

30 marks (internal) components- 1&2 / 70 marks (External) Component-3

BADMINTON – 35 marks

I	II
1. Grip: Fore hand, Backhand	1. Over head clear
2. High service	2. Fore-hand smash
3. Low service (short service)	3. Back-hand smash
4. Flick service	4. Fore-hand Drop shot
5. Drive service	5. Back-hand Drop shot
6. Foot-work	6. Drive
7. Under arm clear	7. Net shot / Net Play
8. Receiving Service	8. Receiving Smash

INDIGENOUS ACTIVITIES (YOGA / WRESTLING) – 35 marks

III

YOGA

Suryanamaskar: 10 counts-12 counts-16 counts

1. Asanas:

- | | |
|--------------------|-----------------------|
| a) Padmasana | l) Paschimatasana |
| b) Shirasasana | m)Mayurasana |
| c) Sarvangasana | n) Bakasana |
| d) Matsyasana | o) Trikonasana |
| e) Halasana | p)Tadasana |
| f) Bhujangasana | q)Simhasana |
| g) Shalabhasana | r)Yoga Mudra |
| h) Dhanurasana | s)Pada-Hastasana |
| i) Ardha Matsysana | t) Uttishta padmasana |
| j) Vajrasana | u) Janu-shirsasana |
| k) Supta vajrasana | v) Pranayama |

IV

WRESTLING

1. Stance : Square, diagonal, kneeling,
2. Leg attack : Single and double
3. Leg drive : Hall kicks up
4. Drag : single arm drag, head drag
5. Inside crotch (duck under)
6. Switch (getting behind)
7. Single nelson
8. Double nelson
9. Holds: from top and from below
10. Scissor
11. Front salto
12. Back salto
13. Single arm throw
14. Head throw

2.7 FOOTBALL AND BASKET BALL

30 marks (internal) components- 1&2

70 marks (External) Component-3

FOOTBALL -35 marks

I

1. Push pass and variations
2. Low kick and High kick
3. Chipping
4. Dribbling and variations
5. T rapping and variations

II

1. Volley
2. Half Volley
- 3.Heading
4. Throw-in
5. Goal keeping.

BASKETBALL – 35 marks

III

1. Chest pass
2. Bounce pass
3. Overhead pass
4. Underhand pass
5. Baseball pass
6. Behind back pass
7. Hook pass
8. Dribbling (with variations)
9. Faking /Feinting.
10. Fast break drills

IV

1. Lay-up shot
2. Set shot
3. Free throw shot
4. Jump shot
5. Hook shot
6. Stopping, pivoting and footwork
7. Rebounding
8. Individual defense
9. Screening
10. Team Defense

2.8 ATHLETICS AND TEACHING ABILITY (PARTICULAR LESSON)

30 marks (internal) components- 1&2 / 70 marks (External) Component-3

ATHLETICS – 35 marks

I

1. **Sprint- Technique.**
2. **Sprint- Starting and Finishing Techniques**
3. **Relay batton exchange- visual and non visual**
4. **High jump –Straddle & Fosbury style**
5. **Triple jump- Hop step & jump**
6. **Discus- Standing and rotation technique**

II

7. **Broad jump- Hang style, Hitch kick style.**
8. **Pole vault –Carry approach, plant and clearance**
9. **Shot put –Glide & rotation technique**
10. **Hurdles Technique.**
11. **Javelin throw –Grip, carry, step and release**
12. **Hammer throw –Grip, swing, rotation and release**
13. **Race walking –Technique and style**

Note: Students are required to complete twelve (12) supervised Particular lessons. (For component -1&2)

Note: For component -3, that is, Semester end Evaluation (External assessment)

the following shall apply:

In each sub-unit in practical component (Game/Sport) the candidate shall execute or demonstrate four skills / techniques / exercise. (one from each part- I,II,III and IV). The selection of Skill/Techniques/Exercise shall be the choice of the candidate. One skill/Technique/Exercise from all the four parts of a sub unit in practical shall be examiner's choice.

Candidate's choice - 04

Examiner's choice - 01

Each Skill / Technique/Exercise shall carry 07 (seven) marks.

Teaching ability examination - 35 marks (semester end external evaluation)



Department of Studies in Physical Education and Sports Sciences, Sports Pavilion, Mysore.

TIME-TABLE – B.P.ED., I SEMESTER 2014-15 W.E.FROM 22.09.2014

DAYS	MORNING PRACTICAL 6.30 AM TO 8.30AM	THEORY-1 11.30AM TO 12.30PM	THEORY-2 12.30PM TO 1.30PM	EVENING PRACTICAL 4.15 PM TO 6.15PM
MONDAY	KHO-KHO -- S.G.S. VOLLEYBALL- P.K.	METHODS IN PHY.EDN DR. C.V	HISTORY OF PHY.EDN B.J	FORMAL ACTI. - R.H.K CRICKET – H.P
TUESDAY	--DO--	--DO--	-DO-	-DO-
WEDNESDAY	--DO-	-DO	-DO	--DO-
THURSDAY	--DO—	ANATOMY, PHYSIOLOGY & KINESIOLOGY - RHK	FOUNDATION OF PHY.EDN – H.P	FORMAL ACTI – C.T.D CRICKET – B.J
FRIDAY	--DO-	-DO	-DO	--DO-
SATURDAY	--DO-	-DO-	FOUNDATION OF PHY.EDN – P.K	--DO—

DR. C. VENKATESH - C.V.

SRI. SHIVANNE GOWDA - S.G.S.

SRI. C.T. DEVARAJU -C.T.D.

SRI. RAMAHEH H KITTUR - R.H.K

PRASANN KUMAAR -P.S.K.

SRI. BHASKAR J. -----B.J

HARIPRASAD - -H.P.

CHAIRMAN