

Syllabus

Type your text

(Practical)

B.P.Ed. (Two Year Course)

Semester I

Athletics

Theory (Track Event)

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

Practical Activities

1. Track Events

1. Sprints: 100 M. 200 M. 400 M.
 2. Methods of starts.
 3. Standing and Crouch.
 4. Starting strides
 5. Full speed strides and body position
 6. Coasting and curve running (200 M. and 400 M.) and finish
- B.** Medium & distance running (800 M. to 10,000 M.)
1. Standing starts
 2. First 50 M. run
 3. Strides and body position in running
 4. Pace judgment
 5. Passing an opponent and finish
- C.** Road running/cross country running/ Marathon
1. Dress and Personal equipment.
 2. Start
 3. Strides and body posit on and finish
- D.** Hurdles races (100 M., 110 M. and 400 M.)
1. Start
 2. strides to the first hurdle
 3. Strides between hurdles and finish)
 4. hurdle clearance
- E.** Relay races
1. Visual and non-visual methods

2. Methods of holding the baton
3. Passing the baton
4. Arrangement of runners
5. Responsibilities of receiver and passer

Semester I Badminton

Theory

1. A brief historical survey of Badminton and also an elementary knowledge of international and national development competitions, achievement. Table of India. Asia and world, leading nations and outstanding personalities, especially of India.
2. Rules of Badminton
3. Warming up exercise and conditioning.
4. Hygiene of Badminton
5. Equipments and Surfaces
6. Test

Practice

- 1) Fundamental skills
 - a) Grip
 - b) Foot work
 - i) On ground stance
 - ii) The pivot
 - iii) Forehand return
 - iv) Back court return
 - c) Service
 - i) Short service
 - ii) Long service
 - d) Strokes
 - i) Forehand stroke
 - ii) Backhand stroke
 - iii) Overhead stroke
 - iv) Net stroke
 - e) Smash
 - i) Forehand
 - ii) Backhand
 - f) The drop
 - g) Regular game practice: game practice will be a part of daily lesson.
 - h) Evaluation Test
 - i) Performance Test
 - ii) Oral & written Test
 - iii) Professional aptitude
 - iv) Assignment

Reference Book :

1. Seth. R.K. "Badminton", Patiala : The National institute of Sports 1971.
2. Pelton, Barry C, "Badminton", Englewood Cliffs, N.J. Prentice Hall Inc., 1971.

3. Mills. Roger and Butler. Eric. "Modern Badminton" London : Stanley Paul & Co. Ltd., 1969.

Semester I

Football

Theory

1. A brief historical survey of football and also an elementary knowledge of international and national developments, important competitions, achievements tables of India. Asia and World. Leading nations and outstanding personalities specially of India.
2. Rules of football game.
3. Conditioning and warming up exercises.
4. Hygiene of football and etiquette.
5. Test.

Practice

- 1) Basic skills and their drills.
 - a) Kicking the ball.
 - i) Inside of the foot kick
 - ii) Low drive
 - iii) Volley
 - iv) Half volley
 - b) Trapping the ball
 - i) Under the sole of the foot.
 - ii) Inside of the foot.
 - iii) Instep of the foot.
 - iv) Outside of the foot.
 - v) With thighs.
 - vi) With forehead
 - c) Heading the ball
 - i) Deflection side way
 - ii) Foreword
 - iii) Backward
 - d) Dribbling & tackling
 - i) Running and controlling the ball.
 - ii) Block tackle
 - iii) Slide tackle
 - e) Goal keeping
 - i) Handling of high and low ball
 - ii) Servicing of the ball
 - iii) Clearance of the ball
 - f) Evaluation plan
 - i) Performance test
 - ii) Oral and written test
 - iii) Professional aptitude

Reference books :

1. Scientific Soccer by Roger Macdonald & Eric Batty.

2. Soccer Techniques & Tactics by jimmy Greaves.
3. The A to Z of Soccer by Michael Parkinson & Willis Hall.
4. Soccer (How to play) by David Baeuzzi.
5. All about foot-ball by Joseph Edmundson.

Semester I

Basket Ball

Theory

1. A brief historical survey of basketball and also an elementary knowledge of international and National developments, important competitions, achievements tables of India, Asia and world leading Nationals and outstanding personalities, specially of India.
2. Rules of basketball game.
3. Conditioning and warming up exercises.
4. Hygiene of basketball.
5. Equipments and Surfaces
6. Test.

Practice

1. Ball handling.
2. Catching the ball.
3. Pass and their drills.
 - (a) Chest pass
 - (b) Side pass (variations)
 - (c) Overhead pass (variations)
 - (d) Bounce Pass (variations)
 - (e) Underhand pass (variations)
 - (f) Basketball pass (variation)
 - (g) Back pass (variations)
4. Passes on the move and drills.
5. Dribbling.
 - (a) Bouncing on the spot
 - (b) High-Low (variations)
 - (c) Zigzag dribbling
6. Shooting.
 - (a) Set shot variations
 - (b) Free throw-variations
 - (c) Lay up shot-variations
 - (d) Tip in shot
7. Foot work in movement
 - (a) Stances
 - (b) Change of direction
 - (c) Change of pace
 - (d) Sliding
 - (e) Drills

8. Pivoting
 - (a) Stationary
 - (b) Reverse
 - (c) Front
9. Individual defence
 - (a) Stance
 - (b) Foot work
 - (c) Position of hands
10. Rebounding variations,
 - (a) Offensive and defensive rebounding
11. Team defense (variation)
 - (a) Man to man
 - (b) Zone defence
 - (c) Combination of defence
12. Team offenses
 - (a) Fast break
 - (b) Simple offensive play
13. Regular game practice: Game practice will be part of daily lesson.

Reference Books:

1. Srivatsan, S., "Basketball", Patiala: N.I.S. Publication, 1971.
2. Meissner, and Meyer, "Basketball for Girls, New York The Ronald Press Company.
3. Abraham, C.C., "Basketball for Men & Women", Calcutta Y.M.C.A. Publishing House, 1956.

Semester II

Athletics (Men and Women)

Theory (Field Events)

Jumps

- A.** High jump Western and Straddle role,
 - 1. Approach run
 - 2. Take off
 - 3. cross bar clearance
 - 4. Landing
- B.** Long Jump (Shill Hang and Hitch-Rick styles)
 - 1. Approach run
 - 2. Take off.
 - 3. flight and landing.
- C.** Triple jump
 - 1. Approach run.
 - 2. Take off.
 - 3. Landing of all the three Phase-Hop, step and jump.
- D.** Pole vault
 - 1. Hand hold
 - 2. Pole carry
 - 3. Pole Planting
 - 4. Swing up
 - 5. Pull up
 - 6. Body turn
 - 7. Cross bar clearance
 - 8. Landing

Throws

- A.** Shot-hold and Put
 - 1. Hand hold
 - 2. Placement of shot
 - 3. Initial stance
 - 4. Glide
 - 5. Delivery stance
 - 6. Delivery action and body position
 - 7. Reverse and body position
- B.** Throwing the discuss
 - 1. Hand hold.
 - 2. Stance.
 - 3. Preliminary swings.
 - 4. Turn.
 - 5. Delivery stance.
 - 6. Delivery action.
 - 7. Reverse
- C.** Throwing the javelin
 - 1. Grip
 - 2. Carrying the Javelin

3. Getting ready to throw
4. Delivery stance
5. Delivery action
6. Reverse

Reference books:

1. Bosen, Ken O., "Track & Field Fundamental Techniques", Patiala :N.I.S. Publication.
2. Paish, W.I.F. "Introduction to Athletics" London Feber and feber Ltd. 1974.
3. Dyson, Geoffrey HG, and Edmundson, Joseph, "Athletics for schools": University of London Press Ltd. 1969.

Semester II

Volleyball

Theory

1. A brief historical survey of volleyball and also an elementary knowledge of international and national developments, important competition, achievements tables of India. Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of Volleyball.
3. Conditioning and warming up exercises.
4. Hygiene of Volleyball.
5. Equipments and Surfaces
6. Test.

Practices

- 1) Pass
 - a) Different stances and related movement.
 - b) Upper hand pass
 - i) Forward pass
 - ii) Turn & pass
 - iii) Jump pass
 - iv) Back pass
 - c) Underhand pass
 - i) Two-hand pass
 - ii) One-hand pass
 - d) Pass with dive
 - i) Underhand forwarded pass with dive.
 - e) Pass with roll
 - i) Upper hand forward pass with back roll
 - ii) Underhand pass with side roll (one hand pass)
- 2) Service
 - a) Underhand service
 - b) Side arm service
 - c) Upper hand service
 - i) Tennis service
 - ii) Round arm service
 - d) Jump service
 - e) Floating Service
- 3) Setting up
 - a) Zone No. 4 (forward)
 - b) Zone No. 2 (backward)
 - c) Jump and Setting
- 4) Attack
 - a) Straight smash Two feet take off
 - b) Inward and Outward attack
 - c) Back court attack
- 5) Block
 - a) Single block
 - b) Group block
- 6) Regular game Practice: game practice will be a part of daily lesson.

- a). Systems of offensive play
- b). Systems of defensive play

Reference books

1. Sotir, Niellac. "Winning Volleyball". London : Stanely paul & Co. Ltd. 1973
2. Dhanraj, Hubert, V. "Volleyball for men & Women" New Delhi : Y.M.C.A. Publishing house.

Semester II

Cricket

Theory

1. A Brief historical survey of cricket and also an elementary knowledge of international and national developments, important competitions, achievements tables of India. Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of Cricket.
3. Warming up exercises and conditioning.
4. Hygiene in cricket.
5. Equipments and Surfaces
6. Test.

Practice

1. Batting
 - (a) Grip and stance.
 - (b) Strokes.
 - Strokes in front of wicket
 1. Straight drive.
 2. Forward defensive stroke.
 3. Backward defensive stroke.
 4. Off drive.
 5. On drive.
 6. Forward cut.
 7. Square cut.
 2. Stroke behind the wicket.
 1. Late cut.
 2. Hook.
 3. Leg glance.
3. Bowling
 - (a) Breaks
 1. Of break.
 2. Leg break.
 3. Googly.
 - (b) Swinger.
 1. In swinger or swerve from the.
 2. Out swinger or swerve from the lag.
 3. Short Ball.
 4. Length Ball.
4. Fielding and catching.
5. Lead up exercises and drill.
6. Regular game practice : game practice will be a part of daily lesson.

Reference books :

1. Hibra, E.B. "Cricket", Patiala; N.I.S. Publishing House.

Semester II

Hockey

Theory

1. A brief historical survey of hockey and an elementary knowledge of International and National developments, important competitions, achievements tables of India. Asia and World. Leading Nations and outstanding personalities specially of India.
2. Rules of hickey game.
3. Warming up exercises and conditioning.
4. Hygiene of hockey.
5. Equipments and Surfaces
6. Test.

Practice

- A.** Basic skills and their drills
 1. Grip of stick
 2. Dribbling
 3. Stopping the ball
 4. Stroke
 5. Hit & Variations
 6. Push & Variations
 7. Scoop
 8. Reverse stroke
 9. Flick
 10. Jab
 11. Tackling
 12. Dodging right and left
- B.** Use of skills in game situations, lead up practices
- C.** Positional play
- D.** Strategy-attack and defence
- E.** Regular game practice: Game practice will be a Par of daily lesson.

Semester III

Kabaddi

Theory

1. A brief historical survey of Kabaddi and an elementary knowledge of national developments, important competitions, achievements tables leading states and outstanding personalities.
2. Rules of Kabaddi game.
3. Conditioning and Warming up.
4. Hygiene of Kabaddi.
5. Equipments and Surfaces
6. Test.

Practice

1. Marking of Kabaddi ground.
2. Offensive Skills.
 - (a) The chant.
 - (b) Skills performed by the legs
 1. Toe touch
 2. Side kick
 3. Front kick
 4. Curve kick
 5. Cross kick
 6. Roll kick
 7. Mule kick or back kick
 8. Fly kick
3. Defensive skills
 1. Ankle catch
 2. Double ankle catch
 3. Knee catch
 4. Double knee catch
 5. Double thigh catch
 6. Trunk
 7. Wrist catch
 8. Crocodile catch
 9. Wrist catch with reverse grip
 10. Shoulder catch
 11. Washer man hold
4. Lead up games.
5. Regular game practice: Game practice will be a part of lesson.
6. Positional and system of play.
7. Altaelley and Defension strategy.

Reference Book :

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

Semester III Gymnastics

Theory

1. A brief historical survey of gymnastics and also an elementary knowledge of International and national development, important competition, achievements tables of India, Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of gymnastics
3. Warming up exercises and conditioning.
4. Hygiene of gymnastics.
5. Equipments and Surfaces
6. Test.

Practice

1. Developmental exercise.
2. Exercises on wall bars.
3. Heaving beam.
4. Rope climbing.
5. Exercise with medicine ball.
6. Pyramids.
7. Stunts.
8. Floor exercises.
9. Parallel bar.
10. Roman rings.
11. Vaulting horse.
12. Pommel led horse.
13. Horizontal bar.

Reference Books :

1. Fogel, Sam. "Gymnastics Hand book", New York, Parker Publishing Company, Inc. 1971.
2. Carlo, Tom D.C. "Hand book of Progressive Gymnastics" Englewood Cliffs N.J. Prentice Hall, Inc. 1963.

Semester III

TENNIS

Theory

1. Brief historical Survey of Tennis and also elementary knowledge of Developmental competitions, achievement Tables of India, Asia and world, leading Nations and outstanding Personality specially of India.
2. rules of Tennis.
3. Warning up Exercise and conditioning.
4. Test.
5. Equipments and Surfaces

Practice

1. Fundamental skills :
 - (a) Basic strokes :
 - i) Grip – Ready position, foot work, Back swing, point of impact, follow through.
 - ii) Back hand – as above.
 - iii) Service - grip, stance, Back swing, point, of impact, and follow through.
 - iv) Volleys – grip, Ready position.
 - v) Lobs – offensive, defensive.
 - vi) Smash.
 - vii) Drop shots.
 - (b) Variations in
 - i) Grand strokes.
 - ii) Service.
 - iii) Vallugs.
 - iv) Labs.
2. Tactics :
 - (a) Offensive strokes.
 - (b) Defensive strokes.
 - (c) Across-offensive and Defensive tactics.
 - (d) Doubles-offensive and Defensive tactics.
3. Regular game practice: game practice will be a part of Daily lesson.

Reference Books :

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

Semester III

YOGASANA and INDIGENOUS ACTIVITIES

1. Padmasana
2. Vajrasana
3. Savasana
4. Bhujangasana
5. Dhanurasana
6. Matsyasana
7. shalabhasana
8. Halasana
9. Paschimotanasana
10. Yoga mudra
11. Vakrasana
12. Ardhamatsyendrasana
13. Sarvangasana
14. Shirshasana
15. Mayurasana
16. Vrikashasana
17. Tadasana
18. Makarasana
19. Suryanamaskar

INDIGENOUS ACTIVITIES

1. Brief history of indigenous activities.
2. Demonstration of basic skills.
3. To familiarize with rules of the activity & arena.
4. To familiarize with basic teaching pattern.
5. To familiarize with methods of construction layout and marking oa arena as required.
6. Conditioning and warming up.
7. Introduction of different indigenous activities
 - i) Lazium
 - ii) Lathis
 - iii) Hoops
 - iv) Malkham
 - v) Drum
 - vi) Indian clubs
 - vii) Dumbells
 - viii) Formations:
 - a) Pyramids
 - b) Bhartiyaam
 - c) Aerobics