

**Syllabus**  
**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester I**  
**Paper 1**

**History, Principles and Foundation of Physical Education**

**A. History**

**Unit – 1 History of Physical Education**

1. Ancient Greece- Sparta, Athens. Introduction and difference.
2. Contribution of European Physical Educators - Guts Muths, John Spiess, Frank Nachteggall, P.H.Ling,
3. Turnverein Movement.
4. Ancient India – Aryans, Epic age, Philosophic age, Buddhist age,
5. Mohammedan period.
6. Development of Modern Physical Education in Pre and Post
7. Independence Period of India.
8. Teacher Training Institutes in Physical Education in India.
9. Contributions of Y.M.C.A.
10. Sports Authority of India.
11. National Institute of Sports.
12. Lakshmbai National Institute of Physical Education.
13. Indian Olympic Association.
14. National School Game Federation of India.
15. Association of Indian Universities.
16. All India Council of Sports.
17. NCC, NSS, NYK and Youth Hostel.

**Unit – 2 Olympic Movements –**

1. History of Ancient Olympic game.
2. History of Modern Olympic game - Olympic charter, Olympic Moto, Flag, Mascot and Opening and Closing ceremony.
3. Difference between Old and New Olympic.

**Unit – 3 Awards –**

1. Arjun,
2. Dronacharya,
3. Dhyanchand achievement award,
4. Rajiv Gandhi Khel Ratna Purashker.

**B.Principles of Physical Education**

**Unit – 4 - Introduction:-**

- 1.) Meaning and Definition of Education
- 2.) Aims and objectives of Physical Education
- 3.) Importance of Education in Modern Era.
- 4.) Scope of Physical Education

- 5.) Terminology used in physical Education ( Misconceptions)
- 6.) Importance and Types of Principles of Physical Education
- 7.) Relationship between Physical Education and general Education

### **C.Foundation of physical Education**

#### **Unit – 5**

##### **❖ Philosophical Foundation**

- 1) Idealism
- 2) Pragmatism
- 3) Naturalism
- 4) Humanism

##### **❖ Biological Foundation: -**

1. Growth and Development-Meaning, Importance, and Stage of development.
2. Effect of Heredity and Environment
3. Difference between boys and girls during the period of adolescence.
4. Body Types by Dr. William Sheldon.
5. Different Ages- a) Chronological, b) Physiological, c) Anatomical, e) Mental

##### **❖ Physiological Foundation:-**

- 1 Definition of Physical fitness
2. General benefits of exercise
3. Basic principal of exercise and Physical fitness

##### **❖ Sociological Foundation:-**

1. Meaning and Definition of sociology and Sports Sociology
2. Physical education and Sports as a need of the society
3. Physical Education and sports as a social Institution.
4. Game and Sports as Man's Cultural Heritage.

#### **References:**

1. Butler George D. Introduction to community Recreation (5<sup>th</sup> Ed.) New York: M.C. Graw Hill Book Co. 1970.
2. Fitzgerald Gerald B. Leadership in Recreation, New York, A.S. Barnes and Co. 1941.
3. Meyar, Herold D. ;and Bright bill, Charles K. Community Recreation, Boston D.C. Health Co. 1948.
4. Slavson, S.R. Recreation and the total personality, New York Association Press, 1948.
5. Khan, Eraj Ahmad, History of Physical Education, Patna, Scientific Book Co. 1964.
6. Rajgopalan, K.A. Brief History of Physical Educatin in India. Delhi, Army Publishers Pvt. Ltd. 1962.
7. Kamlesh, M.L. & Sangral M.S. Principles and History of Physical Education (Hindi) Ludhiana, Prakash Brothers, 1976.
8. Dr. Chandrahas Dubey & Mrs. Alka Nayak Recreation,
9. Prof. Ajmer Singh Physical Education and Olympic Movement- Kalyani Publishers New Delhi 2012
10. Atwal & Kansal History of Physical Education, Jalandhar
11. Bucher. Charles A, Foundation of Physical Education St. Louis: The C.V. Mosby Co., 1072.

12. Nixon, E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia. W.B. Saunders Co. 1969.
13. Obertenffer; Delbert Physical Education. New York, Harper & Brothers Publisher, 1970.
14. Sharman, J.R. Introduction to Physical Education, New York, A.S. Barnes & Co. 1964.
15. William J.F. The Principles of Physical Education, Philadelphia, W.B. Saunders Co. 1964.
16. Mohan V.M. Principles of Physical Education (P.E., Series No., 1) (Hindi Delhi, Metropolitan Book Dep.) 1969.

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**Semester I**  
**Paper II Anatomy & Physiology**

**ANATOMY**

**Unit – I**

- 1.1 Meaning and concept of anatomy
- 1.2 Need and importance of anatomy in the field of Physical Education.

**Unit – II**

- 2.1 Character of living bodies (animals).
- 2.2 Cell and its parts – cell division – cellular basis of life.
- 2.3. Tissues in the human Body and the general arrangement of the body.
- 2.4. Types of Tissues organs of the body.

**Unit – III**

- 3.1 The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities /Sex differences in the skeleton – Arches of the feet
- 3.2 General Classification of the joints of the body and examples for each type.
- 3.3. Types of muscles in the body and their differences.
- 3.4. Special Senses: A brief account of the structure and functions of the Eye and Ear

**Unit-IV**

- 4.1. Meaning and concept of physiology.
- 4.2. Need and importance of Physiology in the field of Physical Education.

**Unit-V**

- 5.1. Blood and circulatory system: Constituents of blood and their function – functions of blood – Blood groups and blood transfusion clotting of blood-structure of the heart-properties of the heart muscle, circulation of blood – cardiac cycle-blood-pressure-Pulse Blood vessels – Lymph and Lymphatic circulation.
- 5.2. The Respiratory system:
- 5.3. The Respiratory passage – the lungs and their structure and exchange of gases in the lungs – mechanism of respiration.
- 5.4. The Digestive system: A brief study of the structure and functions of the Tongue, Teeth, Salivary glands, stomach Small and Large Intestines, Pancreas and the Liver.
- 5.5. The Excretory system: Brief account of the structure and functions of the kidneys and the skin.
- 5.6. The Ductless glands: A Brief account of the functions only of pituitary, Thyroid, Parathyroid. Adrenal and the sex glands.
- 5.7. Nervous systems: The Neurone – Function of the cerebrum and cerebral localisation – Function of the cerebellum, Modula and spinal cord – Reflex Arc-Autonomic Nervous system and Central nervous system.

**Books Recommended:**

1. Gupta Manju and Gupta M.C. Body and Anatomical Science [Hindi] Delhi. Swaran Printing Press, 1980.
2. Sharma, R.D. Health and Physical Education [Hindi] Gupta Prakashan, 1979.
3. Singh, Sujan. Anatomy of Physiology and Health Education. Ropar. Jeet Publications, 1979 [Hindi].
4. Pearce Evelyn, C. Anatomy and Physiology for Nurses [Hindi] London, Faber & Faber Ltd. 1962.
5. Karpovich. Peter V. Philosophy of Muscular Activity London. W.B. Saunders Co. 1059.
6. Gupta Manju and Gupta M.C. Body and Anatomical Science [Hindi] Delhi. Swaran Printing Press, 1980.
7. Sharma, R.D. Health and Physical Education [Hindi] Gupta Prakashan, 1979.
8. Singh, Sujan. Anatomy of Physiology and Health Education. Ropar. Jeet Publications, 1979 [Hindi].
9. Pearce Evelyn, C. Anatomy and Physiology for Nurses [Hindi] London, Faber & Faber Ltd. 1962.

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**Semester- I**  
**Paper -III**  
**Recreation and Camping**

**Unit-I Introduction of Recreation**

- 1.1. Meaning, Definition, Objective, Scope, and Importance of Recreation.
- 1.2 Historical development of recreation- India.
- 1.3 General Principles of Recreation.

**Unit -II Organization and administration of Recreation –**

- 2.1 Agencies offering recreation, Home, Government, Voluntary, Private, Commercial, Rural, Urban and Industrial areas. Facilities Equipments.
- 2.2 Types of Recreation – Indoor, Outdoor, Arts, Crafts, Drama, Music, Hobbies, Aquatics, Dancing.
- 2.3 Evaluation of Recreation Programme.

**Unit III Play-**

- 3.1 Meaning, Definition, Importance,
- 3.2 Difference/Relationship between Play and Work,
- 3.3 Theories of Play

**Unit IV Introductions to Camping**

- 4.1 Meaning, Definition, Objective, Scope, and Significance of Camping
- 4.2 Types of Camping
- 4.3 Selection and Lay- out of Camp sites.

**Unit –V Organization and administration of camps.**

- 5.1 Camp programme and activities.
- 5.2 Evaluation of Camp work.
- 5.3 Leadership – Meaning, Definition, Needs, Types and their qualification and qualities.

**References:**

1. Butler George D. Introduction to community Recreation (5<sup>th</sup> Ed.) New York: M.C. Graw Hill Book Co. 1970.
2. Fitzgerald Gerald B. Leadership in Recreation, New York, A.S. Barnes and Co. 1941.
3. Meyar, Herold D. ;and Bright bill, Charles K. Community Recreation, Boston D.C. Health Co. 1948.
4. Slavson, S.R. Recreation and the total personality, New York Association Press, 1948.
5. Khan, Eraj Ahmad, History of Physical Education, Patna, Scientific Book Co. 1964.
6. Rajgopalan, K.A. Brief History of Physical Education in India. Delhi, Army Publishers Pvt. Ltd. 1962.
7. Kamlesh, M.L. & Sangral M.S. Principles and History of Physical Education (Hindi) Ludhiana, Prakash Brothers, 1976.
8. Dr. Chandrahas Dubey & Mrs. Alka Nayak Recreation,

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**Semester -I**  
**Paper IV**

**Methods Materials and Supervision in Physical Education**

**Unit-I**

1. Introduction: Meaning and importance of Method, Factors influencing method.
2. Presentation Techniques:
  - 2.1. Personal Preparation – Technical Preparation – Organising subject matter – Teaching aids-class management.
  - 2.2. Steps in Presentation – Orientation-Explanation Demonstration – Exploration – Correction and Repetition.
  - 2.3. Various methods of Teaching of activities-command methods – Demonstration method-At will method – Set drill method – Part and whole method etc.
  - 2.4. Commanding.

**Unit-II**

1. Selection and Teaching of activities:-

Formal activities including indigenous exercises, Gymnastics, Rhythmic Activities, Major Games, Minor Games, Track and Field, Defensive Arts, Aquatic
2. Lesson Plans: - General and Specific.

**Unit-III**

1. Competitions and Tournaments, Tournaments and Leagues. Group Competition – Intramurals – Extramural – Sports Meet – Swimming Meet – Gymnastic Competitions – Play Days.
2. Incentives and Awards:

**Unit-IV**

1. Test and Measurements: Need and importance – Different types of tests in Physical Education – AAHPER youth fitness test, JCR test, Harvard step test, Cooper 12 min. run/walk test, Mc Cloy's general motor ability test.
2. Sports skill tests – Lockart and McPherson Badminton Test, Johnson Basketball Ability Test, McDonald Soccer Test, Brady Volleyball Test, Dribble and Goal Shooting test in Hockey.
3. Classification of Pupils: Need and importance-Methods of classification.

**Unit-V**

1. Introduction:
  - 1.1. Meaning and need for supervision – Guiding Principles of supervision.
  - 1.2. Essential features of supervision.
2. Qualities of supervisor: Qualification – His relation-ship with the Administrator and the Physical Education Teacher.



3. Duties of Supervisor: Administrative duties – Duties Pertaining to facilities. Introduction and Professional growth.
4. Techniques of Supervision in brief visitation. Individual and group conferences. Bulletins and Demonstration.

**References:**

1. Knap, C. & Hagma. E.P. Teaching Methods for Physical Education, New York: Mc. Graw Hill Book Co. Inc 1958.
2. Kozman H.C. Cassidly R. & Jackson C. & Methods in Physical Education London: W.B. Saunders Co. 1960.
3. Bossing, N.L. Progressive, Methods & Teaching Secondary Schools.
4. Tirunarayanan, C. & Hariharan, S. Methods in Physical Education Karaikudi: South India Press, 1969.
5. Pandey, L.K. Methods in Physical Education (Hindi) Delhi Metropolitan Book Depo.
6. Singh, Sujan, Organization of Physical Education Ropar Jeet Publication, 1973.
7. Pandey, L.K. Methods in Physical Education (Hindi) Delhi, Metropolitan Book Depo, 1977.
8. Sharma, V.M. & Tiwari, R.H.: Teaching Methods in Physical Education (Hindi) Amaravati, Shakti Publication. 1979.

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**Semester II**  
**Paper I**  
**Kinesiology and Care of Athletic Injuries**

**Unit-I**

**A. KINESIOLOGY**

1.1 Definition, Need and importance of Kinesiology in Physical Education and Sports.

1.2 Fundamental Concepts: Definition and brief explanation of the following terms and their application to the human body. Axes and Planes, Center of Gravity, Line of Gravity, Basic Starting Position, Direction of pull and Angle of pull.

**Unit-II**

2.1 Different types of body movements. Construction and Types of Joints in the body and their actions.

2.2 Types of muscles contraction, group action of the muscles and Origin, insertion and action of the muscles with special reference to the following muscles:

Pectoralis Major, Pectorals Minor, Serratus Anterior, Rectus Abdomens, Trapezius, Latissimus Dorsi, Deltoid, Teres Major, Biceps, Triceps, Rectus Femoris, Vastus Eateralis, Vastus Midialis, Vastus Intermedius, Sartorius, Biceps Femoris, Scmimembranosus, Semi Tendinosus, Gastronemius.

**Unit-III**

3.1 Body Levers – Lever action – I<sup>st</sup> class lever. II<sup>nd</sup> class lever, III<sup>rd</sup> class lever – Effect of angle of pull - Effect of angle of resistance.

3.2 Exercise programme for the development of the various parts of the body with special reference to the following:

- 3.2.1 Muscles of the Chest
- 3.2.2 Muscle of the Abdomen
- 3.2.3 Muscles of the Back
- 3.2.4 Muscles of the Neck
- 3.2.5 Muscles of the upper Arm
- 3.2.6 Muscles of the Fore arm
- 3.2.7 Muscles of the Thigh
- 3.2.8 Muscles of the Calf

**Unit-IV**

**B. CARE OF ATHLETIC INJURIES**

4.1 Introduction: Need for the  
subject in Physical and Medical examination of all Athletes – Diet – physiological rest – Graduated Muscular exercise.

4.2 Role of the Trainer in Injury Prevention.

4.3 Common types of Athletic Injuries (Pathology, Diagnosis and Treatment) & regional injuries and their first aid treatment.

4.4 Sprains strains-contusion-Laceration and Abrasion.

#### 4.5 Fractures and Dislocation

#### 4.6 Internal Injuries.

### 1. Regional Injuries and their first aid Treatment.

1.1. Ankle

1.2. Knee

1.3. Elbow

1.4. Shoulder

1.5. Wrist

1.6. Finger

### **Unit-V**

### 5. Physiotherapy

5.1 Guiding Principles of Physiotherapy.

5.2 Modalities and their application and effects.

5.3 Hydrotherapy

5.3.1 Cold compression.

5.3.2 Hot water bottle hot water bag.

5.3.3 Immersion in hot water

5.3.4 Contrast bath (Hot and cold)

5.3.5 Whirl pool bath

5.4. Electro Therapy

5.4.1 Infrared

5.4.2 Diathermy

5.4.3 Ultra Sonic

6. Massage: History – Physiological effects – Principles – Manipulation – application.

### **References:**

1. Rash, Philip J. and Burke – R.K. Kinesiology and Applied Anatomy. Philadelphia Len & Febiger 1967.
2. Wells, Katharine F. Kinesiology. Philadelphia, W.B. Saunders Co. 1667.
3. Copper, Jhon M. & Glasson, R.W. Kinesiology St. Louis C.V. Mosby Co. 1963.
4. Anderson, T.M. Kenetics and Analysing Body Movements.
5. Tucker, W.E. & castle Molley, Sportman and their injuries Pelham Books Ltd. 1978.
6. Colson, John H.C. Armorer, William, J. Sports Injuries and their treatment, London, Stainley Paul, 1975.
7. Warner, Kuprian, Physical therapy for Sports, Philadelphia W.B. Saunders Co. 1982.
8. Joseph, R.B. Manipulation, Traction and Massage New York, William and Wilkins, 1971.
9. Bedi, Yashpal, Social and Preventive Medicine, New Delhi : Atmaram and Sons, 1985.
10. Gosh, B.N. Hygiene and Public Health, Calcutta : Scientific publishing Co.,1989.

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**Semester II**  
**Paper II**

**Organization, Administration & Events Management**

**Organization**

**Unit-I**

1. Introduction: Relationship of Physical Education to General Education.
  - 1.1. Meaning of Organization and Administration
  - 1.2. Importance of Organization.
  - 1.3. Guiding Principles of Organization.
2. Scheme of Health and Physical Education: Schools, Colleges Universities, District, State.

**Unit-II**

1. Facilities and Standards in Physical Education.
2. Playgrounds – Outdoor and Indoor – Standards for Educational Institution Problem of lack of Play Space for Schools in crowded cities and their solution – public play grounds.
3. Gymnasium pool – Standard for Educational Institution – Construction and care.
4. Swimming pool – Standard for Educational Institution – Types of a Pool (Fill and Draw type- Perennial type-perpetual circulation type) construction of Pool care and maintenance including pool regulations.

**Unit-III**

1. Staff and Leadership – Need for trained leader – Qualifications of Physical Education Teacher – Teaching Load and Teacher-Pupil ratio-Relationship of Physical Education Teacher with the Headmaster, Supervisor, Class-room teachers students, Parents and the community-student leadership.
2. Preparation of Time-Table – Fitting Physical Education into school Time-Table Before School after school activities Types of Physical Education periods – Daily periodical and annual schedules.

**Unit-IV**

1. Finance and Budget: Source of income – Approved items of expenditure. Rules for the utilization of Games Fund or Physical Education Fund – Preparation and administration of a budget – Accounting.
2. Office Management: Maintaining various types of records and registers and reports, checkups and their follow-ups.
3. Promotion of Physical Education: Public Relations – Conference, Clines and Institutes – Physical Education Associations.

**References:**

1. Knap, C. & Hagma. E.P. Teaching Methods for Physical Education, New York: Mc. Graw Hill Book Co. Inc 1958.
2. Kozman H.C. Cassidly R. & Jackson C. & Methods in Physical Education London: W.B. Saunders Co. 1960.
3. Bossing, N.L. Progressive, Methods & Teaching Secondary Schools.
4. Tirunarayanan, C. & Hariharan, S. Methods in Physical Education Karaikudi: South India Press, 1969.
5. Voltmer, Edward F. and Esslinger, Arther A. The organization and Administration of Physical Education: New York: Prentice Hall Inc. 1979.

6. Thomas J.P. Organization & Administration of Physical Education Madras, Gyanodayal Press, 1967.
7. Singh, Sujana, Organization of Physical Education Ropar Jeet Publication, 1973.
8. Pandey, L.K. Methods in Physical Education (Hindi) Delhi, Metropolitan Book Depot, 1977.

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**Semester II**  
**Paper III**  
**Curriculum Design**

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

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

**UNIT-II Basic Guide line for curriculum construction; contest (selection and expansion).**

1. Focalization
2. Socialization
3. Individualization
4. Sequence and operation
5. Steps in curriculum construction.

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

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

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

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

**Reference:**

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

Bucher, C. A. (1986). *Foundation of physical education*: St. Louis: The C. V. Mosby & Company.

Cassidy, R. (1986). *Curriculum development in physical education*. New York: Harper & Company.

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Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum designs in physical education*. Englewood Cliffs: N.J. prentice Hall Inc.

Larson, L.A. (n.d.). *Curriculum foundation in physical education*. Englewood Cliffs: N.J. Prentice Hall Inc.

Underwood, G. L. (1983). *The physical education curriculum in secondary school: planning and implementation*. England: Taylor and Francis Ltd.

Willgoose, C.E. (1979). *Curriculum in physical education*. 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.

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**Paper IV**

**Principles of Coaching & Officiating**

**Unit -I**

**1. Coaching**

- 1.1 Philosophy of Coaching.
- 1.2 Personal qualities and qualification of a Coach.
- 1.3 Sports Training – Aims, Principles and characteristics.
- 1.4 Training load – Components, Principles of load, Over load (causes and symptoms).
- 1.5 Teaching, Training and Coaching

**Unit -II**

**2. Scientific principles of coaching:**

- 2.1 Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
  - 2.2 Force – Friction, Centripetal and Centrifugal force, Principles of force.
  - 2.3 Equilibrium and its types
  - 2.4 Lever and its types
- 3. Coaching components for Physical Education**
- 3.1 Speed and its types
  - 3.2 Strength and its types
  - 3.3 Endurance and its types
  - 3.4 Flexibility and its types
  - 3.5 Coordinative ability and its types

**Unit -III**

**Officiating**

- 4. Theory and Practice of officiating and coaching of the following games and sports:**  
Football – Hockey – Volleyball – Basketball – Cricket – Kabaddi – Track and Field Events, Tennis, Gymnastic and Badminton (Shuttle).  
Each game or sports to be dealt under the following heads
- 4.1 History and development of the Game and Sports
  - 4.2 Ground dimensions and marking
  - 4.3 Standard equipment

**Unit -IV**

**5. Rules & Regulations of Sports**

- 5.1 Rules and interpretation of rules
- 5.2 Duties of Officials – and mechanics of officiating – Position, signals etc.
- 5.3 Competition – Types of Competition, Competitions according to different weight category and direct preparation to competition.

**References:**

- 1. The Art of Officiating Sports – John W. Bunn. Englewood cliffs N.J. Prentice Hall 1968.
- 2. Scientific Principles of coaching – John W. Bunn. Englewood cliffs N. J. Prentice Hall 1972.
- 3. Singer, Robert N. coaching. Athletic & Psychology New York, M.C. Graw Hill 1972.
- 4. Lawther, J.D. Psychology of coaching, New York. Pre. Hall 1965.
- 5. Dyson, Geoffrey H. The Mechanics of Athletics, London, University of London Press Ltd. 1963. University of London Press Ltd. 1963.

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**Semester III**  
**Paper I**

**Sports Psychology**

**Unit-I**

1. Introduction:
  - 1.1. Meaning and Definitions of Psychology and Sports Psychology
  - 1.2. Branches of Psychology
  - 1.3. Psychology is a art or science
  - 1.4. Importance of Psychology in Physical Education

**Unit-II**

2. Growth and Development:
  - 2.1. Meaning of growth and development
  - 2.2. Development by exercise and learning
  - 2.3. Individual differences

**Unit-III**

3. Learning:
  - 3.1. Meaning and nature of learning
  - 3.2. Factors affecting learning
  - 3.3. Laws of learning
  - 3.4. Theories of learning (Imitation, Conditioned, Response, Trial and error, Insight)
  - 3.5. Transfer of learning

**Unit-IV**

4. Personality: Meaning and types of personality
5. Motivation: Meaning and types of motivation
6. Role of Motivation in sports
7. Intelligence and classification of individual according to I.Q.
8. Instincts and emotions and their role in sports

**References:**

1. Bucher. Charles A, Foundation of Physical Education St. Louis: The C.V. Mosby Co., 1072.
2. Nixon, E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia. W.B. Saunders Co. 1969.
3. Obertenffer; Delbert Physical Education. New York, Harper & Brothers Publisher, 1970.
4. Sharman, J.R. Introduction to Physical Education, New York, A.S. Barnes & Co. 1964.
5. William J.F. The Principles of Physical Education, Philadelphia, W.B. Saunders Co. 1964.
6. Mohan V.M. Principles of Physical Education (P.E., Series No., 1) (Hindi) Delhi, Metropolitan Book Dep.) 1969.



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**Semester III**  
**Paper II**

**Exercise Physiology, Sports Nutrition and Weight Management**

**Unit-I**

1. Definition of Exercise Physiology and its importance in the field of Physical Education and Sports.
2. Structure, Composition, Properties and functions of skeletal muscles.
3. Muscular contraction – sliding filament theory.

**Unit-II**

1. Nerve control of muscular activity:
2. Neuromuscular junction
3. Transmission of nerve impulse across it.
4. Effect of exercise and training on cardio-respiratory system.
5. Physiological concept of physical fitness, warming up, conditioning and fatigue.
6. Basic concept of balanced diet – Diet before, during and after competition.

**Unit – III Introduction to Sports Nutrition**

1. Meaning and Definition of Sports Nutrition
2. Basic Nutrition guidelines
3. Role of nutrition in sports
4. Factor to consider for developing nutrition plan

**Unit – IV Nutrients: Ingestion to energy metabolism**

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

**Unit – V Nutrition and Weight Management**

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

**Unit – IV Steps of planning of Weight Management**

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

**References:**

1. Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.* 93(6), 2027-2034.
2. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key
3. component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12),

4. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.
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11. Lamb, G.S. Essentials of Exercise Physiology. Delhi, Surjeet Publication, 1982.

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**Semester III**  
**Paper III**

**Health Education and Environmental Studies**

**Unit-I**

1. Meaning and definitions of Health, Factors that influence Health.
2. Heredity and Environment.

**Unit-II**

1. Causes of diseases, Infections-spread of infections. Public Health measures to combat infection-general methods of sanitation) drinking water supply, disposal of garbage, sewage, night soil and dead bodies).
2. Common Communicable diseases like Malaria and Filaria, Typhoid, Cholera, and Dysentery, Small Pox, Whooping Cough, Diphtheria, Tetanus, Hydrophobia,
3. Tuberculosis and Leprosy with special emphasis on their preventive methods:
4. Immunity.
5. Personal Hygiene-desirable hygienic habits for each system of the body.

**Unit-III**

1. Public Health Administration.
2. School Health Program and school health problems.
3. School Health Organization – Instruction – Service Supervision, Community Health Agencies.

**Unit-IV**

1. Balance diet, classification of food and role of various nutrients.
2. National Health Program – National Malaria eradication program, T.B. Control program. Filarial Control program.
3. International Health Agency – W.H.O., UNICEF.

**Unit – V Environmental Science**

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

**Unit – VI Natural Resources and related environmental issues:**

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

**References:**

1. Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.
2. Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
3. Nemir, A. (n.d.). *The school health education*. New York: Harber and Brothers.
4. Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co

6. Anderson, C.I. and Chewell, Willian H. School health practice, St. Louis : The C.V. Mosby company, 1986.
7. Bedi, Yashpal, Social and Preventive Medicine, New Delhi : Atmaram and Sons, 1985.
8. Gosh, B.N. Hygiene and Public Health, Calcutta : Scientific publishing Co.,1989.
9. Hanion, John I. Principles of Public Health Administration Saint Louis : The C.V. Mosby Company, 1969.
10. Katz, Altred H. and Felton, jean Spences, health and the Community, London : Collation Memillan Lirated, 1965.
11. Park, J.E. and Park, k. Preventive and Social Medicine Jabalpur : M/s. Banarsidas Bharat Publishers, 1988.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester III**  
**Paper IV**  
**Yoga Education**

**Unit-I**

1. Yoga and its definitions.
2. Historical background and its development
3. Scope and importance of Yoga
4. Types of Yoga
5. Yoga and Patanjali

**Unit-II**

1. Meaning of Yogic Therapy and Types of Yogic Therapy
2. Curing different diseases through Yogic Therapy
3. Meaning, Scope, Types and Methods of Meditation

**Unit-III**

1. Present status of Yoga in the Country - In Schools, Colleges and Universities
2. Present Yogic Facilities in India.

**Unit-IV**

1. Pranayam and asana with their advantages and effect on human body
2. Tsath Karma Ashanas:
  - (a) Meditative: Sukhasan, Swastikasan, Padmasan, Vajrasan and Siddhasan.
  - (b) Cultural: Bhujangasan, Ardha-Shalabhasana, Dhanurasana, Naukasana, Padhastasana, Halasan, Matsyasan, Vakrasan, Chakrasan, Lateral bend Tadasan, Utkatasana, Vrikshasan, Parvatasan, Shavasan.
2. Pranayam: Anuloma - Viloma and Ujjai (both without Kumbhak)

**Unit-V**

1. Bandha: Uddiyan
2. Mudra: Viparutakarani,
3. Kriya: kapalabhati.

**Reference:**

1. Yoga se Arogya. Indian Yoga Society, Sagar.
2. Goswami, S.S. Hathayoga, Fowler, London.
3. The National Fitness Corps Syllabus for Schools, Ministry of Education, Govt. of India, 1965.
4. Indira Devi, "Yoga for you." Gibbs, Smith publishers, salt lake city, 2002

5. Braj Bilari Nigam, "Yoga Power" The kpath of personal achievement" Domen and publishers New Delhi 2001.
6. Jack Peter, "Yoga Master the Yogic Powers." Abhshek publications, Chandigarh.2004
7. T.V.V. Desikachar,"The Heart of Yoga" Huner traditions international, Rochester.1995  
Janice Jeruslim, "A guide to yoga"
8. Janice Jeruslim, "A guide to yoga" Parragon Bath BAIHE 2004
9. B.K.S. Yengar, "Light an Yog.yoga Deepika".George Allen of Unwin Ltd,London 1981
10. M.L. Gharote, Ganguly,"Teaching Methods for Yogic practices." ,Kaixydamoe , Lonawala1988.
11. K. Chandra Shekar, "Yoga for Health" Khel Sahitya Kendra, Delhi-2003
12. F. Year Brown. "How to use Yoga Sports Publication, Delhi 2000.
13. Axigoi Screen Cyclopediaof Yoga" Sanu publishing House. Delhi 1992
14. M. Rajjan SM"Yoga Strenthening of Relexation for Sports man" Allied Publishers, New Delhi 1985
15. Ganesh Shankar, "Holistic Approach of Yoga"Aditya Publishers, New Delhi 1998.
16. Alice Chistrian Sen, "Yoga for sports" contemporary Books. USA 2000.

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**B.P.Ed. (Two Year Course)**  
**Semester IV**  
**Paper I**

**Test, Measurements and Computer Application**

**Unit – I**

**Introduction:**

- 1) Meaning of tests, measurements and evaluation, need and importance of tests and measurements and evaluation in physical education.
- 2) Meaning of statistics, need and importance of statistics.
- 3) Meaning of data, kinds of data.
- 4) Frequency tables – Meaning construction and uses, population and sample, sampling techniques – Importance and principles.

**Unit - II**

**Fundamentals of Statistics:**

- 1) Measures of Central Tendency – Meaning Uses and calculation From Frequency Tables.
- 2) Measures of Variability – Meaning, Uses and Calculation.
- 3) Graphical Representation of Data - Meaning, Uses and Techniques.
- 4) Percentiles - Meaning, Uses and Calculation.
- 5) Correlation - Meaning, Uses and Calculation.

**Unit – III**

**Test Evaluation and Construction:**

- 1) Knowledge test, Importance and Types.
- 2) Items To Be Included in Objective and Subjective Knowledge Tests.
- 3) Criteria of Tests Selection.
- 4) Administration of Testing Program.

**Unit – IV**

**Measurement of selective motor fitness, motor ability and organic function and health Status:**

- 1) a) AAHPER youth fitness test.  
b) Canadian fitness test.
- 2) a) Mecloy's general motor ability test.  
b) Methany Johnson test.  
c) Harward step test and its modification.

**UNIT – V**

1. Social efficiently – Meaning and administration and interpretation of behavior rating scales.
2. Sports skill tests – Lockart and Mophorson Badminton Test.
  - a) Johnson Basketball Ability Test.
  - b) McDonald Soccer Test.
  - c) Brady Volleyball Test.
  - d) Dribble and Goal shooting test in Hockey.
3. Fitness Test – Roger's PFI, Indian Motor Fitness Tests, JCR Test and Kraus Weber muscular test, Tuttle pulse ration test and Carson test.

## **Computer Application**

### **Computer Literacy for Measurement and Evaluation**

1. Statistics versus Computer
2. Computer Literacy
3. Computer Terms
4. Basic Components of Computer, Computer Hardware Basics, & Computer Software Basics
5. Functions of Computers
6. Types of Computers
7. Starting & Running Computer
8. Importance of Computers in M& E, 104
9. Selecting a Personal Computer for Purchase
10. Validity Testing



**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester IV**  
**Paper II**

**Sports Training & Gym Management**

**UNIT – I**

1. Sports Training:
  - 1.1. Definition of terms-conditioning, training and coaching.
  - 1.2. Aim, Tasks and Characteristics of sports Training.
  - 1.3. Principles of sports Training.
  - 1.4. Training means and its types, movement structure.

**UNIT – II**

2. Training Load:
  - 2.1. Important Features of Training Load – Intensity, Density, Duration and Frequency, load structure.
  - 2.2. Principles of Training Load, judgement of load.
  - 2.3. Adoption Process and condition of adoption.
  - 2.4. Overload – Causes and Symptoms – Tackling of overload.

**UNIT – III**

3. Training for Motor Components:
  - 3.1. Strength: Forms of strength, characteristics of strength, Principles of strength training, strength training for children and women, Factors determining Strength.
  - 3.2. Endurance: Forms of endurance, characteristics of endurance, training means and methods and factors determining Endurance.
  - 3.3. Speed: Forms of Speed, characteristics of Speed, training means and methods and factors determining Speed.

**Unit -IV**

- 4.1 Flexibility: Forms of Flexibility, characteristics of Flexibility, methods of development of flexibility and factors determining flexibility.
- 4.2 Coordinative Abilities: Characteristics of coordinative Abilities, importance of Coordinative Abilities, classification of Coordinative Abilities, training means and methods.

**Reference:**

1. Harre, Dietrich, Principles of Sports Training (Berlin: Sporulated, 1982).
2. Dick W. Frank. sports Training Principles (London: Lepus Books, 1980).
3. Jensen, R. Clayne, and Fisher A.G. Scientific Basis of Athletic conditioning (Philadelphia: Lea and Fibiger 1979), 2<sup>nd</sup> Edn.
4. Matvyew, L.P. Fundamental of sports Training (Moscow: Progress Publishers, 1981).
5. Cratty, J. Brayant Perceptual and Motor Development in Infants and Children (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
6. Singh, H. Sports Training, General Theory and methods (Patials: NSNIS, 1984).
7. Uppal, A.K., Sports Training (New Delhi: Friends Publication, 1999).

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**B.P.Ed. (Two Year Course)**  
**Semester IV**  
**Paper-III**  
**Sports Sociology**

**UNIT – I**

1. Introduction.
2. Definitions, Nature, Scope of Sport, Sociology.
3. Sports as a Social Phenomenon.
4. Sports Sociology as an academic discipline.
5. Relationship of Sociology with the Sport.

**UNIT – II**

**Sports And Social System**

1. Study of sport group.
2. Sports and social control group (family, marriage, Community, Crowd and public).
3. Impotence of sports in Morden society

**UNIT – III**

**Relation between Sports And Social Science Institutions (Family, School And Educational System)**

1. Socialization through games and Sports.
2. Sports and Economy.
3. Sports and Media

**UNIT – IV**

**Sports and Culture**

1. Sports as a Social institution.
2. sports as an element of culture and a cultural product.
3. Relationship between sports and culture.

**UNIT – V**

**Social Factor Can Concerning Sports In Society**

1. Social stratification in sports.
2. Discrimination and democratization in sports.
3. Aggression and Violence in sports.
4. Professionalization and children in sports.

**Reference Book:**

1. Loy. John W. Keryon etc. "Sports culture and Society" C. Philadelphia : Lea and Febiger, 1981.
2. Loy John, W. McPherson etc. "Sports and Society System" (Landon Anderson Wesley Publisher company Inc. 1987.
3. Edward Larry "Sociology of Sports" (Illinois: the Dorsey Press. 1973).

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester IV**  
**Paper –IV**  
**Sports Specialization**

**UNIT – I**

1. History: Historical development of the game/sport at national and international levels.
2. Organisation:
  - a) National Bodies controlling sports and their affiliated units.
  - b) International Bodies controlling sports and their affiliated units.
  - c) Major national and International Competitions.

**UNIT – II**

Officiating and Lay out of play field:

- a) Rules and their interpretations.
- b) Mechanics of officiating.
- c) Lay out and marking of play areas.

**UNIT – III**

1. Techniques/skills
  - a) Classification of techniques/skills
  - b) Technical/skill training
    - i) Preparatory Exercises
    - ii) Basic Exercises
    - iii) Supplementary Exercises
  - c) Recreational and lead-up activities
2. Tactics and Strategy
  - a) Selection of players/team
  - b) Different tactical concepts applicable to the game/sport
  - c) Tactical training.

**UNIT – IV**

Training:

- a) Systematisation of training process for a beginner, intermediate and high performances Sportspersons.
- b) Training methods and means for the development of motor abilities (strength, speed, Endurance and flexibility).
- c) Load dynamics (Principles of Training load, distribution of training load).
- d) Basic Concept of preparation of training schedules.

**UNIT – V**

1. Planning:
  - a) Short term and long term training plans.
  - b) Periodisation (Prep., Camp & Transition).
  - c) Preparation of training schedule.
2. Evaluation:
3. Tests and Measurements:
  - i) General Fitness Tests.
  - ii) Specific Fitness Tests.
  - iii) Performance and objective Skill Tests of concerning games.

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