

RIMT UNIVERSITY MANDI GOBINDGARH
PUNJAB



RIMT

UNIVERSITY

Purposed Ordinance, Study Scheme and syllabus
For
Bachelor of Physical Education and Sports (B.P.E.S)

For
Batch 2019-20 and onwards

RIMT UNIVERSITY MANDI GOBINDGARH, PUNJAB

TABLE OF CONTENTS

S. No.	Content	Page No.
1.	Section 1: Vision and Mission of the University	
2.	Section 2: Vision and Mission of the Department	
3.	Section 3: About the Program	
4.	Section 4: Program Educational Objectives (PEOs) , Program Outcomes (POs) and Program Specific Outcomes (PSOs)	
5.	Section 5: Curriculum / Scheme with Examination Scheme	
6.	Section 6: Detailed Syllabus with Course Outcomes	

SECTION 1**Vision & Mission of the University****VISION**

To become one of the most preferred learning places and a centre of excellence to promote and nurture future leaders who would facilitate the desired change in the society.

MISSION

- To impart teaching and learning through cutting-edge technologies supported by the world class infrastructure
- To empower and transform young minds into capable leaders and responsible citizens of India instilled with high ethical and moral values.
- To develop human potential to its fullest extent and make them emerge as world class leaders in their professions and enthuse them towards their social responsibilities.

SECTION 2**Vision and Mission of the Department****VISION**

- To develop state of the art infrastructure to facilitate high quality student centric education.
- To design courses to impart traditional values with rational approach and contemporary professional insight.
- To conduct activities to inculcate sense of national responsibility, national integration, gender equality, social, moral, spiritual and scientific outlook.
- To safeguard and promote the physical fitness, traditional culture, values and professionalism.
- To enhance global interactions for mutual benefit and exposure.

MISSION

- To develop this Multi-faculty Autonomous Institution as a center of excellence for imparting high quality, student centered education and lifelong learning opportunities for the communities. To provide students and faculty with exposure to learn and the faculty to interact

at local, national and global level. We are committed to create and sustain the conditions that enable students to experience an innovative and inclusive education that is intellectually, socially and personally transformative.

SECTION 3

About the Program

Our BPES Program is an Outcome Based Education model which is a 3 year, 6 Semester Full time Program of 150 credit hours with a Choice Based Credit System (CBCS) and Grading Evaluation System. This program comprises of foundational courses, core courses, specialization electives courses, enrichment courses and experimental learning. The suggestive curriculum takes the BPES program to the next level in terms of implementing Outcome Based Education and to develop management professionals who are knowledgeable in their chosen domain, responsive to the environment and culture, unflinching to the communities, ethical in all doings and with a global outlook and approach. Department conducts specialized programmes i.e. from under-graduate level to post-graduate level. It also organizes various scientific conferences, seminars, extension lectures and scientifically oriented training camps etc. with view to develop and promote scientific research in the field of sports. It provides platform to educated think-tanks and the learning communities to sit together for global educational reforms.

OBJECTIVES

- To train students in physical education to provide teachers, lecturers and directors for secondary schools, colleges and universities. To train the students in commerce, Science & engineering computer applications to supply competent, result oriented man power to industry & society.
- To prepare researchers and academic leaders in physical education & allied Sciences.
- To prepare and publish literature like: scientific papers, journals & research documents.
- To run in-service training courses, refresher and orientation courses in physical education and allied sciences.
- To organize professional Seminars, Conferences, Workshops and Clinics for the exchange of professional experiences, information and research output.
- To provide a platform for professionals for discussions, meetings and professional transactions.
- To determine and prescribe its own courses of study, syllabi, restructure and redesign the courses to suit local and regional needs of society and industry.

- To prescribe rules for admission in consonance with the reservation policy of the State Government.
- To evolve methods of assessment of students' performance, the conduct of examinations and notification of results.
- To use modern tools of educational technology to achieve higher standards and greater creativity.
- To promote healthy practices such as community service, extension activities, projects for the benefit of the society at large etc.
- To promote inter-disciplinary research in the field of Physical Education, Yoga, Sports Science, Ayurveda & traditional sports, Science & technology.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

(Session- 2019 -2020, 2020-2021, 2021-2022)

ORDINANCE

1). A candidate for the Bachelor of Physical Education and Sports (BPES) will pursue his/ her studies in RIMT University, Mandi Gobindgarh for three academic Sessions (Six Semesters). The course will comprise of three years, first year, second year, third year. Each year consist of two semesters. The date of examinations for first, third, fifth and seventh semesters will be held in the month of November/December and the examination for the second, fourth, sixth and eighth semesters shall be held in the month of April/ May or such other dates as may be fixed by the University Authorities.

2). Candidate seeking admission must possess the following:

a). Have Passed 12th standard examination conforming to 10+2 system or its equivalent examination from a recognized Board / University with pass Marks.

b). Having pass marks in 10+2 or equivalent examination from a recognized Board / University and participated in recognized sports tournament are eligible for admission.

c). There shall be relaxation of 5% marks for SC/ST categories candidates or candidates who have State/National sports participation/Merit certificates.

d). All the applicants will have to undergo and qualify Physical Fitness Test or submit the fitness Certificate.

3). The admission will be based on the Criteria decided by the RIMT University, Mandi Gobindgarh for admission. Total 60 seats are approved by RIMT University for B.P.E.S course. Admission shall be made on merit on the basis of marks obtained in the entrance

examination consisting of 100 marks based on the following.

- a. Physical fitness test 50 marks
 - b. Written test 30 marks
 - c. Interview 10 marks
 - d. Sports achievement 10 marks
- A. The total entrance test will be conducted in two days and could be extended, if needed and it will be conducted at RIMT University There shall be Physical Fitness Test (modified AAHPER/CNADIAN/OR ANYOTHER fitness test) of 50 marks will be conducted by Internal Examiners of RIMT University
- B. Theory Paper comprising of 30 multiple-choice questions of 30 minutes duration carrying 30 marks. Questions shall be based on Aptitude Test, Current Affairs and General Knowledge about sports.
- C. Interview comprising of 10 marks will be conducted by Internal Examiners of RIMT University from department of physical education.
- D. Sports Participation Weightage: - Candidate shall be given maximum 10 marks weight age on the basis of their sports participation in any one of the following levels: Participation Marks

➤ **International: 10**

➤ **Senior National championship/ National Games:**

- 1st Place: 10
- 2nd Place: 08
- 3rd Place: 07
- Participation: 05

➤ **All India Inter-Zonal Inter University Competitions: 1st Place: 08**

- 2nd Place: 07
- 3rd Place: 06
- Participation: 05

➤ **Zonal Inter University Competitions/Junior National Competitions:**

- 1st Place: 07
- 2nd Place: 06
- 3rd Place: 05
- Participation: 04

➤ **Senior State Championship/Rural national games/Woman Festival:**

- 1st Place: 05
- 2nd Place: 04
- 3rd Place: 03
- Participation: 02

Note: - *The marks will be given in only those games/sports, which are in the competition list of Association of Indian Universities (AIU) and/or School Games Federation of India (SGFI). *The obtained position must be during last five academic sessions. *The school state championship and inter collegiate championship participation shall be considered for eligibility criteria only; the candidate shall not get any marks for sports weightage

- 4). Every candidate shall pay the fees as prescribed by the authorities at the time of admission.
- 5). The students admitted to the course shall attend such lecture classes, practical classes, as prescribed in the course.
- 6). The students are expected to attend all the classes and should not have less than 75 % attendance in theory as well as in practical classes, wherever held, to become eligible to appear for the university examination. Shortfall in attendance can, however be condoned in deserving cases to the extent of 10% by the Head of the Institution. If the short fall is more than 10% but not more than 15%, the Head of the Institution may recommend deserving cases to the Vice Chancellor for condonation. The order of the Vice Chancellor in this regard shall be final.
- 7). The candidate shall be examined in such theory papers and practical examinations as may be prescribed in the syllabus approved by the Academic Council.
- 8). The medium of instruction shall be English, Hindi and Punjabi. The Candidate must answer questions in the examination according to medium choice.
- 9). A Candidate shall be declared to have passed the examination if he/she obtained not less than 40% of the marks in theory & practical papers separately.

Subject to fulfillment of requirement of House examinations, the attendance requirements and these ordinances there will be no condition of passing papers for promotion from odd semester to even semester in an Academic Session. To qualify for admission to 2nd year of the Course, the candidate must have passed 40% of total papers of the two semesters of the 1st year. Similarly, to qualify for admission to 3rd year of the course, the candidate should have passed 40% of total papers of four semesters of the earlier two years.

A candidate placed under reappear in any paper, will be allowed two chances to clear the reappear, which should be availed within consecutive two years/chances i.e., to pass in a paper the candidate will have a total of three chances, one as regular student and two as reappear candidate.

The examination of reappear papers of odd semester will be held with regular examination of the odd semester and reappear examination of the even semester will be held with regular examination of even semester. But if a candidate is placed under reappear in the last semester of the course, he will be provided special chance to pass the reappear according to the ordinance for special examination (end term) formulated by University Authorities.

10). All the examinations shall be conducted by the Board of Examiners to be appointed by the University on the recommendation of Board of Studies. The Practical examination will be conducted by the Board of examiners consisting of:

- a. External Examiner
- b. Internal Examiner
- c. Head of the Department

11). The examination will consist of papers according to the syllabus prescribed for that part. The duration of each paper and the allotment of marks for each paper will be as per the scheme of examination approved by the concerned Board of Studies.

12). Each theory paper shall have up to 40% Internal Assessment and at least 60% marks for External Examination

i). The internal assessment will be based on all or some of the following:

Midterm written test / practical including in-between snap tests, if any shall carry **20 marks** independently in each subject.

A maximum of **10 marks** in each subject shall be awarded for attending classes (theory / practical) as per the following norms:

85% or more attendance	-	10 Marks
80% or more but less than 85% attendance	-	Marks
75% or more but less than 80% attendance	-	Marks
70% or more but less than 75% attendance	-	Marks
65% or more but less than 70% attendance	-	Marks
60% or more but less than 65% attendance	-	Marks
51% or more but less than 60% attendance	-	Marks
50% attendance	-	Mark
Less than 50% attendance	-	Mark

A maximum of **10 marks** in each subject shall be awarded for Assignments /reports/Projects/ Seminars

ii). The external assessment will be based on all or some of the following

University Examination will be carrying 60 marks. The pattern will be as follows:

Question No.	Description	Marks
1	Multiple choice questions (MCQ) 12 x 1 Objective type question (Form Unit-1)	12
2.	Write short notes (Short answer type Question) 06 x 04 (Form Unit 2)	24
3.	Answer in details (Long Question) 03 x 08 (Form Unit 3)	24

The entire B.P.E.S. course has to be completed within a maximum of 6 years from the date of original admission in the course.

- iii). The breakup of marks for the above will be decided by the Department at the beginning of the semester.
- iv). The teacher/teachers concerned/in charge of each paper/practical class will be responsible for the evaluation and submission of the internal assessment.
- v). For internal assessment in Practical Department may decide according to the requirements of course.
- vi). To pass in a paper the candidate must secure 40% marks in the external examination and 40% marks in aggregate (internal and external).
- vii). For a candidate who fails in a paper(s), his internal assessment examination for all paper will be carried over and the supplementary examination will; therefore, consists of only an external examination.

13). Examination and Assessment:

13.1 Paper setting, Evaluation & Results

The work of setting the End semester examination papers, conduct of the End semester and Annual examinations, Evaluation and declaration of results shall be as per the laid down Examination policies / latest University Notifications.

13.2 Power to Modify

In the event of any emergent situation, if any deviation is considered necessary, the Vice Chancellor is authorized to modify the Ordinance. Subject to subsequent ratification by the Executive Council.

The UGC recommended following system to be implemented in awarding the grades and CGPA under the credit-based semester system.

13.3 Letter Grades and Grade Points

- i). Two methods -relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students of the course and the grades are awarded based on a cut-off marks or percentile. Under the absolute grading, the marks are converted to grades based on pre- determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii). The UGC recommends a 10-point grading system with the following letter grades as given below:

SECTION 4

Curriculum / Scheme with Examination Grading Scheme

Marks range for grade	Grade	Grade Point	Qualitative Meaning
80-100	O	10	Outstanding
70-79	A+	9	Excellent
60-69	A	8	Very Good
55-59	B+	7	Good
50-54	B	6	Above Average
45-49	C	5	Average
40-44	P	4	Pass
0-39	F	0	Fail
	Ab	0	Absent

- i). A student obtaining Grade F shall be considered failed and will be required to reappear in the examination.
- ii). For non credit courses „Satisfactory“ or “Unsatisfactory“ shall be indicated instead of the letter grade and this will not be counted for the computation of SGPA/CGPA.
- iii). The Universities can decide on the grade or percentage of marks required to pass in a course and also the CGPA required to qualify for a degree taking into consideration the recommendations of the statutory professional councils such as AICTE, MCI, BCI, NCTE etc.,
- iv). The statutory requirement for eligibility to enter as assistant professor in colleges and universities in the disciplines of arts, science, commerce etc., is a minimum average mark of 50% and 55% in relevant postgraduate degree respectively for reserved and general category. Hence, it is recommended that the cut-off marks for grade B shall not be less than 50% and for grade B+, it should not be less than 55% under the absolute grading system. Similarly, cut-off marks shall be fixed for grade B and B+ based on the recommendation of the statutory bodies (AICTE, NCTE etc.,) of the relevant disciplines.

13.4 Fairness in Assessment

Assessment is an integral part of system of education as it is instrumental in identifying and certifying the academic standards accomplished by a student and projecting them far and wide as an objective and impartial indicator of a student’s performance. Thus, it becomes bounden duty of a University to ensure that it is carried out in fair manner. In this regard, UGC recommends the following system of checks and balances which would enable Universities

effectively and fairly carry out the process of assessment and examination.

i). In case of at least 50% of core courses offered in different programs across the disciplines, the assessment of the theoretical component towards the end of the semester should be undertaken by the external examiners from outside the university conducting examination, who may be appointed by the competent authority. In such courses, the question papers will be set as well as assessed by the external examiner.

ii). In case of the assessment of practical component of such core courses, the team of examiners should be constituted on 50 – 50 % basis. i.e., half of the examiners in the team should be invited from outside the university conducting examination.

iii). In case of the assessment of project reports / thesis / dissertation etc. the work should be undertaken by internal as well as external examiners.

14). All successful candidates will be classified as under:

a). Those who obtain not less than 60% marks-First division (in aggregate of theory and practical examination taken together)

b). All candidates who obtain less than 60% marks- Second Division

c). All candidate securing 75% marks or above, in theory paper OR in practical shall be declared to have obtained distinction that paper(s).

15). The ordinances are subject to addition/amendments approved by the competent authority.

16). Grace Marks: One percent of the total marks and weight age can be distributed in one paper and all the paper / according to the general ordinances relating to “Award of Grace Marks”.

SECTION 5**Program Educational Objectives (PEOs),
Program Outcomes (POs) and Program
Specific Outcomes (PSOs)****Programme Educational Objectives**

PEO1 A platform shall be provided to understand the nature, purpose and philosophy of physical education and sports

PEO2 Potentialities shall be developed for planning and organising physical education programmes and activities

PEO3 Capacity shall be developed to organize leisure and recreational activities

PEO4 The basic teaching, organising & administrating physical education & sports programs effectively through the use of technology shall be provided

PEO5 Physical education students shall be empowered to inspire their students to actively participate in physical and yogic exercises, games and sports

PEO6 Communication skills and competencies shall be developed to organise school and community games and sports

PEO7 The spirit of sportsmanship, self-control, judgement, emotional stability, mental and physical alertness, scientific temper, optimism & respect shall be cultivated

Programme Specific Objectives

PSO1 Graduates will demonstrate effective communication and pedagogical skills, utilize strategies to enhance student engagement and learning, and create appropriate managerial rules and routines in order to create a safe effective learning environment

PSO2 Graduates will demonstrate competence in movement skills, analyze the performance of motor skills (particularly team and individual sports activities and dance/rhythms), as well as prepare and teach written lesson plans which address student learning of motor skills and analysis and assessment of these skills

PSO3 Graduates will select and create learning experiences that are appropriate for curriculum goals, relevant to learners, show evidence of sequential learning, incorporate modifications for variations in learning styles and performance, and are based on the principles of effective instruction.

PROGRAMME OUTCOMES

PO1 Disciplinary knowledge: Capable of demonstrating comprehensive knowledge and understanding of one or more disciplines that form a part of the undergraduate programme of study.

PO2 Communication Skills: Ability to understand and express thoughts and ideas effectively in writing and orally; to present complex information in a clear and concise manner to different groups.

PO3 Critical thinking and Problem solving: Capability to analyze and evaluate evidence, arguments, claims, beliefs on the basis of empirical evidence; formulate coherent arguments; critically evaluate practices, policies and theories by following scientific approach to knowledge development and apply their competency to solve different kinds of problems and apply to real life situations.

PO4 Analytical and Scientific reasoning: Ability to analyze, interpret and draw conclusions from quantitative/qualitative data; and critically evaluate ideas, evidence and experiences from an open-minded and reasoned perspective.

PO5 Research-related skills: Ability to recognize cause-and-effect relationships, define problems, formulate hypotheses, test hypotheses, analyze, interpret and draw conclusions from data, ability to plan, execute and report the results of an experiment or investigation.

PO6 Team work and Leadership qualities: Function effectively as an individual, and as a team member or leader in diverse teams, and in multidisciplinary environment.

PO7 Information/digital literacy: Capability to use ICT tools in a variety of learning situations, demonstrate ability to access, evaluate, and use a variety of relevant information sources; and use appropriate software for analysis of data and further presentation.

PO8 Moral and ethical awareness: Ability to embrace moral/ethical values in conducting one's life, formulate a position/argument about an ethical issue from multiple perspectives, and use ethical practices in all work. Appreciate environmental and sustainability issues; and adopting objective, unbiased and truthful actions in all aspects of work.

PO9 Lifelong learning: Ability to update knowledge and skills, participating in learning activities throughout life, through self-paced and self-directed learning aimed at personal development, meeting economic, social and cultural objectives.

PO10 Use technological applications to facilitate effective assessment and evaluation strategies, and enhance personal productivity and professional practice

PO11 Maintain a health-enhancing level of fitness throughout the program as well as be able to collect and analyze personal fitness data

PO12 Speak proficiently in two or more languages Convey written information related to physical education and sports effectively.

SECTION 6

Detailed Syllabus with Course Outcomes

Total credits: 25
Contact hours: 30

Course Scheme Semester 1st

Table-2: Distribution of Credit, Hours and Marks for Semester – 1st

Semester 1 st (3 rd year)												
Subject			Contact Hours/Week			Credit	Evaluation Scheme (% of Total Marks)					Exam Duration (Hours)
S.no	Code	Title	L	T	P		CWA	LWA	MTE	ETE	Total	
1	BPES-1101	English and Communication Skill	4	0	0	4.0	16	---	24	60	100	3
2	BPES-1102	Introduction and History of Physical Education	4	0	0	4.0	16	---	24	60	100	3
3	BPES-1103	Sports Training	4	0	0	4.0	16	---	24	60	100	3
4	BPES-1104	Health Education	4	0	0	4.0	16	---	24	60	100	3
5	BPES-1105	Recreation	4	0	0	4.0	16	---	24	60	100	3
6	BPES-1106	Athletics Practical: Track and Field (Running Events)	0	0	5	2.5	40			60	100	3
7	BPES-1107	Team Game: (any one of the following games) 1. Cricket 2. Volleyball	0	0	5	2.5	40			60	100	3
Total			20	0	10	25					700	

Total credits: 25
Contact hours: 30

Course scheme Semester 2nd

Table-2: Distribution of Credit, Hours and Marks for Semester – 2nd
Semester 2nd (3rd year)

Subject		Contact Hours/Week			Credit	Evaluation Scheme (% of Total Marks)					Exam Duration (Hours)		
S.no	Code	L	T	P		CWA	LWA	MTE	ETE	Total			
1	BPES-1201	Foundation of Physical Educatio		4	0	0	4.0	16	---	24	60	100	3
2	BPES-1202	Yoga Science and Naturopathy		4	0	0	4.0	16	---	24	60	100	3
3	BPES-1203	Human Anatomy and Physiology-I		4	0	0	4.0	16	---	24	60	100	3
4	BPES-1204	Exercise Physiology		4	0	0	4.0	16	---	24	60	100	3
5	BPES-1205	Fitness and Wellness		4	0	0	4.0	16	---	24	60	100	3
6	BPES-1206	Athletics Practical: (on any one of the following athletic events) 1. Relay Races 2. Hurdles Races		0	0	5	2.5	40			60	100	3
7	BPES-1207	Games Practical: (any one of the following games) 1. Kho-Kho 2. Table Tennis		0	0	5	2.5	40			60	100	3
Total				20	0	10	25					700	

Total credits: 25
Contact hours: 30

Course scheme Semester 3rd

Table-3: Distribution of Credit, Hours and Marks for Semester – 3rd

Semester 3 rd (3 rd year)												
Subject			Contact Hours/Week			Credit	Evaluation Scheme (% of Total Marks)					Exam Duration (Hours)
S.no	Code	Title	L	T	P		CWA	LWA	MTE	ETE	Total	
1	BPES-2301	Psychology in Physical Education and Sports	4	0	0	4.0	16	---	24	60	100	3
2	BPES-2302	Test and Measurement in Physical Education and Sports	4	0	0	4.0	16	---	24	60	100	3
3	BPES-2303	Human Anatomy and Physiology-II	4	0	0	4.0	16	---	24	60	100	3
4	BPES-2304	Fundamentals of Biomechanics in Sports	4	0	0	4.0	16	---	24	60	100	3
5	BPES-2305	Sports Management	4	0	0	4.0	16	---	24	60	100	3
6	BPES-2306	Athletics Practical: (any one of the following athletic events) 1. Discus Throw 2. Shotput	0	0	5	2.5	40			60	100	3
7	BPES-2307	Games Practical: (any one of the following games) 1. Basketball 2. Lawn Tennis	0	0	5	2.5	40			60	100	3
Total			20	0	10	25					700	

Course scheme Semester 4th

Table-4: Distribution of Credit, Hours and Marks for Semester – 4th
 Semester 4th (3rd year)

Subject		Contact Hours/Week			Credit	Evaluation Scheme (% of Total Marks)					Exam Duration (Hours)	
S.no	Code	Title	L	T	P		CWA	LWA	MTE	ETE	Total	
1	BPES-2401	Fundamental of Computer and Its Use in Physical Education & Sports	4	0	0	4.0	16	---	24	60	100	3
2	BPES-2402	Officiating and Coaching	4	0	0	4.0	16	---	24	60	100	3
3	BPES-2403	Organization and Administration of Physical Education	4	0	0	4.0	16	---	24	60	100	3
4	BPES-2404	Remedial and Massage	4	0	0	4.0	16	---	24	60	100	3
5	BPES-2405	Methods in Physical Education	4	0	0	4.0	16	---	24	60	100	3
6	BPES-2406	Athletics Practical: (on any one of the following athletic events) 1. Javelin Throw 2. Hammer Throw	0	0	5	2.5	40			60	100	3
7	BPES-2407	Games Practical: (any one of the following games) 1. Handball 2. Wrestling 3. Football	0	0	5	2.5	40			60	100	3
Total			20	0	10	25					700	

Course scheme Semester 5th

Table-5: Distribution of Credit, Hours and Marks for Semester – 5th

Semester 5 th (3 rd year)												
Subject			Contact Hours/Week			Credit	Evaluation Scheme (% of Total Marks)					Exam Duration (Hours)
S.no	Code	Title	L	T	P		CWA	LWA	MTE	ETE	Total	
1	BPES-3501	Personality Development	4	0	0	4.0	16	---	24	60	100	3
2	BPES-3502	Sports Nutrition	4	0	0	4.0	16	---	24	60	100	3
3	BPES-3503	Kinesiology	4	0	0	4.0	16	---	24	60	100	3
4	BPES-3504	Sports Sociology	4	0	0	4.0	16	---	24	60	100	3
5	BPES-3505	Common Sports Injuries Prevention and Rehabilitation –I	4	0	0	4.0	16	---	24	60	100	3
6	BPES-3506	Mass Demonstration Activities: Dumbbell/Lezium/March past/Wands/ Hoop	0	0	5	2.5	40			60	100	3
7	BPES-3507	Games Practical: (on any one of the following games) 1. Kabaddi 2. Hockey 3. Badminton	0	0	5	2.5	40			60	100	3
Total			20	0	10	25					700	

Total credits: 25
Contact hours: 30

Course scheme Semester 6th

Table-6: Distribution of Credit, Hours and Marks for Semester – 6th

Semester 6 th (3 rd year)												
Subject			Contact Hours/Week			Credit	Evaluation Scheme (% of Total Marks)					Exam Duration (Hours)
S.no	Code	Title	L	T	P		CWA	LWA	MTE	ETE	Total	
1	BPES-3601	Adapted Physical Education	4	0	0	4.0	16	---	24	60	100	3
2	BPES-3602	Health and Fitness	4	0	0	4.0	16	---	24	60	100	3
3	BPES-3603	Professional Communication	4	0	0	4.0	16	---	24	60	100	3
4	BPES-3604	Common Sports injuries Prevention and Rehabilitation –II	4	0	0	4.0	16	---	24	60	100	3
5	BPES-3605	Sports Journalism	4	0	0	4.0	16	---	24	60	100	3
6	BPES-3606	Athletics Practical's: (any one of the following athletic events) 1. High Jump 2. Long Jump 3. Triple Jump	0	0	5	2.5	40			60	100	3
7	BPES-3607	Games Practical: (any one of the following games) 1. Judo 2. Weightlifting	0	0	5	2.5	40			60	100	3
Total			20	0	10	25					700	

SEMESTER: I
SUBJECT TITLE: ENGLISH AND COMMUNICATION SKILL
SUBJECT CODE: BPES 1101

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 Hrs.

COURSE OBJECTIVES:

- To equip the students with English language skills needed in academic and professional world and to inculcate human/ethical values in them.
- To make the students aware about the basics of English language and make them proficient in reading, writing, comprehension and speaking skills.

COURSE OUTCOMES:

On completion of this course, the students will be able to:

- Understand the basic concept of phonetics.
- Attain good reading skills.
- Review communication as a process with greater awareness.
- Use appropriate communication skills in specific contexts and for specific purposes.
- Write a well organized self-introduction, Resume, CV etc.

COURSE CONTENTS

Sr. No	Contents
Unit I	1. Communication: Meaning, Types of Communication, Process of Communication, Channels of Communication, Barriers to Communication
Unit II	1. Business Office Practices: Group Discussion; Conducting a Meeting; Agenda and Minutes of meeting; Oral Presentation. 2. Business Correspondence: <ul style="list-style-type: none"> • Elements of Business Writing, Business Letters: Components of a Business Letter; Letter Formats and Punctuation style Used in Them: Complete Block Style, Block Style, Semi Block Style, Indented Style; Kinds of Business Letters – Inquiry, Order, Complaint, Complaint Redress, Credit Request, Acceptance and Denial of Credit Request, Quotations, Auction Notice, Tender Notice • Report Writing – Elements of a report; front matter, main body, back matter, four parts of the main body • Memorandum writing • Job Application Letter and Resume Writing

Unit III	1. Phonetics: Air stream Mechanism, Organs of speech, Introduction to Phonetic Symbols for Consonants & Vowels with examples.
Unit IV	1. Vocabulary: One Word Substitution, Antonyms & synonyms, Idioms, Pairs of words 2. Grammar: Types of Sentences, Formation and Use of Tenses, Identification & Use of Active and Passive and Change of Voice, Change of Narration, Translation (Tense Based).

REFERENCE BOOKS:**Instruction of Question Paper setter****Duration: 3 Hours****Total Marks: 100**
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER: I

SUBJECT TITLE: INTRODUCTION AND HISTORY OF PHYSICAL EDUCATION
SUBJECT CODE: BPES 1102

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course offers an introduction of Physical Education and Olympic Movement. It aims to develop understanding about physical education, its aim and objectives, philosophical foundation, historical developments, origin of Olympic movements and structure / functions of different committees.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Understand the concept of physical education.
- Understand the historical development of physical education in India and abroad.
- Describe the different Olympic games and its committees.
- Classify and identify the Olympic values and apply the same to the society.
- Apply the concept of Olympics in organizing various sports activities.
- Recognize and distinguish the functional operations of national and international Olympic federations.

COURSE CONTAINS

Sr. No	Contents
Unit I	Meaning, Definitions and Scope of Physical Education, Aim and Objectives of Physical Education, Importance of Physical Education in the present era, Misconceptions about Physical Education, Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism and Existentialism
Unit II	Historical Development of Physical Education in India Indus Valley Civilization Period. (3250 BC – 2500 BC) Vedic Period (2500 BC – 600 BC) Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
Unit III	Medieval Period (1000 AD – 1757 AD) British Period (Before 1947) Physical Education in India (After 1947) Significance of Olympic Ideals, Olympic Rings, Olympic Flag Olympic Protocol for member countries Olympic Code of Ethics
Unit IV	Different Olympic Games and Committees The early history of the Olympic movement, The significant stages in the development of the modern Olympic movement, Educational and cultural values of Olympic movement, Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games, International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement.

REFERENCE BOOKS:

1. Kang G.S. and Deol N.S.: - An introduction of health and physical education 21st century Patiala 2008.
2. Revenes, R.S.: Foundation of Physical Education, Bostan:- Houghton Niftin co, 1978 latest edition.
3. Bucher Charles: A foundation of Physical Education, 5th edition 1968 Lius C.V. Mosby Co.
4. Khan Eraz Ahme: History of Physical Education Patna: Scientific Book co., latest edition 1964.
5. Ajmer singh , R.S Brar and Jagtar Gill Essentials of Physical Education and Olympic movement Kalyani publisher, Ludhiana, 2004.

Instruction of Question Paper setter**Duration: 3 Hours****Total Marks: 100****Internal Assessment: 40****End Term Exam: 60**

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER: I
SUBJECT TITLE: SPORTS TRAINING
SUBJECT CODE: BPES 1103

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course will enable students to understand the modern concept of sports training. It aims to develop understanding about the aim and objective of sports training, principles of sports training, system of sports training, training components, training process and training programming and planning.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Understand the modern concept of sports training.
 - Describe the principles of sports training.
 - Evaluate and develop system of sports training – basic performance, intermediate performance and high-performance training.
 - Plan training sessions.
 - Realize and apply the Methods of Technique Training.
 - Design different training program for Training Components.
 - Explain Periodization and its types.
- Identify talents.

Sr.no	Contents
Unit I	<p>Sports Training. Definition of terms conditioning, Training & Coaching. Aim, tasks and characteristic of Sports Training. Principles of Sports Training & Training Load. Training Load: Importance Features of Load, i.e., Intensity, Density, Duration and Frequency. Adaptation Process and Conditions of Adaptation. Overload- Causes and Symptoms – tackling of over load</p>
Unit II	<p>Training for Motor Components; Strength: - Forms of strength, characteristics of strength, Principles of strength, strength training means and methods, strength training for children and women. Endurance: - Forms of endurance, characteristics of endurance, Principles of endurance, endurance training means and methods. Speed: - Forms of speed, characteristics of speed, Principles of speed, basics of speed, speed training means and methods. Flexibility: - Forms of flexibility, characteristics of flexibility, Principles of flexibility, basics of flexibility, flexibility training means and methods. Coordination Abilities: - characteristics of Coordination, Principles of Coordination, basics of Coordination, Coordination training means and methods.</p>
Unit	Technique:

III	Definition of Skill and Style. Characteristics of Technique. Factor affecting Technique. Phases of skill acquisition. Methods of Technical Training. Causes and correction of faults. Tactics and Strategy: Definition of tactics and strategy. Basic tactical concept-offensive, Defensive and high performance. Methods of tactical Training. Control of tactical Training.
Unit IV	Planning and Organization of training; Importance of Planning. Principles of Planning. Systems of Planning. Periodization and its Types. Contents for various periods of training. Competition – Planning and Preparation; Importance of competitions, Competition Frequency, Main and Build-up competition. Direct Preparation for an important competition.

REFERENCE: -

1. Cratty, S (1979). "Perceptual & Motor Development in infants and children" Prentice Hall.
2. Dick, F.T. (1980) "Sports training Principles" Lepus, London.
3. Jenson, C.R. Fisher A.G. (1972). "Scientific basis of Athletic conditioning" Lea & Febire, Philadelphia.
4. Matveyew, L.P. (1981). "Fundamentals of Sports Training" (Translation from Russian) Mr. Publisher, Moscow.
5. Singh, H. (1984). "Sport Training, General Theory and Methods" N.I.S. Patiala.
6. Singh Hardyal, (1985). "Science of Sports Training" New Delhi: DVS Publication.
7. Wilmore, U.M. (1977). "Athletic Training and Physical Fitness" Allyn and Bacon, Inc. Sydney.

Instruction of Question Paper setter

Duration: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER: I
SUBJECT TITLE: HEALTH EDUCATION
SUBJECT CODE: BPES 1104

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course will enable students to understand the concept, dimensions, spectrum and determinants of Health and Health Education. It aims to understanding of Health problems in India, environmental science, natural resources and related environmental issues.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Understand about the concept of health and health education.
- Understand the health problems in India.
- understand about hygiene, nutritional aspects and prevention and control of Communicable and non-communicable diseases.
- apply the comprehensive knowledge of the concept of health education, school health services and prevention of the environment related problems.
- Realize the value of environmental science.
- To look at the natural resources and related environmental issues.
- Develop an understanding about the environment.

Sr.no	Contents
Unit I	<p>Health and Health Education Meaning, definition and dimensions of health. Meaning, definition, objectives, principles and importance of Health Education.</p> <p>Nutrition Balance diet, its elements and sources, factors affecting Balance diet, Importance of Balance diet. Nutritional intake for the athletes before and after training session or competition.</p>
Unit II	<p>Drugs and Doping Effects of Drugs and tobacco on an individual and its effects on sports performance. Doping in sports.</p>
Unit III	<p>First Aid Meaning, definition and importance of first aid in Physical Education and Sports. First aid to various sports injuries</p>
Unit IV	<p>Communicable Diseases, Meaning of a Communicable disease. Communicable disease such as HIV / AIDS, Tuberculosis, Hepatitis-A, B, C. Their modes of transmission and method of prevention.</p> <p>Posture & Concept: Definition, values of good posture, causes & drawbacks of bad posture. Common postural deviations, their causes and remedial exercises.</p> <ul style="list-style-type: none"> ➤ Kyphosis ➤ Scoliosis ➤ Lordosis ➤ Knock knees and Bow legs

REFERENCE

1. Anderson, C.L. and W.H. Cheell (1986). "School Health Practice", St Louis: The C.V. Mosby Company.
2. Bedi, Yashpah (1985). "Social and Preventive Medicine", New Delhi; Atma ram and sons.
3. Gosh, B.N. (1989). "Hygiene & Public Health", Calcutta; Scientific Pub. Co.
4. Hanlon, John L (1969) "Principal of Public Health Administration" St Louis; the C.V. Mosby Company.
5. O' Donogh. D. "Treatment of Injuries to Athletes" Philadelphia: W.B. Saunders & Company.
6. Pande P.K. and LC. Gupta (1987). "Outline of Sports Medicine" New Delhi; Jaypee Brothers.
7. Park, J.E. & K. Park (1993). "Preventive & Social Medicine", Jabalpur; M/S Banarsi das Bhanot Publication.
8. Reilly, Thomas (1981). "Sports Fitness and Sports Injuries" London: Faber and Faber Ltd.

Instruction of Question Paper setter**Duration: 3 Hours****Total Marks: 100****Internal Assessment: 40****End Term Exam: 60**

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER: I
SUBJECT TITLE: RECREATION
SUBJECT CODE: BPES 1105

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 Hrs.

This course offers an introduction of Recreation. It aims to develop understanding about introduction of recreation, Recreation of India, recreation leadership and camping.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Understand about the concept of Recreation.
- Understand about Recreation of India.
- Recognize the primary role of a recreation leader as a community leader and describe the implications.
- Identify the competencies of an effective community recreation leader.
- Recognize the importance of self-care and the resources available to support oneself in a work environment.
- Understand about and camping.

Sr.no	Contents
Unit I	Introduction of recreation History of recreation and leisure Meaning, definition and objectives of recreation. Need and scope of recreation. The Importance and Impact of Recreational Activities in the Educational Curriculum. Role of recreation in today's Hi-tech world.
Unit II	Recreation in India Development of recreation activities in India since 1947. Agencies which can provide recreation in India. Technology Influence on Recreation and Leisure Time.
Unit III	Recreation leadership Recreation leadership, why leadership is needed? Types of leadership, qualification and training. Community recreation, facilities needed for community recreation. Types of activities in recreation.
Unit IV	Camping Importance and principles of camping. Organization of camping. Staff needed for camping. Facilities needed for camping. Different types of camping. Hobbies. Industrial recreation Industrial recreation and recreation for handicaps. Audio-Visual Aids: Types of audio-visual aids and their use in the

fields of physical education and recreation.
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REFERENCES

1. Bulter, George D. Introduction to Community Recreation, Mc Graw Hill Book Company, Inc. New York, 1967.
2. Domick, Hedley S. Administration of Modern Camp, New York, Associate press.
3. Fitzarald Gerald B. Leadership to recreation, R.S. Barnes and Company, New York.
4. Janny Joh H.: Introduction to Recreation Education, WBS Saunders Co., London, 1956.

Instruction of Question Paper setter**Duration: 3 Hours****Total Marks: 100****Internal Assessment: 40****End Term Exam: 60**

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER-I
SUBJECT TITLE: ATHLETICS PRACTICAL
TRACK AND FIELD (RUNNING EVENTS)
SUBJECT CODE: BPES 1106

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course will enable students to understand the basic skills, strategies, tactics and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the track, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of track and field, structure and functions of federations of track.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- understand the concept of skill.
- acquire the required motor skills.
- appraise the rule & regulation.
- demonstrate and assess various techniques of starts and finish.
- interpret the rules, regulations and officiate in competition.

COURSE CONTENTS

Historical development of the running events at national and international levels, National and International Bodies controlling track and field and their affiliated units; Major National and International competitions.

FUNDAMENTAL SKILLS

Running

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- Ground Marking, Rules and Officiating
- Short Distance Races, Middle Distance Races, Long Distance Races

SUGGESTED MODE OF TRANSACTION

- Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing/ Shadow Practice etc.

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SEMESTER – I
SUBJECT TITLE: TEAM GAME
(1): CRICKET
COURSE BPES 1107

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course will enable students to understand the fundamental skills of cricket and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the cricket grounds, duties of the officials (before, during and after the match), duties of coach and captain, structure and functions of National and International cricket council.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Acquire, analyze and interpret basic cricket skills
- Appraise the rules and regulation.
- Demonstrate and assess various basic skills/techniques and game strategies.
- Officiate in competition.

COURSE CONTENTS

Historical development of the cricket at national and international levels, National and International Bodies controlling cricket and their affiliated units, Major National and International competitions.

FUNDAMENTAL SKILLS

Fundamental Skills

- Batting,
- Bowling,
- Fielding
- Wicket Keeping

TEACHING LEARNING STRATEGIES

The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

REFERENCE BOOKS

1. ICC (International Cricket Council), (1998). Code of Conduct Standard Playing Conditions and other Regulations.
2. Petersen C., Pyne D., Dawson B., Portus M., Kellett A. (2011). Comparison of Player Movement Pattern Between 1 Day and Test Cricket. Journal of Strength and Conditioning Research.

SEMESTER – I
PRACTICAL
SUBJECT TITLE: TEAM GAME (2): VOLLEYBALL
COURSE BPES 1107

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course will enable students to understand the fundamental skills of Volleyball and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the Volleyball court, duties of the officials (before, during and after the match), duties of coach and captain, structure and functions of National and International Volleyball federations.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Acquire, analyze and interpret basic Volleyball skills
- Appraise the rules and regulation.
- Demonstrate and assess various basic skills/techniques and game strategies.
- Officiate in competition.

COURSE CONTENTS

Historical development of the Volleyball at national and international levels, National and International Bodies controlling Volleyball and their affiliated units, Major National and International competitions.

FUNDAMENTAL SKILLS

Fundamental Skills

- Players Stance-Receiving the ball and passing to the team mates, The Volley (Over-head pass), The Dig (Under hand pass).
- Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- Lead Up Games-Three Volleys, Three digs,
- Spike-Straight Arm Spike, Round Arm Spike.
- Block-Single block.
- Ground Marking, Rules and Officiating.

TEACHING LEARNING STRATEGIES

The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SEMESTER-II

SUBJECT TITLE: FOUNDATION OF PHYSICAL EDUCATION

SUBJECT CODE: BPES 1201

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

This course offers a Foundation of Physical Education like Biological Foundation, Philosophical Foundation, Psychological Foundation, and Socio-logical Foundation. It aims to develop understanding about physical education, its aim and objectives, philosophical foundation.

COURSE LEARNING OUTCOMES

After completing this course, the students will be able to

- Understand the concept of physical education.
- Understand about the concept of biological foundation.
- Classify and identify Philosophical foundation of physical education.
- Apply the concept of psychological and Socio-logical principal of physical education.
- Recognize and distinguish the functional operations of national and international Olympic federations.

COURSE CONTENT

Sr.no	Contents
Unit I	Introduction of Education Meaning and definition of Education. Aims, Objectives and Importance of Education. Meaning and Definition of Physical Education. Physical Education Aims, Objectives and Importance of Physical Education.
Unit II	Biological Foundation Biological Foundation of Physical Education Meaning and Definition of Growth and Development Principles of Growth and Development Individual differences Heredity and Environment Body types
Unit III	Philosophical Foundation Meaning and Types of Philosophies. Philosophy and Physical Education. Idealism, Pragmatism, Naturalism and Physical Education.
Unit IV	Psychological Foundation Meaning Psychological factors affecting sports performance Learning – Meaning and Laws of Learning. Socio-logical Foundation. Role of Games and Sports in Socialization Role of Games and Sports in National Integration

REFERENCE BOOKS

1. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner
2. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
4. Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the olympics: a

- nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.
5. Bucher, C.A., (2010). Foundation of Physical education (16thed.). New Delhi: Tata McGraw-Hill.
 6. Barrow, H.M. (1983). Man and Movement: Principles and Physical Education. Phi: Lea and Febiger
 7. Bucher &Wuest (1987). Foundations of Phy.Edu & Sports. Missouri: C.V.Mosby co.
 8. Ziegler, E.F. (2007). An introduction to Sports & Phy.Edu.Philosophy. Delhi: Sp. Educational Tehno.
 9. Kretchmar, R.S. (1994). Practical Philosophy of Sport. IL: Human Kinetics.
 10. Young, D.C. (2004). A brief History of Olympic Games. UK: Blackwell Publishing. Frank, A.M. (2003). Sports & education. CA: ABC-CLIO
 11. Susan Capel, Susan Piotrowski (2000). Issues in Physical Education. London: Routledge

Instruction of Question Paper setter

TIME: 3 Hour

Total Marks: 100

Internal Assessment: 40

End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER-II
SUBJECT TITLE: YOGA SCIENCE AND NATUROPATHY
SUBJECT CODE: BPES 1202

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 Hrs

This course will enable students to understand the concept of yoga. It aims to develop understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle. The student will also conceptualize and practice astanga yoga, various asanas and pranayama with reference to wellness.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the yoga and its historical development.
- Differentiate between various stages of astanga yoga.
- Demonstrate different asanas, pranayamas and kriyas.
- Apply and demonstrate various benefits of yoga to be applied in the field of sports.
- Relate yoga with health and wellness.
- Develop yogic programs/schedules.

COURSE CONTENTS

Sr.no	Contents
Unit I	History of Indian Yoga and Yoga Methods. Meaning of Yoga, Yoga definition, Yoga's Aims and objectives. Importance of yoga in modern age and contribution of Yoga in Physical Education. Various types of Yoga and contribution of Yogasana in various fields. Wrong beliefs for yogasana and yoga philosophy.
Unit II	Different paths of yoga. Raj yoga, Hath yoga, Ashtang Yoga, Bhakti Yoga, Mantra Yoga and different parts of Ashtang yoga. Various types of Asanas; Body growth Asana Meditative Asana Asana for rest. Things to be kept in mind before, during and after Asanas. Base of Pranayama and number of Pranayama. Body Nurse according to Gourakh Sanhita
Unit III	Importance of Surya Namaskara. 12 mantras of Suryanamaskara (according to 10 or 12 counts) Benefits of Surya Namaskara. Mudra Science, Rypes of Mudra, Elaboration and different types of Chakras. Kundlini Yoga and introduction to Shattakarma. Meditation and types of meditation, Massage by Yogasana
Unit IV	Naturopathy: Meaning and definition. Short history of Naturopathy – Methods. Importance of Naturopathy. Principles of Naturopathy. Agency of Naturopathy

REFERENCE BOOKS

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

Instruction of Question Paper setter**TIME: 3 Hours****Total Marks: 100****Internal Assessment: 40****End Term Exam: 60**

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER-II
SUBJECT TITLE: HUMAN ANATOMY AND PHYSIOLOGY– I
SUBJECT CODE: BPES 1203

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course offers an introduction of basic human anatomy and physiology. It aims to develop understanding about different body physiological systems, its relation and its importance in the field of physical education and sports.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Meaning and Concept of Anatomy & Physiology.
- Its importance in the field of physical education and sports.
- General structure of bone, classification of bones and functions of the bones.
- Location of various bones in skeleton.
- Various types of muscle, their structure and functions.
- Mechanism of muscular contraction of skeletal muscle.
- Heart, its location, structure and function.
- Major blood vessels of the body.
- Mechanism of blood circulation.
- Systemic, pulmonary and coronary circulatory.
- Blood pressure, cardiac output, cardiac cycle, heart rate, pulse rate and athlete's heart.

COURSE CONTENTS

Sr.no	Contents
Unit I	Meaning and Concept of Anatomy & Physiology. Its importance in the field of physical education and sports. Meaning and definition of cell, tissue, organ and system. Microscopic structure and functions of cell. Properties of living cell.
Unit II	Skeletal System General structure of bone, classification of bones and functions of the bones. Location of various bones in skeleton. Joints, their structure and classification
Unit III	Muscular System Meaning of muscle. Various types of muscle, their structure and functions. Microscopic structure of skeletal muscle. Mechanism of muscular contraction of skeletal muscle.
Unit IV	Cardiovascular System Heart, its location, structure and function. Major blood vessels of the body, Mechanism of blood circulation, Systemic, pulmonary and coronary circulatory. Blood pressure, cardiac output, cardiac cycle, heart rate, pulse rate and athlete's heart.

Reference Books:

1. Pearce E., "Anatomy and Physiology for Nurses." Delhi Oxford University Press 1989.
2. Parrot, J.W., "Anatomy for the students and teachers of Physical Education." London Edward Arnold Ltd. 1973.
3. Miller, A. and Leavel L.C., "Kimber-Grey-Stack pole's, Anatomy and Physiology." Amerind Publishing Co. Pvt. Ltd. New Delhi, Bombay, Calcutta, New York 1973.
4. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers Ludhiana Second revised addition 2008.
5. Grays Anatomy.
6. Characids, B.D., "Handbook of General Anatomy." CAS Publication, New Delhi.
7. Fox, E.L, "Physiological Basis of Physical Education and Athletic" Brown Publication, 1989.

Instruction of Question Paper setter**TIME: 3 Hours****Total Marks: 100****Internal Assessment: 40****End Term Exam: 60**

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER-II
SUBJECT TITLE: EXERCISE PHYSIOLOGY
SUBJECT CODE: BPES 1204

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs

This course offers an introduction of basic exercise physiology. It aims to develop understanding about the role and effect of exercise on the different body physiological systems and its relation and its importance in the field of physical education and sports.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Meaning and definition of exercise physiology
- Need and importance of exercise physiology in the field of Physical Education.
- Energy sources
- Definition of energy
- Adenocine triphosphete (ATP)
- Creative phosphate
- Metabolism
- Structure of skeletal muscle
- Sliding filament theory of skeletal muscle
- Effect of exercises of muscular system
- Fatigue
- Symptoms of fatigue
- Factors responsible for fatigue
- Effect of exercise on circulatory system
- Effect of exercise on respiratory system
- Effect of exercise on digestive system
- Cardiac output, heart rate, vital capacity, second wind, oxygen debt, dead space & tidal volume.
- Balance between heart loss and heat production
- Measurement of body temperature

Sr.no	Contents
Unit I	Meaning and definition of exercise physiology Need and importance of exercise physiology in the field of Physical Education. Energy sources Definition of energy Adenocine triphosphete (ATP) Creative phosphate and Metabolism
Unit II	Structure of skeletal muscle Sliding filament theory of skeletal muscle Effect of exercises of muscular system Fatigue Symptoms of fatigue Factors responsible for fatigue
Unit III	Effect of exercise on circulatory system Effect of exercise on respiratory system

	Effect of exercise on digestive system Cardiac output, heart rate, vital capacity, second wind, oxygen debt, dead space & tidal volume.
Unit IV	Balance between heart loss and heat production Radiation Convection Evaporation Conduction Measurement of body temperature Effects of high attitude on sports performance, heat cramps Dehydration, heat stroke and shivering Acclimatization with hot and cold temperature

Reference Books:

1. Brooks, G. Fahey, T. and Baldwin, K. (2004). Exercise physiology, MC Graw Hill. USA
2. MC Ardle, WD, Katch, FI and Katch VL (2000), Essentials of Exercise physiology 2nd edition Lippincott Williams and Wilkons, USA.
3. Powers, S. and Howley, E. (2006), "Exercise Physiology" MC Graw Hill. USA.
4. Wilmore Hack Hand Costil David L. (2004), "Physiology of sports and exercise Human Kinetics.
5. Rowland Thomas W. Children's (2005), "Exercise Physiology" 2nd edition Human Kinetics.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER-II
SUBJECT TITLE: FITNESS AND WELLNESS
SUBJECT CODE: BPES 1205

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course will enable students to understand the modern concept of physical fitness and wellness. It aims to develop understanding about the concept of physical education and fitness, principles of exercise program, safety education and fitness promotion, and modern lifestyle.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the modern concept of physical fitness and wellness.
- Employ the knowledge about concept of holistic health through fitness and wellness.
- Orient students toward the approach of positive life style.
- Develop competencies for profile development, exercise guidelines adherence.
- Apply the holistic concept of health and wellness.
- Realize and apply the fitness and wellness management techniques.
- Acquaint towards contemporary health issues and its interventions.
- Design different fitness training program for different age group.
- explain common injuries and their management

Sr.no	Contents
Unit I	Meaning and importance of fitness Meaning and importance of exercise Misconception about exercise Relationship among fitness, wellness and health
Unit II	Components of performance related fitness Strength-endurance-Power- Agility-Co-ordination, speed. Components of health - related fitness. Muscular strength endurance-flexibility- body composition-cardio respiratory endurance.
Unit III	Types of exercises Aerobic and Anaerobic exercises Isometric- Isotonic and Iso-kinetic exercises Stretching exercises
Unit IV	Dietary guidelines of Indians Carbohydrates, Proteins, Fat Minerals Vitamins Water Vitamin Supplements Balance Diet Pre-Exercise Meal

SUGGESTED READINGS

1. Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black.
2. Giam, C. K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
3. Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown. Sharkey, B. J. (1990). Physiology of fitness, Human Kinetics Book.

Instruction of Question Paper setter**TIME: 3 Hours****Total Marks: 100**
Internal Assessment: 40
End Term Exam: 60

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER-II
SUBJECT TITLE: ATHLETICS PRACTICAL
(1. RELAY RACES 2. HURDLES RACES)
SUBJECT CODE: BPES 1206

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course will enable students to understand the basic skills, strategies, tactics and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the track, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of track and field, structure and functions of federations of track and field.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- understand the concept of skill.
- acquire the required motor skills.
- appraise the rule & regulation.
- demonstrate and assess various techniques of starts and finish.
- interpret the rules, regulations and officiate in competition.

COURSE CONTENTS

Historical development of the running events at national and international levels, National and International Bodies controlling track and field and their affiliated units; Major National and International competitions.

FUNDAMENTAL SKILLS

1. Relays:

- Basic Fundamental Skill
- Various patterns of Baton Exchange
- Understanding of Relay Zones
- Ground Marking
- Interpretation of Rules and Officiating

2. Hurdles:

- Fundamental Skills- Starting, Clearance and Landing Techniques.
- Types of Hurdles
- Ground Marking and Officiating

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing/ Shadow Practice etc.

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SEMESTER-II
SUBJECT TITLE: GAME PRACTICALS
(1): KHO-KHO
SUBJECT CODE: BPES 1207

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the basic skills of kho-kho and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the kho-kho field, duties of the officials (before, during and after the competition), duties of coach and captain, structure and functions of kho-kho federation.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic skills
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

Historical development of the kho-kho at national and international levels, National and International Bodies controlling kho-kho and their affiliated units, Major National and International competitions.

FUNDAMENTAL SKILLS

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, moving on the lanes, Pursuing the runner, Trapping the inactive runner, Trapping the runner on heels, trapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, Ring play, rolling in the sides, dodging while facing and on the back, fakes on the pole, fake legs, body arm etc., Combination of different skills.
- Ground Marking
- Rules and their interpretations and duties of officials.

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/Viva/ learning by doing/Shadow Practice.

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

SEMESTER-II
SUBJECT TITLE: GAME PRACTICALS
(2): TABLE TENNIS
SUBJECT CODE: BPES 1207

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course will enable students to understand the basic skills of table tennis and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the table tennis table and arena, duties of the officials (before, during and after the matches), duties of coach and captain, structure and functions of table tennis federation.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic skills
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

Historical development of the table tennis at national and international levels, National and International Bodies controlling table tennis and their affiliated units, Major National and International competitions.

FUNDAMENTAL SKILLS

Fundamental Skills

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- Stance and Ready position and foot work.
- Rules and their interpretations and duties of officials

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Shadow and Partner Practice

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

SUGGESTED READINGS

1. Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

SEMESTER-III
SUBJECT CODE: BPES 2301
PSYCHOLOGY IN PHYSICAL EDUCATION AND SPORTS

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 Hrs

This course will enable students to understand the psycho-sociological aspects of human behavior in relation to physical education and sports. It aims to develop understanding about the general characteristics of various stages of growth and development, types and nature of individual differences, nature of learning, theories of learning, laws of learning, personality, orthodoxy, customs, tradition and socialization through physical education.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Define Sport Psychology
- Give A Brief History of The Discipline
- Understand What Sport Psychologists Do and Who Is Entitled to Use the designation
- Explain the Purpose of Theory and Research in Psychology, and describe Some Major Research Methods Used in Sport Psychology
- Recognize the Major Approaches to Psychology
- Begin to Think Critically About Psychological Theory and Research.
- Describe the role of sports psychology for athletes and in their performance.
- Apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance among children.
- Describe the general characteristics of various stages of growth and development.
- describe the personality and its characteristics
- Develop skill proficiency in psychological assessment.
- Develop programs and strategies to enhance athletic participation among schoolchildren.
- understand the psycho-sociological aspects of human behavior in relation to physical education and sports
- understand socialization through participation in Physical Education and sports activities
- Understand the culture and its effect on life style of people.

COURSE CONTENTS

Sr. No	Contents
UNIT-I	INTRODUCTION: Meaning , definition and nature of sports Psychology and Physical Educational psychology. Branches of Psychology; Importance of Psychology in Education with special reference to Physical Education.
UNIT-II	GROWTH AND DEVELOPMENT: Meaning of growth and development; Physical, Mental, Social and Language development during followings stages: Early childhood Middle childhood Late childhood Adolescences
UNIT-III	LEARNING Meaning definition and nature of Learning. Meaning of following theories of learning and their implications. Laws of Learning. Meaning and Conditions of Transfer of Training. Personality characteristics and sporting behaviour.

	Personality development and sports. Social factors in sporting performance.
UNIT-IV	Motivation and Emotion: Meaning of Motivation; Concept of need, drive, motive, incentive and achievement. Types of Motivation; Role of motivation in teaching physical activities. Motivation and sport. Emotion: Meaning and nature of Emotion. Types of Emotion. Emotion and Sports Performance. Arousal, anxiety and sporting performance. Aggression and sport.

TEACHING LEARNING STRATEGIES

- The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/Department/Colleges.

MODE OF TRANSACTION

- Laboratory Work/Project Work/Viva/Seminars/Term Papers/Presentations/Self- Learning Instructional Material etc.

SUGGESTED READINGS

1. Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport.
2. Blair, J. & Simpson, R. (1962). Educational psychology, New York: McMillan Co. Cratty, B. J. (1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
3. Kamlesh, M. L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co.
4. London: Addison Wesley Publishing Co., Inc.
5. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Co., Inc.
6. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society. Philadelphia: Lea & Febiger.
7. Mathur, S.S., (1962). Educational psychology. Agra.
8. Vinod Pustak Mandir. Skinner, C. E., (1984). Education psychology. New Delhi: Prentice Hall of India.
9. William, F. O. & Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing House Pvt Ltd.
10. Young (1954). Handbook of sociology.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100

Internal Assessment: 40

End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER-III

SUBJECT TITLE: TEST AND MEASUREMENT IN PHYSICAL EDUCATION
SUBJECT CODE: BPES 2302

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 Hrs

This course will enable students to understand the concept of test, measurement & evaluation in Physical Education, Criteria of selection, classification and administration of test, physical fitness tests and sports skill tests.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the need & importance of test, measurement and evaluation in physical education.
- Describe the criteria, classification and administration of test.
- Develop concepts related to test, measurement & evaluation.
- Construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
- Explain different physical fitness and skill tests.

COURSE CONTENTS

Sr. No	Contents
UNIT-I	Meaning and Importance of test, measurement and evaluation in physical Education Criteria of tests. Scientific authenticity (reliability, objectivity, validity and availability of norms).
UNIT-II	Concept of physical fitness and motor fitness Roger's physical fitness, AAPHERD youth fitness. Indiana motor fitness. JCR test
UNIT-III	Strength and Endurance Dynamometer (Grip and Back) Kraus Weber minimum muscular test Cardio-respiratory Harward step test, cooper 12 min run and walk test.
UNIT-IV	Sports skill test Lockhart and McPherson Badminton test Johnson Basketball Test Mcdonald Soccer Test Rustle Lange Volleyball Test Harban's Singh Hockey Test

TEACHING LEARNING STRATEGIES

- The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/Department/Colleges.

MODE OF TRANSACTION

- Field Work/Project Work/Viva/Seminars/Term Papers/Presentations/Self-

Learning Instructional Material etc.

SUGGESTED READINGS

1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: HoStorm.
2. Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education.
3. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
4. Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B. Saunders Compnay.
5. Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York.
6. Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Willey and Sons.
7. Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100

Internal Assessment: 40

End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER-III
SUBJECT TITLE: HUMAN ANATOMY AND PHYSIOLOGY-II
SUBJECT CODE: BPES 2303

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs

This course offers an introduction of basic human anatomy and physiology. It aims to develop understanding about different body physiological systems, its relation and its importance in the field of physical education and sports.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- General arrangement and structure of digestive tract.
- Mechanism of digestion.
- Various glands of digestive system, their structure and functions.
- Organs of respiratory system and their structure.
- Mechanism of respiration.
- Internal and external respiration.
- Vital capacity, tidal volume, dead space, oxygen debt and second wind.
- Structure and function of kidney, urinary tract and skin.
- Microscopic structure of Nephron-mechanism of Urinary excretion.
- Description of endocrine gland.
- Various types of endocrine glands and their location.
- Structure and function of pituitary gland, thyroid gland, adrenal gland, pancreases gland, parathyroid gland and sex gland.
- Parts of the Brain, their structure and function.
- Spinal cord its structure and function.
- Structure of neuron and its types.
- Reflex action and reflex arch.

Sr.No	Contents
UNIT-I	Digestive System: General arrangement and structure of digestive tract. Mechanism of digestion. Various glands of digestive system, their structure and functions
UNIT-II	Respiratory System: Organs of respiratory system and their structure. Mechanism of respiration. Internal and external respiration. Vital capacity, tidal volume, dead space, oxygen debt and second wind.
UNIT-III	Excretory System and Endocrine System: Structure and function of kidney, urinary tract and skin. Microscopic structure of Nephron-mechanism of Urinary excretion. Description of endocrine gland. Various types of endocrine glands and their location. Structure and function of pituitary gland, thyroid gland, adrenal gland, pancreases gland, parathyroid gland and sex gland.
UNIT-IV	Nervous System: Parts of the Brain, their structure and function.

	Spinal cord its structure and function. Structure of neuron and its types. Reflex action and reflex arch.
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Reference Books:

1. Pearce E., "Anatomy and Physiology for Nurses." Delhi Oxford University Press 1989.
2. Parrot, J.W., "Anatomy for the students and teachers of Physical Education." London Edward Arnold Ltd. 1973.
3. Miller, A. and Leavel L.C., "Kimber-Grey-Stack pole's, Anatomy and Physiology." Amerind Publishing Co. Pvt. Ltd. New Delhi, Bombay, Calcutta, New York 1973.
4. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers Ludhiana Second revised addition 2008.
5. Grays Anatomy.
6. Characids, B.D., "Handbook of General Anatomy." CAS Publication, New Delhi.
7. Fox, E.L, "Physiological Basis of Physical Education and Athletic" Brown Publication, 1989.

Instruction of Question Paper setter**TIME: 3 Hours****Total Marks: 100**
Internal Assessment: 40
End Term Exam: 60

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER-III
SUBJECT TITLE: FUNDAMENTALS OF BIOMECHANICS IN SPORTS
SUBJECT CODE: BPES 2304

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course offers an introduction of basic fundamentals of biomechanics in sports. It aims to develop understanding about different Fundamental mechanical concept and its different body indices, relation and importance of motion in the field of physical education and sports.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Meaning, definition and importance of biomechanics in the field of sports.
- Fundamental mechanical concept of different body indices.
- Introduction to kinematics and its related terms.
- Motion and types of motion.
- Newton's laws of motion and their implications in the field of physical education and sports.
- A brief description of mechanical principles

Sr. No	Contents
UNIT-I	1. Meaning, definition and importance of biomechanics in the field of sports. 2. Fundamental mechanical concept of: a. Mass b. Weight c. Volume d. Density e. Pressure 3. Introduction to kinematics and its related terms: a. Time b. Displacement c. speed 4. Role of kinematics in the field of sports.
UNIT-II	1. Fundamental biomechanical terms: a. Friction b. Inertia c. Force d. Centripetal force e. Centrifugal force f. Center of gravity 2. Equilibrium, types of equilibrium and principles of equilibrium. 3. Kinetics and its role in the field of sports.
UNIT-III	1. Motion and types of motion. 2. Newton's laws of motion and their implications in the field of physical education and sports. 3. Lever and types of lever. 4. Advantages of lever.

UNIT-IV	1. A brief description of mechanical principles: a. Projectile b. Aerodynamics 2. Mechanical analysis of following: a. Walking b. Running c. Jumping d. Throwing 3. Application of Biomechanics in the field of sports.
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Reference Books:

1. Barrlea, R. (20047), "Introduction to Sports Biomechanics." Ran sedge Publishers, USA.
2. Blazeovich, A. (2007), "Sports Biomechanics." A and C Black Publishers USA.
3. Beer and Zarmicks (1979), "Efficiency of Human Movement." WIB Sounders CO. USA.
4. Hamill. J and Knutzen, K.M. (2003), "Biomechanical Basis of Human Movement." Lippincott Williams and Wilkins USA.
5. McGimsis, P. (2004), "Biomechanics of Sports and Exercise." Human Kinetics, USA.
6. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers Ludhiana second revised addition 2008.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER-III
SUBJECT TITLE: SPORTS MANAGEMENT
SUBJECT CODE: BPES 2305 / SPORTS MANAGEMENT
CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs.

This course offers an introduction of role of management in sports. It aims to develop understanding about fundamentals of sports management, its techniques and its importance in the field of physical education and sports.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Concept, meaning and definition, need and scope of sports management.
- Types of Management
- Functions of Management
- Management and Techniques
- Management of Facilities
- Management of Equipment and Material
- Principles of Purchase of Equipment
- Supervision, Evaluation, Managerial and Administrative Duties of Physical Education teacher.

Sr. No	Contents
UNIT-I	<p>Fundamentals of Management Concept, meaning and definition, need and scope of sports management.</p> <p>Types of Management: Authoritarian management, Laissez-faire management, Democratic management and Eclectic management.</p> <p>Functions of Management: Planning, Organizing, Staffing, Directing, Co-ordinating, Budgeting, Controlling and evaluating.</p>
UNIT-II	<p>Management and Techniques</p> <p>Office Management: Meaning, nature (Centralized and Decentralized) and functions of office management, aspects of office management.</p> <p>Financial Management: Budget meaning, definition and objectives of the budget, principles of planning the budget, preparation of budget.</p>
UNIT-III	<p>Management of Sports Facilities and Equipment</p> <p>Management of Facilities: Introduction, Administrative and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Indoor Facilities-Gymnasium and Swimming pool.</p> <p>Management of Equipment and Material: Introduction, Meanings of Equipment and Material, Need and Importance, Types, Procurement and Principles of Procurement of Equipment.</p> <p>Principles of Purchase of Equipment Purchase Procedure, Important Considerations in Selecting Sports Equipment, receiving—Stocktaking and Storing Equipment</p>
UNIT-IV	<p>Supervision, Evaluation, Managerial and Administrative Duties of Physical Education teacher.</p>

	Supervision: Introduction, Meaning, Definitions, Aim and Objectives, Principles and Techniques, Need and Importance and Guidelines for Effective Supervision in Physical Education and Sports. Evaluation: Introduction, Concept, Meaning, Definition, Need and Importance of Evaluation for a Teacher and Administrator of Physical Education and Sports. Important Points, Steps and Guidelines for an Effective Evaluation Programme.
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REFERNCE BOOKS:

1. Dheer, S and Radhika Kamal, (1991). Organization and Administration of Physical Education". Friends Publications, Mukherj Tower, Delhi-1100009.
2. Jenson, Clayne R. (1983)." Administrative Management of Physical Education and Athletic Programs", PA 19106, USA.
3. Kamlesh, M.L. "Management Concepts in Physical" (2000), Metropolitan Books Co. Private LTD, New Delhi-1100002.
4. Roy, Sudhanshu Shekhar," Sports Management" (1995). Friends Publications, Mukherjee Tower, New Delhi 1100009.
5. Thomas, J.P. "Organization of Physical Education". (1972), Gnanodaya Press,11, Anderson Street, Madras-1
6. Zeigler, Earle F. And Bowie, Gary W. "Management Competency Development in Sports and Physical Education". (2008), Sports Educational Technologies, 101, 4787/ 23Ansari Road, Darya Ganj, New Delhi- 110002.

Instruction of Question Paper setter**TIME: 3 Hours****Total Marks: 100**
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER-III
SUBJECT TITLE: ATHLETICS PRACTICAL
(1. DISCUS THROW, 2. SHOT PUT)
SUBJECT CODE: BPES 2306

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the basic throwing techniques and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the field, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of jumping and throwing events.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret the required throwing techniques.
- demonstrate and assess various techniques of throwing events.
- interpret the rules, regulations and officiate in competitions.

COURSE CONTENTS

- Historical development of the throwing events at national and international levels.

1. Discus Throw

- Grip
- Stance
- Release
- Reserve

2. Shot Put

- O'Brien Techniques: Grip, Stance, Glide, Release and Reserve.
- Ground Marking, Rules and Officiating.

Interpretation of Rules and Officiating.

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Practice without implement

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SEMESTER-III
SUBJECT TITLE: GAME PRACTICALS
(1): BASKETBALL
SUBJECT CODE: BPES 2307

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the basic skills of Basketball and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the Basketball court, duties of the officials (before, during and after the match), duties of coach and captain, structure and functions of National and International Basketball Federations.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic skills of Basketball
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

Historical development of the Basketball at national and international levels, National and International Bodies controlling Basketball and their affiliated units, Major National and International competitions.

Fundamental Skills

- Player stance and ball handling
- Passing-Two Hand chest pass, two hands Bounce Pass, One Hand Baseball pass, Side Arm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, one hand receiving, receiving in stationary position, receiving while jumping, receiving while running.
- Dribbling-How to start dribble, how to drop dribble, High dribble, Low dribble, Reverse dribble, rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, one hand jump shot, Hook shot, and Free throw.
- Rebounding-Defensive rebound, Offensive rebound, knock out, Rebound Organization.
- Individual Defense-Guarding the man with the ball and without the ball.
- Pivoting.
- Rules and their interpretations and duties of the officials

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized

SEMESTER-III
SUBJECT TITLE: GAME PRACTICALS
(2): LAWN TENNIS
SUBJECT CODE: BPES 2307

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the basic skills of tennis and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the tennis court and arena, duties of the officials (before, during and after the matches), duties of coach and captain, structure and functions of tennis federation.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic skills
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

- Introduction of tennis and its historical development with special reference to India.
- Important personalities of national international repute including national and international tournaments.
- Important of general and specific warming –up, lead-up recreational games and limbering down/cooling down.
- Knowledge of equipment of international standard required for the game.
- International rules and regulation of the game.
- Importance of hygiene for tennis players.
- Etiquette
- Test/evaluation plan

FUNDAMENTAL SKILLS

Grips: Eastern forehand grip, eastern backhand, western grip, continental grip and chopper grip.

- Stance and footwork, basic ground strokes, forehand drive and backhand drive, basic service, basic volley, overhead volley, smash, drop shots, chop.
- Offensive and defensive tactics.
- Across offensive and defensive tactics.
- Singles and doubles offensive and defensive tactics.

TEACHING LEARNING STRATEGIES

The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Shadow and Partner Practice

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SEMESTER- IV
SUBJECT TITLE: FUNDAMENTALS OF COMPUTER APPLICATIONS IN
PHYSICAL EDUCATION
SUBJECT CODE: BPES-2401

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 Hrs

This course offers an introduction to the basic fundamentals of computer applications. Biomechanics in sports. It aims to develop understanding about different Fundamental mechanical concept and its different body indices, relation and importance of motion in the field of physical education and sports.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Concepts of Computer and its basics
- Component of Computer System: An Introduction of Hardware and Soft ware
- Operating System
- Work-Introduction to word processor, creating and saving documents
- Application of various computer programs and packages.

Sr. No	Contents
UNIT-I	<p>Concepts of Computer and its basics:</p> <ol style="list-style-type: none"> History, application, characteristics, types of computer (Analog, Digital, Hybrid) and generations of Computer. Physical structure of computer. Use of computer Human V/s Computer Role of computer in various fields Aspects and need of computer in Physical Education.
UNIT-II	<p>Component of Computer System: An Introduction of Hardware and Soft ware</p> <ol style="list-style-type: none"> Components of computer system CPU (CU, ALU and Main memory) Input devices (Keyboard, Mouse and Track Ball, Touchpad, Joysticks, Touch Sensitive Screens, Data Scanning Device, Bar Code Readers, Optical Mark Reader (OMR) and Magnetic Ink Character Reader (MICR) Output Devices (Monitor, Printer, LCD) Hardcopy Devices (Printers and Plotter) UPS and types of UPS Operating System Programme Languages translator. Application program/package
UNIT – III	<p>Operating System:</p> <ol style="list-style-type: none"> Operating system and its functions.

	2. DOS, Internal and External DOS Commands 3. Window features 4. Windows accessories- Calculator, notepad, word-pad and paint. 5. Structure of window screen (Desktop, wallpaper, taskbar and icons) 6. Start button 7. Programme, documents, setting search, help and support, run, concept of file and folders and shut down. 8. Virus- Types, symptoms, effects and protection.
UNIT – IV	MS Office: 1. Work-Introduction to word processor, creating and saving documents, editing and formatting a document, including color, size, font, alignment of text, printing a document, inserting word art, clip art and picture, page sorting, bullets and numbering, inserting tables, creating rows and columns and mail-merge. 2. Power point. 3. Excel- Introduction to excel, need of spreadsheet, creating, opening and saving workbook, editing worksheet, using links, applying different views and types of functions. 4. Internet and its benefits. 5. Types of connections: dial up, dedicated or leased lines, Wi-Fi. 6. Using search engine downloading the information 7. Communication on the Internet: e-mail, chatting and internet newsgroups.

Reference Books

1. Arora S., "Introduction to Information and Technology", Dhanpat Rai and Co. (Pvt.) Ltd. Education and Technical Publisher (2002).
2. Nasib Fill, "Essential of Computer and Network Technologies", Khana Book Publishing Company Darya Ganj New Delhi.
3. Hussain; "Computer Technology and Application", 1996.
4. Carter Roger, "The Information Technology Handbook", Heinmar Professional Publishing (Ltd.) 1987.
5. Raja Raman V; "Fundamentals of Computer", Prentice Hall of India (Pct) Ltd. 1982.
6. Raja Gopalan R., "Understanding Computers", Tata McGraw Hill Publishing Company Ltd. 1920.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER- IV
SUBJECT TITLE: OFFICIATING AND COACHING
SUBJECT CODE: BPES -2402 / OFFICIATING AND COACHING
CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 hrs.

This course offers an introduction to the basic principles of coaching and officiating different games. It aims to develop understanding of the rules, regulations of the game along and the importance of timely scheduled training. It will also help to understand the need to administer a moral and unbiased fundamental approach while judging/officiating a game.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Meaning and definition of coaching
- Principles of coaching
- Qualification and Qualities of a good coach
- Training Schedule
- Principles of training schedule
- Meaning and definition of officiating
- Principles of officiating
- Qualification and qualities of a good official
- Rules, regulations and plan of athletic events

Sr. No	Contents
UNIT-I	Coaching: a. Meaning and definition of coaching. b. Principles of coaching. c. Qualification and Qualities of a good coach. d. Duties and responsibilities of a good coach. e. Measures for improving the standard of coaching in India
UNIT-II	Training Schedule: a. Concept of Training Schedule. b. Types of Training Schedule (Plan): i. Short term. ii. Long term.

	c. Periodization: Meaning of single and double periodization. d. Principles of training schedule. e. Preparation of training schedule.
UNIT-III	Officiating: a. Meaning and definition of officiating. b. Principles of officiating. c. Qualification and qualities of a good official. d. Duties and responsibilities of an official. e. Measures for improving the standard of officiating in India.
UNIT-IV	1. Rules, regulations and plan of the following athletic events: a) Sprints b) Long jump c) Shot put d) Relay races e) Middle- and long-distance races f) Hope step and jump g) Discus throw h) Hurdles. 2. Score sheets and award of points for the above-mentioned athletic events

Reference Books:

1. AAFB, "Officiating in Athletics", 2012.
2. Bunn, J.N. "Art of officiating in Sports", Prentice Hall Englewood N.J. 1968.
3. "Pearson G.F. Athletics", Thomson Nelson and son's Ltd. London.
4. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers, Ludhiana Second revised addition 2008.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER- IV

SUBJECT TITLE: ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION

SUBJECT CODE: BPES -2403

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course offers an introduction to the importance of proper and planned allocation of time, facilities and finances towards sports at basic grass root levels. The importance of proper planning, organizing and management of resources in order to obtained maximum outputs can be clearly understood in this course.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Meaning and definition of planning, organization, administration and management and their nature and scope.
- Importance of management in educational institution
- Facilities and equipment
- Office management and budget
- Intramurals and extramural
- Curriculum designing
- Tournament organization

Sr. No	Contents
Unit I	<p>ORGANIZATION AND ADMINISTRATION Meaning of organization and administration Importance of Organization and administration in Physical Education. Qualification and Responsibilities of Physical Education Teacher and Pupil Leader Qualification of a Physical Education Teacher. Qualification of Pupil Leader. Responsibilities of Pupil Leader. Planning and Their Basic Principles Meaning. Deification. Planning the Facility. Principles of Planning. Program Planning Meaning. Importance, Principles of Program Planning in Physical Education. Meaning of programme planning, importance, Principle of Programme, Planning in physical education. Function of Planning organizing Staffing directing Communicating, coordination, controlling, evaluating and innovating function of planning.</p>
Unit II	<p>OFFICE MANAGEMENT, RECORD, REGISTER AND BUDGET Office Management, Meaning, Definition, Functions and Kinds of Office Management Meaning and Definition of Office Management, Function of Office Management, Kinds of Office Management, Record and Registers, Maintenance of Attendance Register, Stock Register, Cash Register, Maintenance of Attendance Register, Stock Register, Cash Register, Physical Efficiency Records, Medical Examination Record and Registers. Budget: Meaning Importance Budget making. Criteria of good Budget, Source of Income, Expenditure, Preparation of</p>

	Budget.
Unit III	<p>FACILITES AND TIME-TABLE MANAGEMENT</p> <p>Facilities and Equipment’s Management: Types of Facilities infrastructure –indoor, outdoor Care of School Building, Gymnasium, Swimming pool, Play field, Playground. Equipment’s: Need, Importance, Purchase, Care and maintenance.</p> <p>Time table management: Meaning, Need, Importance and factor affecting time table.</p>
Unit IV	<p>COMETTION ORGANIZATION</p> <p>Importance of tournament</p> <p>Type of tournaments and its organization structure –knock out tournament, League or round Robin Tournament, Combination Tournament and challenge tournament.</p> <p>Organization structure of athletic meet</p> <p>Sports event intramural and Extramural tournament planning</p>

Reference Books:

1. Singh Ajmer et.al, “Essentials of Physical Education”, Kalyani Publishers Ludhiana Second revised addition 2008.
2. Kamlesh M. L. and Sangral M.S., “Methods in Physical Education”, Parkash Brothers, 5,6 Book Market Ludhiana 1986.
3. Kamlesh M. L. “Principles and history of physical Education” , Parkash Brother Paliala, 1991.
4. Charles, E. Foxythe and Irrn A. Keuer, “Administration of High School Athletics” , Prentice Hall Inc. Englewood, N.J. 1979.
5. Dr. Sahil k. Borkar. Organization and administration in physical education. sports publication.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER- IV
SUBJECT TITLE: REMEDIAL AND MASSAGE
SUBJECT CODE: BPES -2404

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course focuses on importance of systematic and assessment and treatment of an injury in regard to a muscle or tissue in order to provide stable and effective rehabilitation.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Definition of Remedial, physiotherapy and corrective exercises
- Concept of posture, its meaning and characteristics of correct and incorrect posture
- Causes of incorrect posture
- Classification of posture
- Postural deformities and their causes
- Preventive and remedial measures for postural defects
- Meaning, definition and a brief history of massage
- General effects of massage
- Classification of the manipulation and movements in the massage
- Classification of positions
- Classification of exercises along with their practical instructions

Sr. No	Contents
Unit I	1. Definition of Remedial, physiotherapy and corrective exercises. 2. Concept of posture, its meaning and characteristics of correct and incorrect posture. 3. Causes of incorrect posture 4. Necessity and importance of correct posture. 5. Principles of correct posture. 6. Tests for correct posture.
Unit II	1. Classification of posture: a. Good Type b. Bantom Type c. Fatigue Type 2. Postural deformities and their causes: a. Kyphosis b. Lordosis c. Scoliosis d. Bow legs e. Knock knee f. Flat foot 3. Preventive and remedial measures for postural defects: a. Psychological and habitual consideration in preventing and correcting postural defects. b. Corrective exercises for various postural defects. c. Physiotherapist treatment in correcting postural defects.

Unit III	<p>1. Massage:</p> <p>a. Meaning, definition and a brief history of massage.</p> <p>b. Massage as means of relaxation and points to be considered while giving massage.</p> <p>c. General effects of massage.</p> <p>d. Classification of the manipulation and movements in the massage:</p> <p>i. Effleurage and stroking</p> <p>ii. Petrissage</p> <p>iii. Percussion/Tapotement</p> <p>iv. Vibration and shaking</p> <p>e. Effects of manipulation and movements on the different systems of human body.</p>
Unit IV	<p>1. Classification of positions:</p> <p>a. Fundamental positions</p> <p>b. Derived positions</p> <p>c. Modified positions</p> <p>2. Classification of exercises along with their practical instructions:</p> <p>a. Free mobility exercises</p> <p>b. Assisted exercise</p> <p>c. Resisted exercises</p>

Reference Books:

1. J.L. Rathore, "Corrective Physical Education", Philadelphia W.B. Saunders Co. 1968.
2. P.G. Rasch and R.K. Burke, "Kinesiology and Applied Anatomy", Lee and Febriger, Philadelphia 1978.
3. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers, Ludhiana, Second revised addition 2008.
4. Smith Lara K. and Others, "Srunnstrem's Clinical Kinesiology", Jaypee Brothers P.B. No-7193 New Delhi 1998.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER- IV
SUBJECT TITLE: METHOD IN PHYSICAL EDUCATION
SUBJECT CODE: BPES -2405

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course offers an introduction to basic fundamental methods of teaching in physical education. It will look at innovative and efficient way of disseminating knowledge about sports activities.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Term “Teaching Methods”
- Meaning of term “Teaching Methods
- Types of Teaching Methods
- Principles of Teaching
- Presentation Techniques
- Lesson Planning
- Organization and Conduct of competitions
- Tournaments; Organization, meaning and their types
- Audio-Visual aids and Teaching gadgets
- Publicity – Meaning and Methods of preparation
- Marking of Track and Fields
- Improvisation Ways and Means of Improvisation
- Evaluation
- Classification of Test

Sr. no.	Contents
Unit I	<p>TEACHING METHODS</p> <p>A. Term “Teaching Methods”</p> <p>a. Meaning of term “Teaching Methods”.</p> <p>b. Scope and Importance of Teaching Methods</p> <p>c. Factor to be determining the methods of teaching</p> <p>d. Factor effect Teaching Methodology.</p> <p>B. Types of Teaching Methods</p> <p>a. Part-Whole-Part Method.</p> <p>b. Whole-part-whole method.</p> <p>c. Discussion Method.</p> <p>d. Project Method, Demonstration and Imitation Methods.</p> <p>C. Principles of Teaching</p> <p>D. Presentation Techniques.</p> <p>a. Personal Preparation.</p> <p>b. Technical Preparation.</p> <p>c. Steps of Presentation.</p> <p>d. Commands & their technique.</p> <p>e. Situation which requires different words of command.</p> <p>f. Types of formations.</p> <p>g. Principles of class management.</p>

	<p>E. LESSON PLANNING Types of lesson and their values a. Objectives of different lesson plans & parts of the lessons plan, b. Skill practice group work. c. Class activity/Recreation part (Reassembly, Revision & Dismissal).</p>
Unit II	<p>A. Organization and Conduct of competitions; a. Track and field. b. Gymnastic. c. Weight Lifting, Body building & best Physique contests. d. Wrestling and Combative. e. Swimming, Diving and Water polo, and others B. Tournaments; Organization, meaning and their types; a. Knock-out type 1) Single elimination, 2) Double elimination tournaments, b. League- (Single- Double) or Round Robin type, c. Combination type of tournaments. d. Challenge or perennial type (Ladder-Pyramid type) e. Miscellaneous type for small area games.</p>
Unit III	<p>A. Audio-Visual aids and Teaching gadgets: - a. Values and uses of audio-visual aids. b. Criteria for selecting the aids. c. Steps to be followed in using teaching aids. B. Publicity – Meaning and Methods of preparation, a. Demonstration, b. Play days, c. Exhibitions. d. Sports for all.</p>
Unit IV	<p>A. Marking of Track and Fields: (a) Track and field-standard Track 400 Meters, and 200 meters. (b) Play-field-football, Volley ball, Basketball, Badminton, Kabaddi, Kho-Kho, Cricket, Softball, as per International regulations. B. Improvisation Ways and Means of Improvisation: (a) Area. (b) Apparatus. (c) Equipments. (d) Leadership. C. Evaluation (a) Need (b) Importance (c) Basic methods of evaluation. 1. Observation. 2. Interview. 3. Corporative evaluation by pupil & teacher.</p>

REFERENCE: -

1. Clarke H.H. “Application of Measurement to Health and Physical Education”, Englewood Clifts, N.J.; Prentice Hall Inc.
2. Knapp. Clyde and E.P. Hagman. “Teaching Methods for Physical Education”. New York: Mc Graw Hill Book Co., 1948.
3. Kozman, B. Classidy, Rosalind and CO. Jackson, “Methods in Physical Education”, London; W.B. Saunders Company. 1960.

4. Mathews, Donald K, "Measurement in Physical Education", London. W.B. Saunders Company, 1973.
5. Tirunaryanan, C. and S. Hariharan "Methods in Physical Education", Karaikudi South India Press, 1962.

Instruction of Question Paper setter**TIME: 3 Hours****Total Marks: 100**
Internal Assessment: 40
End Term Exam: 60

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER-IV
SUBJECT TITLE: ATHLETICS PRACTICAL
(1. JAVELIN THROW, 2. HAMMER THROW)
SUBJECT CODE: BPES 2406

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the basic throwing techniques and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the field, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of jumping and throwing events.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret the required throwing techniques.
- demonstrate and assess various techniques of throwing events.
- interpret the rules, regulations and officiate in competitions.

COURSE CONTENTS

Historical development of the throwing events at national and international levels.

1. Javelin Throw

- Grip, Stance, release and Reserve
- Ground Marking

2. Hammer Throw

- Lay out of Hammer Throw
- Technique of Hammer Throw

Interpretation of Rules and Officiating.

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Practice without implement

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SEMESTER-IV
SUBJECT TITLE: GAME PRACTICALS
(1): HANDBALL
SUBJECT CODE: BPES 2407

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the basic skills of Handball and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the Handball field, duties of the officials (before, during and after the match), duties of coach and captain, structure and functions of National and International Handball Federations.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic skills of Handball, appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

Historical development of the Handball at national and international levels, National and International Bodies controlling Handball and their affiliated units, Major National and International competitions.

Fundamental Skills

- Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and center, Blocking, Goal keeping, Defense.
- Ground Marking and Rules and their interpretations and duties of officials.

Football:

Fundamental Skills

- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
- Trapping-trapping rolling the ball, trapping bouncing ball with sole
- Dribbling-With instep, inside and outer instep of the foot.
- Heading-From standing, running, jumping and throw in
- Feinting-With the lower limb and upper part of the body.
- Tackling-Simple tackling, Slide tackling.
- Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized

SEMESTER-IV
SUBJECT TITLE: GAME PRACTICALS
(2): WRESTLING
SUBJECT CODE: BPES 2407

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the basic skills, strategies, tactics and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the field, thickness of the lines, equipment, duties of the officials, before, during and after the match, duty of coach and captain, different types of signals, basic skills and techniques, associations and federations of games and sports.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- develop concept of skill.
- analyze & interpret skills.
- appraise the rule & regulation.
- demonstrate and assess various techniques of starts and finish.
- demonstrate and assess various technique.
- interpret the rules and regulations in real game situation.
- officiate in real game situation.

COURSE CONTENTS

Historical development of the game/sport at national and international levels, National Bodies controlling sports and their affiliated units, International Bodies controlling sports and their affiliated units and Major National and International competitions.

Fundamental Skills

- Take downs, Leg tackles, Arm drag.
- Counters for take downs, Cross face, Whizzer series.
- Escapes from under-sit-out turn in tripped.
- Counters for escapes from under-Basic control back drop, Counters for stand up.
- Pinning combination-Nelson series (Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- Escapes from pinning: Wing lock series, Double arm lock roll, Bridge.
- Standing Wrestling-Head under arm series, whizzer series
- Referees positions.

TEACHING LEARNING STRATEGIES

- The class will be taught by using lectures, demonstration, explanation, videos, learning by doing, Whole part whole method, Lead-ups games and presentations method.

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

SEMESTER-IV
SUBJECT TITLE: GAME PRACTICALS
(3): FOOTBALL
SUBJECT CODE: BPES 2407

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 hrs.

This course will enable students to understand the basic skills of Football and the ways to improve performance. It aims to develop understanding about the laws of Football, dimensions of the Football field, duties of the officials (before, during and after the match), duties of coach and captain, structure and functions of National and International Federation.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic skills of Football.
- appraise the laws of Football.
- demonstrate and assess various basic skills and team strategies.
- officiate in match.

COURSE CONTENTS

Historical development of the Football at national and international levels, National and International Bodies controlling Football and their affiliated units, Major National and International competitions.

FUNDAMENTAL SKILLS

- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
- Trapping-trapping rolling the ball, trapping bouncing ball with sole
- Dribbling-With instep, inside and outer instep of the foot.
- Heading-From standing, running and jumping.
- Throw in
- Feinting-With the lower limb and upper part of the body.
- Tackling-Simple tackling, Slide tackling.
- Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.
- Rules and their interpretations and duties of officials.

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

SEMESTER- V

SUBJECT TITLE: PERSONALITY DEVELOPMENT

SUBJECT CODE: BPES -3501

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

COURSE LEARNING OUTCOMES

After completing this course, the students will be able to

- Understand the concept of personality.
- Development of Communication Skills and leadership skills.
- Acknowledging the concepts of goal setting.
- Demonstrate the techniques of Concentration and Meditation.
- Apply the concept of stress management and self acceptance.

COURSE CONTENTS

Sr. No	Contents
Unit I	Introduction to personality Basic of Personality Human growth and Behavior Theories in Personality Motivation
Unit II	Communication Skills and Personality development Intra personal Communication and Body Language Inter personal communication and Relationships Leadership Skills
Unit III	Techniques in Personality development I self confidence, Goal Setting Time Management and effective Planning
Unit IV	Techniques in Personality development. II stress management, Meditation and concentration techniques Self hypnotism Self acceptance and self growth.

TEACHING LEARNING STRATEGIES

The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources

and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

Organization of Intramural and Extramural competitions/Field Work/Referee Clinic/Workshop/ Viva/Term Papers/Presentations/Self- Learning Instructional Material etc.

SUGGESTED READINGS

1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
2. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER- V
SUBJECT TITLE: SPORTS NUTRITION
SUBJECT CODE: BPES -3502

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course offers a Guide to Sports Nutrition" focuses all the essential aspects of sports Nutrition and its related issues. The Contents of the book are as: Concept of Sports Nutrition; Nutrition for Sports - A Critical Study; Recovery from Exercise; Nutrition and Athlete; Dietary Plan and Assessment; Nutrition and Balanced- Diet; Basic Nutritional Principles; Diet and Sports Performance; Nutritional Status and Weight Control; Physiological and Psychological Aspects of Sports Activities; and Energy Systems of the Body.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Meaning and sports definition of sports Nutrition.
- Basic Nutrition Guidelines.
- Role of Nutrition in sports.
- Factor to consider for developing Nutrition Plan.
- Role of carbohydrates, Fat and Protein During Exercise
- Vitamins, Minerals, Water-Meaning, Classification and its function.
- Dieting Versus Exercise for Weight control, Common Myths about weight loss Concept of BMI.
- Nutrition – Daily calorie intake and Expenditure, Determination of Desirable body weight.
- Design Diet plan and Exercise Schedule for Weight gain and loss

COURSE CONTENTS

Sr. No	Contents
Unit I	INTRODUCTION TO SPORTS NUTRITION Meaning and sports definition of sports Nutrition. Basic Nutrition Guidelines. Role of Nutrition in sports. The components of sports diet. The role of Nutrition in Athletic. Factor to consider for developing Nutrition Plan.
Unit II	NUTRIENTS: INGESTION TO ENERGY METABOLISM Carbohydrates, Protein, Fat-Meaning, Classification and its function. Role of carbohydrates, Fat and Protein During Exercise. Vitamins, Minerals, Water-Meaning, Classification and its function. Role of Hydration during Exercise, Water Balance, Nutrition-Daily Caloric Requirement and Expenditure.

Unit III	<p>NUTRIATION AND WEIGHT MANAGEMENT Meaning and weight management, concept of weight management in modern era, factor affecting weight management and values of weight management. Concept of BMI (Body Mass Index), Obesity and its Hazard, Myth of Sport Reduction. Dieting Versus Exercise for Weight control, Common Myths about weight loss Concept of BMI. Obesity – Definition, Meaning and Types of Obesity. Health Risks Associated with Obesity,</p>
Unit IV	<p>STEP OF PLANNING OF WEIGHT MANAGEMENT Nutrition – Daily calorie intake and Expenditure, Determination of Desirable body weight. Balanced Diet for Indian Children, Maintaining a Healthy lifestyle. Weight management program for Sporty child. Role of Diet Exercise in Weight Management. Design Diet plan and Exercise Schedule for Weight gain and loss</p>

Reference Books:

1. Prof. V. Satyanarayan (2015). Sports Nutrition and Weight Management. Sports Publication.
2. Anita Bea (2017). The Complete Guide to Sports Nutrition: 8th edition (Complete Guides).
3. Dr. Umesh Jugalkishor Rathi, Ajay Shrikrishnarao Bonde, Sangita Arvindrao Deshmukh (2019). Guide to Sports Nutrition

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER- V
SUBJECT TITLE: KINESIOLOGY
SUBJECT CODE: BPES -3503

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course offers an introduction of basic fundamental body movements in respect to sporting activities. It aims to develop understanding about mechanics of the body, its proper movements and its association to increased performance on the field.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Meaning, definition, Aim and objectives of Kinesiology.
- Origin, development, Need and scope of kinesiology
- Importance of kinesiology in Physical Education
- Planes and axis
- Joint and types of joints
- Various fundamental movements
- Muscle contraction and its types
- Corrective/therapeutic exercises
- Corrective/therapeutic exercises
- Application of kinesiology in the field of physical education and sports
- Structural classification of skeletal muscles
- Functional classification of skeletal muscles
- Location, origin, insertion and action of the following muscles

COURSE CONTENTS

Sr. No	Contents
Unit I	Meaning and definition of Kinesiology, Origin and development of kinesiology, Aim and objectives of kinesiology, Need and scope of kinesiology and Importance of kinesiology in Physical Education
Unit II	Planes and axis, Joint and types of joints, Various fundamental movements, Movements around various joints: a. Neck b. Shoulder c. Elbow d. Wrist e. Hip f. Ankle
Unit III	1. Muscle contraction and its types: 2. Corrective/therapeutic exercises: a. Passive exercises b. Active assistive exercises c. Active exercise d. Resistive exercise e. Stretching exercises

	3. Application of kinesiology in the field of physical education and sports
Unit IV	1. Structural classification of skeletal muscles 2. Functional classification of skeletal muscles a. Agonist b. Antagonist c. Stabilizer d. Neutralizer 3. Location, origin, insertion and action of the following muscles: a. Deltoid b. Biceps c. Gastrocnemius d. Latissimus dorsi e. Trapezius major f. Sternocleidomastoid

Reference Books:

1. Rasch, P.I. and Burke R.K., “Kinesiology and Applied Anatomy”, Lee and Febiger.
2. Wells K., “Kinesiology”, Philadelphia W.B. Saunders Co. 1986.
3. Cooper and Cleseo, “Kinesiology”, St. Louis C.V. Mosby Co.1968.
4. Smith Lara K. and Others, “Srunnstrem’s Clinical kinesiology”, Jaypee Brothers P.B. No-7193 New Delhi 1982.
5. Singh Ajmer et.al, “Essentials of Physical Education”, Kalyani Publishers Ludhiana Second revised addition 2008.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER- V
SUBJECT TITLE: SPORTS SOCIOLOGY
SUBJECT CODE: BPES-3504

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course offers an insight about the perspective of sports by the society. Sports as a phenomenon and the impact it has on the minds of people of who play and watch it.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Meaning, Definition nature and scope of sociology
- Definition of sports sociology and sports sociology as a discipline
- Sports as a medium of socio-cultural change
- Sports as social phenomenon and social institution
- Historical development of sports in different type of societies
- Types of Indian societies and development of sports
- Meaning and concept of social stratification in sports
- Politics and sports, role of political institutions in sports and need of political skills to govern sports.
- Economy and sports, role of the economy of the country in the development of sports and games.

Sr. No	Contents
Unit I	Meaning, nature and scope of sociology Definition of sports sociology and sports sociology as a discipline Sports as a medium of socio-cultural change Effect of appearance sociability and specialization on sports participation
Unit II	Sports as social phenomenon and social institution Historical development of sports in different type of societies Types of Indian societies and development of sports. Sports as an element of society Sports as an element of cultural development Sports as an art Sports as a science
Unit III	Meaning and concept of social stratification in sports Sports and women Sports and children Sports and older persons

	Sports and adults Socialization and types of socialization Agencies of Socialization Role of family, school, college and peer group in sports socialization
Unit IV	Politics and sports, role of political institutions in sports and need of political skills to govern sports. Role of media in shaping of sports Economy and sports, role of the economy of the country in the development of sports and games. Hooliganism in sports, violence in sports and its causes. Role of sports in the promotion of National Integration.

Reference Books:

1. Sharma S.R., "Sociological Foundation in Physical Education and Sports", Friends Publication New Delhi.
2. Singh Kawaljeet, "Sociology of sports", Friends publication, New Delhi
3. Singh Bhupinder, "Sports Sociology: An Indian Perspective", Friends Publication, New Delhi.
4. Yobu. A, "Sociology of Sports", Friends Publication, New Delhi.
5. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers Ludhiana, Second revised addition, 2008.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A:	The candidates are required to attempt all the twelve questions carrying one mark each.	12 x 1 = 12 marks
Section B:	The candidates are required to attempt six out of eight question carrying four marks each.	6 x 4 = 24 marks
Section C:	The candidates are required to attempt three out of four questions carrying eight marks each.	3 x 8 = 24 marks

SEMESTER- V
SUBJECT TITLE: COMMON SPORTS INJURIES, PREVENTION AND
REHABILITATION-I
SUBJECT CODE: BPES-3505

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the concept of sports injuries. It aims to develop understanding about fundamentals of sports injuries importance of understanding various causes and consequences of sports injuries in physical education, athletes training and perform. The students will also get familiar with the precautions and preventive measures in sports.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Understand sports injuries and its fundamental principles.
- Differentiate between various types of sports injuries.
- Demonstrate different techniques to prevent sports injuries.
- Relate injuries with athlete's equipment, training and performance
- Develop training schedules.

COURSE CONTENTS

Sr.no	Contents
Unit I	Fundamentals of Sports Medicine: Sports medicine: the team approach The sports medicine model; Pain-producing structures; Conditions Masquerading as Sports Injuries; Biomechanics of Common Sporting Injuries
Unit II	Principles of Injury Prevention: warm-up; stretching; taping and bracing; protective equipment; suitable equipment; appropriate surfaces; appropriate training; adequate recovery; psychology; nutrition.
Unit III	Recovery: Ensuring adequate recovery; Warm-down or active recovery; Deep-water running; Ice immersion, contrast baths, whirlpools and spas; Soft tissue massage; Lifestyle factors; The role of nutrition in aiding recovery; The role of psychology in aiding recovery.
Unit IV	Principles of Rehabilitation: The rehabilitation program; Soft tissue response to injury; Muscle conditioning; Flexibility; Neuromuscular control (proprioception and balance); Functional exercises.

REFERENCE BOOKS

1. Brukner and Khan, clinical sports medicine, mcgraw-hill professional
2. Anderson, C.L. and W.H. Cheell, "School Health Practice", St Louis: The C.V. Mosby Company, 1986.
3. Bedi, Yashpah "Social and Preventive Medicine", New Delhi; Atmaram and sons. 1985.
4. Gosh, B.N. "Hygiene & Public Health", Calcutta; Scientific Pub. Co. 1989.
5. Hanlon, John L "Principal of Public Health Administration" St Louis; the C.V. Mosby Company 1969.
6. O'Donoghoe D. "Treatment of Injuries to Athletes" Philadelphia: W.B. Saunders & Company.
7. Pande P.K. and LC. Gupta.: "Outline of Sports Medicine" New Delhi; Jaypee Brothers, 1987.
8. Park, J.E. & K. Park. "Preventive & Social Medicine", Jabalpur; M/S Banarsidas Bhanot Publication 1993.
9. Reilly, Thomas; "Sports Fitness and Sports Injuries" London: Faber and Faber Ltd., 1981.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100

Internal Assessment: 40

End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight questions carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER-V**SUBJECT TITLE: MASS DEMONSTRATION ACTIVITIES PRACTICAL
DUMBBELL/LEZIUM/MARCH PAST WANDS/ HOOP****SUBJECT CODE: BPES 3506****CONTACT HOURS/WEEK:**

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40**End Term Exam: 60****Duration of Exam; 3 hrs.**

This course will enable students to understand the basic movements / exercises with different apparatus. It aims to develop rhythmic ability and coordination.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to acquire, analyze and interpret rhythmic movements with apparatus

COURSE CONTENTS**FUNDAMENTAL SKILLS**

- Dumbbells Exercises-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.
- Indian Club Exercises-Rigid exercises, Swinging exercises.
- Wands Exercises-Buck Series – Kamar Jhuk, Peeth Hath Baith Jao, Kukhani, Tirche Huul Ek, Tirche Huul Do, Paon Patak Ek, Paon Patak Do, Kamar Kas Ek, Kamar Kas do.
- Lezuim Ghati – Aath awaaz, Bethak awaaz, Aage Paon, Aage Kadam, Do pher awaaz, Cho pher awaaz, Kadam Taal, Pavitra, Uchak Pavitra, Kudan Pavitra.
- Mass P.T. Table I.

TEACHING LEARNING STRATEGIES

- The class will be taught by using demonstration, explanation, videos, learning by doing and Whole part whole method.

SUGGESTED MODE OF TRANSACTION

- Demonstration/Explanation learning by doing.

ASSESSMENT**Total Marks: 100****End Term Semester Exam (External):****Marks 60**

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal**Marks 40**

(Performance, Project File, Intramural Activity, Attendance, Viva)

SEMESTER-V
SUBJECT TITLE: GAME PRACTICALS
(1): KABADDI
SUBJECT CODE: BPES 3507**CONTACT HOURS/WEEK:**

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 hrs.

This course will enable students to understand the basic kabaddi skills and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the kabaddi court, duties of the officials (before, during and after the competition), duties of coach and captain, structure and functions of kabaddi federation.

COURSE LEARNING OUTCOME**After completing this course, the students will be able to**

- acquire, analyze and interpret basic skills
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

Historical development of the kabaddi at national and international levels, National and International Bodies controlling kabaddi and their affiliated units, Major National and International competitions.

FUNDAMENTAL SKILLS

- Skills in Raiding-Touching with hand, Various kicks, crossing of baulk line, Crossing of Bonus line, Luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variations, catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
- Ground Marking, Rules and Officiating

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing/ Shadow Practice.

ASSESSMENT**Total Marks: 100****End Term Semester Exam (External):****Marks 60**

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal**Marks 40**

(Performance, Project File, Intramural Activity, Attendance, Viva)

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

SEMESTER-V
SUBJECT TITLE: GAME PRACTICALS
(2): HOCKEY
SUBJECT CODE: BPES 3507

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the basic skills of Hockey and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the Hockey field, duties of the officials (before, during and after the competition), duties of coach and captain, structure and functions of National and International Hockey federations.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic skills of Hockey
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

Historical development of the Hockey at national and international levels, National and International Bodies controlling Hockey and their affiliated units, Major National and International competitions.

FUNDAMENTAL SKILLS

- Grip
- Skills-Rolling, the Ball, Dribbling, Push, Stopping, Hit, Flick, Scoop.
- Passing-Forward pass, Square pass, Triangular pass.
- Rules and their interpretations and duties of officials.
- Ground Marking.

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

SEMESTER-V
SUBJECT TITLE: GAME PRACTICALS
(3): BADMINTON
SUBJECT CODE: BPES 3507

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 hrs.

This course will enable students to understand the fundamental techniques of the game and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the court, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of the game.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret the fundamental techniques of the game.
- demonstrate and assess various techniques of the game.
- interpret the rules, regulations and officiate in competitions.

COURSE CONTENTS

Historical development of the game at national and international levels. Regulatory bodies governing the game.

FUNDAMENTAL SKILLS

- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Shadow Practice

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

SEMESTER- VI
SUBJECT TITLE: ADAPTED PHYSICAL EDUCATION
SUBJECT CODE: BPES-3601

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the modern concept of adapted physical education. It aims to develop understanding about the aim and objective of adapted physical education, role of physical education, changing concept of differently abled, adapted physical education programme and governmental welfare programmes.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Meaning and aim of adapted physical education.
- Objectives of the adapted physical education.
- Basis for adapted physical education
- Classification of handicapped and disabled individuals.
- Adapted program for elementary schools, high/secondary schools, colleges and university.
- Guiding principles of adapted physical education.
- Neurological disabilities- Spastic poliomyelitis (Cerebral Palsy).

Sr. No	Contents
Unit-I	Introduction: a. Meaning and aim of adapted physical education. b. Objectives of the adapted physical education. c. Basis for adapted physical education. d. Functions of adapted physical education. 2. The adapted programme in action: a. Scope of adapted programme. b. Adapted program for elementary schools, high/secondary schools, colleges and university.
Unit-II	Personal preparation: a. Guiding principles of adapted physical education. b. The policies for adapted physical education. c. Preparation of personal. d. In-service training programme.
Unit-III	Evaluation and measurement: a. Selection of evaluation procedures. b. Classification of handicapped and disabled individuals. c. Determination of specific disabilities. d. Need based programme emphasis for individual handicapped.
Unit-IV	Social and psychological adjustment: a. Courses of maladjustment. b. Role of physical education in preventing maladjustment and in the promotion of adjustment.

	<p>c. Recreation for the handicapped.</p> <p>d. Postural defects-flat foot, spinal defects and shoulder deformities and their rehabilitation.</p> <p>e. Special physical education programme for blind, deaf, dumb and mentally challenged children.</p> <p>f. Rehabilitation programme for bone and joints injuries, ankle, knee, shoulder, elbow and hand injuries.</p> <p>g. Neurological disabilities- Spastic poliomyelitis (Cerebral Palsy).</p>
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References Books:

1. H.H. Clark and D.H. Clark, “Development and Adapted Physical Education”, Englewood, Prentice Hall, 1964.
2. A.S. Daniels, “Adapted Physical Education”, New York, Harpers and Brothers, 1972.
3. G.T. Stafford, “Prevention and Corrective Physical Education”, New York, A.S. Barnes and Co. 1970.
4. V.V. Hunt, “Recreation for the Handicapped”, Prentice Hall inc. 174.
5. B.J. Gratty, “Adapted Physical Education in the Main Stream” Move Publisher Co. Denver Colorado-802222, 1989.

Instruction of Question Paper setter

TIME: 3 Hours

Total Marks: 100
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER- VI
SUBJECT TITLE: HEALTH AND FITNESS
SUBJECT CODE: BPES-3602

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 hrs.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Introduction to health and fitness
- Foundation to health fitness instructions
- Healthy body composition
- Exercise prescription
- Flexibility training: exercise considerations for improving flexibility

Sr. No	Contents
Unit-I	Introduction to health and fitness: Health goals, fitness goals, performance goals, components of physical fitness and performance, behaviors that support fitness and performance, taking control of personal health and fitness, factors to consider prior to physical activity, exercise requirement for prevention of premature health problems, how to promote physical activity promotion of physical activity adherence
Unit-II	Foundation to health fitness instructions: Energy cost of physical activity, measurement of energy expenditure, significance of cardiovascular fitness, risks of testing cardio respiratory fitness, components of health related and fitness related fitness
Unit-III	Healthy body composition: Healthy body composition Measurement of body fat calculating target body weight, LBM and Body fat, Muscular strength and endurance: - health fitness requirements, assessment of strength and muscular endurance Flexibility: Importance of flexibility in health and fitness, factors affecting range of movement (ROM) spine and hip joint, flexibility and low back function
Unit-IV	Exercise prescription: foundation of prescribing exercise, general guidelines for cardio-respiratory fitness programmes, determining intensity, general exercise testing, exercise programme selection, exercise prescription for body weight management Muscular strength and endurance training: fundamental principles, types of strength training, muscular training modes, intensity and frequency. Overreaching

	and overtraining Flexibility training: exercise considerations for improving flexibility, prophylactic exercise for improving low back function
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Instruction of Question Paper setter**TIME: 3 Hours****Total Marks: 100**
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER- VI

SUBJECT TITLE: PROFESSIONAL COMMUNICATION

SUBJECT CODE: BPES-3603

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

Objective and outcome of course:

At the end of this course, the students will be able to

- Communicate fluently and develop all the soft and professional skills.
- Demonstrate appropriate etiquettes and behavior.
- Skillfully write resume and conduct interviews
- Design various formal and informal business letters.
- Effectively perform internal communication and dealings with the institutions and authorities

Contents of Syllabus:

Sr. No	Contents
UNIT-I	<p>a) Soft Skills: Aspects of soft skills: Communication Skills, Self-Motivation, Integrity, Problem-solving skills, Teamwork, Negotiation skill, Creativity, Leadership Skills, Emotional Intelligence, Stress & Time Management.</p> <p>b) Etiquette & Manner: Introduction, Modern etiquette, Benefit of etiquette, Importance of manner at various occasions, Professional manners, Table manners, and Mobile manners. Corporate Grooming Tips: Dressing for office: Do's and Don'ts for Man and Women, Annoying office habits.</p>
UNIT-II	<p>Resume Writing and Interview Skills: Preparation for Interview, appearing in interviews; Conducting interviews, Writing Resume: what is resume, guidelines for writing a resume, contents of a Resume, and Letter for job Application: characteristics of a good job application letter, types of job application letter.</p>
UNIT-III	<p>Business Letters: Importance & Essentials of Business Letters Types of letter-, formal/informal letters, Application Letter, Complaint Letter, Inquiry Letter, Order Placing Letters.</p>
UNIT-IV	<p>Digital Communication- Email etiquette, Advantages & Characteristics of Emails, E-mail-Format, Drafting, Sending, Forwarding E-mails and reply to the E-mails, Internal communication: Notice, Circular, Memo, External Communication – Asking for Quotations, Correspondence with Banks & Financial Institutions Reports, Essay Writing.</p>

Recommended Texts

1. Soft Skills- Know You and Know the World, Author-Dr. K. Alex.

Instruction of Question Paper setter**TIME: 3 Hours****Total Marks: 100**
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER- VI

SUBJECT TITLE: COMMON SPORTS INJURIES PREVENTION AND REHABILITATION –II
SUBJECT CODE: BPES-3604

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the regional classification of sports injuries. It aims to develop understanding about diagnosis and treatment of injuries related to exercises and sports at all ages and levels. The students will also conceptualize the identification of modifiable risk factors to an injury and implementing a plan to address them.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the division of sports injuries on the regional level.
- Differentiate between various levels and stages of injuries.
- Demonstration of realistic timescales for athlete’s return to sport.
- Improving strength and mechanics of other parts of body.
- Identify the injuries of upper and lower limbs

COURSE CONTENTS

Sr.no	Contents
Unit I	Sports injuries: Acute injuries and overuse injuries of bone, tendon, muscle, ligament, bursa, nerve, articular cartilage and skin. Facial injuries; concussion; headache
Unit II	Sports injuries in upper limb: Injuries and rehabilitation of shoulder joint, elbow joint, arm pain, wrist, hand and finger injuries.
Unit III	Injuries of spine and thorax: Thoracic and chest pain: thoracic intervertebral joint disorders, Scheuermann’s disease, disc prolapse and T4 Syndrome, costochondritis Rib trauma and stress fracture. Low back pain in athletes
Unit IV	Sports injuries in lower limb: Buttock pain, acute hip and groin pain, long standing groin pain, thigh pain, knee injuries, shin pain, calf pain, pain in Achilles region, ankle injuries and foot pain.

REFERENCE BOOKS

1. Brukner and Khan, clinical sports medicine, McGraw-Hill professional
2. Anderson, C.L. and W.H. Cheell, “School Health Practice”, St Louis: The C.V. Mosby Company, 1986.
3. Bedi, Yashpahl “Social and Preventive Medicine”, New Delhi; Atmaram and sons. 1985.
4. Gosh, B.N. “Hygiene & Public Health”, Calcutta; Scientific Pub. Co. 1989.
5. Hanlon, John L “Principal of Public Health Administration” St Louis; the C.V. Mosby Company 1969.

6. O'Donogh D. "Treatment of Injuries to Athletes" Philadelphia: W.B. Saunders & Company.
7. Pande P.K. and LC. Gupta. : "Outline of Sports Medicine" New Delhi; Jaypee Brothers, 1987.
8. Park, J.E. & K. Park. "Preventive & Social Medicine", Jabalpur; M/S Banarsidas Bhanot Publication 1993.
9. Reilly, Thomas; "Sports Fitness and Sports Injuries" London: Faber and Faber Ltd., 1981.

Instruction of Question Paper setter**TIME: 3 Hours****Total Marks: 100**
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER- VI
SUBJECT TITLE: SPORTS JOURNALISM
SUBJECT CODE: BPES-3605

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
4	0	0	4

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 hrs.

This course offers an introduction to the basic knowledge Sports Journalism. It aims to develop understanding about different Trends and Theories Sports Journalism, relation and importance of Various Types of Sports Headings. Reporting of current affairs related to various sports and events. National and international games. Olympics and Asian games etc.

OBJECTIVE AND OUTCOME OF COURSE

After completing this course, the students will be able to

- Meaning and aim, Objectives of Journalism.
- Characteristics of Sports Journalist
- Sports Journalism: Trends and Theories.
- Analysis of Sports News.
- Various Types of Sports Headings.
- Reporting of current affairs related to various sports and events.
- Sports Journalism: Print media tradition, Digital Age, Printing and Proof Reading.
- Reading, Various Aspects of Writing for Sports Journalism.

Sr. No	Contents
Unit-I	Definition of Sports News, Characteristics of Sports Journalist, Sports Journalism: Trends and Theories.
Unit-II	Analysis of Sports News, Sports News for Doordarshan and Radio. Writing for magazines and cyber media.
Unit-III	Heading of Sports News: Theories and Importance, Various Types of Sports Headings. Reporting of current affairs related to various sports and events. National and international games. Olympics and Asian games etc.
Unit-IV	Sports Journalism: Print media tradition, Digital Age, Printing and Proof Reading, Various Aspects of Writing for Sports Journalism.

References Books:

1. Phil Andrews, "Sports Journalism: A Practical Introduction Paperback, 2013
2. Kathryn T. Stofer, James R Schhfer, Brain A Roshenthal "An Introduction to Reporting and Writing: An Introduction to Reporting and Writing, Second Edition Paperback, 2019.
3. Steve Craig "Sports Writing: A Beginner's Guide Paperback, 2002.

Instruction of Question Paper setter**TIME: 3 Hours****Total Marks: 100**
Internal Assessment: 40
End Term Exam: 60

Section A: The candidates are required to attempt all the twelve questions carrying one mark each.

12 x 1 = 12 marks

Section B: The candidates are required to attempt six out of eight question carrying four marks each.

6 x 4 = 24 marks

Section C: The candidates are required to attempt three out of four questions carrying eight marks each.

3 x 8 = 24 marks

SEMESTER-VI
SUBJECT TITLE: ATHLETICS PRACTICALS
(1. HIGH JUMP, 2. LONG JUMP, 3. TRIPLE JUMP)
SUBJECT CODE: BPES 3606

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 hrs.

This course will enable students to understand the basic jumping and throwing techniques and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the field, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of jumping and throwing events.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret the required jumping techniques.
- demonstrate and assess various techniques of jumping events.
- interpret the rules, regulations and officiate in competitions.

COURSE CONTENTS

Historical development of the jumping events at national and international levels.

1. High Jump (Straddle Roll)

- Approach Run,
- Take off
- Clearance over the bar.
- Landing

2. Long Jump

- Hang Style: Approach Run, Take off, Flight in the air and Landing,
- Ground Marking, Rules and Officiating
-

3. Triple Jump:

- Basic Skills
- Ground Marking
- Interpretation of Rules and Officiating

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Practice without implement

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)

SEMESTER-VI
SUBJECT TITLE: GAME PRACTICALS
(1): JUDO
SUBJECT CODE: BPES 3607

CONTACT HOURS/WEEK:

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40
End Term Exam: 60
Duration of Exam; 3 hrs.

This course will enable students to understand the basic skills, strategies, tactics and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the field, thickness of the lines, equipment, duties of the officials, before, during and after the match, duty of coach and captain, different types of signals, basic skills and techniques, associations and federations of games and sports.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- develop concept of skill.
- analyze & interpret skills.
- appraise the rule & regulation.
- demonstrate and assess various techniques of starts and finish.
- demonstrate and assess various technique.
- interpret the rules and regulations in real game situation.
- officiate in real game situation.

COURSE CONTENTS

Historical development of the game/sport at national and international levels, National Bodies controlling sports and their affiliated units, International Bodies controlling sports and their affiliated units and Major National and International competitions.

FUNDAMENTAL SKILLS

- Rei (Salutation)-Ritsurei (Salutation in standing position), Zarai (Salutation in the sitting position)
- Kumi kata (Methods of holding judo costume)
- Shisei (Posture in Judo)
- Kuzushi (Act of disturbing the opponent posture)
- Tsukuri and kake (Preparatory action for attack)
- Ukemi (Break Fall)-Urhiro Ukemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawari Ukemi (Front Rolling break fall)
- Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps).
- Tai Sabaki (Management of the body)
- Nage Waze (Throwing techniques)-Hiza Guruma (Knee wheel), Sesae Twurikomi-ashi (Drawing ankle throw), De ashi hari (Advance foot sweep), O Goshi (Major loinm), Seoi Nage (Shoulder throw).
- Katama waze(Grappling techniques)-Kesa gatame (Scaff hold), Kata gatame (Shoulder hold), Kami shiho gatama (Locking of upper four quarters), Method of escaping from each hold.

TEACHING LEARNING STRATEGIES

- The class will be taught by using lectures, demonstration, explanation, videos, learning by doing, Whole part whole method, Lead-ups games and presentations method.

SUGGESTED MODE OF TRANSECTION

- Lectures/Demonstration/Explanation/Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing / Lead-up Games/ Minor Games/ Dummy Practice etc.

ASSESSMENT**Total Marks: 100****End Term Semester Exam (External):****Marks 60**

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal**Marks 40**

(Performance, Project File, Intramural Activity, Attendance, Viva)

SEMESTER-VI
SUBJECT TITLE: GAME PRACTICALS
(2): WEIGHT LIFTING
SUBJECT CODE: BPES 3607

CONTACT HOURS/WEEK

Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
0	0	5	2.5

Internal Assessment: 40

End Term Exam: 60

Duration of Exam; 3 hrs.

This course will enable students to understand the basic skills, strategies, tactics and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the field, thickness of the lines, equipment, duties of the officials, before, during and after the match, duty of coach and captain, different types of signals, basic skills and techniques, associations and federations of games and sports.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- develop concept of skill.
- analyze & interpret skills.
- appraise the rule & regulation.
- demonstrate and assess various techniques of starts and finish.
- demonstrate and assess various technique.
- interpret the rules and regulations in real game situation.
- officiate in real game situation.

COURSE CONTENTS

Historical development of the game/sport at national and international levels, National Bodies controlling sports and their affiliated units, International Bodies controlling sports and their affiliated units and Major National and International competitions.

Fundamental Skills

- Isometric and Isotonic muscle contraction-Two arms curls, Front press, Press behind the neck, Dead lift, Quarter Squat, Half squat, Full squat, Rise on toes, Straight arm pull over, Bent over, rowing, Bench press, Leg press, Wrist rolling, Pronation and Supination, Trunk twisting, Good morning exercise, Sit ups with weight, Alternate press.

TEACHING LEARNING STRATEGIES

- The class will be taught by using lectures, demonstration, explanation, videos, learning by doing, Whole part whole method, Lead-ups games and presentations method.

SUGGESTED MODE OF TRANSECTION

Lectures/Demonstration/Explanation/Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing / Lead-up Games/ Minor Games/ Dummy Practice etc.

ASSESSMENT

Total Marks: 100

End Term Semester Exam (External):

Marks 60

(Performance, Project File, Intramural Activity, Attendance, Viva)

Internal

Marks 40

(Performance, Project File, Intramural Activity, Attendance, Viva)