UNIVERSITY OF KOTA

Near Kabir Circle,MBS Marg, Kota

Session-2025-26

CURRICULUM FRAME WORK:
TWO-YEARB.P.ED.PROGRAMME

Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15Marks
Seminar/Quiz	5Marks
Assignments	5Marks
Attendance	5Marks
Total	**30Marks**

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

R.B.P.Ed.13.Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be50%,i.e.15 marks out of30 and 35 marks out of 70 marks for the practical courses.

Semester-I

Part A:Theoretical Course

Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
	Core Course					
CC-101	History,Principles and Foundation of Physical Education	**4**	**4**	**30**	**70**	**100**
CC-102	Anatomy and Physiology	**4**	**4**	**30**	**70**	**100**
CC-103	Research and Statistics in Physical Education	**4**	**4**	**30**	**70**	**100**
	Elective Course (Anyone)					
EC-101	Olympic Movement	**4**	**4**	**30**	**70**	**100**
EC-102	Officiating and Coaching					
	Part–BPractical Course					
PC-101	TrackandField 1. Running Events	**6**	**4**	**30**	**70**	**100**
PC-102	Swimming/Gymnastics/ Shooting	**6**	**4**	**30**	**70**	**100**
PC-103	Indigenous Sports: Kabaddi/Malkhambh/ lezim/March past	**6**	**4**	**30**	**70**	**100**
PC-104	Mass Demonstration Activities: Kho-Kho / dumbbells/tipri/wands/ hoop/umbrella	**6**	**4**	**30**	**70**	**100**
	Total-	**40**	**32**	**240**	**560**	**800**

Note : Total number of hours required to earn 4 credits for each theorycourseare68-80 hours per semester whereas 102-120 hours for each practicum course.

Semester-II

PartA:Theoretical Course

Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
	Core Course					
CC-201	Yoga Education	**4**	**4**	**30**	**70**	**100**
CC-202	Educational Technology and Methods of Teaching in Physical Education	**4**	**4**	**30**	**70**	**100**
CC-203	Organization and Administration	**4**	**4**	**30**	**70**	**100**
	Elective Course (Anyone)					
EC-201	Contemporary issues in physical education, fitness and wellness	**4**	**4**	**30**	**70**	**100**
EC-202	Sports Nutrition and Weight Management					
	Part–B Practical Course					
PC-201	Track and Field 1. Jumping Events	**6**	**4**	**30**	**70**	**100**
PC-202	Yoga/Aerobics/ Gymnastics/Swimming	**6**	**4**	**30**	**70**	**100**
PC-203	Racket Sports: Badminton/Table Tennis/ Squash/ Tennis	**6**	**4**	**30**	**70**	**100**
	Part– C Teaching Practices					
TP-201	Teaching Practices (05lessons in class room teaching and 05lessons in outdoor activities)	**6**	**4**	**30**	**70**	**100**
	Total-	**40**	**32**	**240**	**560**	**800**

Note : Total number of hours required to earn 4 credits for each theory course are 68-80 hours per semester whereas 102-120 hours for each practicum course.

Semester-III

PartA:Theoretical Course

Course Code	Title of the Papers	Tota lHours	Credit	Internal Marks	External Marks	Total Marks
	Core Course					
CC-301	Sports Training	**4**	**4**	**30**	**70**	**100**
CC-302	Computer Applications in Physical Education	**4**	**4**	**30**	**70**	**100**
CC-303	Sports Psychology and Sociology	**4**	**4**	**30**	**70**	**100**
	Elective Course (Anyone)					
EC-301	Sports Medicine, Physiotherapy and Rehabilitation	**4**	**4**	**30**	**70**	**100**
EC-302	Curriculum Design					
	Part–B Practical Course					
PC-301	Track and Field Throwing Events	**6**	**4**	**30**	**70**	**100**
PC-302	Combative Sports: Martial Art/Karate/Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling (Any two out of these)	**6**	**4**	**30**	**70**	**100**
PC-303	Team Games: Baseball/ Cricket/Football/Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any two of these)	**6**	**4**	**30**	**70**	**100**
	Part– C Teaching Practices					
TP-301	Teaching Practices (Teaching Lesson Plans for Racket Sport/Team Games/Indigenous Sports) (out of10 lessons 5 Internal and 5 externalat Practicing school)	**6**	**4**	**30**	**70**	**100**
	Total-	**40**	**32**	**240**	**560**	**800**

Note: Totalnumberofhoursrequiredtoearn3credits for each theory course are51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester-IV

Part A:Theoretical Course

Course Code	Title of thePapers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
	Core Course					
CC-401	Measurement and Evaluation in Physical Education	**4**	**4**	**30**	**70**	**100**
CC-402	Kinesiology and Biomechanics	**4**	**4**	**30**	**70**	**100**
CC-403	Health Education and Environmental Studies	**4**	**4**	**30**	**70**	**100**
	Elective Course (Anyone)					
EC-401	Theory of sports and Game	**4**	**4**	**30**	**70**	**100**
EC-402	Sports Management					
	Part–B Practical Course					
PC-401	Track and Field/ Swimming/Gymnastics (Any one out of three)	**6**	**4**	**30**	**70**	**100**
PC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/Table Tennis/ Squash/ Tennis (AnyTwo of these)	**6**	**4**	**30**	**70**	**100**
	Part– CTeaching Practices					
TP-401	Sports specialization: Coaching lessons Plans (Onefor Sports 5 lessons)	**6**	**4**	**30**	**70**	**100**
TP-402	Games specialization: Coaching lessons Plans (OneforGames5lessons)	**6**	**4**	**30**	**70**	**100**
	Total-	**40**	**32**	**240**	**560**	**800**

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

SCHEMEOFEXAMINATION

Semester-I

Paper	Subject	Internal Marks	External Marks	Total Marks
	THEORY(400)			
CC-101	History, Principles and foundation of Physical Education	**30**	**70**	**100**
CC-102	Anatomy and Physiology	**30**	**70**	**100**
CC-103	Research and Statistics in Physical Education	**30**	**70**	**100**
EC-101/102	Olympic Movement/Officiating and Coaching (Elective)	**30**	**70**	**100**
	PRACTICAL (400)			
PC-101	Track and Field (Running Events)	**30**	**70**	**100**
PC-102	Swimming/Gymnastics/Shooting	**30**	**70**	**100**
PC-103	Indigenous Sports: Kabaddi/Malkhambh/lezim/ March past (Any of one out of these)	**30**	**70**	**100**
PC-104	Mass Demonstration Activities: Kho-Kho/dumbbells/ tipri / wands / hoop /umbrella (Any one out of these)	**30**	**70**	**100**
	Total-	**240**	**560**	**800**

Semester-II

Paper	Subject	Internal Marks	External Marks	Total Marks
	THEORY (400)			
CC-201	Yoga Education	**30**	**70**	**100**
CC-202	Educational Technology and Methods of Teaching in Physical Education	**30**	**70**	**100**
CC-203	Organization and Administration	**30**	**70**	**100**
EC-201/202	Contemporary issues in physical education, fitness and wellness/ Sports Nutrition and Weight Management(Elective)	**30**	**70**	**100**
	PRACTICAL(300)			
PC-201	Track and Field (Jumping Events)	**30**	**70**	**100**
PC-202	Yoga/Aerobics / Swimming / Gymnastics(Any of the two out of these)	**30**	**70**	**100**
PC-203	Racket Sports: Badminton/Table Tennis/Squash/Tennis (Any of the two out of these)	**30**	**70**	**100**
	TEACHING PRACTICE(100)			
TP-201	Teaching Practice (Classroom and outdoor)	**30**	**70**	**100**
	Total-	**240**	**560**	**800**

Semester-III

Paper	Subject	Internal Marks	External Marks	Total Marks
	THEORY (400)			
CC-301	Sports Training	**30**	**70**	**100**
CC-302	Computer Applications in Physical Education	**30**	**70**	**100**
CC-303	Sports Psychology and Sociology	**30**	**70**	**100**
EC-301/302	Sports Medicine, Physiotherapy and Rehabilitation/Curriculum Design (Elective)	**30**	**70**	**100**
	PRACTICAL (300)			
PC-301	Track and Field(Throwing Events)	**30**	**70**	**100**
PC-302	Combative Sports: Martial Art, Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling (Any two out of these)	**30**	**70**	**100**
PC-303	Team Games: Base ball, Cricket, Football, Hockey, Soft ball, Volley ball, Handball, Basketball, Netball (Any two of these).	**30**	**70**	**100**
	TEACHING PRACTICE (100)			
TP-301	Teaching Practice (Teaching Lesson Plans for Racket Sport/Team Games/ Indigenous Sports)	**30**	**70**	**100**
	Total-	**240**	**560**	**800**

Semester-IV

Paper	Subject	Internal Marks	External Marks	Total Marks
	THEORY(400)			
CC-401	Measurement and Evaluation in Physical Education	**30**	**70**	**100**
CC-402	Kinesiology and Biomechanics	**30**	**70**	**100**
CC-403	Health Education and Environmental Studies	**30**	**70**	**100**
EC-401/402	Theory of sports and games(Specifically sports and games specialization)/Sports Management (Elective)	**30**	**70**	**100**
	PRACTICAL(200)			
PC-401	Track and Field/Swimming/Gymnastics (Any of one out of these)	**30**	**70**	**100**
PC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/Netball/Badminton/Table Tennis/Squash/ Tennis(Any of one out of these)	**30**	**70**	**100**
	TEACHINGPRACTICE(200)			
TP-401	Sports Specialization: Coaching lessons Plans Track and Field/Swimming /Gymnastics (Any of one out of these)	**30**	**70**	**100**
TP-402	Games pecialization Coaching lessons:Kabaddi/Kho-Kho/Baseball/Cricket/Football/Hockey/Softball/ Volleyball/Handball/Basketball/Netball/Badminton/ Table Tennis/Squash/Tennis (Any of one out of these)	**30**	**70**	**100**
	Total-	**240**	**560**	**800**

B.P.Ed.–Outline of Syllabus Semeste-I
Theory Courses

CC-101HISTORY,PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Unit–1: Introduction

- Meaning,Definition and Scope of Physical Education
- Aimsand Objective of Physical Education
- Importance of Physical Educationinpresentera.
- Misconceptions about Physical Education.
- Relationship of Physical Educationwith General Education.
- Physical Educationasan Art and Science.

Unit-2– Historical Developmen tof Physical Education inIndia

- Indus Valley Civilization Period.(3250BC–2500BC)
- Vedic Period (2500 BC –600 BC)
- Early Hindu Period (600BC– 320AD)and LaterHindu Period(320AD–1000 AD)
- Medieval Period(1000 AD–1757 AD)
- British Period(Before1947)
- Physical Education in India(After 1947)
- Contribution of Akhadas and Vyayamshals
- Y.M.C.A.and its contributions.

Unit-3-FoundationofPhysicalEducation

- Philosophical foundation:
- Idealism,Pragmatism,Naturalism,Realism,Humanism,ExistentialismandIndian Philosophy and Culture.
- Fitness and wellness movement in the contemporary perspectives
- Sports for all and its role in the maintenance and promotion of fitness.

Unit-4-PrinciplesofPhysicalEducation

- Biological

§Growthand development
§Ageand gender characteristics
§ Body Types
§Anthropometric differences

- Psychological

§Learning types, learning curve
§Laws and principles of learning
§Attitude, interest, cognition, emotions and sentiments

- Sociological

§ Society and culture
§Social acceptance and recognition
§Leadership
§Social integration and cohesiveness

References:

Bucher, C. A. (n.d.) *Foundation of physical education.* St. Louis: The C.V. Mosby Co.
Deshpande,S.H.(2014).*PhysicalEducationinAncientIndia*.Amravati:Degreecollegeof Physical education.
Mohan,V.M.(1969).*Principlesofphysicaleducation.*Delhi:MetropolitanBookDep.

Nixon,E.E.&Cozen,F.W.(1969). *An introduction to physical education*. Philadelphia: W.B.SaundersCo.
Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.
Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co.
William,J.F.(1964).*Theprinciples of physicaleducation*.Philadelphia:W.B.SaundersCo.

Semester I
Theory Courses

CC-102ANATOMY AND PHYSIOLOGY

UNIT-I

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

UNIT-II

- **Blood and circulatory system:** Constituents of blood and their function–Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation. Cardiac output.
- **The Respiratory system:** The Respiratory passage–the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and externalrespiration) lung capacity, tidal volume.
- **TheDigestivesystem:**structureandfunctionsofthedigestivesystem,Digestiveorgans, Metabolism,
- **The Excretory system:** Structure and functions of the kidney sand the skin.
- **The Endocrine glands:** Functions of gland spituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.
- **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action,
- **Sense organs:** A brief account of the structure and functions of the Eye and Ear.

UNIT-III

- Definition of physiology and its importance in the field of physical education and sports.
- Structure, Composition, Properties and functions of skeletal muscles.
- Nerve control of muscular activity:
- Neuromuscular junction
- Transmission of nerveimpulseacrossit.
- Fuelformuscular activity
- Roleofoxygen-physical training,oxygendebt, secondwind,vitalcapacity.

UNIT-IV

- Effect of exercise and training on cardiovascular system.
- Effect of exercise and training on respiratory system.
- Effect of exercise and training on muscular system
- Physiological concept of physical fitness, warming up, conditioning and fatigue.
- Basic concept of balanced diet–Diet before, during and after competition.

References:
Gupta,A.P.(2010).*Anatomyandphysiology.* Agra:SumitPrakashan.
Gupta,M.andGupta,M.C.(1980).*Bodyandanatomicalscience.* Delhi:SwaranPrinting Press.
Guyton,A.C.(1996).TextbookofMedicalPhysiology,9thedition.Philadelphia:W.B. Saunders.
Karpovich,P.V.(n.d.).*Philosophyofmuscularactivity.*London:W.B.SaundersCo. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
Moorthy,A.M.(2014).*Anatomyphysiologyandhealtheducation.*Karaikudi:Madalayam Publications.
Morehouse,L.E.&Miller,J.(1967).*Physiologyofexercise*.St.Louis:TheC.V.MosbyCo. Pearce, E. C. (1962). *Anatomy and physiology for nurses.* London: Faber & Faber Ltd.
Sharma,R.D.(1979).*Healthandphysicaleducation,* Gupta Prakashan.
Singh,S.(1979).*Anatomyofphysiologyandhealtheducation*.Ropar:JeetPublications.

Semester I
Theorycourses

CC-103HEALTHE DUCTION AND ENVIRONMENTAL STUDIES

Unit–I Health Education

- Concept, Dimensions, Spectrum and Determinants of Health
- Definition of Health, Health Education, Health Instruction, Health Supervision
- Aim, objective and Principles of Health Education
- Health Service and guidance in struction in personal hygiene

Unit– II Health Problems in India

- Communicable and Non Communicable Diseases
- Obesity,Malnutrition,Adulterationinfood,Environmentalsanitation,Explosive Population,
- Personal and Environmental Hygiene for schools
- Objective of school health service, Role of health education in schools
- Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal,Healthrecord,Healthfulschoolenvironment,first-aidandemergencycareetc.

Unit– III Environmental Science

- Definition, Scope, Need and Importance of environmental studies.
- Concept of environmental education, Historical background of environmental education,
- Celebration of various day sin relation with environment.
- Plastic recycling & probation of plasticbag/ cover.
- Role of school in environmental conservation and sustainable development.

Unit– IV Natural Resources and related environmental issues:

- Water resources, food resources and Land resources
- Definition, effects and control measures of:
- Air Pollution,Water Pollution,Soil Pollution, NoisePollution,Thermal Pollution
- Management of environment and Govt. policies ,Role of pollution control board.

References:

Agrawal,K.C.(2001).*Environmentalbiology*.Bikaner:Nidhipublishers Ltd.
Frank,H.&Walter,H.,(1976).*Turnersschoolhealtheducation*.SaintLouis:TheC.V. Mosby Company.
Nemir,A.(n.d.).Theschoolhealtheducation.NewYork:HarberandBrothers. Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.

Semester – I
Theory courses

EC-101 OLYMPIC MOVEMENT(ELECTIVE)

Unit–I Origin of Olympic Movement

- Philosophy of Olympic movement
- 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

Unit– II Modern Olympic Games

- Significance of OlympicIdeals, Olympic Rings, Olympic Flag
- Olympic Protocol for member countries
- Olympic Code of Ethics
- Olympisminaction
- Sports for All

Unit– III Different Olympic Games

- ParaOlympic Games
- Summer Olympics
- Winter Olympics
- Youth OlympicGames

Unit– IV Committees of Olympic Games

- International Olympic Committee-Structureand Functions
- National Olympic committees and their rolein Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

Reference:

Osborne,M.P.(2004).*Magictreehousefacttracker:ancient greeceandtheolympics:a nonfiction companiontomagictreehouse:hourotheOlympics. New York:* RandomHouseBooksfor Young Readers.

Burbank,J.M.,Andranovich,G.D.&HeyingBoulder,C.H.(2001).Olympicdreams:the impact of mega-events on local politics: Lynne Rienner

Semester – I
Theorycourses

EC-102OFFICIATINGANDCOACHING(Elective)

Unit-I: IntroductionofOfficiatingand coaching

- Concept of officiatingand coaching
- Importance and principles of of ficiating
- Relationofofficialand coachwithmanagement, playersandspectators
- Measuresof improvingthe standards ofofficiatingandcoaching

Unit-II:Coachasa Mentor

- Dutiesofcoachingeneral,pre,duringandpostgame.
- Philosophyofcoaching
- Responsibilitiesofacoach onandoffthe field
- Psychologyofcompetitionand coaching

Unit-III:Dutiesof Official

- Dutiesofofficial ingeneral, pre, duringand post game.
- Philosophyofofficiating
- Mechanicsofofficiating–position,singles andmovementetc.
- Ethicsof officiating

Unit-IV: QualitiesandQualificationsofCoachandOfficial

- Qualitiesandqualificationofcoach andofficial
- Generalrulesofgamesandsports
- Eligibilityrules of intercollegiateand inter-universitytournaments, preparation ofTA, DAbills
- Integrityandvaluesofsports

ReferenceBooks:

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
Bunn,J.W.(1972).*Scientificprinciplesofcoaching.*Englewoodcliffs N.J.Prentice Hall.
Dyson,G.H.(1963).*Themechanicsofathletics*. London:UniversityofLondonPress Ltd.
Dyson,G.H.(1963).*ThemechanicsofAthletics*.London:UniversityofLondonPressLtd.
Lawther, J.D. (1965). *Psychology of coaching.* New York: Pre. Hall.
Singer,R.N.(1972).*Coaching,athletic&psychology*.NewYork:M.C.Graw Hill.

Semester – II
TheoryCourses

CC-201YOGAEDUCATION

Unit–I: Introduction

- MeaningandDefinitionofYoga
- AimsandObjectivesofYoga
- Yogain EarlyUpanisads
- TheYogaSutra:General Consideration
- NeedandImportanceofYogainPhysicalEducationandSports

Unit-II:FoundationofYoga

- TheAstangaYoga:Yama,Niyama,Asana,Pranayama,Pratyahara,Dharana,Dhyanaand Samadhi
- Yogainthe Bhagavadgita -KarmaYoga,Raja Yoga,JnanaYogaandBhaktiYoga

Unit-IIIAsanas

- EffectofAsanas andPranayamaonvarioussystem ofthe body
- Classificationofasanaswithspecialreferencetophysicaleducationandsports
- Influencesof relaxtive,meditativepostureonvarioussystemofthebody
- TypesofBandhasand mudras
- Typeofkriyas

Unit– IVYoga Education

- Basic,appliedand actionresearchinYoga
- Differencebetweenyogicpracticesandphysical exercises
- Yogaeducationcenters in Indiaand abroad
- CompetitionsinYogasanas

References:

Brown, F.Y.(2000).*How touseyoga*.Delhi:SportsPublication.
Gharote,M.L.&Ganguly,H.(1988).*Teachingmethodsforyogicpractices*.Lonawala: Kaixydahmoe.
Rajjan,S.M.(1985).*Yogastrentheningofrelexationforsportsman.* NewDelhi:Allied Publishers.
Shankar,G.(1998).*Holisticapproachofyoga.*NewDelhi:AdityaPublishers. Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.

Semester – II
TheoryCourses

CC-202EDUCATIONALTECHNOLOGYANDMETHODSOFTEACHINGN PHYSICAL EDUCATION

Unit–I Introduction

- EducationandEducationTechnology-MeaningandDefinitions
- TypesofEducation-Formal, Informal andNon-Formaleducation.
- EducativeProcess
- ImportanceofDevices andMethodsof Teaching.

Unit–IITeaching Technique

- TeachingTechnique–Lecturemethod,Commandmethod,Demonstrationmethod, Imitation method, project method etc.
- TeachingProcedure–Wholemethod,whole–part–wholemethod,part–whole method.
- PresentationTechnique–Personalandtechnicalpreparation
- Command-Meaning, Typesanditsusesindifferentsituations.

Unit– IIITeachingAids

- TeachingAids–Meaning,Importanceanditscriteriaforselectingteachingaids.
- Teachingaids –Audioaids,Visualaids, Audio –visualaids,Verbal,Chalk board, Charts,Model,Slideprojector,Motionpictureetc
- TeamTeaching–Meaning,Principlesand advantageofteamteaching.
- DifferencebetweenTeachingMethodsandTeachingAid.

Unit– IV LessonPlanningandTeaching Innovations

- LessonPlanning– Meaning,Typeand principlesof lesson plan.
- Generalandspecificlessonplan.
- MicroTeaching–Meaning,Typesandstepsof micro teaching.
- SimulationTeaching - Meaning,Typesandstepsofsimulationteaching.

Reference:

Bhardwaj, A. (2003). *New media of educational planning*.New Delhi:Sarup of Sons.
Bhatia,&Bhatia,(1959).*Theprinciplesandmethodsofteaching.*NewDelhi:DoabaHouse.
Kochar, S.K. (1982). *Methods and techniques of teaching.*New Delhi: Sterling Publishers Pvt. Ltd.
Sampath,K.,Pannirselvam,A.&Santhanam,S.(1981).*Introductiontoeducational technology.*New Delhi: Sterling Publishers Pvt. Ltd.
Walia,J.S.(1999). *Principlesandmethodsofeducation.*Jullandhar:PaulPublishers.

Semester – II
TheoryCourses

CC-203ORGANZATIONANDADMINISTRATIONINPHYSICAL EUCATION

Unit– I: Organizationand administration

- MeaningandimportanceofOrganizationandAdministrationinphysicaleducation
- QualificationandResponsibilitiesofPhysicalEducationteacherandpupilleader
- Planningand theirbasicprinciples,
- Programplanning:Meaning,Importance,Principlesofprogramplanninginphysical education.
- FunctionsofPlanning,organizing,staffing,directing,communicating,co-ordination, controlling, evaluating and innovating.

Unit-II: OfficeManagement,Record,Register&Budget

- OfficeManagement: Meaning, definition,functionsandkindsofoffice management
- RecordsandRegisters:MaintenanceofattendanceRegister,stockregister,cashregister, physical efficiency record, Medical examination Record.
- Budget:Meaning, ImportanceofBudget making,
- CriteriaofagoodBudget,SourcesofIncome, Expenditure,Preparation ofBudget.

Unit-III:Facilities,&Time-TableManagement

- Facilitiesandequipment management:TypesoffacilitiesInfrastructure-indoor,outdoor.
- Careof school building, Gymnasium, swimmingpool, Playfields, Play grounds
- Equipment:Need,importance,purchase,careandmaintenance.
- TimeTableManagement:Meaning,Need, ImportanceandFactoraffectingtimetable.

Unit-IV:CompetitionOrganization

- ImportanceofTournament,
- TypesofTournamentanditsorganizationstructure-Knock-outTournaments,Leagueor Round Robin Tournaments, Combination Tournament and challenge Tournament.
- OrganizationstructureofAthleticMeet
- SportsEvent Intramurals&ExtramuralTournamentplanning

References:

Broyles,F.J.&Rober,H.D.(1979).*Administrationofsports,Athleticprogramme:A Managerial Approach.* New York: Prentice hall Inc.

Bucher,C.A.(1983).*AdministrationofPhysicalEducationandAthleticprogramme.*St. Lolis: The C.V. Hosby Co.

Kozman,H.C.Cassidly,R.&Jackson,C.(1960).*MethodsinPhysicalEducation*. London: W.B.SaundersCo.

Pandy,L.K.(1977).*MethodsinPhysicalEducation.*Delhe:MetropolitanBook Depo.

Sharma,V.M.&Tiwari,R.H.:(1979).*TeachingMethodsinPhysicalEducation.* Amaravati: Shakti Publication.

Thomas,J.P.(1967).*Organization&administrationofPhysicalEducation*.Madras: Gyanodayal Press.

Tirunarayanan,C.&Hariharan,S.(1969).*MethodsinPhysicalEducation.*Karaikudi:South India Press.

Voltmer,E.F.&Esslinger,A.A.(1979).*Theorganizationandadministrationof Physical Education.* New York: Prentice Hall Inc.

Semester – II
TheoryCourses

EC-201CONTEMPORARYISSUESINPHYSICALEDUCATION,FITNESSAND WELLNESS (ELECTIVE)

Unit– IConceptofPhysicalEducationandFitness
- Definition,AimsandObjectivesofPhysicalEducation,fitnessandWellness
- ImportanceandScopeoffitnessandwellness
- ModernconceptofPhysical fitnessandWellness
- PhysicalEducationand itsRelevancein InterDisciplinaryContext.

Unit– IIFitness,Wellnessand Lifestyle
- Fitness–TypesofFitnessandComponentsofFitness
- UnderstandingofWellness
- ModernLifestyleand HypokineticDiseases – Preventionand Management
- PhysicalActivityand Health Benefits

Unit– IIIPrinciplesofExercise Program
- MeansofFitnessdevelopment–aerobicandanaerobicexercises
- ExercisesandHeartrateZones forvariousaerobicexercise intensities
- Conceptoffree weightVsMachine,SetsandRepetitionetc
- Conceptofdesigningdifferentfitnesstrainingprogramfordifferentage group.

Unit–IV SafetyEducationand Fitness Promotion
- Health and Safetyin DailyLife
- FirstAidandEmergencyCare
- CommonInjuriesandtheir Management
- ModernLifeStyleand Hypo-kineticDisease–Preventionand Management

References:
Difiore,J.(1998).*Completeguidetopostnatalfitness.*London:A&CBlack,.
Giam,C.K&The,K.C.(1994).*Sportmedicineexerciseandfitness.*Singapore:P.G. Medical Book.
Mcglynn,G.,(1993).*Dynamicsoffitness*.Madison:W.C.BBrown. Sharkey,
B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

Semester II
Theorycourses

EC-202SPORTSNUTRITIONANDWEIGHTMANAGEMENT(ELECTIVE)

Unit– IIntroductiontoSports Nutrition
- MeaningandDefinitionofSportsNutrition
- BasicNutrition guidelines
- Role ofnutrition in sports
- Factortoconsider fordevelopingnutritionplan

Unit– IINutrients:Ingestiontoenergymetabolism
- Carbohydrates,Protein,Fat–Meaning, classificationanditsfunction
- Roleofcarbohydrates,Fatandproteinduringexercise
- Vitamins,Minerals,Water–Meaning,classificationand itsfunction

o Roleofhydrationduringexercise,waterbalance,Nutrition –dailycaloricrequirement and expenditure.

Unit–IIINutrition andWeight Management

o MeaningofweightmanagementConceptofweightmanagementinmoderneraFactor affecting weight management and values of weight management
o Conceptof BMI(Bodymass index), Obesityand its hazard, Myth of Spot reduction, Dietingversusexerciseforweightcontrol,CommonMythsaboutWeightLoss
o Obesity–Definition,meaning andtypesof obesity,
o HealthRisksAssociatedwithObesity,Obesity-CausesandSolutionsforOvercoming Obesity.

Unit–IV Steps ofplanning ofWeight Management

o Nutrition– Dailycalorieintakeand expenditure, Determinationofdesirable bodyweight
o Balanceddietfor IndianSchoolChildren,Maintaininga HealthyLifestyle
o Weightmanagementprogramforsportychild,Roleofdietandexerciseinweight management, Design diet plan and exercise schedule for weight gain and loss

References:

Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.93*(6), 2027-2034.
Butryn, M.L., Phelan, S., &Hill, J. O.(2007). Consistent self-monitoring of weight: a key componentofsuccessfulweightlossmaintenance.*Obesity(SilverSpring).15*(12),3091- 3096.
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DeMaria,E.J.(*2007).*Bariatricsurgeryformorbidobesity.*NEnglJMed,356*(21),2176- 2183.
Dixon,J.B.,O'Brien,P.E.,Playfair,J.(n.d.).Adjustablegastricbandingandconventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA. 299*(3), 316-323.

Semester – III
TheoryCourses

CC-301SPORTSTRAINING

Unit– IIntroductiontoSports Training

o MeaningandDefinitionofSportsTraining
o AimandObjectiveof Sports Training
o PrinciplesofSportsTraining
o SystemofSportsTraining–BasicPerformance,GoodPerformanceandHigh Performance Training

Unit–II Training Components

o Strength–Meanand MethodsofStrength Development
o Speed–MeanandMethodsofSpeed Development
o Endurance-MeanandMethodsofEnduranceDevelopment
o Coordination–Meanand Methodsofcoordination Development
o Flexibility– Mean andMethods ofFlexibilityDevelopment

Unit–IIITraining Process

o TrainingLoad-DefinitionandTypesofTrainingLoad
o Principlesof IntensityandVolumeof stimulus
o TechnicalTraining– MeaningandMethodsof TechniqueTraining

o TacticalTraining–MeaningandMethodsofTacticalTraining

Unit– IV Trainingprogrammingand planning
o Periodization–Meaningandtypesof Periodization
o AimandContentofPeriods –Preparatory,Competition,Transitionaletc.
o Planning–Trainingsession
o TalentIdentificationand Development

Reference:
Dick,W.F.(1980).*Sportstrainingprinciples.*London:LepusBooks. Harre,
D.(1982).*Principles of sports training.*Berlin: Sporulated.
Jensen,R.C.&Fisher,A.G.(1979).*Scientificbasisofathleticconditioning*.Philadelphia: Lea and Fibiger, 2nd Edn.
Matvyew,L.P.(1981).*Fundamentalofsportstraining.*Moscow:ProgressPublishers.
Singh, H. (1984).*Sports training, general theory and methods*.Patials: NSNIS.
Uppal, A.K., (1999).*Sports Training.*New Delhi: Friends Publication.

Semester III
TheoryCourses

CC-302COMPUTERAPPLICATIONSINPHYSICAL EDUCATION

Unit–I: IntroductiontoComputer
o Meaning,needand importanceof informationand communicationtechnology(ICT). ApplicationofComputersinPhysicalEducation
o Componentsofcomputer,inputandoutputdevice
o ApplicationsoftwareusedinPhysicalEducationandsports

Unit–II: MSWord
o IntroductiontoMSWord
o Creating,savingandopeninga document
o FormattingEditingfeaturesDrawingtable,
opagesetup,paragraphalignment,spellingandgrammarcheckprintingoption,inserting page number, graph, footnote and notes

Unit–III: MS Excel
o IntroductiontoMSExcel
o Creating,savingandopeningspreadsheet
ocreating formulas
o Formatandeditingfeaturesadjustingcolumnswidthandrowheightunderstanding charts.

Unit– IV:MSPower Point
o IntroductiontoMSPower Point
o Creating,savingandopeningappt. file
o formatandeditingfeaturesslideshow,design,insertingslidenumber
opicture,graph,table
o PreparationofPowerpointpresentations

Referances:
Irtegov,D.(2004).*Operatingsystemfundamentals*.FirewallMedia.
Marilyn, M.&Roberta, B.(n.d.).*Computers in your future*. 2nd edition, India: PrenticeHall.
Milke,M.(2007).*Absolutebeginner'sguidetocomputerbasics*.PearsonEducationAsia.

Sinha,P.K.&Sinha,P. (n.d.).*Computerfundamentals*.4thedition,BPB Publication.

Semester – III
TheoryCourses

CC-303SPORTSPSYCHOLOGYANDSOCIOLOGY

Unit-I:introduction
- Meaning,Importance andscopeofEducational andSportsPsychology
- GeneralcharacteristicsofVariousStagesof growthanddevelopment
- Typesandnatureofindividualdifferences;Factorsresponsible-Heredity And environment
- Psycho-sociologicalaspectsofHumanbehaviorinrelationtophysicaleducationand sports

Unit-II:SportsPsychology
- Natureoflearning,theoriesoflearning,Lawsoflearning,
- Plateauin Learning;&transferof training
- Meaninganddefinitionofpersonality,characteristicsofpersonality,
- Dimensionofpersonality, PersonalityandSports performance
- Natureofmotivation:Factorsinfluencingmotivation;Motivationandtechniquesandits impact on sports performance.
- MentalPreparationStrategies:Attentionfocus, Self-talk,Relaxation,Imaginary.
- AggressionandSports,Meaningandnatureofanxiety,Kindsof anxiety
- Meaningandnatureofstress;Typesofstress,Anxiety,Stress,Arousalandtheireffects on sports performance

Unit-III:RelationbetweenSocialScienceandPhysical Education.
- Orthodoxy,customs,TraditionandPhysicalEducation.
- FestivalsandPhysical Education.
- SocializationthroughPhysicalEducation.
- SocialGrouplife,SocialconglomerationandSocialgroup,PrimarygroupandRemote group.

Unit-4Culture : Meaningand Importance.
- Featuresof culture,
- Importanceofculture.
- Effectsof cultureon peoplelife style.
- DifferentmethodsofstudyingObservation/Inspectionmethod,Questionnairemethod, Interview method

References:
Ball,D.W.&Loy,J.W.(1975).*Sportandsocialorder;Contributiontothesociologyof sport.*London: Addison Wesley Publishing Co., Inc.
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Loy,J.W.,Kenyon,G.S.&McPherson,B.D.(1978).Sportandsocialsystem.London: Addison Wesley Publishing Company Inc.
Loy,J.W.,Kenyon,G.S.&McPherson,B.D.(1981).*Sportscultureand society.*Philadelphia:

Lea&Febiger.
Mathur, S.S., (1962). *Educational psychology*. Agra.VinodPustakMandir.
Skinnner,C.E.,(1984.).*Educationpsychology*.NewDelhi:PrenticeHallofIndia.
William,F.O.&Meyer,F.N.(1979).Ahandbookofsociology.NewDelhi:EurasiaPublishing House Pvt Ltd.

Semester – III
TheoryCourses

EC-301SPORTSMEDICINE,PHYSIOTHERAPYANDREHANLITATION (ELECTIVE)

Unit-I: -SportsMedicine:

- SportsMedicine:Meaning,Definition,Aims,Objectives,ModernConceptsand Importance.
- AthletesCareandRehabilitation:ContributionofPhysicalEducationTeachersand Coaches.
- NeedandImportanceofthestudyofsports injuriesin thefield ofPhysical Education
- Preventionofinjuriesinsports –Commonsportsinjuries –Diagnosis –
- FirstAid-Treatment-Laceration–Blisters–Contusion-Strain–Sprain–Fracture– Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

Unit-II:Physiotherapy

- Definition–Guidingprinciplesofphysiotherapy,Importanceofphysiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

Unit-III:Hydrotherapy:

- IntroductionanddemonstrationoftreatmentsofCrytherapy,Thermotherapy,Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

Unit-IV:TherapeuticExercise:

- DefinitionandScope–PrinciplesofTherapeuticExercise –Classification,Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeuticexercise:FreeMobilityExercise –Shoulder,Elbow–WristandFingerJoints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

References:

Christine,M.D.,(1999).*Physiologyofsportsandexercise*.USA:HumanKinetics.
Conley,M.(2000).*Bioenergeticsofexercisetraining*.InT.R.Baechle,&R.W.Earle,(Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
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Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi:Lucky Enterprises.
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Pandey,P.K.,(1987).*Outlineofsportsmedicine*,NewDelhi:J.P.BrothersPub.
Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.

Semester – III
TheoryCourses

EC-302CURRICULUMDESIGN(Elective)

UNIT-IModernconceptofthecurriculum

- Needandimportanceofcurriculum,Needandimportanceofcurriculumdevelopment, the role of the teacher in curriculum development.
- Factorsaffectingcurriculum-Socialfactors-Personnelqualifications-Climatic consideration - Equipment and facilities -Time suitability of hours.
- NationalandProfessionalpolicies,Research finding

UNIT-IIBasicGuidelineforcurriculumconstruction;contest(selectionand expansion).

- Focalization
- Socialization
- Individualization
- Sequenceand operation
- Stepsincurriculumconstruction.

UNIT-IIICurriculum-Oldandnewconcepts,Mechanicsofcurriculum planning.

- Basicprinciplesof curriculumconstruction.
- CurriculumDesign,Meaning,Importanceand factorsaffectingcurriculum design.
- PrinciplesofCurriculumdesignaccordingtotheneedsofthestudentsandstateand national level policies.
- Role of Teachers

UNIT-IVUnder-graduatepreparationofprofessionalpreparation.

- AreasofHealtheducation,PhysicaleducationandRecreation.
- Curriculumdesign-ExperienceofEducation,Fieldand Laboratory.
- Teachingpractice.
- ProfessionalCompetenciestobedeveloped-Facilitiesandspecialresourcesforlibrary, laboratory and other facilities.

Reference:

Barrow,H.M.(1983).*Manandmovement:principlesofphysicaleducation*.Philadelphia: Lea and Febiger.
Bucher,C.A.(1986).Foundationofphysicaleducation:St.Louis:TheC.V.Mosby&Company.
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Cowell,C.C. &Hazelton, H.W.(1965).*Curriculumdesigns inphysical education.* EnglewoodCliffs:N.J.prenticeHallInc.
Larson,L.A.(n.d.).*Curriculumfoundationinphysicaleducation.* EnglewoodCliffs:N.J. Prentice Hall Inc.
Underwood,G.L.(1983).*Thephysicaleducationcurriculuminsecondaryschool: planning andimplementation.*England:Taylorand FrancisLtd.
Willgoose,C.E.(1979). *Curriculuminphysicaleducation*.3rdEd.EnglewoodCliffs.:N.J.

PrenticeHall, Inc.

Semester – IV
TheoryCourses

CC-401MEASUREMENTANDEVALUATIONINPHYSICALEDUCATION

Unit-IIntroductiontoTest&Measurement&Evaluation
- MeaningofTest&Measurement &EvaluationinPhysicalEducation
- Need& Importanceof Test&Measurement &EvaluationinPhysicalEducation
- PrinciplesofEvaluation

Unit-IICriteria;ClassificationandAdministrationoftest
- CriteriaofgoodTest
- Criteriaoftests,scientificauthenticity(reliability,objectivity,validityandavailabilityof norms)
- Typeand classificationofTest
- Administrationoftest,advancepreparation– Duties duringtesting–Duties after testing.

Unit-IIIPhysicalFitnessTests
- AAHPERyouthfitnesstest
- NationalphysicalFitnessTest
- IndianaMotorFitnessTest
- JCRtest
- U.SArmyPhysical Fitness Test

Unit-IV SportsSkillTests
- LockhartandMcPhersonbadmintontest
- Johnsonbasketball test
- McDonaldsoccertest
- S.A.Ivolleyballtest
- S.A.IHockeytest

References:
Bangsbo,J.(1994).*Fitnesstraininginfootball:Ascientificapproach*.Bagsvaerd,Denmark: Ho+Storm.
Barron,H.M.,&Mchee,R.(1997).*Apracticalapproachtomeasurementinphysical education*. Philadelphia:LeaandFebiger.
Barron,H.M.&Mchee,R.(1997).APracticalapproachtomeasurementinphysicaleducation. Philadelphia: Lea and Febiger.
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Mathews,D.K.,(1973).*Measurementinphysicaleducation*,Philadelphia: W.B.SoundersCompnay.
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Sodhi,H.S.,&Sidhu,L.S.(1984).*Physiqueandselectionofsports-akinanthropometric study*. Patiala:PunjabPublishingHouse.

Semester – IV
TheoryCourses

CC-402KINESIOLOGYANDBIOMECHANICS

Unit–I Introductionto Kinesiologyand Sports Biomechanics

- MeaningandDefinitionofKinesiologyandSports Biomechanics
- ImportanceofKinesiologyandSportsBiomechanicstoPhysicalEducationTeacher, Athletes and Sports Coaches.
- Terminologyof Fundamental Movements
- Fundamentalconceptsoffollowingterms–AxesandPlanes,CentreofGravity, Equilibrium, Line of Gravity

Unit–IIFundamentalConceptofAnatomyand Physiology

- ClassificationofJointsand Muscles
- TypesofMuscle Contractions
- Posture–Meaning,Typesand Importanceof goodposture.
- Fundamentalconceptsoffollowingterms-AngleofPull,AllorNoneLaw,Reciprocal Innovation

Unit– IIIMechanicalConcepts

- Force-Meaning,definition,typesanditsapplicationtosportsactivities
- Lever-Meaning,definition,typesanditsapplicationtohuman body.
- Newton's LawsofMotion –Meaning,definitionanditsapplicationtosportsactivities.
- Projectile–Factorsinfluencingprojectiletrajectory.

Unit– IVKinematicsandKineticsofHumanMovement

- LinearKinematics –DistanceandDisplacement,speedandvelocity,Acceleration
- Angularkinematics–AngularDistanceandDisplacement,AngularSpeedandvelocity, Angular Acceleration.
- LinearKinetics– Inertia,Mass,Momentum, Friction.
- AngularKinetics–Momentofinertia,Couple,Stability.

Reference:

Bunn,J.W.(1972).*Scientificprinciplesofcoaching.*EnglewoodCliffs,N.J.:PrenticeHall Inc.
Hay,J.G.&Reid, J.G.(1982).*The anatomicalandmechanicalbasisofhumanmotion.* EnglewoodCliffs,N.J.:prenticeHallInc.
Hay,J.G.&Reid,J.G.(1988).*Anatomy,mechanicsandhumanmotion.* EnglewoodCliffs, N.J.: prentice Hall Inc.
Hay,J.G.(1970).*Thebiomechanicsofsportstechniques*.EnglewoodCliffs,N.J.:Prentice Hall, Inc.
Simonian,C.(1911).*Fundamentalsofsportbiomechanics.*EnglewoodCliffs,N.J.:Prentice Hall Inc.

Semester – IV
TheoryCourses

CC-403RESEARCHANDSTATISTICSINPHYSICALEDUCATION

Unit-IIntroductiontoResearch

- Definitionof Research
- NeedandimportanceofResearchinPhysicalEducationandSports.
- ScopeofResearchinPhysicalEducation&Sports.
- Classificationof Research
- ResearchProblem,Meaningoftheterm,LocationandcriteriaofSelectionofProblem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-II SurveyofRelated Literature

- Needforsurveyingrelatedliterature.
- LiteratureSources,LibraryReading
- ResearchProposal,MeaningandSignificanceofResearchProposal.
- PreparationofResearchproposal/project.
- ResearchReport:Agroupprojectistobeundertakenbyasmallbatchofstudentsunder the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

Unit-IIIBasicsofStatistical Analysis

- Statistics:Meaning,Definition,Natureand Importance
- ClassIntervals:RawScore,ContinuousandDiscreteSeries,ClassDistribution, Constructionof Tables
- GraphicalPresentationofClassDistribution:Histogram,FrequencyPolygon,Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit-IVStatisticalModelsinPhysicalEducationandSports

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance,Advantages,DisadvantagesandCalculationfromGroupandUngrouped data
- MeasuresofVariability: Meaning,importance, computingfromgroupandungroupdata
- PercentilesandQuartiles:Meaning,importance, computingfromgroupandungroupdata

References:

Best,J.W.(1963).*Researchineducation*.U.S.A.:Prentice Hall.

Bompa,T.O.&Haff,G.G.(2009).*Periodization:theoryandmethodologyoftraining,5th ed.* Champaign,IL:Human Kinetics.

Brown,L.E.,&Ferrigno,V.A.(2005).Trainingforspeed,agilityandquickness,2nd ed. Champaign, IL: Human Kinetics.

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Oyster,C.K.,Hanten,W.P.,&Llorens,L.A.(1987).*Introductiontoresearch:Aguidefor the healthscienceprofessional.*Landon:J.B.LippincottCompany.
Thomas,J.R.,&NelsonJ.K.(2005).*Researchmethodinphysicalactivity*.U.S.A: Champaign, IL:HumanKineticsBooks.
Thomas,J.R.,Nelson,J.K.&Silverman,S.J.(2011).Researchmethodinphysicalactivity. U.S.A: Champaign, IL: Human Kinetics Books.
Uppal,A.K.(1990).*Physicalfitness:howtodevelop.*NewDelhi:FriendsPublication. Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.

Semester – IV
TheoryCourses

EC-401THEORYOFSPORTSANDGAMES(ELECTIVE)

UNIT-IINTRODUCTION
GeneralIntroductionofspeciliazedgamesand sports–
- Athletics,
- Badminton,
- Basketball,
- Cricket,
- Football,
- Gymnastic,
- Hockey,
- Handball,
- Kabaddi,
- Kho-Kho,
- Tennis,
- Volleyball and
- Yoga.

Eachgameorsportstobe dealt underthefollowing heads
- Historyanddevelopment ofthe Gameand Sports
- Groundpreparation,dimensionsand marking
- Standardequipmentandtheirspecifications
- Ethicsof sportsand sportsmanship

UNIT-IIScientificPrinciplesofcoaching: (particularsportsand gamespecific)
- Motion–TypesofmotionandDisplacement,Speed,Velocity,Acceleration,Distance and Newton's Law of motions.
- Force– Friction,CentripetalandCentrifugalforce,Principlesofforce.
- Equilibriumand itstypes
- Leveranditstypes
- SportsTraining–Aims,Principlesandcharacteristics.
- Trainingload–Components,Principlesofload,OverLoad(causesand symptoms).

UNIT-IIIPhysicalfitnesscomponents:(particularsportsandgamespecific)
- Speedanditstypes
- Strengthanditstypes

o Enduranceanditstypes
o Flexibilityand its types
o Coordinativeabilityand itstypes

o Training methods: - Development of components of physical fitness and motor fitness throughfollowingtrainingmethods(continuousmethod,intervalmethod,circuitmethod, fartlek /speed play and weight training)

UNIT-IVConditioningexercisesandwarmingup.
o ConceptofConditioningand warmingup.
o Roleofweighttrainingingames andsports.
o Teachingoffundamentalskill&theirmastery(technique,tacticanddifferentphasesof skill acquisition).
o RecreationalandLead upgames
o Strategy–Offenceanddefense,Principlesofoffence anddefense.

References:
Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
Bunn,J.W.(1972).*Scientificprinciplesofcoaching.* EnglewoodcliffsN.J.PrenticeHall.
Dyson,G.H.(1963).*Themechanicsofathletics*.London:UniversityofLondonPressLtd. Lawther, J.D. (1965). *Psychology of coaching.* New York: Pre. Hall.
Singer,R.N.(1972).*Coaching,athletic&psychology*.NewYork:M.C.Graw Hill.

Semester – IV
TheoryCourses

EC-402SPORTS MANAGEMENT

Unit-I
o NatureandConceptof SportsManagement.
o ProgressiveconceptofSportsmanagement.
o Thepurpose and scope of Sports Management.
o EssentialskillsofSportsManagement.
o QualitiesandcompetenciesrequiredfortheSports Manager.
o EventManagementin physicaleducationand sports.

Unit-II
o MeaningandDefinitionof leadership
o Leadershipstyleand method.
o Elementsofleadership.
o FormsofLeadership.
· Autocratic
· Laissez-faire
· Democratic
· Benevolent Dictator
o Qualitiesofadministrativeleader.
o Preparationofadministrativeleader.
o LeadershipandOrganizational performance.

Unit-III
o SportsManagementin Schools,colleges and Universities.
o Factorsaffectingplanning
o Planningaschoolor collegesports programme.

o Directingofschoolor collegesports programme.
o Controllingaschool, collegeand universitysports programme.
· Developingperformancestandard
· Establishinga reportingsystem
· Evaluation
· Thereward/punishmentsystem

Unit-IV

o FinancialmanagementinPhysicalEducation&sportsinschools,Collegesand Universities.
o Budget– Importance,Criteriaofgood budget,
o StepsofBudgetmaking
o Principlesofbudgeting

REFERENCES:

Ashton,D.(1968).*Administrationofphysicaleducationforwomen*.NewYork:TheRonal Press Cl.
Bucher,C.A.*Administrationofphysicaleducationandathleticprogramme.* 7thEdition,St. Louis: The C.V. Mosby Co.
Daughtrey,G.&Woods,J.B.(1976).*Physicaleducationandintramuralprogrammes, organisation and administration.* Philadelphia U.S.A. : W.B. Sounders Cp.
Earl,F.Z,&Gary,W.B.(1963).*Managementcompetencydevelopmentinsportsand physical education*.Philadelphia:W.LeaandFebiger.

Part – B
PracticalCourses
Semester–I

PC –101

TrackandField:
Running Event

o Startingtechniques:Standingstart, Crouchstart andits variations,Properuseof blocks.
o FinishingTechniques: Run,Through,Forwardlunging,ShoulderShrug
o GroundMarking,Rulesand Officiating
o Hurdles:
· FundamentalSkills-Starting,Clearanceand LandingTechniques.
· TypesofHurdles
· GroundMarkingandOfficiating.

Relays:FundamentalSkills

o VariouspatternsofBaton Exchange
o Understandingof RelayZones
o Ground Marking
o InterpretationofRulesand Officiating.

PC 102

Gymnastics: Floor Exercise
o ForwardRoll,BackwardRoll,SidewardRoll,differentkindsofscales,LegSplit,Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.

o VaultingHorse
o ApproachRun,Takeofffromthe beatboard,CatVault,Squat Vault.

PC –102
Swimming: FundamentalSkills
o Entryinto thepool.
o Developingwaterbalanceandconfidence
o Waterfearremovingdrills.
o Floating-MushroomandJellyfish etc.
o Glidingwith and without kickboard.
o Introductionofvarious strokes
o BodyPosition,Leg, Kick,Armpull,BreathingandCo ordination.
o Startandturnsoftheconcernedstrokes.
o IntroductionofVarious Strokes.
o WaterTreadingandSimple Jumping.

o Startsandturnsofconcernedstrokes.
o RulesofCompetitiveswimming-officialsandtheirduties,poolspecifications,seeding heats and finals, Rules of the races.

PC –102
ShootingFundamental Skills
o Basicstance,grip,Holdingrifle/Pistol,aimingtarget
o Safetyissuesrelatedtorifle shooting
o Rulesandtheirinterpretationsanddutiesofofficials

(Anyone outof three)
PC– 103Indigenoussports:
Kabaddi:FundamentalSkills
o SkillsinRaiding-Touchingwithhand,variouskicks,crossingofbaulkline,Crossingof Bonus line, luring the opponent to catch, Pursuing.
o Skills of Holding the Raider-Various formations, Catching from particular position, Differentcatches,Luringtheraidertotakeparticularpositionsoastofacilitatecatching, catching formations and techniques.
o Additionalskillsinraiding-Bringingtheantisintoparticularposition,Escapingfrom various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
o GroundMarking,Rulesand Officiating

PC –103
MalkhambhandLight Apparatus:
o Lathi-Twocountsexercises,FourCountexercises,eightcountexercises,sixteencount exercises.
o GhatiLezuim-AathAawaaz,Bethakawaaz,AagePaon,Aagekadam,Dopherawaaz,Chau pherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.
o MassP.T.Exercises-Twocount,fourcountandeightcountexercises.
o HindustaniLezuim-CharAwaaz,EkJagah,AantiLagaav,Pavitra,DoRukh,ChauRukh, Chau rukhbethak, Momiya.
o DrillandMarching
o Malkhamb-Salaami,Hold,Saadiudi,Bagaludi,Dashrangudi,Bagliudi,Veludi,Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.
o Rope Malkhamb-Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi,Kamaradhi,Nakkikasadhi,Kamaradhi,Nakkikasadhi,Urubandhtedhi,

Sadibagli,Dohatibagli,Kamarbandhbagli,nakkikasbagli,Dashrang,Hanumanpakad, Gurupakkad, various padmasana, Landing.

PC -104

KhoKho:

- Generalskillsofthegame-Running,chasing, Dodging,Faking etc.
- Skills in chasing-Correct Kho, Movingon the lanes, Pursuing the runner, Tapping the inactiverunner,Tappingtherunneronheels,Tappingonthepole,Diving,Judgementin giving Kho, Rectification of Foul.
- SkillsinRunning-Zigzagrunning,Singleanddoublechain,Ringplay,Rollinginthe sides,Dodgingwhilefacingandontheback,fakesonthepole,fakelegs,bodyarmetc, Combination of different skills.
- Ground Marking
- Rulesandtheirinterpretationsanddutiesofofficials.

PC –104

Dumbells/Wands/Hoop/Umbrella/Tipri:Fundamentalsskills

- Apparatus/LightapparatusGrip
- Attentionwithapparatus/ Light apparatus
- Stand–at–easewithapparatus/ligfht apparatus
- Exrcisewithverbalcommand,drum,whistleandmusic–Twocount,Fourcount,Eight count and Sixteen count.
- StandingExercise
- JumpingExercise
- MovingExercise
- Combinationofaboveall

Semester–II

PC – 201

Trackand Field

Athletics:Jumping Events

- HighJump(Straddle Roll)
- Approach Run,
- Take off
- Clearanceoverthebar.
- Landing

PC –202

Gymnastics:

- Parallel Bar:
- Mountfrom onebar
- Straddlewalkingonparallelbars.
- Singleanddoublestep walk
- Perfectswing
- Shoulderstand ononebarand roll forward.
- Roll side
- Shoulder stand
- Frontonbackvaulttotheside(dismount)
- Horizontal/SingleBar:
- Grip
- Swings
- FundamentalElements
- Dismount

o UnevenParallalBar:
o Grip
o Swings
o FundamentalElements
o Dismount

PC –202
Yoga:
o SuryaNamaskara,
o Pranayams
o CorrectiveAsanas
o Kriyas
o Asanas
· Sitting
· Standing
· LayingPronePosition,
· LayingSpinePosition

PC –202
Swimming:
Introduction ofwaterpologame
o Fundamentalskills
o Swimmwiththeball
o Passing
o Catching
o Shooting
o Goalkeeping
o Rulesofthe games andresponsibilityof officials

Introductionof Diving sports.
o BasicDivingSkills fromspring boards
o BasicDivingSkillsfrom platform

PC –202
Aerobics: IntroductionofAerobics
o RhythmicAerobics-dance
o Lowimpactaerobics
o Highimpact aerobics
o Aerobicskick boxing
o Postures–Warm upandcool down
o THRZone– Beingsuccessfulinexerciseand adaptationtoaerobic workout.

PC -203
Badminton: Fundamental Skills
o Racketparts,Racket grips, ShuttleGrips.
o Thebasic stances.
o Thebasicstrokes-Serves,Forehand-overheadandunderarm,Backhand-overheadand underarm
o Drillsandleadupgames
o Typesofgames-Singles,doubles,includingmixeddoubles.
o Rulesandtheirinterpretationsanddutiesof officials.

PC -203

TableTennis: Fundamental Skills

- TheGrip-TheTennisGrip,PenHolderGrip.
- Service-Forehand,Backhand,SideSpin,High Toss.
- Strokes-Push,Chop,Drive,HalfVolley,Smash,Drop-shot,Balloon,FlickShit,Loop Drive.
- Stanceand Readyposition andfoot work.
- Rulesandtheirinterpretationsanddutiesofofficials.

PC –203

SquashFundamentalSkills

- Service-UnderhandandOverhand
- ServiceReception
- Shot-Downtheline,Cross Court
- Drop
- HalfVolley
- Tactics–Defensive,attackingingame
- Rulesandtheirinterpretationsanddutiesofofficials.

PC –203

Tennis: FundamentalSkills**.**

- Grips-EasternForehandgripandBackhandgrip,Westerngrip,Continentalgrip, Chopper grip.
- StanceandFootwork.
- BasicGroundstrokes-Forehanddrive, Backhanddrive.
- Basicservice.
- BasicVolley.
- Over-headVolley.
- Chop
- Tactics–Defensive,attackingingame
- Rulesandtheirinterpretationsanddutiesofofficials.

Semester–III
PC – 301

Trackand fields(Throwing Events)

- DiscusThrow,Javelin,Hemmerthrow,shot-put
- BasicSkillsandtechniques oftheThrowingevents
- GroundMarking/Sector Marking
- InterpretationofRulesand Officiating.
- Grip
- Stance
- Release
- Reserve/(Followthroughaction)
- Rulesandtheirinterpretationsanddutiesofofficials

PC –302

Boxing:FundamentalSkills

- Playerstance
- Stance-Righthandstance,lefthandstance.
- Footwork–Attack,defense.
- Punches–Jab,cross,hook,uppercut, combinations.

o Defenseslip–bobandweave,parry/block,coverup,clinch,counterattack
o Tactics–Toeto toe,counterattack,fightinginclose, feinting
o Rulesandtheirinterpretationsanddutiesofofficials.

PC –302
MartialArts/Karate:FundamentalSkills
o PlayerStances– walking,handpositions,front-leaning,side-fighting.
o HandTechniques-Punches(formofapunch,straightpunch,andreversepunch),Blocks (eight basic).
o LegTechniques-Snapkicks,stretchingstraightleg,thrustkicks,sidekicks,roundhouse.
o Forms-ThefirstcauseKatas.
o SelfDefense-againstpunches,grabsandstrikes,againstbasicweapons(knife,club sticks).
o Sparring-Onestepformiddlepunch,highpunchandgroinpunch.(Defendedby appropriate block from eight basic blocks).
o Rulesandtheirinterpretationsanddutiesofofficials.

PC –302
TaekwondoFundamental Skills
o PlayerStances– walking,extendingwalking, Lstance,catstance.
o FundamentalSkills – Sittingstancepunch,singlepunch,double punch,triple punch.
o PunchingSkillfromsparringposition–front-fistpunch,rearfistpunch,doublepunch, and four combination punch.
o FootTenchniques(Balgisul)–standingkick(soseochagi),Frontkick(APchagi),Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaeDollyoChagi), Jump kick (TwimyoChagi),
o Poomsae(Forms)–Jang,YiJang,SamJang,SaJang,OJang,YookJang,ChilJang,Pal Jang (Fundamental Movement – eye control, concentration of spirit, speed control,strength control, flexibility, balance, variety in techniques)
o Sparring(Kyorugi)–OneStepSparring(handtechniques,foottechniques,selfdefense techniques, combination kicks), Free Sparring.
o BoardBreaking (Kyokpa)–eyecontrol,balance,power control,speed,pointofattack.
o Rulesandtheirinterpretationsanddutiesofofficials.

PC –302
Judo:Fundamentalskills
o Rei(Salutation)-Ritsurei(Salutationinstandingposition),Zarai(Salutationinthesitting position)
o Kumikata(Methods ofholdingjudo costume)
o Shisei(PostureinJudo)
o Kuzushi(Actofdisturbingtheopponentposture)
o Tsukuriandkake(Preparatoryactionfor attack)
o Ukemi(BreakFall)-UrhiroUkemi(RearbreakFall),YokoUkemi(SideBreakFall),Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall)
o ShinTai(Advanceorretreatfootmovement)-Suri-ashi(Glidingfoot),Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps.
o TaiSabaki(Managementofthebody)
o NageWaze(Throwingtechniques)-HizaGuruma(Kneewheel),SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw).
o Katamawaze(Grapplingtechniques)-Kesagatame(Scaffhold),Katagatame(Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

PC –302

Wrestling:Fundamental Skills

- Takedowns, Legtackles,Armdrag.
- Countersfortakedowns, Crossface, Whizzer series.
- Escapesfromunder-sit-outturnintripped.
- Countersforescapesfromunder-Basiccontrolbackdrop,Countersforstand up.
- Pinningcombination-Nelsonseries(HalfNelson,HalfNelsonandBararm),Leglift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- Escapesfrompining: Winglockseries,Dopublearmlockroll,Cridge.
- StandingWrestling-Headunderarmseries,whizzerseries
- Refereespositions.

PC –302

Fencing:Fundamental Skill

- BasicStance-on-guardposition(feetand legs)
- Footwork–advance,retire,lunge,Step-lunge
- Grip–holdafoilcorrectly,Etiquette –salute andhandshaketocoachesand partners
- Hitatarget(glove,mask,person)atriposte distance
- Lungefromanon-guardposition.
- Attack-simpleattacksfromsixte–direct,disengage,doubléattack,compoundattacks high line – one-two and cut-over disengage, Cut-over attack, Low line attacks
- Semicircularparries–octaveandseptime
- Understandthelayout ofapiste.
- Compoundorsuccessiveparries.
- Lateralparryanddirect riposte
- Fenceabout–judgesetc.salutesand handshakes
- Rulesandtheirinterpretationsanddutiesofofficials.

PC303TeamGames PC 303

BaseBallFundamentalSkills

- PlayerStances– walking,extendingwalking,Lstance,catstance.
- Grip–standardgrip,choke grip,
- Batting– swingand bunt.
- Pitching–

- Baseball:slider,fastpitch,curveball,dropball,riseball,changeup,knuckleball,screw ball,
- Softball:windmill, slingshot,
- startingposition: windup, set.
- Fielding–
- Catching:basics to catchflyhits, rollinghits,
- Throwing:overarm,sidearm.
- Baserunning–
- Baserunning:single,double,triple,homerun,
- Sliding:bentlegslide,hookslide,headfirstslide.
- Rulesandtheirinterpretationsanddutiesofofficials.

PC 303

Netball:FundamentalSkills

- Catching:onehanded,twohanded,withfeetgrounded,inflight.
- Throwing(differentpassesandtheiruses):onehandedpasses(shoulder,highshoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).

o Footwork:landingononefoot;landingontwofeet;pivot;runningpass.
o Shooting:onehand;twohands;forwardstepshot;backwardstepshot.
o Techniquesofgettingfree:dodgeandsprint;suddensprint;sprintandstop;sprinting with change of speed.
o Defending:markingtheplayer;markingtheball;blocking;insidethecircle;outsidethe circle (that is, defending the circle edge against the pass in).
o Intercepting:pass;shot.
o Thetoss-up.
o Role ofindividual players
o Rulesandtheirinterpretationsanddutiesofofficials.

PC –303
Cricket:FundamentalSkills
o Batting-Forwardandbackwarddefensive stroke
o Bowling-Simplebowlingtechniques
o Fielding-Defensiveandoffensive fielding
o Catching-HighcatchingandSlipcatching
o Stoppingand throwing techniques
o Wicketkeepingtechniques

PC 303
Football: Fundamental Skills
o Kicks-Insidekick,Instepkick,Outerinstepkick,loftedkick
o Trapping-trappingrollingtheball, trappingbouncingballwith sole
o Dribbling-Withinstep,insideandouterinstepof the foot.
o Heading-Fromstanding,runningandjumping.
o Throwin
o Feinting-Withthelowerlimbandupperpartofthe body.
o Tackling-Simpletackling,Slidetackling.
o GoalKeeping-Collectionofballs,Ballclearance-kicking,throwinganddeflecting.

PC 303
Hockey: FundamentalSkills
o Playerstance&Grip
o Rollingtheball
o Dribbling
o Push
o Stopping
o Hit
o Flick
o Scoop
o Passing–Forwardpass,squarepass,triangular pass,diagonalpass,returnpass,
o Reversehit
o Dodging
o Goalkeeping–Handdefence,footdefence
o Positionalplayinattack and defense.
o Rulesandtheirinterpretationsanddutiesofofficials.
o Rulesandtheirinterpretationsanddutiesofofficials.
o Ground Marking.

PC –303

SoftballFundamental Skills

o Catching:onehanded,twohanded,withfeetgrounded,inflight.
o Throwing(differentpassesandtheiruses):onehandedpasses(shoulder,highshoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
o Footwork:landingononefoot;landingontwofeet;pivot;runningpass.
o Shooting:onehand;twohands;forwardstepshot;backwardstepshot.

o Techniquesofgettingfree:dodgeandsprint;suddensprint;sprintandstop;sprinting with change of speed.
o Defending:markingtheplayer;markingtheball;blocking;insidethecircle;outsidethe circle (that is, defending the circle edge against the pass in).
o Intercepting:pass;shot.
o Thetoss-up.
o Role ofindividual players
o Rulesandtheirinterpretationsanddutiesofofficials.

PC 303

Volleyball:FundamentalSkills

o PlayersStance-Receivingtheballandpassingtotheteammates,
o TheVolley(Over headpass),
o TheDig(Underhandpass).
o Service-UnderArmService,SideArmService, TennisService,RoundArmService.
o Rulesandtheirinterpretationsanddutiesofofficials.

PC -303

Hand Ball:

o FundamentalSkills-Catching,Throwing,BallControl,GoalThrows-JumpShot,Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.
o Rulesandtheirinterpretationsanddutiesof officials.

PC –303

Basketball: Fundamental Skills

o Playerstanceandballhandling
o Passing-TwoHandchestpass,TwohandBouncePass,OneHandBaseballpass,Side Arm Pass, Over Head pass, Hook Pass.
o Receiving-TwoHandreceiving,Onehandreceiving,Receivinginstationaryposition, Receiving while jumping, Receiving while running.
o Dribbling-Howtostartdribble,Howtodropdribble,Highdribble,Lowdribble,Reverse dribble, Rolling dribble.
o Shooting-Layupshotanditsvariations,onehandsetshot,Onehandjumpshot,Hook shot, Free throw.
o Rebounding-Defensiverebound,Offensiverebound,Knockout,ReboundOrganization.
o IndividualDefensive-Guardingthemanwith theballandwithoutthe ball.
o Pivoting.
o Rulesandtheirinterpretationsanddutiesofthe officials.

TP–201 Teachingpractices:

10teachingpracticelessonsoutofwhich5lessonsinclass-roomsituationand5 lessons forout-dooractivities within premises on thestudents of B.P.Ed course.

TP–301 Teachingpractices:
10teachinglessonplansforRacketSport/TeamGames/IndigeneousSportsout of which 5 lessons internal and 5 lessons external at school.

TP–401SportsSpecialization:Trackandfield/Gymnastics/Swimming (4 internal lesson at prcticing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)

TP-402GamesSpecialization:Kabaddi,Kho-kho,Baseball,cricket,Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis
(4internallessonatprcticingschooland1finalexternallessononthestudentsof practicing school as a games specialization of any discipline mentioned above.)

Note:Whereeverdetailsofanyactivitiesarenotmentioned,itisexpectedto elaborate skills by the competent bodies of local Universities.