

SYLLABUS AND COURSES OF READING

FOR

BACHELOR OF PHYSICAL EDUCATION

B.P.Ed. (TWO YEARS)

PART-I

(Semester-I to II)

SESSION 2020-21 & 2021-22



PUNJABI UNIVERSITY, PATIALA

(ESTABLISHED UNDER THE PUNJAB ACT NO. 35 OF 1961)

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ORDINANCE

SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION
B.P.Ed. (TWO YEARS) SEMESTER SYSTEM
FOR THE YEAR 2020-21 & 2021-22
(Semester-I to IV)

1. An examination for the Bachelor course in Physical Education (B.P.Ed. Two Year Course) shall be held in four semesters.
2. **ELIGIBILITY:** The eligibility will be as prescribed by the NCTE guidelines or amended from time to time:

Who has Bachelor's Degree in Physical Education with fifty percent marks?

Or

Bachelor's Degree with Physical Education as an elective subject with fifty percent marks. Or Bachelor's Degree in Physical education with forty five percent marks or Bachelors Degree with physical education as an elective subject with forty five percent marks and participation in National / All India Inter-university/ Inter-university competitions in sports recognized by AIU or IOA. Or Bachelor's Degree with forty- five per cent marks and having participated in national or state or inter-university sports or games or athletics

Or

For deputed (In-Service candidates i.e. trained physical education teachers / coaches) Graduate with forty five percent marks, and at least three years of teaching experience. The reservation in seats and relaxation in the qualifying marks for SC/ST/OBC and other categories shall be as per the rules of the State Government.

3. **ADMISSION PROCEDURE :**

The admission will be made as per the notification made by Punjabi University/ Govt of Punjab. Admission shall be made on merit on the basis of marks obtained in the entrance test (Physical efficiency test, marks obtained in the qualifying examination and students must produce the sports gradation certificate recognized by AIU/IOA at the time of admission otherwise his /her candidature will not be considered).

To get the benefits of sports certificate a candidate must get the sports gradation certificate from the concerned department.

If in the case a certificate of sports gradation is not issued by the concerned department of particular state. A candidate must bring the team list of their game/ Athletics certificate with duly attested form authorized official.

Norms and standards prescribed by NCTE /UGC/State Government or any other competent body for admission to B.P.Ed. Course shall be followed. The nature of B.P.Ed course is such that it involves vigorous physical activity as such the pregnant women candidate have to discontinue the course immediately whereas they can join the course after getting the physical fitness certificate for physical activity from the Government Medical Officer.

Note: - Institution cannot lower the admission requirements set by above mentioned agencies. However they can raise it on the basis of availability of candidates.

Number of Seats: Total number of seats will be as sanctioned by the NCTE to the particular college.

4. Has his name submitted to the Registrar by the Principal of the college, he has most recently attended; and produces the following certificates:
 - a) Of good character,
 - b) Having attended not less than 75% of the total number of lectures delivered in each paper/ subject and 75% of the periods held in practical in each activity Provided that a deficiency in attendances may be condoned for special reason as per rules made by the university from time to time.
 - c) Of having fulfilled all the requirements pertaining to the teaching practice and officiating.
 - d) Of having satisfactory performed the work of the class.

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e) A Candidate who have attended the prescribed number of lectures, does not appear in the examination after completion of his lectures or having appeared in the examination has failed may be allotted to appear at any subsequent examination with in a period of two years without attending a fresh course of lectures.

(i) Every candidate shall submit through the principal of the college, he has most recently attended, his application on the prescribed form accompanied by examination fee as prescribed by the university time to time and a statement showing the subject (s) in which he/ she to be examined.

(ii) Every candidate would be required to produce the following certificate signed by the principal of the college recently joined before his/ her name is submitted to the Registrar to sit in the University examination.

"Of having obtained, at the house examination held in December/ January, at least 40% marks in the aggregate of all subject and 20% marks in each of the prescribed subject.

In case a candidate could not appear in the house examination owing to unavoidable circumstances and fails to secure the required marks in the internal examination as a regular student, the principal may at his discretion hold a special test for the candidate (s). Such a candidate would be required to obtain at least 40% marks in aggregate of all subjects and 20% marks in each of the prescribed subjects in special exam.

6. The last date by which admission form and fee must reach the Registrar as notified by the university from time to time.

7. The medium of Examination in all the subjects shall be English, Punjabi or Hindi. In the Case of Punjabi and Hindi the medium shall be Punjabi in Gurmukhi script and Hindi Devnagari script(as the questions shall be set in English and Punjabi).Provided that the use of English technical terms shall be permissible in setting the question papers as well as in answering the question.

8. The examination shall consist of following parts:

PART - A	THEORY PAPERS
PART - B	SKILL & PROWESS
PART - C	FORMAL ACTIVITY
PART-D	PRACTICE OF TEACHING
PART - E	PROJECT

The scheme of education and syllabus for the course shall be prescribed by the Academic Affairs council from time to time.

9. The minimum number of marks required to pass the examination shall be as under

(a) 40% marks in each paper of Part-A

(b) 40% marks in Part- B (Skill and Prowess)

(c) 40% marks in Part- C, D& E (Formal Activity, Practice of Teaching & Officiating and Project)

10. After the termination of the examination or as soon as the Examination Controller shall publish a list of candidate who has passed. Each successful candidate shall be granted a Degree of having passed the examination.

11. **Results:** Subject to fulfilment 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.

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 chance to pass the reappear with the examination of the next semester, provided his reappear of lower semester does not go beyond next semester.

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Principal

SCHEME FOR B.P.Ed (2 YEAR COURSE)

SEMESTER SYSTEM

SESSION: 2020-21 & 2021-22

		Marks
PART - A	THEORY PAPERS	2000
PART - B	SKILL & PROWESS	460
PART - C	PRACTICE OF TEACHING AND OFFICIATING LESSON	520
PART-D	SCHOOL INTERNSHIP	40
PART-E	PROJECTS	60
		TOTAL MARKS =3080 MARKS

B.P. Ed- SEMESTER-I

		Marks
PART - A	Theory Papers	500
PART - B	Skill & Prowess	120
PART - C	Practice of Teaching and Officiating lesson	100
		Total marks =720

Part-A

Theory

500 Marks

Paper	Title of the Subject	External	Internal	Teaching Hrs
Paper-I	History, Principles and Foundation of Physical Education	80	20	05 Hrs
Paper-II	Anatomy and Physiology	80	20	05 Hrs
Paper-III	Health Education and Environmental Studies	80	20	05 Hrs
Paper-IV	Officiating & Coaching	80	20	05 Hrs
Paper-V	Educational Technology	80	20	05 Hrs

Part-B (Skill and Prowess)

120(Internal)

GAMES

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Basketball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	05 Hrs
Kabaddi	-do-	20	05 Hrs
Wrestling	-do-	20	05 Hrs

ATHLETICS

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Sprints	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	05 Hrs
Long jump	-do-	20	05 Hrs
Shot Put	-do-	20	05 Hrs

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Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note: 20 Marks for each game (8 marks for skill and 12 marks for proficiency in game.

Each activity will be continued for 21 working days.

Part-C Practice of Teaching and Officiating lesson

100 Marks

MASS DEMONSTRATION ACTIVITIES

Practical	Contents of Activities	Internal Assessment	External Assessment	Teaching Hrs
Calisthenics & Mass P.T	Teaching of Free Hand Exercise and Rhythmic Movements.	20	60	05 Hrs
March Past & Band Drills	Teaching of Rhythmic Movements with Apparatus	20		05 Hrs

- Evaluation of lesson plan will be done by one external examiner. The students have to prepare their lesson from the events covered in the academic session.
- Practice of lessons will be done during the teaching practice organized by the college and their lessons will be supervised by the internal faculty member.
- *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*

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B.P.Ed. SEMESTER-II

		Marks
PART - A	Theory Papers	500
PART - B	Skill & Prowess	120
PART - C	Practice of Teaching and Officiating Lesson	200
		Total marks =820

Part-A Theory

Total Marks-500 Marks

Paper	Title of the Subject	External	Internal	Practical	Teaching Hrs
Paper-VI	Organization and Administration	80	20		05 Hrs
Paper-VII	Sports Training	80	20		05 Hrs
Paper-VIII	Fundamental of Computer Applications	80	-	20	05 Hrs
Paper-IX	Kinesiology	80	20		05 Hrs
Paper-X	Yoga	80	20		05Hrs

Part-B Skill and Prowess

120 marks (Internal)

GAME

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Kho-Kho	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	05 Hrs
Football	-do-	20	05 Hrs
Judo	-do-	20	05 Hrs

ATHLETICS

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Discuss Throw	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	05 Hrs
Triple Jump	-do-	20	05 Hrs
Relay and Race Walk	-do-	20	05 Hrs

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

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Note: 20 Marks for each game (8 marks for skill and 12 marks for proficiency in game situation.)
Each activity will be continued for 21 working days.

Part-C Practice of Teaching and Officiating lesson

200 Marks

MASS DEMONSTRATION ACTIVITIES

Practical	Contents of Activities	Internal Assessment	External	Teaching Hrs
Dumb-bell & Lazium	Teaching of Rhythmic Movements with Apparatus	20	60	05 Hrs
Aerobics, Tipri and Umbrella	Teaching of Rhythmic Movements with Apparatus	20		05 Hrs

Teaching and Officiating lesson	External	Internal	Teaching Hrs
Game	30	20	05 Hrs
Athletics	30	20	05 Hrs
Leadership Training Camp	One camp for students related to leadership qualities has to be organized by the concerned institute.		

Note: The students will be required to prepare a file pertaining to each lesson given above in support of their evaluation of lesson plan and viva-voce. Candidates are required to take 10 practice lessons for each part separately. Sessional marks will be awarded on the basis of their performance in practice lessons, 20 Marks for each game (4 for skill and 6 for proficiency in game situation).

- Evaluation of lesson plan will be done by one external examiner in each case. The students have to prepare their lesson from the games and athletics events covered in the academic session.
- Practice of lessons will be done during the teaching practice organized by the college and their lessons will be supervised by the internal faculty member.
- *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*

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B.P. Ed-I (SEMESTER-I)

		Marks
PART - A	Theory Papers	500
PART - B	Skill & Prowess	120
PART - C	Practice of Teaching and Officiating Lesson	100
		Total marks -720

Part-A Theory

500 Marks

Paper	Title of the Subject	External	Internal	Teaching Hrs
Paper-I	History, Principles and Foundation of Physical Education	80	20	05 Hrs
Paper-II	Anatomy and Physiology	80	20	05 Hrs
Paper-III	Health Education and Environmental Studies	80	20	05 Hrs
Paper-IV	Officiating and Coaching	80	20	05 Hrs
Paper-V	Educational Technology	80	20	05 Hrs

PAPER-I

HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

SUBJECT CODE-B.P.Ed-I

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks for each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (15×4= 60 Marks)

UNIT-I

- Physical Education:** Introduction, Scope, Aims and Objectives of Physical Education, Relationship of Physical Education with Health Education and Recreation. Misconceptions about Physical Education. Modern Trends in Physical Education.
- Physical Education as Profession:** Introduction to the Profession of Physical Education, Contribution of Physical Education to the achievement of the Aims and Objectives of Education.
- Philosophies of Education as Applied to Physical Education:** Idealism, Naturalism, Realism, Pragmatism and Existentialism.

UNIT- II

- Biological Basis of Physical Education:** Biological Activities, Nature and Need, Use, Disuse and Overuse. Growth and Development, Age and Sex difference between Boys and Girls, Classification of Physique, General Principles of Growth and Development.

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2. **Psychological Basis of Physical Education:** Learning, Types of Learning, Laws of Learning, Learning Curve, Play and its theories, Transfer of Training.
3. **Sociological Basis of Physical Education:** Socialization Process, Social Nature of man and Physical Activity, Sports as Cultural Heritage of Mankind, Traditions and Sports, Competition and Cooperation, Leadership Qualities.

UNIT-III

1. **Physical Education in Ancient Period:** Greek-Homeric age, Period of Greek civilization, its cities and states.
2. **Spartan and Athens:** Education System, the Origin and Development of Ancient Olympic Games.
3. **Physical Education in Various Countries:** Germany, Russia, Denmark, U.S.A., China, Australia and U.K.

UNIT-IV

1. **Physical Education in India:** History of Physical Education in Ancient India, Pre and Post-Independence developments of physical education. Contribution of G.D Sondhi and Padam Shree Dr. P. M. Joseph in the field of Physical Education in India.
2. **Organizations and Institutes:** All India Council of Sports (AICS), Sports Department of Punjab (SDP), Sports Authority of India (SAI), Indian Olympic Association (IOA), Young Men Christian Association (Y.M.C.A.), Laxmibai National Institute of Physical Education (LNIPE), International Olympic Committee (IOC).
3. **Awards, Honors and Eminent Personalities:**
National Awards: Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, MAKA Trophy, Youth Services and Scouts and Guides.
Contribution of Eminent Educationist in Physical Education: Johan Basedow, Salims, Guts Muths John, Spiess, Nachategall, Ling.

REFERENCE BOOKS:

- Charles, A. Bucher (2008). *Foundations of Physical Education*. Delhi: Surjeet Publications.
- Gulam Aafid (2018). *Foundation of Physical Education*. New Delhi : AkiNik Publications.
- Kamlesh, M.L. & Sangral, M.S. (2011). *Principles and History of Physical Education*. India: Friends Publications.
- Kamlesh, M.L. (2005). *Physical Education and Exercise sciences an objective approach*. India: Friends Publications.
- Kamlesh, M.L. (2008). *Principles and History of Physical Education and Sports*. India: Friends Publications.
- Kamlesh, M.L. (2013). *Foundation of Physical Education (3rd ed.)*. New Delhi: Sports Publication.
- Karl Webber Bookwalter & Harold J. VanderZwaag (1969). *Foundations and Principles of Physical Education*. Philadelphia : Saunders Publisher.
- Singh, A., Bains, J., & Gill, J.S. (2017). *Essential of Physical Education*. Ludhiana: Kalyani Publisher.

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PAPER-II
ANATOMY AND PHYSIOLOGY
SUBJECT CODE-B.P.ED-II

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks for each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15×4= 60 Marks)

UNIT-I

1. **Anatomy & Physiology:** Introduction, Need and Importance in the field of Physical Education and Sports, Regional Anatomy, Systemic Anatomy, Gross and Microscopic Anatomy, Normal Anatomical Position and its importance.
2. **Cell:** Introduction of Cell, Tissue, Organ and System, Microscopic Structure and Functions of Cell, Properties of living Cell.
3. **Tissue:** Introduction, Classification, Structure, Functions and Types.

UNIT-II

1. **Blood:** Composition, Function and Coagulation.
2. **Skeletal System:** Introduction of Skeletal system, Classification of Bones, Joints and its Classification, Structure and Functions of Joints, Basic Movements of Joints.
3. **Muscular System:** Introduction, Classification, Functions of muscles, Microscopic Structure of Skeletal Muscle, Mechanism of Muscular Contraction.

UNIT-III

1. **Digestive System:** Introduction, Structure and Functions, digestion of food (Absorption and Assimilation of food)
2. **Circulatory System:** Introduction, Structure and Function of heart, Types of Circulation, Blood Pressure, Pulse Rate and its relevance in sport.
3. **Respiratory System:** Introduction, Structure and Function of Respiratory Organs, Mechanism of Respiration, Types of Respiration, Respiratory Volume and its Importance.

UNIT-IV

1. **Excretory System:** Introduction, Structure and Functions of Kidney and Skin. Composition of Urine.
2. **Nervous System:** Introduction, Central Nervous System, Autonomous Nervous System, Parts of the Brain (Name and Position only), Structure of the Spinal Cord.
3. **Endocrine System:** Introduction, Location and Structure of different Glands and Pancreas.

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REFERENCE BOOKS:

- Ahuja, V. M. (2005). *Text Book of Physiology*. India: Modern Publishers.
- Astrand, P.O. & Karre, R. (1979). *Text Book of work Physiology*. Tokyo: Mc Graw. Hill Xogakusha, Ltd.
- Bourne, G. H. (1973). *The Structure and Function of Muscles*. London: Academic Press.
- Ghosh, B.D. (2007). *Human Anatomy for Students*. New Delhi: Jaypee Brothers Medical Publisher.
- Jack, W.H. & Costill L. P. (2004). *Physiology of Sports and Exercise*. USA: Human Kinetics.
- Jain, A.K. (2015). *Anatomy and Physiology for Nursing (3rd ed.)*. New Delhi: Arya Publications.
- Katch L. V., Katch I. F. & William, M. D. (1996) *Exercise Physiology*. Philadelphia: Williams & Wilkins, A Waverty Company.
- Seeley, R.R., Stephens, T.D. & Tate, P. (2003). *Anatomy & Physiology (6th Ed.)*. New York: Published by McGraw-Hill.
- Singh, P. (2018). *Foundation of Anatomy and Physiology*. New Delhi: AkiNik Publications.
- Singh, S. (2006). *Introduction to Anatomy and Physiology*. India: Friends Publications.
- Singh, A., Bains, J., & Gill, J.S. (2017). *Essential of Physical Education*. Ludhiana: Kalyani Publisher.
- Tipton, C.M. (2003). *Exercise physiology*. New York City: Springer Publishing Company.
- VanPutte, C., Regan, J. & Russo, R. (2013). *Seeley's Essentials of Anatomy & physiology*. New York: Published by McGraw-Hill.
- Verma, K.K. (2015). *Anatomy & Physiology*. Jalandhar: AP Publisher.

Paper-III

HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

SUBJECT CODE – B.P.ED-III

Time allowed : 3 Hours

Max Marks : 100
(External : 80, Internal : 20)

INSTRUCITONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 10 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 20 marks i.e., two marks each question. All questions are compulsory. (2 x 10 = 20 Marks)
- c) Rest of the paper shall contain four units descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (15 x 4 = 60 Marks)

UNIT-I

1. Health: Introduction, Concept, Dimensions, Spectrum and Determinants of Health, Health Education, Health Instruction, Health Supervision.
2. Health Education: Introduction, Aims, Objectives, Principles of Health Education and Methods of Communication in Health Education.
3. Types of Health: Personal Health, Mental Health, Environmental Health, Occupational health.

UNIT-II

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1. **Health Problems:** Communicable and Non-Communicable Diseases, Health Hazards of Modern Age – Obesity, Malnutrition, Adulteration in Food, Environmental Sanitation and Explosive Population. Health Problems in India and their control.
2. **School Health Programme:** School Health Services, Health Instructions, Healthful school Living (Healthy School Environment) Evaluation in Health Education, Role of Nutrition and Environment in Promoting Health.
3. **Hygiene and Sanitation :** Personal Hygiene, Nutritional Services, Health Appraisal, Health Record, Diseases caused due to Poor Hygiene and Sanitation, their prevention and treatment. First-Aid and Emergency Care.

UNIT-III

1. **Environment Science:** Introduction, Scope, Need and Importance of Environmental Studies.
2. **Environmental Education:** Introduction, Concept of Environmental Education, Historical background of Environmental Education, Celebration of various days in relation with Environment.
3. **Recycling:** Introduction, Plastic Recycling & Probation of Plastic bags/covers. Role of School in Environmental conservation and Sustainable.

UNIT-IV

1. **Natural Resources and Environmental Issues:** Water Resources, Food Resources, Forest Resources, Wildlife Conservation and Species Extinction and Energy Resources. Their Issues regarding Use and Over Exploitation. Environmental issues in India and their solutions.
2. **Effects and Control:** Measures for Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution, Radio-Active Pollution, Population growth and environmental quality, Carbon footprint and Consumerism.
3. **Issues and Management:** Climate Change, Global Warming, Acid Rain, Ozone Layer Depletion, Solid and e-Waste Management, Nuclear Waste Management, Deforestation, Holocaust and their Management. Government Policies, Role of Pollution Control Board, Eco friendly meaning and concept.

REFERENCES BOOKS:

- Aggrawal, K.C. (2001). *Environmental Biology*. Bikaner: Nidhi Publication Ltd.
- Dheer, S., Kamal, R. & Basu, M.(2005). *Introduction to Health Education*. India: Friends Publications.
- Frank, H. & Walter H. (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
- Kang, G.S. & Deol, N.S.(2008). *An Introduction Health & Physical Education*. Patiala: Twenty first Century Publications.
- *Nemir, A. (n.d.) The School health education*. New York: Harber and Brothers.
- Odum, E.P. (1971). *Fundamental of Ecology*. USA: W.B. Saunders Co.

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PAPER-IV
OFFICIATING AND COACHING
SUBJECT CODE-B.P.ED-IV

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15×4= 60 Marks)

UNIT-I

1. **Officiating:** Introduction, Nature, Principles and Scope of officiating and coaching.
2. **Coach:** Introduction, Characteristics, Qualities of a Good Coach, Relationship of a Coach with Athlete/ Player, Qualifications (Educational and Professional) of a coach.
3. **Coaching:** Introduction, Psychological aspect of Coaching, Philosophy of Coaching and Bench Coaching.

UNIT-II

1. **Referee:** Introduction, Conditions for a good Referee / Umpire and Measures for Improving the Standard of Referee / Umpire.
2. **Officials:** Officials required for conducting Athletic Meet, their Duties and Responsibilities, Equipments required for Conducting Athletic Events, Dress code for Officials.
3. **Duties of Officials:** Mechanism of Officiating, their Positions and Signals in games (Football, Basketball, Badminton, Kabaddi, Volleyball, Handball, Hockey, Kho-Kho, Wrestling, Tennis).

UNIT-III

1. **Rules and Regulations of Games:** Football, Basketball, Badminton, Kabaddi, Volleyball, Handball, Hockey, Kho-Kho, Wrestling, Tennis and Table Tennis, their rules and interpretation.
2. **Track and field:** Construction of Standard Track, Track and Field events, Relay races and Throwing Sectors.
3. **Throws and Jumps:** Rules and Regulations of High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Javelin Throw, Hammer Throw.

UNIT-IV

1. **Ethics:** Introduction, Ethical Issues in Officiating and Coaching, Integrity and Values of Sports.
2. **Performas:** Preparation of TA/DA bills and Eligibility Performa, Knowledge of Eligibility Rules of A.I.U and S.G.F.I.
3. **Score Sheet:** Preparation of Score Sheets for different Games and Athletics Events, Awards of Points/ Scores in Score Sheet.

REFERENCES

- John, V,Bunn : The Arts of officiating Sports, Prentice – Hall, Inc., Englewood Cliffs, N.J.
- W.Dunn : scientific Principles of Coaching , Prentice Hall, Englewood Cliffs, N.J.
- H.C.Buck : Rules of Games and Sports.
- Be Clar : Science of Coaching, A.S. Barhas and Co., New York.
- R.L. Anand : Playing Field Manual , NIS Publication.

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PAPER-V
EDUCATIONAL TECHNOLOGY
SUBJECT CODE- B.P.ED -V

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15×4= 60 Marks)

UNIT-I

1. **Educational Technology:** Introduction, Aims and Objectives, Applications of Education Technology in the field of Physical Education.
2. **Methods and Learning:** Introduction, An Outline of Teaching Methods used before and Now. Use of Sensory Organ in the process of Learning and Remembering.
3. **Communication:** Introduction, Types of Communication, Communication Cycle, Communication in the Class Room.

UNIT-II

1. **Teaching Aids:** Introduction, Importance of Teaching Aids, Criteria for Selecting Teaching Aids.
2. **Classification of Teaching Aids:** Audio Aids, Visual Aids, Audio-Visual Aids.
3. **Advantages and Suggestions for Effective Use of Selected Teaching Aids:** Verbal, Chock Board, Charts, Models, Slide Projector, Over Head Projector, Motion Picture, Self Experiment and Projects.

UNIT-III

1. **Questioning:** Introduction, Purpose of Questioning, Classification of Questioning, and Techniques of asking questions.
2. **Programmed Learning:** Concept of Programmed Learning, Fundamental Principles of Programmed Learning, Steps involved in Preparation of Programme.
3. **Team Teaching:** Introduction, Guiding Principles of Team Teaching, Advantages of Team Teaching.

UNIT-IV

1. **Micro Teaching:** Introduction, Concepts and Features of Micro Teaching, Steps, Principles and Limitations of Micro Teaching.
2. **Simulation Teaching:** Introduction, Steps, Advantages of Simulation, Limitations of Simulation.
3. **Teaching Machines:** Introduction, Values of Teaching Machines, Machine versus Teacher.

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- Cassidy, K. & Jackson, K.(1952). *Methods in Physical Education*. London: W.B. Saunders Company.
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Part-B (Skill and Prowess)

120 (Internal)

GAMES

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Basketball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	05 Hrs
Kabaddi	-do-	20	05 Hrs
Wrestling	-do-	20	05 Hrs

ATHLETICS

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Sprints	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	05 Hrs
Long Jump	-do-	20	05 Hrs
Shot Put	-do-	20	05 Hrs

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Contents to be covered for Games & Athletics.

- a. Historical development of the concerned game/track and field event.
- b. Main tournaments organized at National and International level.
- c. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d. Awardees in the game/athletics.
- e. Books and magazines of the game /track and field.
- f. Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g. Fundamental skills /Techniques.

Note: 20 Marks for each game (8 marks for skill and 12 marks for proficiency in game.

Each activity will be continued for 21 working days.

Part-C Practice of Teaching and Officiating lesson

100 Marks

MASS DEMONSTRATION ACTIVITIES

Practical	Contents of Activities	Internal Assessment	External Assessment	Teaching Hrs
Calisthenics & Mass P.T	Teaching of Free Hand Exercise and Rhythmic Movements.	20	60	05Hrs
March Past & Band Drills	Teaching of Rhythmic Movements with Apparatus	20		05Hrs

- Evaluation of lesson plan will be done by one external examiner. The students have to prepare their lesson from the events covered in the academic session.
- Practice of lessons will be done during the teaching practice organized by the college and their lessons will be supervised by the internal faculty member.
- *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*

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B.P.Ed.: SEMESTER-II

		Marks
PART – A	Theory Papers	500
PART – B	Skill & Prowess	120
PART – C	Practice of Teaching and Officiating Lesson	200
		Total marks =820

Part-A Theory

Total Marks-500 Marks

Paper	Title of the Subject	External	Internal	Practical	Teaching Hrs
Paper-VI	Organization and Administration	80	20		05 Hrs
Paper-VII	Sports Training	80	20		05 Hrs
Paper-VIII	Fundamental of Computer Applications	80	-	20	05 Hrs
Paper-IX	Kinesiology	80	20		05 Hrs
Paper-X	Yoga	80	20		05 Hrs

PAPER-VI
ORGANIZATION AND ADMINISTRATION
SUBJECT CODE- B.P.Ed –VI

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15×4= 60 Marks)

UNIT-I

1. **Organization and Administration:** Introduction, Need, Principles and Characteristics of Organization and Administration.
2. **Qualification and Responsibility:** Personal Qualification and Responsibilities of Physical Education Teacher, Pupil Leadership.
3. **Facilities Management:** Types of Facilities/ Infrastructure- Indoor, Outdoor, Playfields: Area, Location, Layout and Care.

UNIT-II

1. **Equipment Management:** Need, Importance, Procedure for Purchase of Sports Equipments, Equipment care and Maintenance and Procedure to write off the Equipments.
2. **Program Planning:** Introduction, Steps in Planning, Principles of Planning in Physical Education.
3. **Time Table Management:** Need and Importance, Factors Affecting Time Table, Teacher Pupil Ratio and Teaching Load.

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UNIT III

1. **Organization of Physical Education and Sports at different levels:** Intra-murals, Extra-murals, School, University and National level, Sports Tour Management (Physical Education Teacher as Manager of the Team).
2. **Instructional Program:** Introduction, Design and Management of Instructional program.
3. **Gymnasium and Swimming Pool:** Need, Location, Construction, Dimensions, Maintenance and Supervision.

UNIT-IV

1. **Curriculum Development:** Curriculum Design, Nature, Aims and Objectives, Basic Principles and Steps in Curriculum Construction.
2. **Record Keeping:** Introduction, Importance of Keeping Record, Types of Records, Stock Register.
3. **Budget:** Introduction, Objectives and importance of Budget in Program Planning in Physical Education, Essential Qualities of a Good Budget.

REFERENCE BOOKS:

- Knapp. C & Hagm. E. P. Teaching Methods for Physical Education, New York. Mc Graw Hill Book Co Inc. 1953.
- Sossing N.L. Progressive Methods & Teaching Secondary School, Mehton D, Administration of Physical Education (New York: The Ronald Press C. 1968).
- Lisa Pike masteral exis, Caro A. Barr Marry A. Hums "Principles and Practice of Sports management". Jones and Bartlett Publishers. 2005.
- M. L. Kamlesh "Methods of teaching".
- Jawaid Ali Khan "Sports Management" KSK Publishers, New Delhi

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PAPER- VII
SPORTS TRAINING
SUBJECT CODE- B.P.Ed -VII

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15×4= 60 Marks)

UNIT-I

1. **Sports Training:** Introduction, Aims, Objectives, Nature and Principles of Sports Training.
2. **Training Load:** Introduction, Load and Adaptation, Types of Training Load, Structure, Factors, Components and Principles of training load.
3. **Recovery:** Introduction, Phases, Means of Recovery and its Importance in Sports Performance.

UNIT-II

1. **Physical and Motor Fitness:** Introduction, Components of Physical and Motor Fitness, Means and Methods of their development.
2. **Warming-Up and Cooling Down:** Introduction, Methods and its Importance.
3. **Training Methods:** Weight Training, Circuit Training, Interval Training, Fartlek Training, Plyometric Training and Continuous Method Training.

UNIT-III

1. **Planning:** Introduction, Principles and Types of Training Plan.
2. **Periodization:** Introduction, Types, their Aims and Contents.
3. **Talent Identification:** Pre-requisites and Conditions for Developing suitable Young Athlete, Principles of Early Recognition of Athletic Talent, Basic Factors Determining Performance and Important Indicators to determine Athlete's Aptitude.

UNIT-IV

1. **Psychological Preparation:** Introduction, Psychological Preparation of teams and Individuals for sports.
2. **Technical Training:** Introduction, Technique, Tactics, Strategy, Skill, Style, Development of Techniques and tactics.
3. **Environmental Factors:** Importance and Role of Environmental factors affecting sports performance.

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- Satyanarayana, V. (2016). *Sports Training*. New Delhi: Sports Publication.
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- Uppal, A.K. (2013). *Scientific basis of Sports Conditioning*. New Delhi: Friends Publication

PAPER- VIII
FUNDAMENTAL OF COMPUTER APPLICATIONS
SUBJECT CODE- B.P.Ed -VIII

Time allowed: 3 Hours

Max Marks: 125
 (External: 80, Internal:
 20, Practical 25)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15×4= 60 Marks)

UNIT-I

- Computer:** Introduction, Types, Characteristics, Limitations and Importance in Physical Education and Sports.
- Computer Memory:** Introduction, Memory Units, Types, Storage Devices (Hard disk, Floppy disk, Optical disk, Pen drive).
- Information & Communication Technology:** Introduction, Importance & Nature of ICT, Need of Information & Communication Technology in Physical Education, Scope of ICT in Education & Physical Education.

UNIT-II

- Computer Hardware:** Introduction, Input Devices (Keyboard, Mouse, Joystick, Optical Mouse, Recognition, Barcode Reader, Scanner) Output Devices (Monitor, Printer)
- Computer Software:** Introduction, Types, Operating System, Functions of Operating System, Computer Threats and Virus.
- Introduction to Internet and Networking:** Advantages and types of Networking, Different Protocols, Internet Vs Intranet, Types of Internet, Connectivity-Dial-Up, DSL, Cable, wireless, Satellite, Cellular, WORLD WIDE WEB (WWW) –Web Browsers, Domain Names, e-Mail: Concepts, and Merits.

UNIT-III

- M.S. Word:** Introduction, Features, Component, Different views of Word Document, Creating New Document, Opening, Saving, Closing, Editing of existing Document, Creating Tables, Inserting Pictures, Keyboard Shortcuts.
- M.S. Excel:** Introduction, Features, Entering Data into Excel Sheet, Keyboard Shortcuts.
- M.S. PowerPoint:** Introduction, Features, Preparation of Slides, Slideshow, Keyboard Shortcuts.

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UNIT-IV

1. **Cyber Security:** Introduction, Security Services, Types of Attacks, Cyber Crime, Online Fraud and Identity Theft.
2. **Information Security:** Introduction, Overview of Identification and Authorization, User Management, e-Commerce, Online storage.
3. **Computer Security:** Desktop Security, Email Security, Web Security, Web Authentication, OS Security, Anti-virus software, Firewalls, Network Security.

PRACTICAL

(20 Marks External)

FUNDAMENTAL OF COMPUTER APPLICATIONS

- **Working with Windows:** Basic component of window – Desktop icons, taskbar, wallpaper & screen saver, creating files, folders, shortcuts, moving files/folders.
- **MS-Office :** Working with MS-Word, Working with MS-Excel, Working with MS-PowerPoint, Printing of files.
- **Internet :** Web Surfing, Searching Contents through Search Engines, Working with e-mail, Connecting through Wi-Fi, Bluetooth and Hotspot, Creating Accounts, Setting Profiles, Posting Messages, Replying forwarding & tagging contents, online shopping, Creating & Maintaining Social Profiles – Facebook, Twitter etc.

References

- Boyce, Jim. et.al. (2007). *Microsoft office system inside out*.
- Barrett, Ron. et. al. (2007). *Administrator's guide to Microsoft office 2007 servers*.
- Jayachitra, M. (2013). *Computer Application in Physical Education* (1st ed.) India: Friends Publication.
- Microsoft. (2003). *Microsoft office 2003 editions resource kit*.
- Murray, Katherine. (2007). *Faster smarter Microsoft office XP: Take charge of your Microsoft office programme*.
- Wempen, Faithe. et. al. (2007). *Microsoft office 2007 bible*.

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PAPER- IX
KINESIOLOGY
SUBJECT CODE: B.P.Ed: IX

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units (Unit I, II, III & IV) for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15×4= 60 Marks)

UNIT-I

1. **Kinesiology:** Introduction, Scope and its Importance in Physical Education and Sports.
2. **Fundamental Concepts of following terms with their application to the Human Body:** Axes and Planes, Center of Gravity, Line of Gravity.
3. **Application of Kinesiology:** Application of Kinesiology in Athletic Events and Sports.

UNIT-II

1. **Muscular System:** Introduction, Classification, Muscular Contractions, Different Roles of Muscles in Movements.
2. **Skeletal Muscles:** Microscopic Structure of Muscles, Factors Effecting Muscle Strength.
3. **Neuro-Muscular Concepts of Muscles:** All and None law, Reciprocal Innervation or Inhibition & Angle of Pull.

UNIT-III

1. **Joint:** Introduction, Functions and Types, Fundamental Movements and their Terminology.
2. **Elbow Joint:** Structure, Bones, Ligaments and Movements. Muscles: (Structure, Origin, Insertion, Innervations, Action) Biceps Brachii, Brachialis, Brachioradialis, Pronator Teres, Pronator Quadratus, Triceps Brachii.
3. **Hip Joint:** Bones, Joints, Ligaments and Movements. Muscles: (Structure, Origin, Insertion, Innervations, Action) Iliopsoas, Sartorius, Rectus Femoris, Gluteus Medius, Gluteus Minimus, Tensor Fascia Latae, Gluteus Maximus, Biceps Femoris, Semi-Membranosus, Semi-Tendinosus, Adductor Group.

UNIT-IV

1. **Posture:** Introduction, Concept of Balance Posture, Causes of Poor Posture, Remedial of Bad Posture, Benefits of Balance Posture.
2. **Postural Deformities:** Introduction, Types, Correction of Deformities: Kyphosis, Lordosis, Scoliosis, Knock knee, Bowlegs, Flat Foot.
3. **Kinesiology in Daily Living:** Walking, Running, Lifting, Catching and Throwing

References

- Bindal, V.D.(2018). *Textbook of Kinesiology*. India: Jaypee Brothers Medical Publishers.
- Brower, M. R. (1978). *Efficiency of Human movements*. Philadelphia, W.E.Saunders Company.

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- Hamilton, N. & Luttgens, K. (2002). *Kinesiology Scientific Basis of Human Motion (10th ed.)*. America: McGraw-Hill.
- Hoffman, S. J. (2009). *Introduction to Kinesiology: Studying Physical Activity*. United States of America: Human Kinetics,
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- Muscolino, J. E. (2006). *Kinesiology: The Skeletal System and Muscle Function*. United States: Mosby Elsevier.
- Muscolino, J. E. (2008). *The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching*. United States: Elsevier Health Sciences.
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- Rasch, P. J. & Burk, R. K. (1995). *Kinesiology & Applied Anatomy*. Philadelphia: Lee & Febiger.
- Scott.M.G. (1970). *Analysis of human Motion*. New York: Meredith Publishing Company.
- Wells, K. (1984). *Kinsiology*. Philadelphia : W.B. saunder Company.

PAPER-X
YOGA
SUBJECT CODE- B.P.ED-X

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15×4= 60 Marks)

UNIT-I

- Foundation of Yoga:** Introduction, Aims and Objectives, Misconception about Yoga, History and Development of Yoga, Yoga in Early Upanisads.
- Yoga and its Relationship with other Subjects:** Yoga with Philosophy, Yoga with Modern Education, Yoga with Physical Education and Sports.
- The Yoga Sutra:** General Considerations, Need and Importance of Yoga Sutra in Physical Education.

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4. **The Ashtanga Yoga:** Yama, Niyama, Asana, Pranayama, Pratyahra, Dharana, Dhayan and Samadhi.

UNIT-II

1. **Yoga in the Bhagavad-Gita:** Karma Yoga, Raj Yoga, Jnana (Gyan) Yoga and Bhakti Yoga.
2. **Asanas:** Classification of Asanas with special reference to Physical Education and Sports.
3. **Pranayam:** Introduction, Types and its Importance.
4. Effect of Asanas & Pranayam on Various Systems of the Body.

UNIT-III

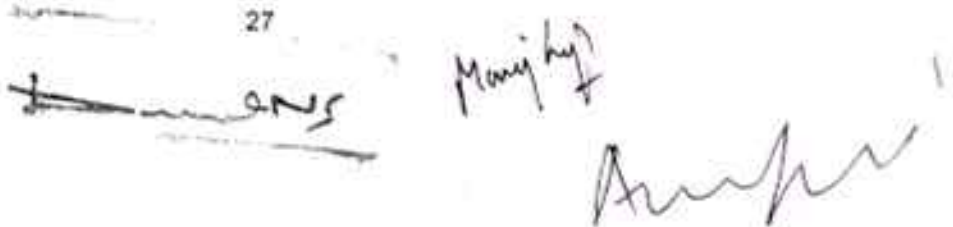
1. **Bandhas and Mudras:** Introduction, Types and Roles of Bandhas and Mudras.
2. **Kriyas:** Introduction, Types and Roles of Kriyas.
3. **Life of Yoga Practitioners:** Yogic Diet & Daily Routine (Din Chareya) for Yoga Practitioners.
4. Influence of Relaxative, Meditative and Cultural Postures on Various Systems of the Body.

UNIT-IV

1. **Research in Yoga:** Basic, Applied and Action Research in Yoga.
2. **Yogic Practices and Physical Exercise:** Difference between Yogic Practices and Physical Exercises. Contribution of Yogic Practices for the Promotion of various aspects of Health and Fitness.
3. **Yogic System:** Yogic System of Exercise, Its broad Features, Scope and Limitations.
4. **Treatment:** Yoga treatment for Diseases like: Blood Pressure, Obesity, Constipation & Diabetes.

REFERENCES BOOKS:

- Brown, F.Y. (2000). *How to be use yoga*. Delhi: Sports Publication
- B.K.S.(1982). *The Illustrated Light of Yoga*. George Allenand Unwin ,Great Britain.
- Debnath,M.(2007).*Basic Core Fitness through Yoga and Naturopathy*. Darya-Ganj, New Delhi. Sports:G-6, 23/23B EMCA House, Ansari Road,
- Gharote, M.L. & Ganguly, H (1988). *Teaching methods for yogic practices*. Lonawala: Kaivalyadham.
- Harvey, P.(2001).*Yoga for Everybody*:Tucker Slings by Publisher Ltd.
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- Osho.(2006).*144 Meditation A Rebel Book*.50 Koregoan Park, Pune:Tao Publishing Pvt. Ltd.
- Osho. (2006).*Meditation the First and the Last Freedom*.pune, aharashtra:Tao Publishing Pvt.Ltd.50 Koregoan Park.
- Parmahansa, Y.(2011). *First steps to higher yoga*. New Delhi: Yoga Niketan Trust.
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- Saraswati, S. S.(1999). *Asana Pranayama Mudra Bandha*. India: Yoga publications trust.
- Saraswati, S. V.(2004). *Science of yoga*. Himalaya: Yoga Niketan Trust, Mun Ki Reti.
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- Yogeswa,R.(2004). *Text Book of Yoga*:Penguin Books.

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May 1st
Ankur

Part-B Skill and Prowess**120 marks (Internal)****GAME**

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Kho-Kho	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	05 Hrs
Football	-do-	20	05 Hrs
Judo	-do-	20	05 Hrs

ATHLETICS

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Discuss Throw	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	05 Hrs
Triple jump	-do-	20	05 Hrs
Relay and Race Walk	-do-	20	05 Hrs

Contents to be covered for games & athletics.

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and magazines of the game /track and field.
- Officiating.
 - Play area dimensions/track and field.
 - Equipment specifications
 - Rules of the game/track and Field and their interpretation.
 - Duties of the concerned officials.
- Fundamental skills /Techniques.

Note: 20 Marks for each game (8 marks for skill and 12 marks for proficiency in game situation.) Each activity will be continued for 21 working days.

**Part-C Practice of Teaching and Officiating lesson
Marks****200****MASS DEMONSTRATION ACTIVITIES**

Practical	Contents of Activities	Internal Assessment	External	Teaching Hrs
Dum-bell & Lazium	Teaching of Rhythmic Movements with Apparatus	20	60	05 Hrs

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Aerobics, Tipri and Umbrella	Teaching of Rhythmic Movements with Apparatus	20		05 Hrs
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Teaching and Officiating lesson	External	Internal	Teaching Hrs
Game	30	20	05 Hrs
Athletics	30	20	05 Hrs
Leadership Training Camp	One camp for students related to leadership qualities has to be organized by the concerned institute.		

Note: The students will be required to prepare a file pertaining to each lesson given above in support of their evaluation of lesson plan and viva-voce. Candidates are required to take 10 practice lessons for each part separately. Sessional marks will be awarded on the basis of their performance in practice lessons, 20 Marks for each game (4 for skill and 6 for proficiency in game situation).

- Evaluation of lesson plan will be done by one external examiner in each case. The students have to prepare their lesson from the games and athletics events covered in the academic session.
- Practice of lessons will be done during the teaching practice organized by the college and their lessons will be supervised by the internal faculty member.
- *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*

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May 2012

