

**OUTLINES OF TESTS
SYLLABI AND COURSES OF READING**

FOR

B. P. Ed. (TWO YEARS) PART-II (SEM. III & IV)

SEMESTER SYSTEM

(SESSION 2020-21 & 2021-22)



PUNJABI UNIVERSITY PATIALA
(Established under Punjab Act no. 35 of 1961)

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

		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-XI	Professional Preparation	80	20	05 Hrs
Paper-XII	Research Methodology and Statistics	80	20	05 Hrs
Paper-XIII	Sports Psychology	80	20	05 Hrs
Paper-XIV	Measurement and Evaluation in Physical Education	80	20	05 Hrs
Paper-XV	Sports Journalism	80	20	05 Hrs

PAPER-XI
PROFESSIONAL PREPARATION
SUBJECT CODE- B.P.Ed -XI

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 Professional Preparation:** Introduction, Components of Professional Preparation, Contribution of physical education in attaining ideals of Indian democracy and Forces and factors affecting educational policies and program.
- Historical Perspective:** Historical review of Professional Preparation in India, Professional courses being offered in professional colleges in India, Professional

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Preparation of Physical Education in USA, USSR and UK and beginning of Professional Preparation in the world.

UNIT-II

1. **Under-Graduate Preparation of Professional Personnel:** Purposes, Admission Requirements of Undergraduate preparation, Theory, Teaching practice and practical and Professional competencies to be developed.
2. **Post-Graduate Preparation:** Purposes & Admission requirements, Methods of Instruction and Professional Relations.

UNIT-III

1. **Teacher and Teaching:** Teaching as a career, Basic Qualities of a successful teacher, Preparation of the specialized physical education teacher, Types of teaching jobs and Types of non-teaching jobs in Physical Education.
2. **In-Service Education:** Nature and Scope, Role of teacher education institutions in In-Service education, Role of Profession in In-Service education and Course and Formal Education Experience.

UNIT-IV

1. **Evaluation:** Trends in Evaluating Professional Preparation, Evaluating the Program of Professional Preparation, Relation of Evaluation to Administration & Personal Program.
2. **Professional Preparation:** Modern Trends in Professional Preparation and its Importance.

REFERENCE BOOKS:

- ❖ Pape, A Laurence, Means, E. Louis. A Professional Career in Physical Education. (Englewood Cliffs, N.J. Prentice Hall, Inc. 1963.)
- ❖ Jensen, R. Clayne, Administrative Management of Physical Education and Athletic Programmes. (Philadelphia Lea and Febiger, 1983.)
- ❖ Snyder and Scott. Professional Preparation in Health, Physical Education and Recreation. (Connecticut, Greenwood press, Westport, 1971).
- ❖ Bucher, C.A Foundations of Physical Education (Saint Louis) : The C.V. Mosby Company, 1975), Ed. 7.
- ❖ Agarwal, J.C. Education Administration school Urban Location and Supervision. (New Delhi: Agra Book Depot. 1967).
- ❖ Sattu, J. Bryant. Career Potentials Physical Activity. (New Jersey : Englewood Cliffs. Prentice Hall, Inc. 1971).
- ❖ Kiran Sandhu, Professional preparation and career development in physical education and sports (New Delhi: Friends Publication India) 2004
- ❖ Gupta R. Sharma A & Sharma S, Professional preparation and Curriculum Design in physical education; and sports (New Delhi: Friends Publications,2004)
- ❖ Willgoose GE, 'The Curriculum; in ;Physical Education(Prentice hall Inc. Englewood Cliffs. N.J.) 1969
- ❖ Wessel, Kelly Achievement Based Curriculum Development in Physical Education (Greenwood Press Publishers, West Port) in Physical Education(Lea & Febiger. Philadelphia)1986.

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PAPER-XII
RESEARCH METHODOLOGY AND STATISTICS
SUBJECT CODE- B.P.Ed -XII

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. **Introduction to Research:** Introduction, Importance, Nature and Types; Characteristics of a good Research and Good Researcher; Need and Scope of research in Physical Education and Sports.
2. **Research Problem and Research Proposal:** Introduction, Developing a Research Question; Identifying, Locating and selecting a research problem; Characteristics of a good research problem; Writing the research proposal.
3. **Literature Review:** Purpose and Importance of Literature Review; Basic literature search Strategies; Steps in Literature Search.

UNIT-II

1. **Hypothesis:** Introduction, Importance, Types of Hypothesis, Characteristics of a Good Hypothesis.
2. **Sampling:** Introduction, Population and Sample, Characteristics, Importance of Sampling, Sampling techniques.
3. **Data Collection Tools:** (a) **Questionnaire:** Introduction and its types. (b) **Interview:** Introduction and its types (c) **Observation:** Introduction and its types.

UNIT-III

1. **Statistics:** Introduction, Classification and Importance of Statistics in Physical Education.
2. **Data analysis:** Introduction, types of Data, Presentation of Data through Graphs and Tables.
3. **Normal Probability Curve:** Introduction, Properties and Uses.

UNIT-IV

1. **Measure of Central Tendency:** Introduction, Merits and Demerits, Calculation of Mean, Mode and Median.

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2. **Measure of Variability:** Introduction, Merits and Demerits, Calculation of Range, Quartile and Standard Deviation.
3. **Correlation:** Introduction, Properties and its types.

Reference Books:

- ❖ Best J.W., **Research in Education** (4th ed.). New Delhi; Prentice Hall inc., 1982.
- ❖ Clarke, H. David **Research Processes in Physical Education Recreation & Health**. Prentice Hall inc., 1985
- ❖ Kamlesh, M.L. **Methodology of Research in Physical Education and Sport** (4th ed.). New Delhi; Sports Publication, 2014.
- ❖ Scott, M. Gladys (ed.) **Research Methods in health, physical education and recreation**. Washington, D.C., American Association for Health, Physical Education and Recreation, 1968.
- ❖ Thomas Jerry R., Nelson Jack K. & Silverman, Stephen J. **Research Methods in Physical Activity**. Human Kinetics: Champaign, 2005.
- ❖ Sharma, Y. P. **Physical Education and Research Methodology**. New Delhi; Reliance Publishing House, 1997
- ❖ Weimer. Jon **Research Techniques in Human Engineering**, Prentice Hall: New Jersey, 1994.

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PAPER- XIII
SPORTS PSYCHOLOGY
SUBJECT CODE- B.P.Ed -XIII

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 Psychology:** Introduction, Need, Importance, Historical development of Sports Psychology in India.
2. **Learning:** Introduction, Types of Learning, Characteristics, Learning Theories (Associational, Cognitive and Social), Laws of Learning and their Importance in physical activity, transfer of learning, and types of transfer of learning.
3. **Motor Skill Learning:** Introduction, Nature, Principles of motor skill learning, factors Affecting Motor Learning.

UNIT-II

1. **Attention and Concentration:** Introduction, Nature, Characteristics, Types, and role of attention and concentration in physical education and sport, Strategies for improving attention and concentration.
2. **Motivation:** Introduction, Need and Importance of Motivation in the field of Physical Education and Sports. Motives, Drives and Needs, Types of motivation, Factors affecting Motivation in sports and Methods of Motivation.
3. **Relaxation Training:** Importance of relaxation; Relaxation techniques - Progressive muscle relaxation, Breathing exercise, Yoganidra, Transcendental meditation; Bio-feedback and autogenic training.

UNIT-III

1. **Personality:** Introduction, Characteristics, Dimensions, Traits of Personality, Classification. Factors affecting the development of personality. Athletics / Sports performance and personality.
2. **Mental Health:** Introduction, Mental health and Wellbeing, Causes and impact of poor mental health, Defense Mechanism and Psychological Adjustment.
3. **Goal Setting:** Concept and importance of goal setting; Goal-orientation physical domain; Principles of goal setting; Interventions and mistakes in goal setting.

UNIT-IV

1. **Intelligence:** Definition and changing concepts of intelligence: Determinants of intelligence; Emotional intelligence; Intelligence in activity and sport.
2. **Human Growth and Development:** Growth phenomenon, Differentiation between growth and development, Principles of growth, Different stages of development.

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3. **Psychological Factors Affecting Sports Performance:** Stress, anxiety, tension, fear, and aggression and their measuring tools. Management of psychological factors for optimum performance.

REFERNCE BOOKS:

- ❖ Cox, Richard, H., "Sport Psychology: Concepts and Applications" (1994) *Brown and Benchmark*, Madison, Wisconsin.
- ❖ Cratty, B.J., "Psychology in contemporary sports" (1989) *Prentice Hall*, Englewood
- ❖ Cratty, Bryant J., "Psychology in Contemporary Sport (3rd ed.)" (1989) NJ; *Prentice Hall*, Englewood Cliffs.
- ❖ Gill, Diane & Williams, L., "Psychological Dynamics of Sport and Exercise" (2008) (3rd ed.) *Human Kinetics*, Champaign, IL.
- ❖ Kamlesh M.L. "Psychology in Physical Education and Sports" (2002) *Metropolitan Book Co*, New Delhi.
- ❖ Kamlesh, M.L., "Educational Sport Psychology"(2009) Friends publication, New Delhi.
- ❖ Kamlesh, M.L., "Psychology in Physical Education and Sport" (2011) (5th ed.) *Khel Sahitya*, New Delhi.
- ❖ Kamlesh, M.L., "Psychology in Physical Education and Sports" (1998) *Metropolitan Book Co.*, New Delhi.
- ❖ Punj, A.T., "Sports Psychology" (1980) NIS, Patiala.
- ❖ Sahani, Sanjeev P. "Psychology and its application in Sports" (2005), *D.V.S. Publication, Jalandhar*.
- ❖ Sahni, Sanjeev P., "Handbook of Sports Psychology" (2001) New Delhi.
- ❖ Shaw, D.F., Gorley, T; & Corban, R.M., "Sport and Exercise Psychology" (2005) *Viva*, New Delhi.
- ❖ Sigh, Agyajit., " Sports Psychology for Coaches" (2013) *Khel Sahitya*, New Delhi.
- ❖ Singh Ajmer and et al, "Essential of physical Education" (2017) *Kalyani Publisher*, Ludhiana Punjab.
- ❖ Suinn, Richard M., "Psychology in Sports: methods and applications" (1990) *Surjeet publication*, Delhi.
- ❖ Ward, Jame "Psychology applied to education" (2001) *Sports Publication*, New Delhi.

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PAPER-XIV
MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION
Subject Code- B.P.Ed -XIV

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 for 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. **Test, Measurement and Evaluation:** Introduction, Nature, Importance, Need, Scope and Principles of Test, Measurement and Evaluation in field of Physical Education. Relationship between test, measurement and evaluation.
2. **Test:** Classification of tests, Criteria of a good test: Validity, Reliability, Objectivity, Economy, Standard and Norms, Levels of Measurement, Types and Principles of Evaluation.

UNIT-II

1. **Construction of Tests:** Skill, Knowledge and Fitness test, Criteria of Test Selection- Scientific Authenticity, Administrative Feasibility (Sex appropriateness, safety, independence, differentiation, financial economy, time & reliance on other's performance) and Educational Application.
2. **Criteria of test Selection:** Scientific Authenticity of Test- Reliability, Objectivity, Validity and Norms Standard Economy Procedure to Establish Scientific Authenticity Administrative procedure of tests.

UNIT-III

1. **Physical Performance tests :** Copper's 9/12 Minute Run Walk Test, Harvard Step test, Motor Fitness Tests (Oregon Motor Fitness Test, J.C.R Test, Canadian Fitness Test, A.A.H.P.E.R Youth Fitness Test, Indiana Motor Fitness Test).
2. **Fitness Tests:** Kraus-Weber's Minimum Muscular Fitness Test, AAHPER Youth fitness test, Instrument for Measuring Strength. Roger's Physical Fitness Index.

UNIT-IV

1. **Volleyball and Basketball skill tests:** Brady Volleyball Test, Russell and Lange Volleyball Test, Johnson I Test and Knox basketball Test
2. **Soccer and Hockey skill tests:** Mc Donald Soccer Test and Johnson Soccer test, Schmithals French field Hockey Skill test and SAI Hockey Skill test.

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REFERENCE BOOKS:

- ❖ Vijayalaksmi, M. "Evaluation in Physical Education" – (2006) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- ❖ Madhuri T. W, "Measurement and Evaluation in Physical Education" (2006) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- ❖ Mishra, Sharad Chandra "Test and Measurement in Physical Education"(2005) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- ❖ McCloy, C.H. "Test and Measurement in Physical Education" (2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- ❖ Mathew Doland .K , "Measurement in Physical Education", (1973) 4th Edition, W.B. Saunders Company, London.
- ❖ Barrow and McGhee, "A Practical Approach to Measurement in Physical Education".
- ❖ Devinder K. Kansal, Test and Measurement in Sports and Physical Education. D.V.S Publication Kalkaji, New Delhi- 110019.
- ❖ Verma, J.P. "Text Book" of Sports Publication G- 6, 23/23 B EMCA House, Ansari Road, Darya Ganj New Delhi.
- ❖ Shaw, D. "Fundamental Statistics in Physical Education and Sports Sciences", (2006-07) Sports Publication G- 6, 23/23 B EMCA House, Ansari Road, Darya Ganj New Delhi.
- ❖ Douglas N. Hasted and Alan C. Lacy. "Measurement and Evaluation in Physical education and Exercise Science."

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PAPER-XV
SPORTS JOURNALISM
Subject Code: B.P.Ed: XV

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-1

1. **Journalism:** Introduction, Concepts of journalism, Historical background of journalism and importance of Journalism in society and sports.
2. **Mode of Journalism:** Mass Media, Print, Electronic and Informal media and role of IT in Journalism.
3. **Ethics of Sports Writing:** Sportsman's Gratuities, Amateurism Vs Professionalism, Invasion of private life, Emphasis on winning, Sportsmanship, Sports for charity.

UNIT-II

1. **News:** Introduction, purpose and importance of news, Qualities of news- accuracy, clarity, objectivity, balance, directness, etc.; media-specific nature of news: cross platform discussion, responsibilities of sports news reporters.
2. **Evaluating news:** News sense and news values, 5 Ws and H, importance of 'what next?' changing concepts: readers, relationship, relevance and utility, News beats.
3. **News desk:** Organisation of sports news desk, Duties and responsibilities of sports sub editor, photo journalist.

UNIT-III

1. **Writing Sports Features:** Types of sports features, exclusive features, fearless writing in sports, sports personalities and their thumb nail sketches, reviewing sports books, writing sports editorials, Writing weekly or fortnightly column.
2. **Copy and Schedule:** Meeting Timelines, Checking facts for Accuracy, Correcting Language- Sentence Structure, Paraphrasing, Avoiding Repetition, Rewriting Leads-Copy, Value Addition, Rearranging Sequence, Art of Condensing Copy, Continuation, Consistency of style, Integration of a Developing Story.
3. **Headlines:** Introduction, Writing Headlines, and Types of Headlines.

UNIT-IV

1. **News Reporter:** Categories: Staff Reporter, Stringer, Correspondent, Chief Reporter, Principal Correspondent, Bureau Chief, Foreign Correspondent; their Functions and Responsibilities, Qualities of a News Reporter, Rights and Responsibilities.
2. **Coverage:** Covering Local / National Sports Competitions, Writing of Press Release.

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3. **Art of Commentating and Interviewing:** Commentating sports for radio and television channels, interviewing sports persons.

REFERNCE BOOKS :

- ❖ Mishra, Sharad " Text Book of Sports Journalism"(2006-07) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi
- ❖ Sita Ram , "Text Book of Sports Journalism", "(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi
- ❖ Conrad .C. Fink, Sports Wing, Surjeet Publication, 7 Kholapur Road, Kamala Nagar, Delhi.
- ❖ Ahuja, B.N. and Chhabra, S.S. "Principles and Techniques of Journalism", Surjeet Publication, 7 Kholapur Road, Kamala Nagar, Delhi
- ❖ Keval. J. Kumar, "Mass Communication in India",2004, Jaico Publishing House-121, Mahatma Gandhi Road, Mumbai-400023.
- ❖ Agarwal,V.B AND Gupta, V.S Handbook of Journalism and mass comm.. 2001, Concept publishing company.

Part-B Skill and Prowess 120(Internal)

GAME

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Volleyball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	5 Hrs
Gymnastics	-do-	20	5 Hrs
Handball	-do-	20	5 Hrs

ATHLETICS

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
High Jump	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	5 Hrs
Javelin Throw	-do-	20	5 Hrs
Hammer Throw	-do-	20	5 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

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- iii) Rules of the game/track and Field and their interpretation.
- iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note: 10 Marks for each game (4 for skill and 6 for proficiency in game situation.)
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
Wand & Hoops	Teaching of Rhythmic Movements with Apparatus	20	60	5 Hrs
Recreational & Minor Games	Teaching of Recreational and Minor Games	20		5 Hrs

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

		Marks
PART - A	Theory Papers	500
PART - B	Skill & Prowess	100
PART - C	Practice of Teaching and Officiating Lesson	100
PART-D	School Internship	40
PART-E	Projects	100
		Total marks =840

Part-A Theory Total Marks = 500 Marks

Paper	Title of the Subjects with Code	External	Internal	Teaching Hrs
Paper-XVI	Sports Medicine	80	20	05 Hrs
Paper-XVII	Biomechanics	80	20	05 Hrs
Paper-XVIII	Sports Management	80	20	05 Hrs
Paper-XIX	Exercise Physiology	80	20	05 Hrs
Paper-XX	Recreation	80	20	05 Hrs

Paper -XVI
SPORTS MEDICINE
SUBJECT CODE: B.P.Ed: XVI

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

- Sports Medicine:** Introduction, Objectives, Importance & Scope.
- Reaction to Injury:** Kubler and Ross Model of Athletic Reaction to Injury and Psychological Management of Injured Athlete.




UNIT-II

1. **Physiotherapy:** Introduction, Guiding Principles of Physiotherapy, Importance of Physiotherapy.
2. **Bandage:** Functions, Classification, Indications, Contraindications, Principles and its Application in Sports.
3. **Common Sports Injuries:** Sports Injuries of different parts of body: Knock Out, Punch Syndrome, Wrestler Ear, Weight Lifter Black Out, Stitch at Side, Low Back Pain, Shoulder Impingement Syndrome, Tennis Elbow, Javelin Throwers Elbow, Boxer Elbow, Mallet Finger, Runners Knee, Jumper Knee, Shin Splint, Turf Toe.

UNIT-III

1. **Cryotherapy and Hydrotherapy:** Introduction, Advantages, Methods, Indications and Contraindications, Modalities of Rehabilitation of Sports Injuries.
2. **Electrotherapy and Heat:** Modalities, Advantages, Methods, Indications and Contraindications, Modalities of Rehabilitation of Sports injuries.
3. **Massage:** Techniques, Indications, Contraindications and Advantages of General Massage, Athletic Massage and Under Water Massage.

UNIT-IV

1. **Sports Rehabilitation:** Introduction, Aims, Objectives, Scope & Principles.
2. **Therapeutic Exercises:** Introduction, Scope, Principles, Classification, Effects and Uses of Therapeutic Exercises, Passive Movements (Relaxed, Forced and Passive-Stretching) Active Movements (Concentric, Eccentric and Static), Application of Therapeutic Exercise.
3. **Sports Injuries:** Causes, Symptoms, Prevention and Treatment of Sprain, Strain, Dislocation and Fracture.

References books:

- ❖ Marcia, K.; Anderson; Susan J. Hall and Malissa, Mortin: Sports Injury Management, Lippincott Williams and Wilkins Philadelphia.
- ❖ G.S. Kang: Sports Medicines, Punjabi University Publication Bureau, Patiala (2002).
- ❖ Morris, B. Mellion: Sports Injuries and Athletic Problem, Surjeet Publication, New Delhi.
- ❖ William, E.; Garret, Donald; T.I. Kirkcendall and Deborah, L. Squire: Primary Care Sports Medicine, Kippincott Willams and Wilkins, Philadelphia (2001)
- ❖ Philip Mafetone: Complementary Sports Medicine, Human Kinetics, Champaign (1999).
- ❖ Laila Das: Text Book of Sports Medicine, Jaypee Brothers, New Delhi (2006)
- ❖ C.S. Jaya Prakash, Sports Medicine, Jaypee Brothers, New Delhi. (2003)
- ❖ Stuart Porter: Tidy's Physiotherpahy, Elseqier Wohurn (2005)
- ❖ Mery, V. Laxo : Massage and Medical Gymnastics (1956)
- ❖ Tidy: Massage & Remedial Gymnastics (1976)
- ❖ Joke Ernest, L. : Scope of Exercise Rehabilitation.
- ❖ Horns, Kang, L. : Therapeutical Exercise.

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Paper -XVII
BIOMECHANICS
SUBJECT CODE: B.P.Ed: XVII

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. ($2 \times 10 = 20$ 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. ($15 \times 4 = 60$ Marks)

UNIT - I

1. **Biomechanics:** Introduction, Scope and importance in Physical Education and Sports.
2. **Linear and Angular Kinematics:** Describing Objects in Angular Motion:-
 - Angular Position and Displacement
 - Angular and Linear Displacement
 - Angular Velocity
 - Angular and Linear Velocity
 - Angular Acceleration
 - Angular and Linear Acceleration
3. **Linear and Angular Kinetics:** Mass, Weight, Inertia, Impulse, Momentum, Eccentric Force, Moment of Inertia, Torque, Coupling Force, Moment of Momentum.

UNIT - II

1. **Motion:** Introduction, Characteristics, Types and Law of motion (Newton's Law).
2. **Equilibrium:** Introduction, Types, Principles, Factors determining Equilibrium and Their Applications in sports.
3. **Projectile:** Introduction, Types, Factors Influence Projectile Trajectory.

UNIT-III

1. **Lever:** Introduction, Types, Characteristics, factor determining them and their uses in sports.
2. **Force:** Introduction, types, Classifying Forces; Addition of Forces: Force Composition, Resolution of Forces.
3. **Friction:** Introduction, Types, Characteristics, factor determining them and their uses in sports.

Paper -XVII
BIOMECHANICS
SUBJECT CODE: B.P.Ed: XVII

Time allowed: 3 Hours

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

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

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- 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. ($15 \times 4 = 60$ Marks)

UNIT - I

1. **Biomechanics:** Introduction, Scope and importance in Physical Education and Sports.
2. **Linear and Angular Kinematics:** Describing Objects in Angular Motion:-
 - Angular Position and Displacement
 - Angular and Linear Displacement
 - Angular Velocity
 - Angular and Linear Velocity
 - Angular Acceleration
 - Angular and Linear Acceleration
3. **Linear and Angular Kinetics:** Mass, Weight, Inertia, Impulse, Momentum, Eccentric Force, Moment of Inertia, Torque, Coupling Force, Moment of Momentum.

UNIT - II

1. **Motion:** Introduction, Characteristics, Types and Law of motion (Newton's Law).
2. **Equilibrium:** Introduction, Types, Principles, Factors determining Equilibrium and Their Applications in sports.
3. **Projectile:** Introduction, Types, Factors Influence Projectile Trajectory.

UNIT-III

1. **Lever:** Introduction, Types, Characteristics, factor determining them and their uses in sports.
2. **Force:** Introduction, types, Classifying Forces; Addition of Forces: Force Composition, Resolution of Forces.
3. **Friction:** Introduction, Types, Characteristics, factor determining them and their uses in sports.

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UNIT-IV

1. **Work, Power and Energy:** Introduction, definitions, Work-Energy Relationship.
2. **Biomechanical analysis:** Running, Walking, High Hurdling, Swimming (Free Style), Shot Put, Discus Throw, Long Jump and High Jump.
3. **Tools and techniques:** Different Tools and Techniques used for Biomechanical analysis of sports movement.

Reference Books

- Kathryn Luttgens and Nancy Hamilton: "Kinesiology-Scientific basis of Human Motion" (2001) *McGraw Hill*, New York.
- Susan J Hall: "Basic Biomechanics" (1995) McGraw Hill, New York.
- Peter M. Mc Ginnis: Biomechanics of Sports and Exercise, Human Kinetics, Champaign, USA (2005).
- James G., Hay: The Biomechanics of Sports Techniques (2nd Ed.), Englewood Cliffs, N. J. Prentics Hall, Inc., 1978.
- John W. Bunn: Scientific Principles of Coaching (2nd Ed.) Englewood Cliffs N. J. Prentics Hall Inc., 1972.
- M. G. Scott: Analysis of Human Motion, New York: Application Century Craft
- McGinnis, Peter M.: Biomechanics of Sport and Exercise-2nd Edition.
- Robertson, D. Gordon E.: Research Methods in Biomechanics.
- Whiting, William C.: Biomechanics of Musculoskeletal Injury.
- Zatsiorsky, Vladimir: Kinetics of Human Motion.

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Paper -XVIII
SPORTS MANAGEMENT
SUBJECT CODE-XVIII

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. **Management in Physical Education and Sports:** Introduction, Concept, Need and Scope of Sports Management.
2. **Functions of Management:** Planning, Organizing, Staffing, Directing, Coordinating, Budgeting, Controlling and Evaluating.
3. **Teacher's Preparation:** Teacher's Preparation Before Class (Lesson Plan, Markings of the Courts, Necessary Equipment, Suitable Uniform). Handling and controlling the Class.

UNIT-II

1. **Management Skills:** Personal Skills, Interpersonal Skills, Conceptual Skills, Technical Skills.
2. **Managerial Roles:** Interpersonal Roles, Informational Roles, Decision Making Roles.
3. **Qualities and Qualifications of a Manager:** Personal Qualities, Leadership Qualities, Academic and Professional Qualities, Preparation of Administrative Leader.

UNIT-III

1. **Personnel Management:** Introduction, Principles of Personnel Management; Aspects of Personnel Management, Job Analysis, Description and Specification.
2. **Financial Management:** Fiscal Management, Accounting – Cost Accounting, Control, Audit, Revolving Funds, Discretionary Funds.
3. **The Budget:** Introduction, Objectives of the Budget, Principles of Planning the Budget, Preparation of Budget.

UNIT-IV

1. **Management of Facilities:** Introduction, Administrative and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Construction and Management of Sports Infrastructures, Indoor Facilities-Gymnasium and Swimming pool.
2. **Management of Equipment and Material:** Introduction, Need, Importance, Types, Principles of Purchase of Equipments, Care and Maintenance and Disposal of Equipments.
3. **Tournaments:** Introduction, Need, Importance and Types of Different Tournaments.

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REFERNECE BOOKS:

- Ashton D., "Administration of Physical Education for Women" (1968) *The Ronal Press*, New York.
- Brar, R.S. and Joshi, Rosy. "Sports Management" (2007) *Kalyani Publishers*, New Delhi.
- Bucher C.A., "Administration of Physical Education and Athletic Programme" (1979) *The C.V. Mosby Co.*, St. Louis.
- Daughtrey G. and Woods J.B., "Physical Education and Intramural Programms, Organisation and Administration" (1976) *W.B. Saunders Cp.*, Philadelphia.
- Dheer, S and Radhika Kamal., "Organisation and Administration of Physical Education".(1991), *Friends Publications*, Delhi.
- Earl F. Zeigh & Gary W. Bowie., "Management Competency Development in Sports and Physical Education" (1963) *W. Lea and Febiger*, Philadelphia.
- Fersy the C.E. and Duncan R.C., "Administration of Physical Education" (1951) *Prentice Hall Inc*. New York.
- Jenson, Clayne R., "Administraive Management of Physical Education and Athletic Programs".(1983), *Lea & Febiger*, Philadelphia, USA.
- Joseph Bucher and Earnest Kienigeburg, "Scientific Inventory Management" (1968) *Prentice Hall of India*, New Delhi.
- Kamlesh, M.L., "Management Concepts in Physical" (2000) *Meteropolitan Books Co. Private LTD.*, New Delhi.
- Roy, Sudhanshu Shekhar, "Sports Management"(1995) *Friends Publications*, New Delhi.
- Zeigler, Earle F. And Bowie, Gary W. "Management Competency Development in Sports and Physical Education". (2008), *Sports Educational Technologies*, New Delhi.

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PAPER- XIX
EXERCISE PHYSIOLOGY
SUBJECT CODE: B.P.Ed: XIX

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. **Exercise Physiology:** Meaning, Nature, Scope and Importance of Exercise Physiology in Physical Education and Sports.
2. **Muscle Metabolism:** Introduction, Types, Sliding filament theory of muscle contraction, Adenosine tri-phosphate (ATP), ATP-PC system.

UNIT-II

1. **Exercise and Systems:** Effect of Exercise on Muscular System, Respiratory System and Cardiovascular System.
2. **Ergogenic Agents:** Introduction, Types, Drugs and Its Effects (Anabolic Steroids, Beta Blocker, Alcohol, Amphetamines, Caffeine, Cocaine, Diuretics, Morphine, Blood doping), Carbonate Loading, Phosphate Loading.

UNIT-III

1. **Nutrition and Athletic Performance:** definition of Nutrition and balanced diet, types of nutrients, Training components of diet, Nutrition for competition.
2. **Competition and Meals:** Appropriate Diet Before, During and After Competition, Carbohydrate Loading.

UNIT-IV

1. **Neurons:** Motor Unit and Bio-Electric potentials, Neuro-muscular junction and transmission of nerve impulse across it, Proprioception and Kinesthetic sense.
2. **Obesity and Health:** definition, causes and management of obesity, measurement of body fat by various methods, positive and negative energy balance.

REFERENCE BOOKS

- ❖ Morehouse, LE and Miller, A.T., "Physiology of Exercise" 1976 (Saint Louis) *Mousby Company*.
- ❖ Karpovich, P.V. and Sinning, Wayne E., "Physiology of Muscular Activity" (1971) 7th Edition. *W.B. Saunders Company*, Philadelphia.

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- ❖ Bourne, Geoffrey H., "The Structure and Function of Muscles" (1973) *Academic Press*, London.
- ❖ Astrand, P.O. and Rodahl Karre., "Text Book of work Physiology" (1979) *Mc Graw Hill Kogakusha, Ltd.* Tokyo.
- ❖ Mathew. D.K. and Fox, E.L., "Physiological Basis of Physical Education and Athletics" (1976) *Philadelphia W.B. Saunders Company.*
- ❖ Wilmore H. Jack and Costill L. Pavid, "Physiology of Sports and Exercise" (2004) *Human Kinetics.*
- ❖ Roberys A. Robert and Robert O. Scott., "Fundamental Principles of Exercise Physiology" (2000) *Mc. Grew Hill Companies, Inc.*
- ❖ Adams M. Gene., "Exercise Physiology: Laboratory Manual" (1998) *WCB Mc Grew-Hill Companies, Inc.*
- ❖ Katch L. Victor, Katch I. Frank and Meardle D. William, "Exercise Physiology" (1996) *Williams & Wilkins, A Waverty Company.*
- ❖ Mooren C. Frank and Volker Kalas., "Molecular and cellular exercise physiology" (2005) *Devision of sports distributory Nz Ltd., Human Kinetics.*
- ❖ Tiwari Sandhya., "Exercise Physiology" (1999) *Sports publication, Delhi.*
- ❖ Rowland, T. W., "Development Exercise Physiology" (1996) *Human Kinetics: Champaign.*
- ❖ Guyton, Arthur C., "Test Book of Medical Physiology" (1978) *Philadelphita: W.B. Saunder company.*
- ❖ Morehouse, L.E and Miller, A.T., "Physiology of Exercise saint Louis" (1976) *The C.V. Mosby Co. 7th Edn.*
- ❖ Karpovich, P.V. and Sining. Wayne E., "Physiology and Muscular Activity" (1971) *W.B. Saunder company, Philadelphia:7th Edn.*
- ❖ Bourne, Geoffrey H., "The Structure and Function of Muscles" (1973) *Academic Press*, London.
- ❖ Astrand, P.O. and Rodahi. K., "Text Book of Work physiology" (1970) *Mc. Graw - Hill Kogakusha, Ltd, Tokye.*
- ❖ Mathew, D.K. and Fox. E.L., "Physiological Basis of Physical Education and Athletics" (1976) *W.B. Saunder company, Philadelphia.*

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 May 1971
 Author

PAPER-XX
RECREATION
SUBJECT CODE- B.P.Ed -XX

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. **Introduction to Recreation:** Introduction, aims, objectives, scope, characteristics of recreation, and importance of recreation.
2. **Classification:** Classification of recreation, Philosophies and Principles of Recreation.
3. **Recreational Programs:** Criteria and Principles of selecting recreational programs.

UNIT-II

1. **Planning for recreation:** objectives of recreational facilities, planning criteria of recreational facilities, Operation of different recreation areas facilities, Maintenance of different recreation areas and facilities, Sources of Founding of recreational activities.
2. **Recreational Activities:** Indoor and outdoor activities, Water sports activities, Cultural activities, Adventure activities.
3. **Recreation and social institutions:** Family, educational institutions, community and religious organization.

UNIT-III

1. **Play:** Introduction, aims, objectives and importance of play, various theories of play, the significance of study of theories of play for the teacher of Physical Education.
2. **Camping:** Introduction, aims and objectives of the camp, Need and importance of the camp, Types of camp, Uses of camping.
3. **Organization and administration:** Organization and administration of camping, Selection and layout of the camp site, Camp program, Agencies promoting camp, Educational values of camp.

UNIT-IV

1. **Leadership Training:** Meaning and definition of a leader and leadership, Characteristics of leader, Types of leaders, Qualification and qualities of leader, Need and importance of leadership in physical education.
2. **Hobbies:** Introduction, types, need and importance of hobbies.
3. **Literary activities:** Nature and outing, Social events.

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REFERENCE BOOKS:

- ❖ Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- ❖ Thour, Mandeep "Camping Management in Physical Education"(2006) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- ❖ Jain, Deepak "Physical Education and Recreational Activities"(2002) Khel Sahitya Kendra, New Delhi.
- ❖ Dutta, A.K. "Games and Sports for Children" (2004)1st edition - Janvani Prakashan Pvt. Ltd. 30/35, Gali No. 9, Vishwas Nagar, Shashtra, Delhi-110032

Part-B

Skill & Prowess

100 Marks

GAME

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Hockey	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	05 Hrs
Badminton	-do-	20	05 Hrs
Table Tennis	-do-	20	05 Hrs

ATHLETICS

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Hurdles	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	05 Hrs
Relay & Marking of Athletic Track	-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 100 Marks

Teaching and Officiating lesson	External	Internal	Teaching Hrs
Game	30	10	05 Hrs
Athletics	30	10	05 Hrs
Theory lesson	20	-	03 Hrs

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, 10 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.
- 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.*
- * Internal Evaluation of theory lesson will be based on the students attending / organizing conferences, seminars, workshop and Symposia.

Part-D- SCHOOL INTERNSHIP:

40 Marks (Internal)

It includes 20 teaching practice lessons in schools during the session out of which 10 lessons would be dedicated to elementary classes, 4 lessons would be dedicated to class room teaching and 6 lessons to the field.

Part- E PROJECTS 100 Marks

Projects	Internal Assessment
Conduct of Athletic Meet	25
Conduct of Tournaments (Intramural/ Extramural)	25
Adventures activities (Picnic/ Trekking /Camping/River rafting)	25
Track Marking	25

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