

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

FOR

B.P.E.S. (THREE YEAR COURSE) PART-I (SEM. I & II)

SEMESTER SYSTEM

(SESSION 2020-21, 2021-22, 2022-23)



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

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ORDINANCE

B.P.E.S (Bachelor of Physical Education & Sports) (Three Year Course)

Semester System Session 2020- 21 , 2021-22 and 2022-23

PART - I (SEM-I & II)

1 An examination for the degree of B.P.E.S three year Degree Course shall be held in six semesters to be known as First, Second, Third, Fourth, Fifth and Sixth in dates as may be fixed by the Academic Council.

FIRST YEAR EXAMINATION

2 (A) The first year examination will consist of two semesters (semester-I & II) and shall be open to any candidate who:-

- (i) Has been enrolled in a college admitted to the privileges of the University in the Faculty of Education for the B.P.E.S course during the academic year preceding the examination.
- (ii) Has passed +2 Examination of the Punjab School Education Board or any other examination recognized as equivalent there to.
- (iii) Has his name submitted to the Registrar by the Principal of the college, he has most recently attended; and produces the following certificates signed by the Principal of the college namely:
 - i. Of good character.
 - ii. Having attended not less than 75% (To be counted up to one month before the commencement of the examination) of the total number of the lectures (A student who is unable to appear in the examination owing to shortage in the prescribed course of lecture in a subject or subjects may be allowed to appear at the following examination, if he makes up the deficiency in the subject concerned by attending lectures at a college admitted to the privilege of the Punjabi University) delivered in each paper/subject/ Practical and 75% of the periods held during the academic year

Provided that deficiency in attendances may be condoned for special reasons, as per the relevant ordinances or rules laid down by the University.


- The College/Department shall be required to deliver at least 75% of the total number of lectures prescribed for each paper /subject.
- A candidate who, having 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 allowed to appear at any subsequent examination within a period of two years without attending a fresh course of lectures.

3 (A) Every candidate shall submit through the principal of the college, has most recently attested, his application on the prescribed and a statement showing the subject (s) in which he desires to be examined.

(B) 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 subjects and 40% marks in each of the subjects prescribed.

In case a candidate could not appear in the house examination owing to unavoidable circumstances or fails to secure the marks indicated above and desired to appear in the



University 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 the aggregate of all subjects and 40% marks in each of the subjects prescribed.

The last date by which the Admission Form and fee must reach the Registrar as on the dates notified by the Registrar.

4. The medium of examination in all the subjects shall be English, Hindi or Punjabi. Provided that the use of English technical terms shall be permissible in setting the question papers as well as in answering the questions.

5. The examination shall consist of two parts as under:

Part-A	:	Theory
Part-B	:	Skill and Prowess
Part-C	:	Formal activity

The scheme of examination and syllabus for the course shall be as prescribed by the Academic Council from time to time. Provided that the following categories of candidates shall be allowed/ disallowed to clear the paper of Punjab in lieu of Punjabi as per rules mentioned herein.

- (i) Candidates who have passed their matriculation examination from a School located outside the State of Punjab may be allowed to take up the subject of Punjabi mudla gyan in lieu of Punjabi Compulsory.
- (ii) Candidates who have passed their Matriculation examination from a school located in the State of Punjab will not be allowed to take up the subject of Punjabi mudla gyan in lieu of Punjabi compulsory at the graduate level. This clause will not apply to students covered by clause No.(iii) give below.
- (iii) Children of Defence personnel /Para military personnel (serving as well as retired) will be allowed to take up the subject of Punjabi mudla gyan, provided the father or the mother /guardian (in case father is deceased) of the candidate gives an affidavit that the Candidate has not studied Punjabi at the School level.

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

- a. 40% in each paper of Part-A
- b. 40% in Part-B (Skill and Prowess)
- c. 40% in Part-C (Formal activity)

The grace marks shall be allowed according to the general ordinances relating to "Award of Grace marks".

7. Provided further that a candidate failing in skill will be required to undergo further training in the college for another term of six months.

A candidate failing in Skills shall, however, be allowed to join the next higher class. The result of the next higher class examination shall be declared after the declaration of the result in Skills of the lower class. In case he fails in Skills, his result for the higher class examination shall be cancelled.

8. After the termination of the examination or as soon as may be the Registrar shall publish a list of candidate who has passed. Each successful candidate shall be granted a certificate of having passed the examination.

9. 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.

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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.

SECOND YEAR EXAMINATION

10 (A) The second year examination will consist of two semesters (semester III & IV) shall be open to candidate who:

- (i) Has passed the First year examination of B.P.E.S from this University.
- (ii) Has been enrolled in a college admitted to the privileges of the University in the faculty of Education for the B.P.E.S course during academic year, preceding the examination.
- (iii) Has his name submitted to the Registrar by the Principal of the college has most recently attended.
- (iv) Produces the following certificate signed by the Principal of the college, namely:
 - a) Of good character
 - b) Of having attended not less than 75% lectures

(B) student who is unable to appear in the examination owing to shortage in the prescribed course of lecture in a subject or subjects may be allowed to appear at the following examination, if he makes up the deficiency in the subject concerned by attending lectures at a college admitted to the privilege of the Punjabi University) of the total number of lectures delivered in each paper/ subject and 75% of the periods held in practical, may work, in each paper/ subject during the academic year.

The college/department shall be required to deliver at least 75% of the total number of lectures prescribed for each paper/subject.

Provided that a deficiency in the number of lectures may be condoned under the rules framed in this behalf of having satisfactorily performed the work of the class.

- A candidate who, having attended the prescribed number of lectures, does not appear in the examination after completion of lectures, or having appeared in the examination has failed may be allowed to appear at any subsequent examination within a period of two years without attending a fresh course of lectures.

- A candidate who is unable to clear the examination within four consecutive chances shall not be allowed to continue for the B.P.E.S course, provided that a candidate who is unable to appear in one or more chances owing to illness will be given the next succeeding one or more chances missed by him on application accompanied by a medical certificate duly recommend by the Principal of the college, as per ordinances on the subject.

11 (i) Every candidate shall submit, through the Principal of the college his most recently attested application on the prescribed form accompanied by examination fee as prescribed and a statement showing the subject in which he desires to be examined.

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(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 a house examination held in December-January, at least 40% marks in the aggregate of all subjects and 20% marks in each of the subjects prescribed.

In case a candidate could not appear in the house examination owing to unavoidable circumstances or fails to secure the marks indicate above and desires to appear in the University 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 the aggregate of all subjects and 25% marks in each of the subjects prescribed.

- 12 The last date by which the Admission Form and fee must reach the Registrar as on the dates notified by the Registrar.
- 13 The medium of examination shall be English or Punjabi. The question papers shall be set both in English and Punjabi Language. Provided that the use of English technical terms shall be permissible in setting the question as well as in answering the question.
- 14 The scheme of examination and syllabus for the course shall be as prescribed by the Academic Council from time to time.
- 15 The examination shall consist of three parts as under:
- | | | | |
|------|---|---|-------------------|
| Part | - | A | Theory |
| Part | - | B | Skill and Prowess |
| Part | - | C | Formal activity |
| Part | - | D | Teaching Practice |

Provided that the following categories of candidates shall be allowed/disallowed to opt for the paper of Punjabi mudla gyan in lieu of Punjabi (compulsory) as per rules mentioned herein.

- (i) Candidate who have passed their Matriculation examination from a school located outside the State of Punjab may be allowed to take up the subject of Punjabi mudla gyan of Punjabi Compulsory.
- (ii) Candidates who have passed their Matriculation examination from a school located in the State of Punjab will not be allowed to take up the subject of Punjabi mudla gyan in lieu of Punjabi compulsory at the graduate level. This clause will not apply to students covered by clause No. (iii) give below.
- (iii) Children of Defence personnel/Para military personnel (serving as well as retired) will be allowed to take up the subject to Punjabi mudla gyan, provided the father or the mother/guardian in case father is deceased) of the candidate gives an affidavit that the Candidate has not studied Punjabi at the School level.
- 16 The minimum number of marks required to pass the examination shall be as under:
- (a) 40% in each paper Part-A (Theory)
- (b) 40% in Part-B (Skill and Prowess)
- (c) 40% in Part-C (Formal activity)
- (d) 40% in Part-D (Teaching Practice)
- The grace marks shall be allowed according to the general ordinances relating to "Award of Grace Marks".



- 17 A candidate who fails in one part of the examination at one and the same attempt shall be permitted to appear at any subsequent examination in the part in which he failed, on payment of prescribed fee one each occasion without being required to attend fresh classes. If he fails in not more than one theory paper subject and a secure at least 40% marks in the aggregate of the remaining theory papers/subjects, he shall be allowed exemption in such paper(s). In case a candidate fails in more than one theory paper; his result shall be declared as 'Fail' in Theory part of the examination.
- 18 After the termination of the examination or as soon as may be the Registrar shall publish a list of candidate who has passed. Each successful candidate shall be granted a certificate of having passed the examination.
- 19 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.

THIRD YEAR EXAMINATION

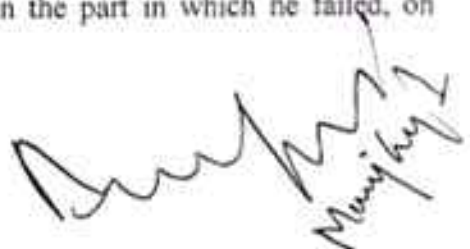
- 20 The third year examination will be consisting of two semesters (semester V & VI) shall be open to any candidate who:
- (i) Has passed previously the third year examination for B.P.E.S of this University.
 - (ii) Has been enrolled in a college admitted to the privileges of the University in the faculty of the Education for B.P.E.S course, during the academic year preceding the examination.
 - (iii) Has his name submitted to the Registrar by the Principal of the college, he has most recently attended?
 - (iv) Produces the following certificates signed by the Principal of the college namely:
 - a) Of good character;
 - b) Of 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, map work on each paper/subject during the academic year.
The college/department shall be required to deliver at least 75% of total number of lectures prescribed for each paper/subject. Provided that a deficiency in the number of lectures may be condone under the rules framed in this behalf.
 - c) Of having satisfactory performed the work of the class. A candidate who, having attended the prescribed number of lectures, does not appear in the examination after the completion of his lectures, or having appeared in the examination has failed, may be allowed to appear at any subsequent

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- examination within a period of two years without attending a fresh course of lectures.
- 21 (i) Every candidate shall submit, through the Principal of the college he has most recently attended, his application on the prescribed form accompanied by prescribed examination fee and a statement showing the subjects in which he desires 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.
A student who is unable to appear in the examination owing to shortage in the prescribed course of lecture in a subject or subjects may be allowed to appear at the following examination, if he makes up the deficiency in the subject concerned by attending lectures at a college admitted to the privilege of the Punjabi University.
In case a candidate could not appear in the house examination owing to unavoidable circumstances or fails to secure the marks indicated above and desires to appear in the University 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 33% marks in each of the subject prescribed.
- 22 The last date by which the Admission Form and fee must reach the Registrar as on the dates notified by the Registrar.
- 23 The medium of examination shall be English or Punjabi. Question papers shall be set both in English and Punjabi languages. Provided that use of English technical terms shall be permissible in setting the question papers as well as in answering the questions.
- 24 The examination shall consist of four parts as under
- | | | | | |
|------|---|---|---|--------------------|
| Part | - | A | : | Theory |
| Part | - | B | : | Formal activity. |
| Part | - | C | : | Skill and Prowess. |
| Part | - | D | : | Teaching practice |
| Part | - | E | : | Project |
- 25 The minimum number of marks required to pass the examination as under:
- 40% in each paper of Part-A (Theory)
 - 40% in Part-B (Skill & prowess)
 - 40% in Part-C (Formal activity)
 - 40% in Part-D (Teaching Practice)
 - 40% in Part-E (Projects)
- The grace marks shall be allowed according to the general ordinances relating to "Award of Grace Marks".
- 26 The scheme of Examination and syllabus for the course shall be as prescribed by the Academic council from time to time.
- 27 A candidate who fails in one part of the examination at one and the same attempt shall be permitted to appear at any subsequent examination in the part in which he failed, on



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payment of prescribed fee on each occasion without being required to attend fresh classes. If he fails in not more than one theory paper /subject and secure at least 40% marks in the aggregate of the remaining theory papers/subjects, he shall be allowed exemption in such papers(s)/subject(s). In case a candidate fails in more than one theory paper, his result shall be declared as 'Fail' in Theory part of the examination.

A candidate placed under reappear shall be allowed a maximum of two subsequent consecutive additional chances to clear the reappear theory paper failing which his result for the examination will be shown as 'Fail' and such a candidate will be required to repeat the examination *de-novo*.

28 After the termination of the examination or as soon as may be the Registrar shall publish a list of candidate who has passed. Each successful candidate shall be granted a certificate of having passed the examination.

29 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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Scheme for B.P.E.S (3year course) Semester System Session 2020-21 , 2021-22 and 2022-23

PART – A	Theory Papers	2700 Marks
PART – B	Skill & Prowess	330 Marks
PART – C	Formal Activity	60 Marks
PART- D	Practice of Teaching	150 Marks
PART - E	Project	60 Marks
Total		3300 Marks

B.P.E.S (Semester – I)

Part-A (Theory)	450 (Marks)
Part-B (Activity – Skills and Prowess) -	60 (Marks)
Part-C (Formal Activity)	20 (Marks)
Total	530 (Marks)

Part-A (Theory) 450 (Marks)

Paper Code	Title of the Subjects with Code	External	Internal	Teaching Hrs
BPEST-101	English and Communication Skills	40	10	05 hrs
BPEST-102	History of Physical Education	80	20	05 hrs
BPEST-103	Foundations of Physical Education	80	20	05 hrs
BPEST-104	General Science	80	20	05 hrs
BPEST-105	Health Education	80	20	05 hrs

Part-B (Skills and Prowess) 60(Internal)

Game

Practical Code	Contents of Games and Sports	Internal Assessment	Teaching Hrs
BPESP-201 Basketball	Teaching of Fundamentals, Rules, Regulations and Measurements of Fields	10	05 Hrs
BPESP-202 Kabaddi	-do-	10	05 Hrs
BPESP-203 Football	-do-	10	05 Hrs

Athletics

Practical Code	Contents of Games and Sports	Internal Assessment	Teaching Hrs
BPESP-204 Sprints	Teaching of Fundamentals, Rules, Regulations and Measurements of Fields	10	05 Hrs
BPESP-205 Long jump	-do-	10	05 Hrs
BPESP-206 Shot Put	-do-	10	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 level.
 - d) Awardees in the games/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: 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 (FORMAL ACTIVITY)

20 (Marks)

Practical Code	Contents of Games and Sports	Internal Assessment	Teaching Hrs
BPESP-207 Drill Marching, bands & Fundamental Positions	Teaching of Fundamentals	20	02

Note: The internal evaluation will be done by a panel of three members appointed by the Principal of the Institute.

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B.P. E.S (Semester – II)

Part-A (Theory)	-	450 (Marks)
Part-B (Activity – Skills and Prowess)	-	60 (Marks)
Part-C (Formal Activity)	-	20 (Marks)
Total		530(Marks)

Part-A (Theory) **450 (Marks)**

Paper Code	Title of the Subjects	External	Internal	Teaching Hrs
BPEST-106	English and Communication Skills	40	10	05 Hrs
BPEST-107	Educational and Sports Psychology	80	20	05 Hrs
BPEST-108	Recreation	80	20	05 Hrs
BPEST-109	Punjabi	80	20	05 Hrs
BPEST-110	Sports Training	80	20	05 Hrs
BPEST-111	Drug Abuse: Problem, Management and Prevention	Qualifying	-	03 Hrs

Part-B (Skills and Prowess)

60(Internal)

Game

Practical Code	Contents of Games and Sports	Internal Assessment	Teaching Hrs
BPESP-208 Handball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
BPESP-209 Gymnastics	-do-	10	05 Hrs
BPESP-210 Wrestling	-do-	10	05 Hrs

Athletics

Practical Code	Contents of Games and Sports	Internal Assessment	Teaching Hrs
BPESP-211 Hurdles	Teaching of Fundamentals, Rules, Regulations and Measurements of Fields	10	05 Hrs
BPESP-212 Triple jump	-do-	10	05 Hrs
BPESP-213 Discus Throw	-do-	10	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 level.
- d) Awardees in the games/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: 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 (FORMAL ACTIVITY)

20 (Marks)

Practical Code	Contents of Games and Sports	Internal Assessment	Teaching Hrs
BPESP-214 Calisthenics (Exercise table, Mass P.T,)	Teaching of Fundamentals	20	5 hrs

Note: The internal evaluation will be done by a panel of three members appointed by the Principal of the Institute.

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B.P. E. S (Semester – I)

Part-A (Theory)

450 (Marks)

Paper Code	Title of the Subjects	External	Internal	Teaching Hrs
BPEST-101	English and Communication Skills	40	10	05 hrs
BPEST -102	History of Physical Education	80	20	05 hrs
BPEST -103	Foundations of Physical Education	80	20	05 hrs
BPEST -104	General Science	80	20	05 hrs
BPEST -105	Health Education	80	20	05 hrs

BPEST-101: ENGLISH AND COMMUNICATION SKILLS

Duration of the Paper: 03 hours

Maximum marks: 50 Marks

Theory: 40 Marks

Int.Asst. 10 Marks

INTSTRUCTION FOR THE CANDIDATES

Candidates are required to attempt all questions.

Text Book 'Aspect of English Prose' edited by Sh. O.P. Mohan (only first ten Topics. Chapter No. 2 The Faithful Friends, Chapter No. 7 Wemmick's Walworth Sentiments and Chapter No.9 The Open Window are deleted and will not be the part of Syllabus).The candidate will be required to attempt any two questions out of the given four.

Q 1 & 2. The questions should be regarding the narration of incidents. Summary of the topic, character sketch of the main characters in the given topic. No critical question should be asked.

2x10= 20 Marks

Q 3. Essay: five or six topics to be given, out of which three topics should be related to Sports/physical education.

10 Marks

Q 4. Comprehension of passage (from the prescribed text)

10 Marks



BPEST-102: HISTORY OF PHYSICAL EDUCATION

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 (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

- Education:** Introduction, Aim & Objectives and Importance in the Modern Era.
- Physical Education:** Introduction, Aim & Objectives and Misconceptions about Physical Education.

UNIT-II

- Development of Physical Education in India:** Indus Valley Civilization Period. (3250 BC – 2500 BC), Vedic Period (2500 BC – 600 BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD), British Period (Before 1947), Y.M.C.A. and its Contributions, Sports Associations and Scheme in India (Rajkumari Amrit Kaur Coaching Scheme), Physical Education in India (After 1947), Sports & Physical Education Institution in India (LNIPE, NIS, SAI) & its functions).
- National Sports Awards:** (Rajiv Gandhi Khel Ratna, Padma shri, Arjuna, Darohnacharya, Dhyan Chand, Maharaja Ranjit and Maulana Abul Kalam Azad Trophy)

UNIT-III

- Physical Education in The World:** Physical Education in Sparta, Education at Athens, Physical and Moral Education in Ancient Rome, The Circus, the Gladiatorial Combats, Germany (Johan Basedow, Guts muths), Sweden (Per Henric Ling), Swedish Medical Gymnastics, The Spartakiad in USSR, India (G.D. Sondhi, Padam Shree Dr. P. M. Joseph)
- Asian Games, Afro Asian Games, S.A.F. Games, National School Games, SGFI and National Games.

UNIT-IV

- Olympic Games:**
Ancient Olympic Games: Historical Background, Significance of Ancient Games, Ceremonies of Ancient Games, Decline and termination of Ancient Olympic Games.
Modern Olympic Games: Introduction, Ceremonies, Venues, International Olympic Committee (IOC), and Functions of IOC
- Commonwealth Games:** Historical Background, Ceremonies and Venues.

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REFERENCE BOOKS:

- > Don Marrow, "Sports History" (2006) Human Kinetic Publisher inc.
- > Lal, D.C. "History of Physical Education and Sports" (2006) Sports Publication, New Delhi.
- > Mishra, Sharad, "Reading in Physical Education and Sports"(2006) Sports Publication, New Delhi.
- > Singh, Ajmer., Bains, Jagdish., Gill, Jagtar Singh. and Brar, Rashpal Singh "Essential of physical Education" (2017). Kalyani Publisher, Ludhiana, Punjab.
- > Tirunaryanan & S. Harisharasarma, (1998) "An Analytical History of Physical Education".

BPEST-103: FOUNDATIONS OF PHYSICAL EDUCATION

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

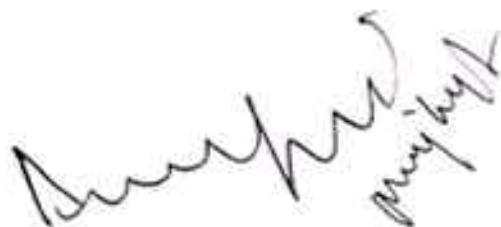
1. **Definition of Terms:** Physical Education, Physical Training, Physical Culture, Teaching and Coaching.
2. **Physical Education:** Introduction, Aim & Objectives, Scope & Contribution of Physical Education to Education.
3. **Objectives of Physical Education at Different Levels of Education:** (i) Elementary Education. (ii) Primary Education (iii) Secondary Education and (iv) Higher Education

UNIT-II

1. **Philosophies:** Introduction, Nature of Educational Philosophies (Naturalism, Idealism, Pragmatism, Realism, Existentialism) and their Application to Physical Education.
2. **Evolution of Games and Sports:** Games and Sports as Man's Cultural Heritage.
3. **Role of Physical Education in Context to Social Problems:** Unemployment, Youth Unrest, Drugs and Health Related Problems.

UNIT-III

1. **Evolution of Man:** Biped Position, its Advantages and Disadvantages, Activities as the Physical Basis of Life.
2. **Body Types:** Introduction, Types and their Implication in Physical Education and Sports.
3. **Sex Differences:** Sex Differences on Account of Chronological, Anatomical, Physiological & Mental Age and their Implication in Physical Education and Sports.



UNIT-IV

1. **Theories of Learning:** Traditional & Modern and their Complications to the Field of Physical Education
2. **Play:** Introduction, Theories of Play and their Implications in the Promotion of Sports.
3. **Economy, Politics and Sports:** Role of Economy & Politics at National & International level and in the Promotion of Physical Education and Sports.

REFERENCE BOOKS:

- Bucher, A. Charles and Wuest, Deborah. A., "Foundation of Physical Education and Sports" (1998) 10th edition St. Louis Times Mirror, Mosby College Publishing, Boston, London.
- Gupta, A.K. and Narang, Priyanka, "Facts and Foundation in Physical Education" (2006-07) Sports Publication, New Delhi.
- Sharma, Sita Ram, "Sociological Foundation in Physical Education and Sports" (2004) Friends Publication, Delhi.
- Singh, Ajmer., Bains, Jagdish., Gill, Jagtar Singh. and Brar, Rashpal Singh "Essential of physical Education" (2017). Kalyani Publisher, Ludhiana, Punjab.
- Vaidhya, Rajesh "Principles of Physical Education" (2006) Sports Publication, New Delhi.

BPEST-104: GENERAL SCIENCE

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. **Life:** Living and Non-living Things, Differences, Cells-Differences between Plants & Animals, Interdependence of Plants and Animals, Reproduction in Plants and Animals. Sexual, Asexual Budding and Vegetative Propagation, Germination, its Conditions, Irritability, Organic Evolution and its Proofs.
2. **Air:** Properties of Air, Uses of air, Atmospheric Pressure, Composition of Air,
3. **Water:** Natural Water-Sources, Mineral Water, Drinking Water, Physical and Chemical Properties of Water, Purification of Water, Hard & Soft Water, Causes of Hardness & their Removal, Harms of Hard Water, Archimedes Principles.

UNIT II

1. **Matter:** Matter, Atom, Molecule, Element, Compound, Mixture, Acid, Base and Salt.
2. **Metals and Non-Metals:**-Definition, Distinction between them and their General Physical Properties of Iron, Copper and Aluminium

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3. **Sulphur and Phosphorus:** Types, Properties and their Uses.

UNIT-III

1. **Nutrition's:** Balance Diet, its Components, their Sources and Functions.
2. **Properties of Gases:** Oxygen, Hydrogen, Carbon-dioxide- Occurrence, Preparation, Properties and Uses.
3. **Heat:** Sources, Transmission of Heat-Conduction, Convection and Radiation, Specific heat, Thermal Capacity and Latent Heat.

UNIT-IV

1. **Expansion:** Linear superficial and Cubical. Processes of Melting, Boiling and Evaporation.
2. **Light:** Luminous, Non-luminous, Transparent and Translucent Bodies. Refractive Index.
3. **Magnetism and Electricity:-**Magnet and their Properties, Static Electricity, Charge Current, Electrostatic field, Gold Leaf Electroscope. Its Functioning and Uses, Leclenche Cell, Dry Cell, Electric Terms-Volt, Amphere, Resistance, Ohm ,AC,DC.

References:

- Arihant, Experts., "Magbook General Science" (2017) Paperback – 2016.
- Pandey, Manohar., "14000+ Objective Questions - General Studies" (2016).

BPEST-105: HEALTH EDUCATION

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 (Unit I, II, III & IV) 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. **Health:** Introduction, Concept and Factors influencing health.
2. **Health Education:** Introduction, Objectives, Importance, Scope, Principles, Practice of Health Education, Planning & Evaluation in Health Education Programmes.
3. **Health Services:** Organisation and Administrative Set Up of Health Services in India.

UNIT-II

1. **Disease:** Introduction, Diseases Cycle, Epidemiological Trials, Modes of Transmission, Immunity.
2. **Health Problem in India:** Problems Related to Communicable Diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus).

2. **Health Education:** Introduction, Objectives, Importance, Scope, Principles, Practice of Health Education, Planning & Evaluation in Health Education Programmes.
3. **Health Services:** Organisation and Administrative Set Up of Health Services in India.

UNIT-II

1. **Disease:** Introduction, Diseases Cycle, Epidemiological Trials, Modes of Transmission, Immunity.
2. **Health Problem in India:** Problems Related to Communicable Diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus).
3. **Health instructions:** Types, Role of Teacher, Health Instructions at Primary, Middle & Secondary Stage and their Methods to Imparting Health Instruction.

UNIT-III

1. **Hygiene:** The Concept of Hygiene and Personal Hygiene Care of Skin, Mouth, Nails, Clothing and Bathing etc. Importance of Rest, Sleep and Exercise.
2. **Community Health:** Brief account of Housing Water Supply, Sewerage and Refuse Disposal.
3. **School Health Services:** History, School Health Problems. Health appraisal, Healthful School Environment, Nutritional Services, Mental Health, School Health, School Health Records, Safety Measures in the Playfields – First Aid and Emergency Care.

UNIT-IV

1. **Nutrition :** Introduction of Food, Nutrition and Balanced Diet, Constituent of Balance Diet, its Functions and Sources, Daily Energy Requirements for Different Sports and Games, Eating Before, During and After Competition and Water Loading.
2. **Mental Health:** Need & Importance, What Constitutes a Healthy Mind?
3. **Sex Education:** Introduction, Aim & Objectives, Agencies, Role of Teachers & Parents in Sex Education, Guidelines & Methods to Imparting Sex Education in School

REFERNCE BOOKS:

- Aggarwal, J.C., "Health and Physical education" (2006) Shipra publications, Shakarpur.
- Kang, G.S. and Deol, N.S., "An introduction to health & physical education" (2008) Twenty first century publications, Patiala.
- Pandey, P.K. and Gongopadhyay, S. R. "Health Education for School Children", Friends Publication, Delhi.
- Park, J.E. and Park, K, "Text Book of Community Health for Nurses", (1982) Asrani Publisher, Jabalpu.
- Park, J.E. and Park, K. "Text Book of Preventive and Social Medicine", (1985) Bnasidar Bhanot, Publisher, Jabalpur.
- Singh, Ajmer., Bains, Jagdish., Gill, Jagtar Singh. and Brar, Rashpal Singh "Essential of physical Education" (2017). Kalyani Publisher, Ludhiana, Punjab.

B.P.E.S (Semester – II)**Part-A (Theory)****450 (Marks)**

Paper Code	Title of the Subjects	External	Internal	Teaching Hrs
BPEST-106	English and Communication Skills	40	10	05 Hrs
BPEST -107	Educational and Sports Psychology	80	20	05 Hrs
BPEST -108	Recreation	80	20	05 Hrs
BPEST -109	Punjabi	80	20	05 Hrs
BPEST -110	Sports Training	80	20	05 Hrs
BPEST-111	Drug Abuse: Problem, Management and Prevention	Qualifying	-	03 Hrs

BPEST-106: ENGLISH AND COMMUNICATION SKILLS

Duration of the Paper: 03 hours
Marks

Maximum marks: 50

Theory: 40 Marks
Int.Asst. 10Marks

INTSTRUCTION FOR THE CANDIDATES

Candidates are required to attempt all questions.

- Q 1. Translation from vernacular to English.
(Foreign scholars are permitted to write a paragraph in lieu of translation) 10 Marks
- Q 2. Idioms/Phrases out of the prescribed topic of the text book. (10 to be attempted out of given 15) 10 Marks
- Q3. Letter Writing for Fee Concession, Request for Hostel Accommodation, Leave Application. (Any Other suitable related to New-comer's entering College) 10 Marks
- Q4. Writing of précis. A paragraph to be given out of the prescribed text. 10 Marks

NOTE: Difficult words, Expressions should not be asked.

Handwritten signature and initials

BPEST-107: EDUCATIONAL AND SPORTS PSYCHOLOGY

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. **Psychology:** Introduction and Importance in Physical education & Sports
2. **Educational Psychology:** Introduction, Objectives, Scope, Relevance & Contribution of Educational Psychology to Teaching and Learning Process, Importance of Educational Psychology with Special Reference to Physical Education & Sports and Methods of Educational Psychology (Introspection, Observation)
3. **Sports Psychology:** Introduction, Need, Importance in Competitive Sports and Psychological Factors Affecting Physical Performance.

UNIT-II

1. **Growth and Development:** Introduction and Various Stages of Growth & Development and Role of Physical Activities of Sports in Solving the Problems of Adolescent.
2. **Heredity and Environment:** Introduction, Importance and Effect of Heredity & Environment on Growth and Development.
3. **Individual Difference:** Individual Styles of learning and Thinking, Multiple Intelligence, Gifted and Talented Students.

UNIT-III

1. **Learning:** Introduction, Theories of Learning and their Implication in Teaching - Trial & Error Learning, Conditioned Repose Theory, Laws of Learning and Transfer of Training.
2. **Motor skill learning:** Introduction and Nature & Principles of Motor Skill Learning.
3. **Learning Curve:** Characteristics, Types and Plateau in learning and how to overcome or eliminate.

UNIT-IV

1. **Personality:** Introduction, Characteristics, Dimensions, Personality Traits, Factors affecting development of Personality and Role of Physical activity in the development of Personality.
2. **Motivation:** Introduction, Types, Need, Importance and Methods.
3. **Emotion:** Introduction, Types, Characteristics and Role of Emotions in Athlete performance.

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REFERENCES

- Anshel, M. H., "Sport psychology: From theory to practice" (2003) San Francisco: Benjamin-Cummings.
- Cox, Richard, H., "Sport Psychology: Concepts and Applications" (1994) Brown and Benchmark, Madison, Wisconsin.
- Cratty, Bryant J., "Psychology in Contemporary Sport (3rd ed.)" (1989) NJ; Prentice Hall, Englewood Cliffs.
- Charles, C. and Baller, Warner R, "The psychology of Human Growth and developments" (1961) Holt, Rinchart and Winston, USA
- Deccode, John and Craford William "The Psychology of learning and instruction: Educational Psychology" (2nd Ed) (1988) Prentice Hall of India, New Delhi.
- Drowatzky, John N., "Motor Learning: Principles and Practices" (1975) Burgess Pub. Co, USA
- Dweey John, "Psychology" (1998) Khel Sahitya Kendra, New Delhi.
- Frandsen Ander N., "Educational Psychology" (1961) McGraw Hill Book Company, Tokyo.
- Gabbard Carl P., "Lifelong motor development" (1992) McGraw Hill Publishers, USA
- Gangopadhya, S. R., "Sports Psychology" (2007) Sports Publication, New Delhi.
- Hurlock, Elizabeth B, "Child growth and development" (1978) McGraw Hill Publishers, USA
- Hurlock, Elizabeth B., "Characteristic of Senescence Developmental Psychology a life-span approach" (1984) McGraw Hill Publishers, USA.
- Kakkar, S.B., "Educational Psychology (7th print)" (2009) PHI Learning Pvt Ltd, New Delhi.
- Mangal S.K., "Essentials of Educational Psychology" (2007) PHI Learning Pvt Ltd, New delhi (3rd Print)
- Mathur, S.S. "Educational Psychology" (1994) Vinod Pustak Mandir, Agra.
- Oxendine Joseph B., "Psychology of motor learning (2nd Edition)" (1984) Prentice Hall, USA
- Schmidt, Richard A., Wrisberg, Craig A., "Motor Learning and Performance: A Situation-Based Learning Approach" (2008). Human Kinetics, USA
- Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher, Ludhiana, Punjab.
- Skinner, Charles E., "Educational Psychology" (4th Ed) (2009) PHI Learning Pvt Ltd, New Delhi
- Talyizina Nina, "The Psychology of Learning" (1981) Progress Publishers, Muscov.
- Travens, Robert M.W., "Educational Psychology: A scientific foundation for educational practice" (1973) The Warelliar Company, New York
- Weinberg, R.S & Gould, Daniel, "Foundations of Sport and Exercise Psychology" (2007) Human Kinetics Publishers, Inc Champaign IL.
- 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.

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- Kamlesh, M.L., "Psychology in Physical Education and Sport" (2011) (5th ed.) Khel Sahitya, 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.
- Shaw, D.F., Gorley, T. & Corban, R.M., "Sport and Exercise Psychology" (2005) Viva, New Delhi.
- Singh, 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.

BPEST-108: RECREATION

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)

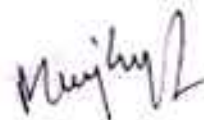
UNIT-I

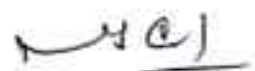
1. **Recreation:** Introduction, Aim & Objective, Scope, Characteristics, Importance /Significance of Recreation, Types, Philosophy, Principles and Values of Recreation to Individual & Family.
2. **Recreational Programmes:** Criteria and Principles of selecting Recreational Programmes., Recreational Programmes, Indoor and Outdoor Activities, Water sports Activities, Cultural Activities,

UNIT-II

1. **Recreational Activities:** Historical Development of Recreational Activities in India, UK, USA, USSR.
2. **Agencies Providing Recreation:** Individual & Home, Government, Commercial, Semipublic, Private agencies and Importance of Recreation for Ill & Handicapped, Recreation in the Hospitals.







UNIT-III

1. **Literary Activities:** Nature and Outing, Social Events, Adventure Activities.
2. **Play:** Introduction, Aim & Objective, Significance, Various Theories of Play, Significance of Study of Theories of Play for the Teacher of Physical Education.

UNIT-IV

1. **Camping:** Introduction, Aim & Objective of the Camp, Need and Importance of the camp, Types of camp, Uses of Camping/Outdoor Activities, Organization and Administration of Camping, Selection and layout of the Camp Site, Camp Programme, Agencies Promoting Camp, Educational Values of Camp.
2. **Leadership Training:** Introduction of a Leader and Leadership, Characteristics of leader, Types of leaders, Qualification and qualities of leader, Need and Importance of leadership in Physical Education.

REFERNCE BOOKS:

- > Dubey, C.H. and Nayak, A., "Recreation" A.P Publisher, Jalandhar.
- > Dutta, A.K. "Games and Sports for Children" (2004) 1st edition - *Jarvani Prakashan* Vishwas Nagar, Shahdra, Delhi-110032
- > Jain, Deepak "Physical Education and Recreational Activities" (2002) *Khel Sahitya Kendra*, New Delhi.
- > Kang, G.S. and Deol, N.S., "An introduction to health & physical education" (2008) *Twenty first century publications*, Patiala.
- > Singh, Ajmer., Bains, Jagdish., Gill, Jagtar Singh. and Brar, Rashpal Singh "Essential of physical Education" (2017). *Kalyani Publisher*, Ludhiana, Punjab.
- > Thour, Mandeep "Camping Management in Physical Education" (2006) *Friends Publication*, Delhi.

BPEST-109: ਬੀ.ਪੀ.ਈ.ਐੱਸ. (ਤਿੰਨ ਸਾਲਾ) ਸਮੈਸਟਰ ਦੂਜਾ (ਪੰਜਾਬੀ ਲਾਜ਼ਮੀ)

ਕੁੱਲ ਅੰਕ : 100

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ : 20 ਅੰਕ

ਬਾਹਰੀ ਪਰੀਖਿਆ : 80 ਅੰਕ

ਸਮਾਂ : 3 ਘੰਟੇ

ਵਿਸ਼ੇ ਵਿੱਚੋਂ ਪਾਸ ਹੋਏ ਅੰਕ : 40

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ ਵਿੱਚੋਂ ਪਾਸ ਹੋਣ ਲਈ ਅੰਕ : 08

ਬਾਹਰੀ ਪਰੀਖਿਆ ਵਿੱਚੋਂ ਪਾਸ ਹੋਣ ਲਈ ਅੰਕ : 32

(ਅਧਿਆਪਨ: 6 ਪੀਰੀਅਡ ਪ੍ਰਤੀ ਹਫ਼ਤਾ)

ਸਿਲੇਬਸ ਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

1. ਵਾਰਤਕ ਵਿਸ਼ੇ (ਸੰਪਾਦਕ - ਡਾ. ਰਾਜਿੰਦਰ ਪਾਲ ਸਿੰਘ ਬਰਾੜ, ਡਾ. ਜਗਤਾਰ ਸਿੰਘ), ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ।
2. ਨਿਬੰਧ-ਰਚਨਾ: ਸਮਾਜਕ, ਵਾਤਾਵਰਣ, ਆਰਥਕ ਅਤੇ ਸਭਿਆਚਾਰ ਵਿਸ਼ੇ ਨਾਲ ਸਬੰਧਤ।
3. ਵਿਆਕਰਨ
(ੳ) ਪੰਜਾਬੀ ਯੂਨੀ-ਵਿਊਂਤ: ਸੂਰ, ਵਿਅੰਜਨ, ਉਚਾਰਨ ਅੰਗ, ਉਚਾਰਨ ਸਥਾਨ ਤੇ ਉਚਾਰਨ ਵਿਧੀਆਂ।
(ਅ) ਪੰਜਾਬੀ ਸ਼ਬਦ-ਰੂਪ ਤੇ ਸ਼ਬਦ-ਜੋੜ ਕੋਸ਼, ਸੰਪਾਦਕ- (ਡਾ. ਹਰਕੀਰਤ ਸਿੰਘ) (1-150 ਪੰਨੇ)।
4. ਵਿਹਾਰਿਕ ਪੰਜਾਬੀ : ਪ੍ਰੈਸ ਨੋਟ, ਰਿਪੋਰਟ ਲਿਖਣਾ, ਇਸ਼ਤਿਹਾਰ ਤਿਆਰ ਕਰਨਾ।

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5. ਕੁਮਾਂਕ 1 ਅਤੇ 3 ਦੇ ਅਧਾਰ ਤੇ ਛੋਟੇ ਪ੍ਰਸ਼ਨ ।

ਅੰਕ-ਵੰਡ ਤੇ ਪੇਪਰ-ਸੈਟਰ ਲਈ ਹਦਾਇਤਾਂ

1. ਕਿਸੇ ਨਿਬੰਧ ਦਾ ਸਾਰ ਜਾਂ ਉਸ ਦਾ ਵਿਸ਼ਾ-ਵਸਤੂ (ਦੋ ਵਿਚੋਂ ਇਕ) 15 ਅੰਕ
2. ਨਿਬੰਧ-ਰਚਨਾ (ਤਿੰਨਾਂ ਵਿਚੋਂ ਇਕ) 15 ਅੰਕ
3. ਕੁਮਾਂਕ 3 ਉੱਤੇ ਦਿੱਤੇ ਵਿਆਕਰਨ ਦੇ ਆਧਾਰ ਉੱਤੇ ਵਰਣਨਾਤਮਕ ਪ੍ਰਸ਼ਨ 15 ਅੰਕ
4. ਵਿਹਾਰਕ ਪੰਜਾਬੀ ਵਿਚੋਂ ਦਿੱਤੇ ਗਏ ਵਿਸ਼ਿਆਂ ਵਿਚੋਂ ਦੋ ਬਾਰੇ ਲਿਖਣਾ । $2 \times 10 = 10$ ਅੰਕ
5. ਕੁਮਾਂਕ 3 ਵਿੱਚ ਦਿੱਤੇ ਗਏ ਕੋਸ਼ ਦੇ 1-150 ਪੰਨਿਆਂ ਵਿੱਚ ਸ਼ਬਦ ਜੋੜਾਂ ਅਤੇ ਸ਼ਬਦ ਰੂਪਾਂ ਨਾਲ ਸਬੰਧਤ ਵੀਹ (20) ਸ਼ਬਦਾਂ ਦੇ ਜੋੜ ਅਤੇ ਰੂਪ ਠੀਕ ਕਰਨ ਲਈ ਕਿਹਾ ਜਾਵੇਗਾ। 15 ਅੰਕ
6. ਕੁਮਾਂਕ 1 ਅਤੇ 3 ਦੇ ਅਧਾਰ ਤੇ ਪੰਜ ਛੋਟੇ ਪ੍ਰਸ਼ਨ । $2 \times 5 = 10$ ਅੰਕ

ਇੰਟਰਨਲ ਅਸੈਸਮੈਂਟ

1. ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਨਿਬੰਧ ਦੀ ਸਕਰੈਪ ਬੁੱਕ ਤਿਆਰ ਕਰਵਾਈ ਜਾਵੇ। 10 ਅੰਕ
2. ਉਹਨਾਂ ਦੀ ਹਾਜ਼ਰੀ ਅਤੇ ਮਿਡ ਸੈਸਮੈਂਟਰ ਇਮਤਿਹਾਨਾਂ ਵਿੱਚ ਕਾਰਗੁਜ਼ਾਰੀ ਨੂੰ ਅਧਾਰ ਬਣਾਇਆ ਜਾਵੇ। 10 ਅੰਕ

ਸਹਾਇਕ ਪੁਸਤਕਾਂ

1. ਹਰਕੀਰਤ ਸਿੰਘ, ਭਾਸ਼ਾ ਵਿਗਿਆਨ ਅਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ, ਬਾਹਰੀ ਪਬਲਿਸਰਜ਼, ਦਿੱਲੀ, 1973.
2. ਬਲਦੇਵ ਸਿੰਘ ਚੀਮਾ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ ਅਤੇ ਵਿਆਕਰਨ (ਤਕਨੀਕੀ ਸ਼ਬਦਾਵਲੀ ਦਾ ਵਿਸ਼ਾ ਕੋਸ਼, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 2000.
3. ਸ਼ੁੱਟਾ ਸਿੰਘ ਬਰਾੜ, ਪੰਜਾਬੀ ਵਿਆਕਰਨ: ਸਿਧਾਂਤ ਤੇ ਵਿਹਾਰ, ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ, 2008.
4. ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ, ਸਿਧਾਂਤਕ ਭਾਸ਼ਾ ਵਿਗਿਆਨ, ਮਦਾਨ ਪਬਲਿਸਰਜ਼, ਪਟਿਆਲਾ, 2002.
5. ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਸ੍ਰੋਤ ਤੇ ਬਣਤਰ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 1996.
6. ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ, ਰੂਪ ਵਿਗਿਆਨ, ਮਦਾਨ ਪਬਲਿਸਰਜ਼, ਪਟਿਆਲਾ, 2002.
7. ਜੋਗਿੰਦਰ ਸਿੰਘ ਪੁਆਰ ਅਤੇ ਹੋਰ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਵਿਆਕਰਨ (1,2 ਅਤੇ 3), ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਕਾਦਮੀ, ਜਲੰਧਰ।
8. ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਸੰਘਾ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਕਾਦਮੀ, ਜਲੰਧਰ, 1999.

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BPEST-109: ਬੀ.ਪੀ.ਈ.ਐੱਸ. (ਤਿੰਨ ਸਾਲਾ) ਸਮੈਸਟਰ ਦੂਜਾ

(ਮੁੱਢਲਾ ਗਿਆਨ)

ਕੁੱਲ ਅੰਕ : 100

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ : 20 ਅੰਕ

ਬਾਹਰੀ ਪਰੀਖਿਆ : 80 ਅੰਕ

ਸਮਾਂ : 3 ਘੰਟੇ

ਵਿਸ਼ੇ ਵਿੱਚੋਂ ਪਾਸ ਹੋਏ ਅੰਕ : 40

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ ਵਿੱਚੋਂ ਪਾਸ ਹੋਣ ਲਈ ਅੰਕ : 08

ਬਾਹਰੀ ਪਰੀਖਿਆ ਵਿੱਚੋਂ ਪਾਸ ਹੋਣ ਲਈ ਅੰਕ : 32

(ਅਧਿਆਪਨ: 6 ਪੀਰੀਅਡ ਪੂਰੀ ਹਵਤਾ)

1. ਗੁਰਮੁਖੀ ਵਰਨਮਾਲਾ ਤੇ ਲੇਖਣ ਪ੍ਰਬੰਧ
(ੳ) ਅੱਖਰ ਸਿਖਿਆ : ਤਰਤੀਬ ਤੇ ਭੁਲਾਵੇਂ ਅੱਖਰ
(ਅ) ਅੱਖਰ ਬਣਤਰ : ਅੱਖਰ ਰੂਪ ਤੇ ਲੇਖਣ ਦੇ ਨਿਯਮ 20 ਅੰਕ
2. ਗੁਰਮੁਖੀ ਅੱਖਰ ਤੇ ਪੰਜਾਬੀ ਧੁਨੀਆਂ ਦਾ ਪ੍ਰਬੰਧ
(ੳ) ਸਵਰ ਤੇ ਵਿਅੰਜਣ : ਵਰਗੀਕਰਨ ਦੇ ਸਿੱਧਾਂਤ ਤੇ ਉਦਾਹਰਨ।
(ਅ) ਸਵਰ ਸੂਚਕ ਅੱਖਰਾਂ ਤੇ ਧੁਨੀਆਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ।
(ੲ) ਵਿਅੰਜਣ ਸੂਚਕ ਅੱਖਰਾਂ ਤੇ ਧੁਨੀਆਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ।
(ਸ) ਲਗਾ ਮਾਤਰਾ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ।
(ਹ) ਲਗਾਖਰਾਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ। 20 ਅੰਕ
3. ਲਿਪੀ ਦੇ ਅੱਖਰਾਂ ਦੀ ਵਰਤੋਂ ਦੇ ਨਿਯਮ
(ੳ) ਪੂਰੇ ਤੇ ਅਧਿ ਅੱਖਰ ਪਛਾਣ ਤੇ ਵਰਤੋਂ
(ਅ) ਸਵਰ ਸੂਚਕ ਅੱਖਰਾਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ
(ੲ) ਸਵਰ ਵਾਹਕਾਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ
(ਸ) ਮਾਤਰਾ ਤੇ ਸਵਰ ਵਾਹਕਾਂ ਦੀ ਸਾਂਝੀ ਵਰਤੋਂ
(ਹ) ਮਾਤਰਾਂ ਦੀ ਵਿਅੰਜਣ ਸੂਚਕਾਂ ਨਾਲ ਵਰਤੋਂ। 20 ਅੰਕ
4. ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ ਨਾਲ ਜਾਣ ਪਛਾਣ
(ੳ) ਗਿਣਤੀ
(ਅ) ਹਫ਼ਤੇ ਦੇ ਦਿਨ
(ੲ) ਰੰਗਾਂ ਦੇ ਨਾਂ
(ਸ) ਪਸ਼ੂ ਪੰਛੀਆਂ ਦੇ ਨਾਂ
(ਹ) ਘਰੇਲੂ ਵਸਤਾਂ ਦੀ ਸ਼ਬਦਾਵਲੀ 20 ਅੰਕ

ਪੇਪਰ ਸੈਟਰ ਲਈ ਹਦਾਇਤਾਂ

(ਵਿਦਿਆਰਥੀ ਪਹਿਲੀ ਵਾਰ ਗੁਰਮੁਖੀ ਲਿਪੀ ਸਿੱਖ ਰਹੇ ਹਨ। ਹੇ ਸਕਦਾ ਹੈ ਵਿਦਿਆਰਥੀ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਤੋਂ ਵੀ ਅਨਜਾਣ ਹੋਣ, ਜੋ ਪ੍ਰਸ਼ਨਾਂ ਦਾ ਪੱਧਰ ਵਿਦਿਆਰਥੀ ਦੀ ਇਸ ਸੀਮਾ ਨੂੰ ਧਿਆਨ ਵਿਚ ਰੱਖਿਆ ਜਾਵੇ।)

Moujby!



ਸਹਾਇਕ ਪੁਸਤਕਾਂ

1. ਸਤਿਨਾਮ ਸਿੰਘ ਸੰਧੂ, ਆਓ ਪੰਜਾਬੀ ਸਿਖੀਏ, ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 2009 (ਹਿੰਦੀ ਤੋਂ ਪੰਜਾਬੀ ਸਿੱਖਣ ਲਈ)
2. ਸਤਿਨਾਮ ਸਿੰਘ ਸੰਧੂ, ਗੁਰਮੁਖੀ ਸਿੱਖੇ, ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 2011 (ਅੰਗਰੇਜੀ ਤੋਂ ਪੰਜਾਬੀ ਸਿੱਖਣ ਲਈ)
3. ਜੀਤਾ ਰਾਮ ਬਾਹਰੀ, ਪੰਜਾਬੀ ਸਿਖੀਏ, ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 2002 (ਹਿੰਦੀ)
4. ਰਾਜਵਿੰਦਰ ਸਿੰਘ, ਪੰਜਾਬੀ ਗਿਆਨ ਸੀ.ਡੀ. (ਕੰਪਿਊਟਰ ਐਪਲੀਕੇਸ਼ਨ ਟੂ-ਲਰਨ ਐਂਡ ਟੀਚ ਪੰਜਾਬੀ), ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 2011.
5. Hardev Bahri, Teach Yourself Punjab, Publication Bureau, Punjabi University, Patiala, 2011
6. Henry, A. Gleason and Harjeet Singh Gill, A Start in Punjabi, Publication Bureau, Punjabi University, Patiala. 1997.
7. Ujjal Singh Bahri and Paramjit Singh Walia, Introductory Punjabi, Publication Bureau, Punjabi University, Patiala. 2003

BPEST-110: SPORTS TRAINING

Time allowed: 3 Hours

Max Marks: 100

(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- d) There shall be **nine** questions in all.
- e) 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)
- f) 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. **Definitions of Terms:** Sports Training, Coaching, Conditioning, Training Load, Adaptation.
2. **Sports Training:** Introduction, Aim & Objectives, Characteristics, Principles.
3. **Physical Fitness:** Introduction, Components, Means and Methods of its development.

UNIT-II

1. **Motor Fitness:** Introduction, Components, Means and Methods of its development.
2. **Training Load:** Introduction, Types, Structure, Principles and Factors Judgment of Training Load. **Overload:** Introduction, Symptoms, Causes and remedies.

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3. **Recovery:** Introduction, Phases, Factors Affecting the Pace of Recovery and Means of Recovery.

UNIT-III

1. **Training Methods:** Continuous Running / Training, Interval Training, Fartlek Running / Training, Circuit Training, Weight Training, Plyometric Training.
2. **Periodisation:** Introduction and its Types.
3. **Warming Up and limbering Down:** Introduction, their Benefits and Precautions.

UNIT-IV

1. **Adaptation and Acclimatization:** Introduction, Process and Planning.
2. **Identification of Talent:** 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.
3. **Long Term Training:** Introduction, Aim and Characteristics.

REFERENCE BOOKS:

- Haff, G. Gregory and Triplett, N. Travis, "Essential of Strength Training and Conditioning" (2016) Human Kinetic, USA.
- Beachle, Thomas. R. and Earle, Roger. W., "Essentials of Strength Training and Conditioning. (2008) NSCA.
- Bompa, Tudor. O., "Theory and methodology of training: The key to Athletic performance" (1990). Kendall/Hunt, USA
- Bompa, Tudor. O. and Carlo, Buzzichelli, "Periodization Training for sports" (2015) Human Kinetics, USA.
- Harre, D., "Principles of Sports Training" (1988) Sportsverlag, Berlin.
- Manilal, K.P. "Science of Strength Training" (2006) Sports Publication, New Delhi.
- Scholisch, M., "Circuit Training" (1988) Sportsverlag, Berlin.
- Singh, Hardyay, "Science of Sports Training" (1991) D.V.S. Publication, New Delhi.
- Singh, Hardyay "Scientific Approach of Sports Training" (1991) D.V.S. Publication, New Delhi.

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A

BPEST-111: OUTLINE FOR THE SYLLABUS OF A MODULE ON DRUG ABUSE: PROBLEM, MANAGEMENT AND PREVENTION

Session: 2020-21, 2021-22 & 2022-23
(FOR ALL UNDERGRADUATE COURSES)

Note: This is a compulsory qualifying paper, which the students have to study and qualify during three years of their degree course.

REGULAR STUDENTS

Max Marks: 70
Internal Assessment: 30
Total Marks 100

Max Time: 3hrs.
Lectures per week 5

INSTRUCTIONS FOR THE PAPER SETTERS

The question paper will consist of three sections A, B and C. Each of sections A and B will have four questions from the respective sections of the syllabus. Each question shall carry 7 marks. Section C will consist of 14 short answer type of 2 marks each.

INSTRUCTIONS FOR THE CANDIDATES

Candidates are required to attempt any three questions from section A and any three questions from section B. Section C is compulsory.

SECTION A

UNIT: I – Problem of Drug Abuse: Concept and Overview; Types of Drug Often Abused

(a) Concept and Overview

What are drugs and what constitutes Drug Abuse?
Prevalence of menace of Drug Abuse
How drug Abuse is different from Drug Dependence and Drug Addiction?
Physical and psychological dependence- concepts of drug tolerance

(b) Introduction to drugs of abuse: Short Term, Long term effects & withdrawal symptoms

Stimulants: Amphetamines, Cocaine, Nicotine
Depressants: Alcohol, Barbiturates- Nembutal, Seconal, Phenobarbital Benzodiazepines
–Diazepam, Alprazolam, Flunitrazepam
Narcotics: Opium, morphine, heroin
Hallucinogens: Cannabis & derivatives (marijuana, hashish, hash oil)

Steroids

Inhalants

UNIT: II –Nature of the Problem

Vulnerable Age Groups
Signs and symptoms of Drug Abuse
(a)- Physical indicators
(b)- Academic indicators
(c)- Behavioral and Psychological indicators

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SECTION B

UNIT: III – Causes and Consequences of Drug Abuse

a) Causes

Physiological

Psychological

Sociological

b) Consequences of Drug Abuse

For individuals

For families

For society & Nation

Unit: IV- Management & Prevention of Drug Abuse

Management of Drug Abuse

Prevention of Drug Abuse

Role of Family, School, Media, Legislation & Deaddiction Centers

Suggested readings

1. Kapoor.T. (1985) Drug Epidemic among Indian Youth, New Delhi: Mittal Pub
2. Modi, Ishwar and Modi, Shalini (1997) Drugs: Addiction and Prevention, Jaipur: Rawat Publication.
3. Ahuja, Ram, (2003), Social Problems in India, Rawat Publications: Jaipur
4. 2003 National Household Survey of Alcohol and Drug Abuse. New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
5. World Drug Report 2011, United Nations Office of Drug and Crime.
6. World Drug Report 2010, United Nations Office of Drug and Crime.
7. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
8. The Narcotic Drugs and Psychotropic Substances Act, 1985, (New Delhi: Universal, 2012)

Pedagogy of the Course Work:

The pedagogy of the course work will consist of the following:

70% lectures (including expert lectures).

30% assignments, discussion and seminars and class tests.

Note: A visit to drug de-addiction centre could also be undertaken.

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