

**SYLLABUS OF B.P.E.S (THREE YEARS) (SEMESTER-III)
FOR THE SESSION 2018-2019, 2019-2020 AND 2020-2021**

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-112	English and Communication Skills	40	10	05 Hrs
BPEST-113	Anatomy and Physiology	80	20	05 Hrs
BPEST-114	Educational Technology	80	20	05 Hrs
BPEST-115	Professional Preparation	80	20	05 Hrs
BPEST-116	Officiating and Coaching	80	20	05 Hrs

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

Game

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
BPESP-215 Weight Training	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
BPESP-216 Hockey	-do-	10	05 Hrs
BPESP-217 Badminton	-do-	10	05 Hrs

Athletics

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
BPESP-218 Middle Distance	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
BPESP-219 Javelin Throw	-do-	10	05 hrs
BPESP-220 High Jump	-do-	10	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.

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-221 Dumbell & Lazium	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.

SYLLABUS OF B.P.E.S (THREE YEARS) (SEMESTER-III)
For the session 2018-2019, 2019-2020 and 2020-2021

Part-A (Theory)

450 (Marks)

Paper Code	Title of the Subjects	External	Internal	Teaching Hrs
BPEST-112	English and Communication Skills	40	10	05 Hrs
BPEST-113	Anatomy and Physiology	80	20	05 Hrs
BPEST-114	Educational Technology	80	20	05 Hrs
BPEST-115	Professional Preparation	80	20	05 Hrs
BPEST-116	Officiating and Coaching	80	20	05 Hrs

BPEST-112: 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 "Patterns of English Prose" 1976, Edited by Sh. Harsharan Singh (Only First Seven topics. Chapter No. 5 University Days is deleted and will not be part of Syllabus). The candidates will be required to attempt any two questions out of four. Question no 1 and 2 will be of 10 marks each. The Questions should be regarding the Narration, incidents, Summary of the topics, character sketch of the main characters in the given topics. No critical question should be asked.

2 X 10=20 Marks
- Comprehension of passage (from the prescribed text)

10 Marks
- Idioms/Phrases out of the prescribed topic of the text book. (10 to be attempted out of given 15)

10 Marks

NOTE: Difficult words, Expressions should not be asked.

BPEST-113: ANATOMY AND PHYSIOLOGY

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. **Anatomy and Physiology:** Introduction, Scope, Need and Importance.
2. **Cell & Tissues:** Introduction, Structure, Classification and Functions.
3. **Human Skeleton:** Introduction, Axial and Appendicular Skeleton

UNIT-II

1. **Bones:** Structure, Types and its Functions.
2. **Joints:** Introduction, Classification and Functions of various Joints.
3. **Muscles:** Structural Classification of Muscles (Skeletal, Smooth and Cardiac Muscles), General Characteristics of Muscles – Elasticity, Contractility & Irritability and Muscle Contraction.

UNIT-III

1. **Human Blood:** Structure, Functions and Formation of Blood Cells; Blood Groups & their Characteristics; Process of Blood Clotting and its Regulation.
2. **Human Cardio-Vascular System:** Structure, Functions of Heart and Major Blood Vessels of the Body, Circulation of blood, Pulmonary Circulation, Systemic or General Circulation and Portal Circulation.
3. **Human Respiratory System:** Introduction, Organs, Structure, Functions, Mechanism, Control and its Types.

UNIT-IV

1. **Human Digestive System:** Introduction, Organs, Structure, Functions and The process of Digestion (Ingestion, Propulsion, Digestion, Absorption & Elimination).
2. **Human Nervous System:** Introduction to Structure (Autonomic Nervous System, Sympathetic Nervous System and Parasympathetic Nervous System), Structure and Functions of Human Brain, Spinal Cord, and Peripheral Nervous System Brain– Cerebrum, Midbrain, Pons, Medulla Oblongata, Cerebellum; Spinal Cord - Sensory Nerves (Afferent or Ascending), Motor Nerve (Efferent or Descending) and Simple Reflex Arc; and Peripheral Nervous System.
3. **Endocrine System:** Introduction, Types, Location, Secretion and Functions of Glands; Pituitary Gland, Thyroid Gland, Parathyroid Glands, Adrenal Gland, and Hypothalamus, the Pancreatic Islets, Pineal Gland or Body, Thymus Gland.

REFERENCE BOOKS:

- Singh, Ajmer., Bains, Jagdish., Gill, Jagtar Singh. and Brar, Rashpal Singh “Essential of physical Education” (2017) *Kalyani Publisher*, Ludhiana, Punjab.
- Gerard, J. Tortora and Bryan, H. Derrickson., “Principles of Anatomy and Physiology” (2014) 14th edition – *John Wiley and Sons*, USA.
- Albert Bluisdall, “Human Anatomy and Physiology” (2001) *Sports Publication*, Darya Ganj New Delhi.
- Rose and Wilson, “Anatomy and Physiology in Health Illness” (2001) 9th edition- *Harcourt Publisher Ltd*.
- Winwood, R.S. and Smith, J. L. “Sears Anatomy and Physiology for Nurses” (1998) 6th edition (1st Indian edition) *Published by London Edward Arnold*.
- Gray A. Thibodean and Kelvin T. Patton, “Anthony’s Textbooks of Anatomy and Physiology” (1994) 14th edition Mosby year book inc. *St. Louis Times Mirror, Mosby College Publishing*.

BPES-114: EDUCATIONAL TECHNOLOGY

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. **Educational Technology:** Introduction, Need, Importance of Educational Technology for a Teacher, EDUSAT (Satellite Teaching), Multimedia and Overhead Projector.
2. **Examination Process:** Types of Examination, Unit Test, Terminal Tests, Achievement Test, Diagnostic Tests and Aptitude Test.
3. **Evaluation Procedure:** Old Concept and New Approach. Tools of Evaluation: Rating Scales, Interview and check list.

UNIT-II

1. **Communication:** Introduction, Types, Communication Cycle, Communication in the Class Room
2. **Types of lessons:** Knowledge Lesson and Appreciation Lesson.
3. **Teaching Aids:** Introduction and Importance of Teaching Aids, Criteria for Selecting Teaching Aids, Audio Aids, Visual Aids, Audio-Visual Aids, Chock Board, Charts, Models, Slide Projector Films, Boards (Simple, Graphic and Magnetic Boards).

UNIT-III

1. **Steps of Effective Teaching:** Personal Preparation, Technical Preparation, Organizing Subject Matter and Presentation of Subject Matter.
2. **Phases of Teaching:** Pre-active phase, Interactive Phase and Post Active Phase and their Operation or Function.
3. **Levels of Teaching:** Memory level, Understanding level & Reflective level: Relationship between Learning and Teaching with regard to Class Climate, Types of Learning and levels of Learning.

UNIT-IV

1. **Micro teaching:** Its Concepts and Features, Steps, Principles, Application, Merits and Demerits.
2. **Simulation Teaching:** Introduction, Steps in Simulation, Advantages and limitations of Simulation
3. **Teaching Machines:** Introduction and Values of Teaching Machines, Machine verses Teacher.

REFERENCE BOOKS:

- Amita Bhardwaj, "New Media of Educational Planning"(2003) *Sarup of Sons*, New Delhi.
- Anil and Daljinder, "Methods in Physical Education" (2005) *Friends Publication*, Delhi.
- Bhatia and Bhatia. "The Principles and Methods of Teaching" (1959) New Delhi.
- D.D. Aggarwal, "Educational Technology" (2004) *Sarup of Sons*, New Delhi.
- Dutta, A.K. and Magumder, Indu, "Students Teaching in Physical Education" (2004) *Janvani Prakashan*, Delhi.
- Gupta, A.K., "Research Methodology in Physical Education" (2003) *Sports Publication*, New Delhi.
- Jagannath Mohanty, "Educational Technology" (2003) *Deep & Deep Publication*, New Delhi.
- K. Sampath, A. Pannirselvam and S. Santhanam. "Introduction to Educational Technology" (1981) *Sterling Publishers*, New Delhi.
- Kochar, S.K., "Methods and Techniques of Teaching" (1982) *Sterling Publishers*, Jalandhar, New Delhi.
- Kozman, Cassidy and Jackson., "Methods in Physical Education" (1952) *W.B. Saunders Company*, Philadelphia and London).
- Mohit Chakravarty, "Education in the 4 Century" (2005) *Kalpan Publication*, Delhi.
- Prof. Ramesh Chandra, Dittel Aneja, "Corporate Global Environment" (2004) *Usha Books*, Delhi.
- Prof. Ramesh Chandra, "Technology in the preparation of Teachers" (2004) *Usha Books*, Delhi.
- Sandhu, Kiran "Professional Preparation and career development in Physical Education and Sports" (2004) *Friends Publication*, Delhi.
- Singh Ajmer and et. al., "Essential of Physical Education" (2017) 3rd edition, *Kalyani Publisher*, Ludhiana, Punjab.
- Singh, Ajmer et. al., "Modern Text Book of Physical Education, Health and Sports" (2000) *Kalyani Publishers*, Ludhiana.
- Pandey, V.C. Educational Technology" (2005) *Usha books*, Delhi.

- Vaidhya, Rajesh and Ramakrishnan, K.S., “Lesson Planning in Education and Physical Education” (2007) *Sports Publication*, New Delhi.
- Walia, J.S., “Principles and Methods of Education” (1999) *Paul Publishers*, Jalandhar.

BPEST-115: PROFESSIONAL PREPARATION

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. **Professional Preparation:** Introduction, Components, Contribution of physical Education in Attaining Ideals of Indian Democracy and Factors Affecting Educational Policies & Program, The purpose of Education & Physical Education, Role of Central Government in Education and Professional Preparation, Professional Association.
2. **Under-Graduate preparation of professional personnel:** Purposes, Admission Requirements of Undergraduate Preparation, Theory, Teaching practice, practical & Professional Competencies to be Developed, Facilities and Special Resources for Library.

UNIT-II

1. **Historical Perspective:** Historical Review of Professional Preparation in India, concept of Professional leadership and Preparation, Professional Qualification and Qualities of Physical Educator, Professional Courses being Offered in Professional Preparation Colleges in India, Professional Preparation in Physical Education in USA, USSR & UK and Beginning of Professional Preparation in the world.
2. **Post-Graduate Preparation:** Purposes & Admission Requirements, Methods of instruction & Professional relations and Research Experience.

UNIT-III

1. **Teacher and Teaching:** Teaching as a Career, Basic Qualities of a Successful Teacher, Preparation of the Specialized Physical Education Teacher and Types of teaching & non-Teaching jobs.
2. **In-Service Education:** Nature, Scope, Role of Teacher Education Institutions in In-Service Education, Role of Profession in In-service Education & Course and Formal Education Experience.

UNIT-IV

1. **Co-education in Physical Education:** Integrating the Programmes for Boys & Girls, Activities suitable for Co-Educational Needs, Levels at which Co-Education is Desirable and Special Provision for Development of Girls Programme.

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

REFERENCE BOOKS

- Agarwal, J.C., "Education Administration school Urban Location and Supervision" (1967) Agra book depot, New Delhi.
- Bucher, C.A., "Foundations of Physical Education" (Saint Louis)" (1975) *The C.V. Mosby Company*.
- Bucher, Charles & Wuest, Debora A., "Foundation of Physical Education and Sports" (1987) 13th ed. *St. Louis: The C.V. Mosby Company*.
- Gupta R. Sharma A & Sharma S., "Professional preparation and Curriculum Design in physical education; and sports" (2004) Friends Publications, New Delhi.
- Harrison, Joyce, M & Blaekemore, Conie L., "Instructional Strategies for Secondary School Physical Education" (1989) 2nd ed. *Wm.C.Brown Publishers*, Dubuque.
- Jensen, R. Clayne, "Administrative Management of Physical Education and Athletic Programmes" (1983) Philadelphia Lea and Febiger.
- Jewett, Anne. E & Bain, Linda L, "The Curriculum Process in Physical Education" (1985) *Wm. C. Brown Publishers*, Dubuque.
- Kamlesh.M.L., "Physical Education Facts and Foundations" (1988) *P.B. Publications*, Faridabad.
- Kiran Sandhu, "Professional preparation and career development in physical education and sports" (2004) *Friends Publication*, New Delhi, India.
- Pape, A Laurence, Means, E. Louis., "A Professional Career in Physical Education" (1963) *Englewood Cliffs*, N.J. Prentice Hall, Inc.
- Sattu, J. Bryant., "Career Potentials Physical Activity" (1971) *New Jersey: Englewood Cliffs*, Prentice Hall.
- Snyder and Scott., "Professional Preparation in Health, Physical Education and Recreation" (1971) Connecticut, Greenwood press, Westport.
- Voltmer, Edward. P et. al., "The Organization and Administration of Physical Education" (1979) 5th ed. *Prentice Hall. Inc*, New Jersey.
- Wessel, Kelly., "Achievement Based Curriculum Development in Physical Education" (1986) *Greenwood Press Publishers*, West Port.
- Willgoose GE, "The Curriculum; in Physical Education" (1969) *Prentice hall Inc*. Englewood Cliffs. N.J.
- Zeigler, Earle.E.Ed., "Physical Education and sports: An Introduction" (1982) *Lee & Febiger*, Philadelphia.

BPES-116: OFFICIATING AND COACHING

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. **Officiating and Coaching:** Introduction, Importance, Principles and scope.
2. **Referee:** Conditions of a good Referee / Umpire and Measures for Improving the Standard of Referee/Umpire.

UNIT-II

1. **Coach:** Characteristics, Qualifications (Educational and Professional), Qualities of a Good Coach, Relationship of a Coach & Athlete and Bench Coaching.
2. **Officials:** General, Pre, During and Post Game Duties, Qualities, Qualification & Responsibilities, Equipment required for Conducting Each Event, Dress Code for Officials.

UNIT-III

1. **National and International Governing Bodies:** Introduction and their Functions IAAF (International Association of Athletic Federation), FIVB (International Volleyball Federation), FIFA (Federation of International Football Association), FIBA (Federation of International Basketball Federation), BWF (Badminton World Federation) and FIH (International Hockey Federation).
2. **Major Games:** Officiating and Coaching of Games Hockey, Football, Basketball, Volleyball & Handball Interpretation of Rules and Regulations, Dimensions and marking procedure of play fields/Courts.

UNIT-IV

1. **Racket and Indigenous Games:** Officiating and Coaching of Games Badminton, Table Tennis, Tennis, Kabaddi & Kho-Kho, Interpretation of Rules and Regulations Governing Each Game Including Marking Procedure of Play Fields/Courts.
2. **Tournament:** Officials Required for Conducting a Standard Championship / Tournament and Their Duties and Responsibilities, Equipment Required for Conducting Each Game.

REFERENCE BOOKS:

- Bunn, J. W. "Scientific principles of coaching" (1972) *Englewood cliffs N. J. Prentice Hall*.
- Dyson, G. H. "The mechanics of athletics" (1963) University of London Press, London Ltd.
- Singer, R. N. "Coaching, athletic & psychology" (1972) M.C. Graw Hill, New York.
- Brar. T. S. "Officiating techniques in Track and Field" (2002) *Bhargava Press, Gwalior*.

- De Souza A. J. “Track Geography and Field Sites” (1999) *DBAC Sports Envisions*, Chennai.
- Mortensen, J. and Cooper J. M. “Track & Field for coach & athlete” (1963) *Prentice Hall Inc.*, Englewood Cliffs.

**SYLLABUS OF B.P.E.S (THREE YEARS) (SEMESTER-IV)
FOR THE SESSION 2018-2019, 2019-2020 AND 2020-2021**

Part-A (Theory)	450 (Marks)
Part-B (Activity – Skills and Prowess)	50 (Marks)
Part-D (teaching Practice)	90 (Marks)
Total	590 (Marks)

Part-A (Theory) 450 (Marks)

Paper Code	Title of the Subjects	External	Internal	Teaching Hrs
BPEST-117	English and Communication Skills	40	10	05 Hrs
BPEST-118	Punjabi	80	20	05 Hrs
BPEST-119	Sports Sociology	80	20	05 Hrs
BPEST-120	Teaching Methodology in Physical Education	80	20	05 Hrs
BPEST-121	Yoga and Meditation	80	20	05 Hrs
BPEST-122	Environment and Road Safety	Qualifying	-	03 Hrs

Part-B (Skills and Prowess) 50 (Internal)

Game

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
BPESP-222 Volleyball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
BPESP-223 Cricket	-do-	10	05 Hrs
BPESP-224 table Tennis	-do-	10	05 Hrs

Athletics

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
BPESP-225 Relays	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
BPESP-226 Hammer Throw	-do-	10	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.

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.

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

Part-D (Teaching Practice)

90 (Marks)

Practical Code	Title of the Subject	Internal Evaluation	External Evaluation
BPESP-227 Dumbell & Lazium	Formal lesson-5 Lessons	10	20
BPESP-228 Teaching Practice	Movement Lesson-5 Lesson	10	20
BPESP-229 Teaching Practice	Theory Lesson-5 lessons	10	20

Note: The internal evaluation will be done by a panel of three members appointed by the Principal of the institute and external evaluation will be done by external examiner which will be appointed by University.

**SYLLABUS OF B.P.E.S (THREE YEARS) (SEMESTER-IV)
FOR THE SESSION 2018-2019, 2019-2020 AND 2020-2021**

Part-A (Theory)

450 (Marks)

Paper	Title of the Subjects	External	Internal	Teaching Hrs
BPEST-117	English and Communication Skills	40	10	05 Hrs
BPEST-118	Punjabi	76	24	05 Hrs
BPEST-119	Sports Sociology	76	24	05 Hrs
BPEST-120	Teaching Methodology in Physical Education	76	24	05 Hrs
BPEST-121	Yoga and Meditation	76	24	05 Hrs
BPEST-122	Environment and Road Safety	Qualifying	-	03 Hrs

*** Environment and Road Safety syllabus common.**

BPEST-117: 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.

1. Essay: Six topics to be given, three topics should be related to sports physical education.
10 Marks
2. Translation from English to Punjabi / Hindi.
Foreign students may write a short paragraph out of given two in lieu of translation.
10 Marks
3. Report Writing: Send a Report about your annual athletic meet to newspaper for publication.
Giving report to your class teacher about the work given to you. For example you are a head of team sent to another city for inter college matches or some project is assigned to you by your teacher related to physical education.
It could be reporting of some fight between students/or damage done in the hostel.
10 Marks
4. Writing of Post Card: The Candidate shall be asked to write a postcard of about 50-70 words to one's family or friends telling them of one's college routine, some good book one has read recently, your future plans or a place one has visited.
10 Marks

BPEST-118: PUNJABI

phHghHJhHn?Z;H(fszB ;kbbk) ;w?;No u"Ek
(gzikph bklwh)

e[~b nze L 100

ftP/ ft~u'A gk; j'J/ nze L40

nzdo{Bh w[bKeD L20 nze

nzdo{Bh w[bKeD ft~u'A gk; j'D bJh nze L08

pkjoh gohfynk L80 nze

pkjoh gohfynk ft~u'A gk; j'D bJh nze L32

;wK L 3 xzN/

(nfXnkgBL6 ghohnv gqsh jcsk)

f;b/p; ns/ gkm g[;seK

1H ejkDh ;zrqfj 'eEk ozr' (;zgkde^ tfonkw f;zx ;zX{ ns/ vkH pbd/t f;zx uhwk)

2H gZso fbyDk .

3H ftnkeoB

(T) Ppd^ P/qDhnK ns/ o{gKsoB .

(n) GkPk tzBrhnKL GkPk dk Ne;kbh o{g, GkPk ns/ T[g^GkPk dk nzso ns/ nzso^;pzX, gzikph

T[g^GkPktK s/ gSkD^fuzBQ.

(J) gzikph Ppd^o{g s/ Ppd^i'V e'P, ;zgkde^ (vkH joehos f;zx) (151^300 gzB/)

4H tkoskbbg fbyDk .

5H ejkDh fbyDh .

6H eqwKe 1 ns/ 3 d/ nXko s/ S'N/ gqPB .

nze^tzv s/ g/go^;?No bJh jdkfJsk

1H fe;/ ejkDh dk ftPk t;s{\$ebk\$ejkDh b/ye pko/ ikDekoh s/ T[;dk :rdkB

(d' ftu'A fJe)

15 nze

2H tgkoe, ;wkie iK nkofEe w;fbnK T[~go fe;/ n\pko d/ ;zgkde B{z gZso

(d' ftu'A fJe).

10 nze

3H eqwKe 3 T[~s/ fdZs/ ftnkeoB d/ nkXko T[~s/ toDBkswe gqPB

15 nze

4H fdZs/ j'J/ tkose g?o/Q B{z tkoskbbg (vkfJbkr) ftZu pbdDk .

8 nze

5H fdZs/ rJ/ ;ze/sK (Hints) d/ nXko s/ S'Nh ejkDh fbyDk .

7 nze

6H eqwKe 3 ftZu fdZs/ rJ/ e'P d/ 151^300 gzfBnK ftZu Ppd i'VK ns/ Ppd o{gK

Bkb ;pzXs thj (20) PpdK d/ i'V ns/ o{g mhe eoB bJh fejk ikt/rk.

15 nze

7H eqwKe 1 ns/ 3 d/ nXko s/ gzi S'N/ gqPB .

2%5 & 10 nze

fJzNoBb n;?;w?AN

1H ftfdnkoEhnK B{z jo o'l vkfJoh fbyD bJh fejk ikt/ (xZN'A xZN 40 gzB/).

10 nze

2H T[jBK dh jkloh ns/ fwv ;w?;No fJwfsjkBK ftZu ekor[Ikoh B{z nXko pDkfJnk ikt/.

10 nze

;jklJe g[;seK

1H joehos f;zx, GkPk ftfnrkB ns/ gzikph GkPk, pkjoh gpfb;ol, fdZbh, 1973H

2H pbd/t f;zx uhwk, gzikph GkPk ftfnrkB ns/ ftneoB (seBheh Ppdktbh dk ftPk e'P, gzikph

:{Bhtof;Nh, gfNnkbk, 2000H

3H p{Nk f;zx pokV, gzikph ftnkeoBL f;XKs s/ ftjko, u/sBk gqekPB, b[fXnkDk, 2008H

4H gq/w gqekP f;zx, f;XKse GkPk ftfnrkB, wdkB gpfb;ol, gfNnkbk, 2002H

5H gq/w gqekP f;zx, gzikph GkPk dk ;q's s/ pDso, gzikph :{Bhtof;Nh, gfNnkbk, 1996H

6H gq/w gqekP f;zx, o{g ftfnrkB, wdkB gpfb;ol, gfNnkbk, 2002H

7H i'frzdo f;zx g[nko ns/ j'o, gzikph GkPk dk ftneoB (1,2 ns/ 3), gzikph GkPk nekdwH,

ibzXo.

8H ;[yftzdo f;zx ;zXk, gzikph GkPk ftfnrkB, gzikph GkPk nekdwH, ibzXo, 1999H 29

BPES-118: phHghHJhHn?Z;H (fszB ;kbbk) ;w?;No u"Ek

(w~[Ybk frnkB)

e[~b nze L 100

nzdo{Bh w[bKeD L20 nze

pkjoh gohfynk L80 nze

;wK L 3 xzN/

ftP/ ft~u'A gk; j'J/ nze L40

nzdo{Bh w[bKeD ft~u'A gk; j'D bJh nze L08

pkjoh gohfynk ft~u'A gk; j'D bJh nze L32

(nfXnkgBL6 ghohnv gqsh jcsk)

1H Ppd gqpzX L Ppd i'Vk dh tos'A

(T) d' nZyoh PpdK d/ Ppd i'V

(n) fszB nZyoh PpdK d/ Ppd i'V

(J) pj[^nZyoh PpdK d/ Ppd i'V

20 nze

2H PpdK dhNk Po/DhnK s/ ftnkeoBe torK dh gSkD

(T) PpdK dhNk Po/DhnK dk f;XKs, gSkD s/ tos'A

(Bkt, gVBkt, ftP/PD, fefonk, fefonk ftP/PD nkfd)

(n) ftnkeoBe torK dh gSkD s/ tos'A

(fbzr, tuB, g[oy, ekb nkfd)

20 nze

3H Ppd pDsoK s/ ftnkeoBe fJekJhnK dk f;XKs, gSkD s/ tos'A

(T) gzikph Ppd pDsoK dk f;ZXKs, gSkD s/ tos'A

(nr/so, fgS/so, ;wk;, d[joesh)

(n) ftnkeoBe fJekJhnK dk f;XKs, gSkD s/ tos'A

(tkezP, T[g^tke s/ tke)

(J) PpdK dk ftnkeoBe w/b f;XKs s/ ftjko

20 nze

4H ftPokw fuzBQK dh gSkD s/ tos'A

20 nze

g/go ;?No bJh jdkfJsK

(ftfdnkoEh gfjbh tko r[ow[yh fbgh f;Zy oj/ jB. j' ;edk j? ftfdnkoEh gzikph GkPk s'A th nBikD j'D, ;' gqPBK dk gZXo ftfdnkoEh dh fJ; ;hwk B{z fXnkB ftu oZfynk ikt/.)

g[;seK

1H ;fsBkw f;zx ;zX{, nkU gzikph f;yhJ/, gpbhe/PB fpT{o', gzikph :{Bhtof;Nh, gfNnkbk, 2009

(fjzdh s'A gzikph f;ZyD bJh)

2H ;fsBkw f;zx ;zX{, r[ow[yh f;Zy', gpbhe/PB fpT{o', gzikph :{Bhtof;Nh, gfNnkbk, 2011 (nzro/ih

s'A gzikph f;ZyD bJh)

3H ;hsk okw pkjoh, gzikph f;yhJ/, gpbhe/PB fpT{o', gzikph :{Bhtof;Nh, gfNnkbk, 2002 (fjzdh)

4H okiftzdo f;zx, gzikph frnkB ;hHvhH (ezfgT{No n?gbhe/PB N{^boB n?Av Nhu gzikph) ,

gpbhe/PB fpT{o', gzikph :{Bhtof;Nh, gfNnkbk, 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

BPES-119: SPORTS SOCIOLOGY

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. **Sports Sociology:** Introduction, Nature and Scope of sociology and sociology of sports.
2. **Basic contents of sociology:** Family, Society, Community, Association, Institution, State, Folks, Culture, Value and Norms.
3. **Historical approaches to social theory:** Agency Theories (social action theory) and Structure Theories (social system theories).
4. **History of sociology of sport:** The developmental phase of the Sociology of Sports - Reflection, Reproduction and Resistance.

UNIT-II

1. **Sociology Modern Trends:** Methodology and Future Trends in the Sociology of Sport.
2. **Politics and sport:** Introduction of Politics, Policy and the State and Government.
3. **The State Government:** Governor, State Legislature and High Courts.
4. **Forms of Government:** Monarchy, Democracy and Dictatorship: Their Strengths and Weaknesses, Political Parties, Their Need and Role in Democracy, Separation of Powers and its Application to Modern Governments.

UNIT-III

1. **The Union Executive:** President and Prime Minister, their Position and Authority, The Council of Ministers.
2. **Indian Constitution:** Salient Features of Indian Constitution, Preamble and Directive Principles.
3. **Status of Women in Sports:** Women participation in the Olympic Games – (Brief History of Female Experience of Sport and Changing Trends), Gender Biasness, Empowerment of Women Through Sports. .
4. **Sports and Economy:** Sports Industry, Sponsorship, Tourism, Hotel Industry and Entertainment.

UNIT-IV

1. **Social Exclusion:** Sexually, Gender, Race, Age, Ethnicity, Disability location and Poverty.
2. **Sports and Social System:** Role of Sports in Social Situation and its Influence on Social System.
3. **Sports and Disability:** Background of Sport and Disability, Constraints of Disabled People in Participation in Physical Activity and Sports, Perspectives on Disability Sport.
4. **The Paralympics Movement:** Classification, Integration and The Paralympics.

REFERENCE BOOKS:

- Barric Houlihan, “Sports and Society”, SAGE Publication, (2005) 2nd edition, New Delhi.

- Singh, Yadwinder “Sociology in Sports”, (2005) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Sharma, Sita Ram “Sociological Foundation in Physical Education and Sports”(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi
- Jay Coaklay, Sports in Society, (2004) McGraw Hill Publication.
- Brailsford Dennis Sports and Society, (London- Routledge and Kegan Paul 1969).
- Cunningham, W.P. and others. Environmental Encyclopedia (Mumbai: Jaico Publishers Home) 2001.
- Heywood, V.H. and Watson V.M., Global biodiversity Assessment U.K. Cambridge University Press), 1995.
- Iyec, Mac. R.M. and Page Charles H. Society (London: McMillan & C., 1974).
- Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.
- Loy, Lohn W. Dr. and Kenyon, Gerald S. Sports Culture and Society (Philadelphia: The MacMillan Co. 1969).
- Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Web enhanced Ed.) 1996.
- Ogburn, William F. and Nimkoff, Meyer F., Hand Book of Sociology (New Delhi: Eurasia Publishing House Ltd., 1972).
- Rao, M.N. & Datta, A.K. Datta A.K. Waste Water Treatment (Oxford & IBH Publication Co. & Pvt. Ltd.) 1987.

BPEST-120: TEACHING METHODOLOGY IN 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. (2×10 = 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. **Teaching Methods:** Introduction, Scope, Factors influencing Methods of Teaching, Formal and Informal Methods of Teaching, Learning Process and Conditions of Learning.
2. **Classification of Pupils:** Introduction, Importance and Methods of Classification of Pupils.

UNIT-II

1. **Age and Gender Characteristics:** Physical, Psychological, Mental, Cognitive and Social Characteristics During Infancy or Babyhood, Early Childhood, Later Childhood and Adolescence.
2. **Principles of Teaching:** Simple to Complex, Part to Whole, Learning by Doing, Intrinsic and Extrinsic Motivation, Frequency and Duration of Instructions, Recognition, Methods of Teaching Physical Activities, Individual and Group Teaching, Capacity of Learner.

UNIT-III

1. **Presentation Technique:** Planning, Presentation, Organisation, Supervision and Evaluation.
2. **Lesson Plan:** Importance, Objectives, Various Aspects of lesson Plan; Teaching and Coaching Lesson Plans (Games, Sports, Calisthenics and Theory) in Physical Education, Evaluation of General and Specific Lesson Plans.

UNIT-IV

1. **Tournaments:** Introduction, Need, Importance and Types of Tournaments (Knock Out and League).
2. **Co-curricular Activities:** Intramural, Extramural, Athletic Meet, Picnic, Sports Meet: Introduction, Aim, Objectives, Advantages, Types and Organization.

REFERENCE BOOKS:

- Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- Kutty, Suresh "Research Methods in Physical Education" (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- D.R. Sharma and et. al, "Learning Callisthenic in Physical Education"(2005) - Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi
- Sandhu, Kiran "Professional Preparation and career development in Physical Education and Sports"(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi

- Sherril, Claudine., “Adaptive Physical Activity, Recreational and Sports” (1998) 5th edition - McGraw Hill Publisher Ltd.
- Bucher Charles A. and Wuest Deborah A , “Foundation of Physical Education and Sports” (1989) 10th edition St. Louis Times Mirror, Mosby College Publishing .

BPEST-121: YOGA AND MEDITATION

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. **Yoga:** Introduction, Historical Background, Origin, Concept and Its Relationship With Physical Education and Sports.
2. **Yogic Diet:** Sattvic, Rajasic & Tamasic Food.
3. **Contribution of Modern Yogis:** Ramakrishana Parmahansa Yogananda, Swami Vivekananda, Swami Sivananda, Swami Satyananda and Srila Prabhupad, Relevance of Patanjali's “Asthang yoga” in 21st century.

UNIT-II

1. **Main Yogic Texts:** Vedas & Upanishad, Hathayoga Pradeepika, Gheranda Samhitta, Yoga Sutra and Shrimad Bhagvad Gita.
2. **Yoga as activity and relaxation techniques:** i) Yam, ii) Niyama, iii) Asanas, iv) Pranayama, v) Pratyahar vi) Dharna, vii) Dhayan and viii) Samadhi
3. **Pranayama:** Introduction, Types and its Importance.

UNIT-III

1. **Asanas:** Introduction, Types, Principles, Techniques and Effects of Asanas on various Systems of The Body-Circulatory, Respiratory and Digestive System.
2. **Meditation:** Introduction, Types and Techniques of Meditation.
3. **Shat Kriyas of Yoga:** Neti, Dhauti, Basti, Nauli, Kapalbhati and Trataka.

UNIT-IV

1. **Bandhs:** Introduction, Aim, Objectives, Benefits, Physiological Aspects of Various Bandhs.
2. **Mudras:** Introduction, Aim, Objectives, Types And Benefits.
3. **Treatment:** Therapeutic and Corrective Values of Yoga Practices Special Reference to Disease Like: Diabetes, Asthma, Constipation, Obesity, Cervical, Gastric and Acidity.

REFERENCE BOOKS

- Debnath, Monica., “Basic Core Fitness through Yoga and Naturopathy” (2006-07) Sports Publication, Darya Ganj New Delhi.
- Harvey, Paul., “Yoga for Everybody”, (2001) Tucker Slingsby Publisher Ltd.
- Iyengar, B.K.S. “The Illustrated Light of Yoga” (1982) Great Britain, George Allenand Unwin.

- Osho, “144 Meditation” A Rebel Book, (2006) Tao Publishing, Pune, India.
- Osho, “Meditation the First and the Last Freedom” (2006) A Rebel Book, Tao Publishin, Pune, India.
- [Saraswati](#), S. N. Gheranda samhita, (2012) *Yoga Publications Trust*, Munger, India.
- Sarawati, Swami. Satyananda., “Asana, Pranayam, Mudra and Bandhas” (2013) Bihar school of yoga, Munger, India.
- Sarswati, Swami Satyanand, Four chapters of freedom” (2006) Yoga publication trust, Ganga darshan Munger, Bihar, India.
- Yogeswar, Y., “Text Book of Yoga” (2004) Penguin Books, India.

D.P.ED. TWO YEAR COURSE krn auprMq lYtrl AYNtrl dl ivvsQw **B.P.E.S. THREE COURSE AND B.P.ED. FOUR YEAR COURSE** dy Bwg dUjw smYstr –qljw iv`c klql jwvygl[lYtrl AYNtrl dy iv`c dwKlw dyx dl pRvwngl sbMiDq kwlj nMU N.C.T.E. jW U.G.C qoN Awpxy p`Dr qy lYxl hovygl[lYtrl AYNtrl iv`c dwKlw lyx vwly ividAwrQl nMU Deficient Subject pws krn auprMq hl ifgrl idql jwvygl[Deficient Subject dl ilst borf dy cyArmYn vloN idql jwvygl[

ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ

(ਪੰਜਾਬ ਦੇ ਐਕਟ ਨੰਬਰ 35/1961 ਤਹਿਤ ਸਥਾਪਿਤ)

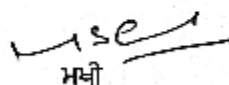
ਨੰ. ੨੮੩੨/ਸ.ਸਿ.ਵਿ.

ਮਿਤੀ: ੦੩/05/2018

ਡੀ.ਪੀ.ਐੱਡ (ਦੋ ਸਾਲਾ ਕੋਰਸ) ਕਰਨ ਉਪਰੰਤ ਜਿਹੜੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਲੇਟਰਲ ਐਂਟਰੀ ਰਾਹੀਂ
ਬੀ.ਪੀ.ਈ.ਐੱਸ (ਤਿੰਨ ਸਾਲਾ ਕੋਰਸ) ਅਤੇ ਬੀ.ਪੀ.ਐੱਡ.(ਚਾਰ ਸਾਲਾ ਦੇ ਭਾਗ ਦੂਜਾ ਸਮੇਸਟਰ ਤੀਜਾ) ਵਿੱਚ ਦਾਖਲਾ
ਲੈਣਾ ਹੈ ਉਨ੍ਹਾਂ ਨੂੰ ਹੇਠ ਲਿਖੇ ਡੈਫੀਨੇਟ ਪੇਪਰ ਪਾਸ ਕਰਨੇ ਹੋਣਗੇ:-

ਲੜੀ ਨੰ.	ਪੇਪਰ
1.	English and Communication Skills
2.	Punjabi
3.	General Science
4.	Drug Abuse: Problem Management and Prevention

ਨਿਗਰਾਨ, ਮੀਟਿੰਗ ਬਰਾਂਚ


ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ
Head
Deptt. of Physical Education
Punjabi University, PATIALA