CURRICULUM FRAMEWORK/SYLLABUS FOR B.P.Ed. (TWO YEARS) SEMESTER SCHEME

I & II SEMESTER 2024-25
III & IV SEMESTER 2025-26

पाठ्यक्रम

SYLLABUS

(FACULTY OF EDUCATION)

MAHARAJA GANGA SINGH UNIVERSITY BIKANER

EDITION: 2024

GUIDELINES OF REGULATIONS AND SYLLABUS STRUCTURE FOR B. P. ED. TWO YEARS PROGRAMME (FOUR SEMESTERS)(CBCS)

(If the University or affiliating body is following choice based credit system, (CBCS) as approved and Circulated by the UGC, the credit hours given in the following curriculum framework need to be considered along with the hours of teaching mentioned for each paper/ activity / course)

(If the University or affiliating body is yet to adopt CBCS, only the hours of teaching mentioned for each paper/ activity / course will be considered, the credit in teaching hours may be ignored)

Preamble: Bachelor of Physical Education (B. P. Ed.) two years Annual System Programme is a professional programme meant for preparing teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII.

B. P. Ed. programme shall be designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship.

1. **Eligibility**
   Intake Eligibility and Admission Procedure as per the NCTE and State Govt. norms and standards.

2. **Duration:**
   The B.P.Ed programme shall be of a duration of two academic years, that is four semesters However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

3. **The CBCS System:**
   All Programme shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

4. **Course:**
   The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/ viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.

5. **Courses of Programme:**

   The B.P.Ed. Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed. Programme.
   Theory:
   Core Course:

Elective Course:
Practicum:
Teaching Practices:

6. **Semesters:**
An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

7. **Working days:**
There shall be at least 200 working days per year exclusive of admission and examination processes etc.

8. **Credits:**
The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week.The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.Ed. Programme is 90 credits and for each semester 20 credits.

Provision of Bonus Credits Maximum 12 Credits in each year

Sr. No.	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement at Stale level Competition (Medal Winner) Sports Achievement National level Competition (Medal Winner) Sports participation International level Competition	1 2 4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two game)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
7	Organization / Officiating – State / National level in any two game	2
8	News Reposting / Article Writing / book writing / progress report writing	1
9	Research Project	4

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

9. **Examinations:**
A candidate admitted to the B.P.ED (Two years) Program shall be permitted to appear at University Examinations only when he/she has been enrolled as a student of the Maharaja Ganga Singh University, Bikaner.

To qualify for the B.P.ED (Two years), the candidate must earn the prescribed number of credits as mentioned in the Course structure / syllabus in force for the particular session.

The pass marks in each course / paper shall be 40% in theory examination and 50% in practical / teaching practices examination respectively. Every candidate will have to pass separately in Internal and External (Semester end) Assessment.

There shall be no supplementary examination for I and II Semesters. However, there shall be supplementary examination for III and IV Semesters after declaration of the results of IV Semester. Students failing in courses of III and IV semesters may appear in supplementary examination(s) or subsequent main examination(s).

Where a candidate fails to take examination in any one or more papers or having taken the examination, has but failed to secure the minimum pass marks in any one or more papers or in the aggregate, his marks in the Internal Assessment / class tests /semester reports / assignments /demonstration shall be carried forward to the subsequent examination.

I - Semester Course & Examination

After appearing at the Examination of I-Semester the candidates can be put in the following categories in the context of declaration of the results of the I Semester Examination:

i. **Passed**, i.e., those who have passed in examinations of all courses of the Semester.
ii. **Promoted**, i.e., those who have not passed in examinations of all the courses of the Semester.

Promotion to Second Semester:

All students who have put in the minimum percentage of attendance in I Semester and filled up the examination form in time shall be promoted to the II-Semester.

II-Semester Course & Examination

After declaration of results of the I and II-Semesters, a candidate can be put in the following categories:

i. **Passed:** A candidate who has passed in examinations of all the courses of the I and II- Semesters.
ii. **Promoted:** A student, who has not passed in all the courses of either I or II Semester or both, shall be promoted to the III-Semester if he/she has earned 50% or more credits in the examinations of I and II semesters taken together. All such students shall have the option to clear the courses, in which they had failed, in the subsequent available examination(s) of the concerned semester.
iii. **Failed:** A candidate who has passed in less than 50% of prescribed courses (i.e. earned less than 50% credits) in the examinations of I and II- Semesters taken together shall be treated as failed.

Note: There shall be no supplementary examination for the courses of I and II Semesters.

Promotion to the III-Semester:

(i) A candidate who comes under the category 'Passed or Promoted' is eligible to be promoted to the III-Semester, if otherwise eligible.

(ii) Failed candidates shall not be promoted to the III-Semester. However, they shall be promoted to the third semester when they become eligible to come under the category of either 'Passed' or 'Promoted' as explained above after passing the failed courses in the subsequent available examination(s).

Promotion to the IV-Semester:

All students who have put in the minimum percentage of attendance in III Semester and filled in the examination form in time shall be promoted to the IV Semester.

Declaration of Results after IV-Semester

(Based on the results of the I, II, III and IV-Semester Examination)

After declaration of results of III and IV-Semesters, a candidate can be put in the following two categories:

(i) **Passed:** A candidate who has passed in all the courses of I, II, III and IV Semesters and obtained at least CGPA of 5.0.

(ii) **Failed:** All those students who have not "Passed" shall be categorized as "Failed".

Such Failed students may clear their failed courses in subsequent examinations as ex-students. There shall be a provision of supplementary examinations for III and IV Semesters after declaration of results of IV Semester. Students failing in courses of III and IV Semesters may appear in the supplementary examination or subsequent main examination(s).

- There shall be examinations at the end of each semester, for first semester in the month of November /December: for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or May / June.

- A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

10. Condonation:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

11. Pattern of Question Papers:

Question Papers shall have five questions corresponding to four units of each theory course.

B.P.Ed.: Format of Question Paper for 4 Units.

Each question paper shall have five questions. The pattern will be as follows:

Question No.	Description	Marks
1	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 1)	15
2	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 2)	15
3	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 3)	15
4	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 4)	15
5	M.C.Q. Type Questions (10 out of 12 Que.) (3 Questions. from each unit)	10
	Total	**70**

12. Evaluation:

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

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

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

13. Minimum Passing Standard:

For theory courses minimum passing standard for Internal and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively. For practical / teaching practice course minimum passing standard for internal & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 respectively.

14. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assesment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in R. B.P.Ed. 17 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semesteris indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

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Where C*i* is the Credit earned for the course is in any semester; G*i* is the Grade point obtained by the student for the course *i* and *n* number of courses obtained in that semester; is SGPA of semester *j* and *N* number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

15. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second class separately in both the grand total and End semester (External) examinations.

16. Award of the B.P.Ed. Degree:

A candidate shall be eligible for the award of the degree of the B.P.Ed. Only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

17. Letter Grades and Grade Points:

I. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

II. The grades for each course would be decided on the basis of the percentage marks obtained at the end Semester external and internal examinations as per following table:

For Theory examination

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.50-10.0	O	Outstanding	First class with Distinction
70-84.99	7.00-8.49	A+	Excellent	
60-69.99	6.00-6.99	A	Very Good	First Class
55-59.99	5.50-5.99	B+	Good	Higher Second Class
50-54.99	5.00-5.49	B	Above Average	Second Class
40-49.99	4.00-4.99	C	Average	Pass Class
Below 40	0.00	F	Fail/ Dropped	Dropped
	0	AB	Absent	

For Practical / Teaching Practices examination

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.50-10.0	O	Outstanding	First class with Distinction
70-84.99	7.00-8.49	A+	Excellent	
60-69.99	6.00-6.99	A	Very Good	First Class
55-59.99	5.50-5.99	B+	Good	Higher Second Class
50-54.99	5.00-5.49	B	Above Average	Second Class
Below 50	0.00	F	Fail/ Dropped	Dropped
	0	AB	Absent	

18. Grade Point Calculation:

Calculation of Semester Grade Point Average (SGPA) and Credit Grade Point (CGP) and declaration of class for B. P. Ed. Programme.

The credit grade points are to be calculated on the following basis:

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Example – I

Marks obtained by Student in course CC101 = 65/100
Percentage of marks = 65 %
Grade from the conversion table is = A
Grade Point = 6.0 + 5 (0.99/9.99)
= 6.0 + 5x0.1
= 6.0+ 0.5 =6.5
The Course Credits = 04
Credits Grade Point (CGP) = 6.5 × 04 = 26

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

SEMESTER-1st

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-101	4	65	A	6.5	26
CC-102	4	60	A	6	24
CC-103	4	62	A	6.2	24.8
EC-101/EC-102	4	57	B+	5.7	22.8
PC-101	4	55	B+	5.5	22
PC-102	4	72	A+	7.2	28.8
PC-103	4	66	A	6.6	26.4
PC - 104	4	72	A+	7.2	28.8
	32				203.6

Examples: Conversion of marks into grade points
CC-101 65 = 60 + 5 = 6.0 + 5 x (0.99 / 9.99) = 6.0 + 5 x 0.1 = 6.0 + 0.5 = 6.5
CC-102 60 = 6.0
CC-103 62 = 60 + 2 =6.0 + 2 x (0.99/9.99) = 6.0 + 2 x 0.1 = 6.0 + 0.2 = 6.2 EC-101/EC-102 57 = 55 + 2 = 5.5 + 2 x (0.49 / 4.99) = 5.5 + 2 x 0.1 = 5.5 + 0.2 = 5.7
PC-101 55 = 5.5
PC-102 72 = 70 + 2 = 7.0+ 2 x (1.49 /14.99) = 7.0 + 2 x 0.1 = 7.0 +0.2 = 7.2 PC-103 66 = 60 + 6 = 6.0 + 6 x (0.99 / 9.99) = 6.0 + 6 x 0.1 = 6.0 + 0.6 = 6.6 PC – 104 72 = 70 + 2 = 7.0+ 2 x (1.49 /14.99) = 7.0 + 2 x 0.1 = 7.0 +0.2 = 7.2
SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points = 203.6 /32 = 6.3625
SGPA Sem. I = 6.3625 At the end of Semester-1 Total SGPA = 6.3625
Cumulative Grade Point Average (CGPA) = 6.3625/1 = 6.3625
CGPA = 6.66875 Grade = A, Class = First Class

SEMESTER-2nd

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-201	4	76	A+	7.6	30.4
CC-202	4	64	A	6.4	25.6
CC-203	4	59	B+	5.9	23.6
EC-201/EC-202	4	80	A+	8	32
PC-201	4	49	C	4.9	19.6
PC-202	4	64	A	6.4	25.6
PC-203	4	55	B+	5.5	22
TP - 201	4	72	A+	7.2	28.8
	32				207.6

SGPA Sem. II = 6.4875
At the end of Semester-2
Total SGPA for two Semesters = 12.85
Cumulative Grade Point Average (CGPA) = 12.85/2 = 6.425
CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-3rd

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-301	4	64	A	6.4	25.6
CC-302	4	64	A	6.4	25.6
CC-303	4	59	B+	5.9	23.6
EC-301/EC-302	4	81	A+	8.1	32.4
PC-301	4	49	C	4.9	19.6
PC-302	4	64	A	6.4	25.6
PC-303	4	68	A	6.8	27.2
TP - 301	4	75	A+	7.5	30
	32				209.6

SGPA Sem. III = 6.55
At the end of Semester-3
Total SGPA for three Semesters = 19.4
Cumulative Grade Point Average (CGPA) = 19.4/3 = 6.466667
CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-4th

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-401	4	83	A+	8.3	33.2
CC-402	4	76	A+	7.6	30.4
CC-403	4	59	B+	5.9	23.6
EC-401/EC-402	4	81	A+	8.1	32.4
PC-401	4	49	C	4.9	19.6
PC-402	4	78	A+	7.8	31.2
TP-401	4	81	A+	8.1	32.4
TP-402	4	75	A+	7.5	30
	32				232.8

SGPA Sem. IV = 7.275
At the end of Semester-4
Total SGPA for all the four semesters = 26.675
Cumulative Grade Point Average (CGPA) = 26.675 /4 = 6.66875
CGPA = 6.66875, Grade = A, Class = First Class

Note:

(1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4) For the award of the class, CGPA shall be calculated on the basis of:

(a) Marks of each Semester End Assessment And

(b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for B.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from all the one to four semester examinations.

19. Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

20. Revision of Syllabi:

1. Syllabi of every course should be revised according to the NCTE.
2. Revised Syllabi of each year should be implemented in a sequential way.
3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the Semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

Semester 1st

Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Part - A : Theoretical Course						
Core Course						
CC-101	History, Principles and foundation of Physical Education	4	4	30	70	100
CC-102	Anatomy and Physiology	4	4	30	70	100
CC-103	Health Education and Environmental Studies	4	4	30	70	100
Elective Course (Any One)						
EC-101	Olympic Movement	4	4	30	70	100
EC-102	Officiating & Coaching					
Part - B : Practical Course						
PC-101	Track and Field (Running Events)	6	4	30	70	100
PC-102	Swimming/Gymnastics (Any One)	6	4	30	70	100
PC-103	**Indigenous Sports:** Kabaddi/ Kho-Kho (Any One)	6	4	30	70	100
PC-104	**Mass Demonstration Activities:** Lizim/ March Past / Dumbbells (Any One)	6	4	30	70	100
		40	**32**	**240**	**560**	**800**

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per Semester whereas 102-120 hours for each Practicum Course.

Semester 2nd

Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Part - A : Theoretical Course						
Core Course						
CC-201	Yoga Education	4	4	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
CC-203	Organization and Administration	4	4	30	70	100
Elective Course (Any One)						
EC-201	Contemporary issues in Physical Education, Fitness and Wellness	4	4	30	70	100
EC-202	Sports Nutrition and Weight Management					
Part - B : Practical Course						
PC-201	Track and Field (Jumping Events)	6	4	30	70	100
PC-202	Yoga/ Aerobics/ Gymnastic/ Swimming (Any One)	6	4	30	70	100
PC-203	**Racket Sports:** (Any One) Badminton/ Table Tennis/ Tennis	6	4	30	70	100
Part – C : Teaching Practices						
TP-201	Teaching Practices (05 Lessons in Class Room Teaching & 05 Lessons in Outdoor Activities)	6	4	30	70	100
		40	**32**	**240**	**560**	**800**

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester 3rd

Part - A : Theoretical Course						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
CC-301	Sports Training	4	4	30	70	100
CC-302	Computer Application in Physical Education	4	4	30	70	100
CC-303	Sports Psychology and Sociology	4	4	30	70	100
Elective Course (Any One)						
EC-301	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
EC-302	Curriculum Design					
Part - B : Practical Course						
PC-301	Track and Field (Throwing Events)	6	4	30	70	100
PC-302	**Combative Sports: (Any Two)** Judo/ Boxing/ Wrestling	6	4	30	70	100
PC-303	**Team Games: (Any Two)** Baseball/ Cricket/ Football/ Hockey/ Volleyball	6	4	30	70	100
Part – C : Teaching Practices						
TP-301	**Teaching Practices:** (Teaching Lesson Plans for Racket Sports/ Team Games/ Indigenous Sports, Out of **10** Lessons; **05** Internal and **05** External at Practicing School)	6	4	30	70	100
	.	**40**	**32**	**240**	**560**	**800**

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester 4th

Part - A : Theoretical Course						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
CC-401	Measurement and Evaluation in Physical Education	4	4	30	70	100
CC-402	Kinesiology and Biomechanics	4	4	30	70	100
CC-403	Research and Statistics in Physical Education	4	4	30	70	100
Elective Course (Any One)						
EC-401	Theory of Sports and Game	4	4	30	70	100
EC-402	Sports Management					
Part - B : Practical Course						
PC-401	Track and Field/ Swimming/ Gymnastics **(Any One)**	6	4	30	70	100
PC-402	**Team Games: (Any Two)** Softball/ Handball/ Basketball/ Netball	6	4	30	70	100
Part – C : Teaching Practices						
TP-401	**Sports Specialization: Coaching Lesson Plans** Track & Field (**05** Lesson Only)	6	4	30	70	100

TP-402	**Games Specialization: Coaching Lesson Plans** Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball (**05** Lesson Only)	6	4	30	70	100
		40	**32**	**240**	**560**	**800**
	All Semesters Grand Total	**160**	**128**	**960**	**2240**	**3200**

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per Semester whereas 102-120 hours for each Practicum Course.

SCHEME OF EXAMINATION

SEMESTER - I

Paper	Subject	Internal	External	Total Marks
	THEORY (400 Marks)			
CC-101	History, Principles and foundation of Physical Education	30	70	100
CC-102	Anatomy and Physiology	30	70	100
CC-103	Health Education and Environmental Studies	30	70	100
EC-101/102	Olympic Movement/Officiating and Coaching **(Elective Any One)**	30	70	100
	PRACTICAL (400 Marks)			
PC-101	Track and Field (Running Events)	30	70	100
PC-102	Swimming/Gymnastics (Any One)	30	70	100
PC-103	**Indigenous Sports**: Kabaddi/ Kho-Kho (Any one)	30	70	100
PC-104	**Mass Demonstration Activities** : Dumbbells/ Lezim / March Past (Any one)	30	70	100
	Total	240	560	800

SEMESTER -II

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

SEMESTER –III

Paper	Subject	Internal	External	Total Marks
	THEORY (400 Marks)			
CC-301	Sports Training	30	70	100
CC-302	Computer Applications in Physical Education	30	70	100
CC-303	Sports Psychology and Sociology	30	70	100
EC-301/302	Sports Medicine, Physiotherapy and Rehabilitation/Curriculum Design **(Elective any one)**	30	70	100
	PRACTICAL (300 Marks)			
PC-301	**Track and Field** (Throwing Events)	30	70	100
PC-302	**Combative Sports** : Judo, Boxing, Wrestling (Any two)	30	70	100
PC-303	**Team Games**: (Any two) Baseball/ Cricket/ Football/ Hockey/ Volleyball	30	70	100
	TEACHING PRACTICE (100 Marks)			
TP-301	**Teaching Practice** (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports)	30	70	100
	Total	240	560	800

SEMESTER -IV

Paper	Subject	Internal	External	Total Marks
	THEORY (400 Marks)			
CC-401	Measurement and Evaluation in Physical Education	30	70	100
CC-402	Kinesiology and Biomechanics	30	70	100
CC-403	Research and Statistics in Physical Education	30	70	100
EC-401/402	Theory of sports and games Sports Management **(Elective Any One)**	30	70	100
	PRACTICAL (200 Marks)			
PC-401	Track and Field/Swimming /Gymnastics (Any one)	30	70	100
PC-402	**Team Game -** Softball/ Handball/ Basketball/ Netball (Any Two)	30	70	100
	TEACHING PRACTICE (200 Marks)			
TP-401	**Sports Specialization: Coaching lesson Plans** Track and Field/Swimming /Gymnastics(Any one)	30	70	100
TP-402	**Game specialization Coaching lessons**: (Any one) Kabaddi/ Kho- Kho/ Baseball/ Cricket/Football /Hockey /Softball/ Volleyball/ Handball/ Basketball / Netball/ Badminton/ Table Tennis/ Tennis	30	70	100
	Total	240	560	800
	All Semesters Grand Total	960	2240	3200

B. P. Ed. Syllabus Semester

Semester - I
Part – A: Theory Courses
Core Course

CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Unit – 1: Introduction

- Meaning, Definition and Scope of Physical Education.
- Aims and Objective of Physical Education.
- Importance of Physical Education in present era.
- Misconceptions about Physical Education.
- Relationship of Physical Education with General Education.
- Physical Education as an Art and Science.

Unit – 2: Historical 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)
- Medieval Period (1000 AD – 1757 AD)
- British Period (Before 1947)
- Physical Education in India (After 1947)
- Contribution of Akhada's and Vyayamshala's.
- Y.M.C.A. and its contributions.

Unit – 3: Foundation of Physical Education

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

Unit – 4: Principles of Physical Education

- Biological
    - Growth and development
    - Age and gender characteristics
    - Body Types
    - Anthropometric differences
- Psychological
    - Learning types, learning curve
    - Principles of learning
    - Meaning & Definition of Attitude, interest, cognition, emotions and sentiments
- Sociological
    - Society and culture
    - Social acceptance and recognition
    - Leadership
    - Social integration and cohesiveness

References:

Bucher, C. A. (n.d.) *Foundation of physical education.* St. Louis: The C.V. Mosby Co.

Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.

Mohan, V. M. (1969). *Principles of physical education.* Delhi: Metropolitan Book Dep.

Nixon, E. E. & Cozen, F.W. (1969). *A introduction to physical education*. Philadelphia: W.B. Saunders Co.

Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.

Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co.

William, J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.

Semester - I
Part – A: Theory Courses
Core Course

CC-102 ANATOMY AND PHYSIOLOGY

Unit – 1:

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

Unit – 2:

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

Unit – 3:

- Definition of physiology and its importance in the field of physical education and sports.
- Structure, Composition, Properties and functions of skeletal muscles.
- Nerve control of muscular activity:
- Neuromuscular junction
- Transmission of nerve impulse across it.
- Fuel for muscular activity
- Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

Unit – 4:

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

References:

Gupta, A. P. (2010). *Anatomy and physiology.* Agra: Sumit Prakashan.

Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science.* Delhi: Swaran Printing Press. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.

Karpovich, P. V. (n.d.). *Philosophy of muscular activity.* London: W.B. Saunders Co.

Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.

Moorthy, A. M. (2014). *Anatomy physiology and health education.* Karaikudi: Madalayam Publications.

Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co. Pearce, E. C. (1962). *Anatomy and physiology for nurses.* London: Faber & Faber Ltd. Sharma, R. D. (1979). *Health and physical education,* Gupta Prakashan.

Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.

Semester - I
Part – A: Theory Courses
Core Course

CC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Unit – 1: Health Education

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

Unit – 2: Health Problems in India

- Communicable and Non Communicable Diseases
- Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population
- Personal and Environmental Hygiene for schools
- Objective of school health service, Role of health education in schools
- Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit – 3: Environmental Science

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

Unit – 4: Natural Resources and related environmental issues:

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

References:

Agrawal, K.C. (2001). *Environmental biology*.Bikaner: Nidhi publishers Ltd.
Frank, H. &Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
Nemir, A. (n.d.). The school health education. New York: Harber and Brothers.
Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.

Semester - I
Part – A: Theory Course (Elective - Any One)

EC-101 OLYMPIC MOVEMENT

Unit – 1: Origin of Olympic Movement

- Philosophy of Olympic movement
- The early history of the Olympic movement
- The significant stages in the development of the modern Olympic movement
- Educational and cultural values of Olympic movement

Unit – 2: Modern Olympic Games

- Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- Olympic Protocol for member countries
- Olympic Code of Ethics
- Olympism in action
- Sports for All

Unit – 3: Different Olympic Games

- Para Olympic
- Summer Olympics
- Winter Olympics
- Youth Olympic

Unit – 4: Committees of Olympic Games

- International Olympic Committee - Structure and Functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

Reference:

Osborne, M. P. (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York:* Random House Books for Young Readers.

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

Semester - I
Part – A: Theory Course (Elective)

EC-102 OFFICIATING AND COACHING

Unit – 1: Introduction of Officiating and coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit – 2: Coach as a Mentor

- Duties of coach in general, pre, during and post game.
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching

Unit – 3: Duties of Official

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating – position, singles and movement etc.
- Ethics of officiating

Unit – 4: Qualities and Qualifications of Coach and Official

- Qualities and qualification of coach and official
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports

Reference:

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall. Bunn, J. W. (1972). *Scientific principles of coaching.* Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd. Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd. Lawther, J.D. (1965). *Psychology of coaching.* New York: Pre. Hall.
Singer, R. N. (1972). *Coaching, athletic & psychology*.New York: M.C. Graw Hill.

Semester - II
Part – A: Theory Courses
Core Course

CC-201 YOGA EDUCATION

Unit – 1: Introduction

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Yoga in Early Upanisads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

Unit – 2: Foundation of Yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

Unit – 3: Asanas

- Effect of Asanas and Pranayama on various system of the body
- Classification of asanas with special reference to physical education and sports
- Influences of relaxtive, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

Unit – 4: Yoga Education

- Basic, applied and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yogasanas

References:

Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
Gharote, M. L. & Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala: Kaixydahmoe.
Rajjan, S. M. (1985). *Yoga strenthening ofrelexation for sports man.* New Delhi:Allied Publishers.
Shankar,G.(1998). *Holistic approach of yoga.* New Delhi:Aditya Publishers.
Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.

Semester - II
Part – A: Theory Courses
Core Course

CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

Unit – 1: Introduction

- Education and Education Technology- Meaning and Definitions
- Types of Education- Formal, Informal and Non- Formal education.
- Educative Process
- Importance of Devices and Methods of Teaching.

Unit – 2: Teaching Technique

- Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
- Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- Presentation Technique – Personal and technical preparation
- Command- Meaning, Types and its uses in different situations.

Unit – 3: Teaching Aids

- Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
- Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc
- Team Teaching – Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.

Unit – 4: Lesson Planning and Teaching Innovations

- Lesson Planning – Meaning, Type and principles of lesson plan.
- General and specific lesson plan.
- Micro Teaching - Meaning, Types and Steps of Micro Teaching.
- Simulation Teaching - Meaning, Types and Steps of Simulation Teaching

References:

Bhardwaj, A. (2003). *New media of educational planning*.New Delhi:Sarup of Sons.
Bhatia,& Bhatia,(1959). *The principles and methods of teaching.*New Delhi: Doaba House.
Kochar, S.K. (1982). *Methods and techniques of teaching.*New Delhi: Sterling Publishers Pvt. Ltd.
Sampath, K.,Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology.*New Delhi: Sterling Publishers Pvt. Ltd.
Walia, J.S. (1999). *Principles and methods of education.*Jullandhar:Paul Publishers.

Semester - II
Part – A: Theory Courses
Core Course

CC-203 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EUCATION

Unit – 1: Organization and administration

- Meaning and importance of Organization and Administration in physical education
- Qualification and Responsibilities of Physical Education teacher and pupil leader
- Planning and their basic principles,
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

Unit – 2: Office Management, Record, Register & Budget

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making, Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit – 3: Facilities, & Time-Table Management

- Facilities and equipment management: Types of facilities Infrastructure-indoor, out door. Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit – 4: Competition Organization

- Importance of Tournament,
- Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramural & Extramural Tournament planning

References:

Broyles, F. J. &Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach.* New York: Prentice hall Inc.
Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme.*St. Lolis: The C.V. Hosby Co.
Pandy, L.K. (1977). *Methods in Physical Education.*Delhe: Metropolitan Book Depo.
Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education.* Amaravati: Shakti Publication.
Tirunarayanan,C.&Hariharan,S.(1969).*Methods in Physical Education.*Karaikudi: S.I. Press.

Semester - II
Part – A: Theory Course (Elective - Any One)

EC-201	CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS

Unit – 1: Concept of Physical Education and Fitness

- Definition, Aims and Objectives of Physical Education, fitness and Wellness.
- Importance and Scope of fitness and wellness.
- Modern concept of Physical fitness and Wellness.
- Physical Education and its Relevance in inter Disciplinary Context.

Unit – 2: Fitness, Wellness and Lifestyle

- Fitness – Types of Fitness and Components of Fitness
- Understanding of Wellness
- Physical Activity and Health Benefits
- Modern Life Style and Hypo-kinetic Disease –Prevention and Management

Unit – 3: Principles of Exercise Program

- Means of Fitness development – aerobic and anaerobic exercises
- Exercises and Heart rate Zones for various aerobic exercise intensities
- Concept of free weight Vs Machine, Sets and Repetition etc
- Concept of designing different fitness training program for different age group.

Unit – 4: Safety Education and Fitness Promotion

- Health and Safety in Daily Life
- First Aid and Emergency Care
- Common Injuries and their Management

References:

Difiore, J.(1998). *Complete guide to postnatal fitness.* London: A & C Black,.
Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness.* Singapore: P.G. Medical Book.
Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown. Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

Semester - II
Part – A: Theory Course (Elective)

EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT

Unit – 1: Introduction to Sports Nutrition

- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan

Unit – 2: Nutrients: Ingestion to energy metabolism

- Carbohydrates, Protein, Fat – Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water – Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

Unit – 3: Nutrition and Weight Management

- Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management
- Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
- Obesity – Definition, meaning and types of obesity, Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

Unit – 4: Steps of planning of Weight Management

- Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss

References:

Bessesen, D. H. (2008). Update on obesity. *J Clin Endocrinol Metab.93*(6), 2027-2034.

Butryn, M.L., Phelan, S., &Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance.*Obesity(Silver Spring)*. *15*(12), 3091-3096.

Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, *197*(3), 223-228.

DeMaria, E. J. (*2007).* Bariatric surgery for morbid obesity. *N Engl J Med,356*(21), 2176-2183.

Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA. 299*(3), 316-323.

Semester - III
Part – A: Theory Courses
Core Course

CC-301 SPORTS TRAINING

Unit – 1: Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- System of Sports Training – Basic Performance, Good Performance and High Performance Training

Unit – 2: Training Components

- Strength – Mean and Methods of Strength Development
- Speed – Mean and Methods of Speed Development
- Endurance - Mean and Methods of Endurance Development
- Coordination – Mean and Methods of coordination Development
- Flexibility – Mean and Methods of Flexibility Development

Unit – 3: Training Process

- Training Load- Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technical Training – Meaning and Methods of Technique Training
- Tactical Training – Meaning and Methods of Tactical Training

Unit – 4: Training programming and planning

- Periodization – Meaning and types of Periodization
- Aim and Content of Periods – Preparatory, Competition, Transitional etc.
- Planning – Training session
- Talent Identification and Development

References:

Dick, W. F. (1980).*Sports training principles.*London: Lepus Books.
Harre, D.(1982).*Principles of sports training.*Berlin: Sporulated.
Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2nd Edn.
Matvyew, L.P. (1981).*Fundamental of sports training.* Moscow: Progress Publishers.
Singh, H. (1984).*Sports training, general theory and methods*.Patials: NSNIS.
Uppal, A.K., (1999).*Sports Training.*New Delhi: Friends Publication.

Semester - III
Part – A: Theory Courses
Core Course

CC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit – 1: Introduction to Computer

- Meaning, need and importance of information and communication technology (ICT).
- Application of Computers in Physical Education
- Components of computer, input and output device
- Application software used in Physical Education and sports

Unit – 2: MS Word

- Introduction to MS Word
- Creating, saving and opening a document, Formatting Editing features Drawing table, page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

Unit – 3: MS Excel

- Introduction to MS Excel
- Creating, saving and opening spreadsheet o creating formulas
- Format and editing features, adjusting columns width and row height, understanding charts.

Unit – 4: MS Power Point

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file format and editing features slide show, design, inserting slide number, picture, graph, table
- Preparation of Power point presentations

References:

Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.
Marilyn, M.& Roberta, B.(n.d.).*Computers in your future*. 2nd edition, India: Prentice Hall.
Milke, M.(2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.
Sinha, P. K. & Sinha, P. (n.d.).*Computer fundamentals*. 4th edition, BPB Publication.

Semester - III
Part – A: Theory Courses
Core Course

CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY

Unit – 1: introduction

- Meaning, Importance and scope of Educational and Sports Psychology
- General characteristics of Various Stages of growth and development
- Types and nature of individual differences; Factors responsible -Heredity And environment
- Psycho-sociological aspects of Human behavior in relation to physical education and sports

Unit – 2: Learning, Personality & Motivation

- Nature of learning, theories of learning, Laws of learning,
- Plateau in Learning; & transfer of training
- Meaning and definition of personality, characteristics of personality, Dimension of personality, Personality and Sports performance
- Nature of Motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.

Unit – 3: Psychological Preparation

- Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.
- Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
- Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance
- Emotion & Instiet.

Unit – 4: Relation between Social Science and Physical Education.

- Orthodoxy, customs, Tradition and Physical Education.
- Festivals and Physical Education.
- Socialization through Physical Education.
- Social Group life, Social conglomeration and Social group, Primary group and Remote group.

References:

Ball, D. W. & Loy, J. W. (1975).*Sport and social order; Contribution to the sociology of sport.*London: Addison Wesley Publishing Co., Inc.
Blair, J.& Simpson, R.(1962). *Educational psychology*, New York: McMillan Co.
Cratty, B. J.(1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.
Kamlesh, M.L. (1998). *Psychology inphysical education and sport*. New Delhi: Metropolitan Book Co.
Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.
Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981).*Sports culture and society.* Philadelphia: Lea &Febiger.
Mathur, S.S., (1962). *Educational psychology*. Agra.VinodPustakMandir.
Skinnner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.

Semester - III
Part – A: Theory Course (Elective - Any One)

EC-301 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Unit – 1: - Sports Medicine:

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education
- Prevention of injuries in sports – Common sports injuries – Diagnosis – First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

Unit – 2: Physiotherapy

- Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

Unit – 3: Hydrotherapy:

- Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

Unit – 4: Therapeutic Exercise:

- Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints
- Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

References:

Christine, M. D., (1999). *Physiology of sports and exercise*.USA: Human Kinetics.

Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.

David, R. M. (2005).*Drugs in sports,* (4th Ed). Routledge Taylor and Francis Group.

Hunter, M. D. (1979). A *dictionary for physical educators.* In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger.

Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.

Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi:Lucky Enterprises. Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*. Philadelphia:W.B. Saunders Co.

Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub. Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.

Semester - III
Part – A: Theory Course (Elective)

EC-302 CURRICULUM DESIGN

Unit – 1: Modern concept of the curriculum

- Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development.
- Factors affecting curriculum - Social factors - Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours.
- National and Professional policies, Research finding

Unit – 2: Basic Guide line for curriculum construction; contest (selection an expansion).

- Focalization
- Socialization
- Individualization
- Sequence and operation
- Steps in curriculum construction.

Unit – 3: Curriculum-Old and new concepts, Mechanics of curriculum planning.

- Basic principles of curriculum construction.
- Curriculum Design, Meaning, Importance and factors affecting curriculum design.
- Principles of Curriculum design according to the needs of the students and state and national level policies.
- Role of Teachers

Unit – 4: Under-graduate preparation of professional preparation.

- Areas of Health education, Physical education and Recreation.
- Curriculum design-Experience of Education, Field and Laboratory.
- Teaching practice.
- Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Reference:

Barrow, H. M. (1983). *Man and movement: principles of physical education*. Philadelphia: Lea and Febiger.
Bucher, C. A. (1986). Foundation of physical education: St. Louis: The C. V. Mosby & Company.
Cassidy, R. (1986). *Curriculum development in physical education*. New York: Harper & Company.
Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum designs in physical education.* Englewood Cliffs: N.J. prentice Hall Inc.
Larson, L.A. (n.d.). *Curriculum foundation in physical education.* Englewood Cliffs: N.J. Prentice Hall Inc.

Semester - IV
Part – A: Theory Courses
Core Course

CC-401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit – 1: Introduction to Test & Measurement & Evaluation

- Meaning of Test & Measurement & Evaluation in Physical Education
- Need & Importance of Test & Measurement & Evaluation in Physical Education
- Principles of Evaluation

Unit – 2: Criteria; Classification and Administration of test

- Criteria of good Test
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- Type and classification of Test
- Administration of test, advance preparation – Duties during testing – Duties after testing.

Unit – 3: Physical Fitness Tests o AAHPER youth fitness test

- National physical Fitness Test
- Indiana Motor Fitness Test
- JCR test
- U.S. Army Physical Fitness Test

Unit – 4: Sports Skill Tests

- Lockhart and McPherson badminton test o Johnson basketball test
- McDonald soccer test
- S.A.I. volleyball test
- S.A.I. Hockey test

References:

Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho+Storm.
Barron, H. M., &Mchee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
Barron, H.M. &Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.
Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B.SoundersCompnay.
Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.
Phillips, D. A., &Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and Sons.
Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and selection of sports- a kinanthropometric study*. Patiala: Punjab Publishing House.

Semester - IV
Part – A: Theory Courses
Core Course

CC-402 KINESIOLOGY AND BIOMECHANICS

Unit – 1: Introduction to Kinesiology and Sports Biomechanics

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher,
- Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

Unit – 2: Fundamental Concept of Anatomy and Physiology

- Classification of Joints and Muscles
- Types of Muscle Contractions
- Posture – Meaning, Types and Importance of good posture.
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation

Unit – 3: Mechanical Concepts

- Force - Meaning, definition, types and its application to sports activities
- Lever - Meaning, definition, types and its application to human body.
- Newton's Laws of Motion – Meaning, definition and its application to sports activities.
- Projectile – Factors influencing projectile trajectory.

Unit – 4: Kinematics and Kinetics of Human Movement

- Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
- Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- Linear Kinetics – Inertia, Mass, Momentum, Friction.
- Angular Kinetics – Moment of inertia ,Couple, Stability.

References:

Bunn, J. W. (1972).*Scientific principles of coaching.* Englewood Cliffs, N.J.: Prentice Hall Inc.

Hay, J. G. & Reid, J. G.(1982).*The anatomical and mechanical basis of human motion.* Englewood Cliffs, N.J.: prentice Hall Inc.

Hay, J. G. & Reid, J. G.(1988).*Anatomy, mechanics and human motion.* Englewood Cliffs, N.J.: prentice Hall Inc.

Hay, J. G. (1970).*The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.

Simonian, C.(1911).*Fundamentalsof sport biomechanics.* Englewood Cliffs, N.J.: Prentice Hall Inc.

Semester - IV
Part – A: Theory Courses
Core Course

CC-403 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Unit – 1: Introduction to Research

- Definition of Research
- Need and importance of Research in Physical Education and Sports.
- Scope of Research in Physical Education & Sports.
- Classification of Research
- Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit – 2: Survey of Related Literature

- Need for surveying related literature.
- Literature Sources, Library Reading
- Research Proposal, Meaning and Significance of Research Proposal.
- Preparation of Research proposal / project.
- Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

Unit – 3: Basics of Statistical Analysis

- Statistics: Meaning, Definition, Nature and Importance
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit – 4: Statistical Models in Physical Education and Sports

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition,
- Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- Measures of Variability: Meaning, importance, computing from group and ungroup data
- Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.

Clark, H. H., & Clark, D. H. (1975). *Research process in physical education*. Englewood cliffs, New Jersey: Prentice Hall, Inc.

Garrett, H.E. (1981). *Statistics in psychology and education*. New York:Vakils Feffer and Simon.

Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.

Uppal, A. K. (1990). *Physical fitness: how to develop.* New Delhi: Friends Publication.

Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications

Semester - IV
Part – A: Theory Course (Elective - Any One)

EC-401 THEORY OF SPORTS AND GAMES

Unit – 1: Introduction

- General Introduction of specialized games and sports– Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga.
- Each game or sports to be dealt under the following heads
    - History and development of the Game and Sports
    - Ground preparation, dimensions and marking
    - Standard equipment and their specifications
    - Ethics of sports and sportsmanship

Unit – 2: Scientific Principles of coaching: (particular sports and game specific)

- Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
- Force – Friction, Centripetal and Centrifugal force, Principles of force.
- Equilibrium and its types
- Lever and its types
- Sports Training – Aims, Principles and characteristics.
- Training load – Components, Principles of load, Over Load (causes and symptoms).

Unit – 3: Physical fitness components: (particular sports and game specific)

- Speed and its types
- Strength and its types
- Endurance and its types
- Flexibility and its types
- Coordinative ability and its types
- Training methods: - Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training)

Unit – 4: Conditioning exercises and warming up.

- Concept of Conditioning and warming up.
- Role of weight training in games and sports.
- Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
- Recreational and Lead up games
- Strategy – Offence and defense, Principles of offence and defense.

References:

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
Bunn, J. W. (1972). *Scientific principles of coaching.* Englewood cliffs N. J. Prentice Hall.
Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
Lawther, J.D. (1965). *Psychology of coaching.* New York: Pre. Hall.
Singer, R. N. (1972). *Coaching, athletic & psychology*.New York: M.C. Graw Hill.

Semester - IV
Part – A: Theory Course (Elective)

EC-402 SPORTS MANAGEMENT

Unit – 1:

- Nature and Concept of Sports Management.
- Progressive concept of Sports management.
- The purpose and scope of Sports Management.
- Essential skills of Sports Management.
- Qualities and competencies required for the Sports Manager.
- Event Management in physical education and sports.

Unit – 2:

- Meaning and Definition of leadership, Leadership style and method. Elements of leadership.
- Forms of Leadership- Autocratic, Laissez-faire, Democratic, Benevolent Dictator
- Qualities of administrative leader.
- Preparation of administrative leader.
- Leadership and Organizational performance.

Unit – 3:

- Sports Management in Schools, colleges and Universities.
- Factors affecting planning
- Planning, Directing and Controlling; a school, college and university sports programme.
    - Developing performance standard
    - Establishing a reporting system
    - Evaluation
    - The reward/punishment system

Unit – 4:

- Financial management in Physical Education & sports in schools, Colleges and Universities.
- Budget – Importance, Criteria of good budget, Steps of Budget making, Principles of budgeting.

References:

Ashton, D. (1968).*Administration of physical education for women*. New York: Ronal Press Cl.

Bucher, C.A. *Administration of physical education and athletic programme.* 7th Edition, St. Louis: The C.V. Mosby Co.

Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programmes, organisation and administration.* Philadelphia U.S.A. : W.B. Sounders Cp.

Earl, F. Z,& Gary, W. B. (1963).*Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.

Semester - I
Part – B
Practical Courses

PC – 101 Track and Field (Running Event)

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug, Ground Marking, Rules and Officiating
- Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques. Types of Hurdles, Ground Marking and Officiating.
- Relays: Fundamental Skills, Various patterns of Baton Exchange, Understanding of Relay Zones, Ground Marking, Interpretation of Rules and Officiating.

Semester - I
Part – B: Practical Courses
(Any One)

PC - 102 Gymnastics

- Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.
- Vaulting Horse
- Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

PC - 102 Swimming

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

Semester - I
Part – B: Practical Courses
Indigenous sports (Any One)

PC – 103 Kabaddi

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Various formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, escaping from various hold, Techniques of escaping from chain formation, Combined formations in offence and defense.
- Ground Marking, Rules and Officiating

PC – 104 Kho - Kho

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgment in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Ground Marking
- Rules and their interpretations and duties of officials.

Semester - I
Part – B: Practical Courses
Mass Demonstration Activities (Any One)

PC – 104 Dumbbells

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand – at – ease with apparatus/ lift apparatus
- Exercise with verbal command, drum, whistle and music – Two counts, four count, Eight count and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

PC – 104 March Past

- March Past
- Two counts, four count and eight count exercises.
- Drill and Marching
- Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises

PC – 104 Lezuim

- GhatiLezuim-AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.
- Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.

Semester - II
Part – B: Practical Courses

PC – 201 Track and Field (Jumping Events)

- Athletics: Jumping Events
- High Jump (Straddle Roll)
- Approach Run,
- Take off
- Clearance over the bar.
- Landing

Semester - II
Part – B: Practical Courses (Any one)

PC – 202 Gymnastics

- Parallel Bar
- Mount from one bar
- Straddle walking on parallel bars.
- Single and double step walk
- Perfect swing
- Shoulder stand on one bar and roll forward. Roll side, Shoulder stand
- Front on back vault to the side(dismount)
- Horizontal /Single Bar: ,Grip, Swings, Fundamental Elements, Dismount
- Uneven Parallel Bar: Grip, Swings, Fundamental Elements, Dismount

PC – 202 Yoga

- Surya Namaskara,
- Pranayams
- Corrective Asanas
- Kriyas
- Asanas – Sitting,Standing, Laying Prone Position, Laying Spine Position

PC – 202 Swimming

- Introduction of Swimming game
- Fundamental skills- Freestyle, Backstroke, Breaststroke, Butterfly
- Rules of the games and responsibility of officials
- Introduction of diving sports.
- Basic Diving Skills from spring boards
- Basic Diving Skills from platform

PC – 202 Aerobics: Introduction of Aerobics

- Rhythmic Aerobics - dance
- Low impact aerobics
- High impact aerobics
- Aerobics kick boxing
- Postures – Warm up and cool down
- THR Zone – Being successful in exercise and adaptation to aerobic workout.

Semester - II
Part – B: Practical Courses
Racket Sports (Any One)

PC – 203 Badminton

- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

PC – 203 Table Tennis

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shit, Loop Drive.
- Stance and Ready position and foot work.
- Rules and their interpretations and duties of officials.

PC – 203 Tennis

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip
- Stance and Footwork.
- Basic Ground strokes- Forehand drive, Backhand drive.
- Basic service, Basic Volley, Over-head Volley, Chop
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

Semester - III
Part – B: Practical Courses

PC – 301 Track and field (Throwing Events)

- Discus Throw, Javelin, Hemmer throw, shot-put
- Basic Skills and techniques of the Throwing events – Grip, Stance, Release, Reserve (Follow through action)
- Ground Marking / Sector Marking
- Interpretation of Rules, Officiating and duties of officials.

Semester - III
Part – B: Practical Courses
Combative sports (Any Two)

PC – 302 Boxing

- Player Stance - Right hand stance, left hand stance.
- Footwork – Attack, defense.
- Punches – Jab, cross, hook, upper cut, combinations.
- Defense slip – bob and weave, parry/block, cover up, clinch, counter attack
- Tactics – Toe to toe, counter attack, fighting in close, feinting
- Rules and their interpretations and duties of officials.

PC – 302 Judo

- Rei (Salutation)- Ritsurei (Salutation in standing position), Zarai (Salutation in the sitting position)
- Kumi kata (Methods of holding judo costume), Shisei (Posture in Judo)
- Kuzushi (Act of disturbing the opponent posture), Tsukuri and kake (Preparatory action for attack)
- Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall)
- Shin Tai (Advance or retreat foot movement) -Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps.
- Tai Sabaki (Management of the body)
- NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi

- (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm),
- SeoiNage (Shoulder throw).

Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

PC – 302 Wrestling

- Take downs, Leg tackles, Arm drag.
- Counters for take downs, Cross face, Whizzer series.
- Escapes from under-sit-out turn in tripped.
- Counters for escapes from under-Basic control back drop, Counters for stand up.
- Pinning combination-Nelson series (Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- Escapes from pining: Wing lock series, Dopuble arm lock roll, Cridge.
- Standing Wrestling-Head under arm series, whizzer series
- Referees positions.

Semester - III
Part – B: Practical Courses
Team Games (Any Two)

PC 303 Base Ball

- Player Stances – walking, extending walking, L stance, cat stance.
- Grip – standard grip, choke grip,
- Batting – swing and bunt.
- Pitching
- Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball
- Fielding –Catching: basics to catch fly hits, rolling hits, Throwing: over arm, side arm.
- Base running – Base running: single, double, triple, home run, Sliding: bent leg slide, hook slide, head first slide.
- Rules and their interpretations and duties of officials.

PC – 303 Cricket

- Batting-Forward and backward defensive stroke
- Bowling-Simple bowling techniques
- Fielding-Defensive and offensive fielding
- Catching-High catching and Slip catching
- Stopping and throwing techniques
- Wicket keeping techniques

PC 303 Football

- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
- Trapping-trapping rolling the ball, trapping bouncing ball with sole
- Dribbling-With instep, inside and outer instep of the foot.
- Heading-From standing, running and jumping.
- Throw in
- Feinting-With the lower limb and upper part of the body.
- Tackling-Simple tackling, Slide tackling.
- Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

PC 303 Hockey

- Player stance & Grip
- Rolling the ball
- Dribbling
- Push, Stopping, Hit, Flick, Scoop
- Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass, Reverse hit
- Dodging
- Goal keeping – Hand defence, foot defence
- Positional play in attack and defense.
- Rules and their interpretations and duties of officials.
- Ground Marking.

PC 303 Volleyball

- Players Stance-Receiving the ball and passing to the team mates,
- The Volley (Over head pass), The Dig(Under hand pass).
- Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- Rules and their interpretations and duties of officials.

Semester - IV
Part – B: Practical Courses
Track and Field/ Swimming/ Gymnastics (Any One)

PC – 401 Track and field

- Interpretation of Rules (Throwing, Jumping and Running)
- Officiating and duties of officials (Throwing, Jumping and Running)
- Conduct Annual Athletic Meet in campus.

PC – 401 Swimming

- Interpretation of Rules,.
- Officiating and duties of officials

PC – 401 Gymnastics

- Interpretation of Rules,.
- Officiating and duties of officials

Semester - IV
Part – B: Practical Courses
Team Games (Any Two)

PC – 402 Softball

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass, shot, The toss-up, Role of individual players
- Rules and their interpretations and duties of officials.

PC – 402 Hand Ball

- Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.
- Rules and their interpretations and duties of officials.

PC – 402 Basket ball

- Player stance and ball handling
- Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
- Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.
- Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.
- Individual Defensive-Guarding the man with the ball and without the ball.
- Pivoting.
- Rules and their interpretations and duties of the officials.

PC 402 Netball

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot. -The toss-up - Role of individual players
- Rules and their interpretations and duties of officials.

Semester - II
Part – C: Teaching Practices

TP – 201 Teaching Practices

- Teaching Practices (05 Lessons in Class Room Teaching & 05 Lessons in Outdoor Activities)

Semester - III
Part – C: Teaching Practices

TP – 301 Teaching practices:

- 10 teaching lesson plans for Racket Sport/ Team Games/ Indigeneous Sports out of which 5 lessons internal and 5 lessons external at school.

Semester - IV
Part – C: Teaching Practices

TP – 401 Sports Specialization: Track and field / Gymnastics / Swimming

- (4 internal lesson at prcticing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)

TP- 402 Games Specialization

- Kabaddi, Kho-kho, Base ball, cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis

(4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.)

Note: Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities.

Table – 1: Semester wise distribution of hours per week

Year	Theory	Practicum	Teaching Practice	Total
I	32	42	06	80
II	32	30	18	80
Total	**64**	**72**	**24**	**160**
Minimum of 36 teaching hours per week is required in five or six days in a week				

Table – 2: Number of credits per Semester

Year	Theory	Practicum	Teaching Practice	Total
I	32	28	04	64
II	32	20	12	64
Total	**64**	**48**	**16**	**128**
Minimum of 36 teaching hours per week is required in five or six days in a week				