PREFACE:

The Bachelor of Physical Education (B. P. Ed) – One Year Programme prepares qualified teachers in Physical Education for Secondary / Senior Secondary Schools.

OBJECTIVES:

1. To prepare quality physical education teachers of physical education.

2. To provide excellent research and teaching in Physical Education in order to promote and develop the health and well being of people.

3. To lay down a sound foundation for higher and advance studies in Physical Education in India.

4. To prepare students for advance coaching Diplomas in disciplines – Athletics, Gymnastics and Games.

5. To fulfill the eligibility criteria of Foreign Universities to get admission in post graduate courses abroad since it is a basic and global programme.

6. To generate employment in the fields of Health Fitness and Gym- Management, Physiotherapy, Journalism, Aquatics and Yoga.

7. To provide opportunity to talented students to excel in sports and become outstanding sports persons.

8. To promote mass participation in Physical Education activities through intra – mural and Extra- mural programmes.

9. To cultivate the spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.

10. To promote interest for indigenous games, sports and yogic exercises.
# New Scheme of Examination for B.P.Ed (One year Course) -2013.

**B.P.Ed- One year course**

**Theory: 3 hours**

<table>
<thead>
<tr>
<th>Paper</th>
<th>Subject</th>
<th>Theory</th>
<th>Int.Assment</th>
<th>Total</th>
<th>Min</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>History &amp; Principles of Physical Education &amp; Sports</td>
<td>80</td>
<td>20</td>
<td>100</td>
<td>35</td>
<td>3 hours</td>
</tr>
<tr>
<td>II</td>
<td>Psychology &amp; Sociology</td>
<td>80</td>
<td>20</td>
<td>100</td>
<td>35</td>
<td>3 hours</td>
</tr>
<tr>
<td>III</td>
<td>Anatomy &amp; Physiology</td>
<td>80</td>
<td>20</td>
<td>100</td>
<td>35</td>
<td>3 hours</td>
</tr>
<tr>
<td>IV</td>
<td>Sports Management</td>
<td>80</td>
<td>20</td>
<td>100</td>
<td>35</td>
<td>3 hours</td>
</tr>
<tr>
<td>V</td>
<td>Techniques of Officiating &amp; Coaching</td>
<td>80</td>
<td>20</td>
<td>100</td>
<td>35</td>
<td>3 hours</td>
</tr>
<tr>
<td>VI</td>
<td>Health Education, Yoga &amp; Recreation</td>
<td>80</td>
<td>20</td>
<td>100</td>
<td>35</td>
<td>3 hours</td>
</tr>
</tbody>
</table>

Total: 600 Marks

**PART-II PRACTICALS:**

- a) External Evaluation: 240 Marks
- b) Internal Assessment: 60 Marks

Total: 300 Marks
B.P.Ed - Paper-I - HISTORY & PRINCIPLES OF PHYSICAL EDUCATION & SPORTS

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:
1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I: INTRODUCTION TO PHYSICAL EDUCATION
i) Definition, Meaning & Scope of Physical Education
ii) Aims & Objectives of Physical Education, Contribution of Physical Education towards general education
iii) Importance of physical Education as profession. Carrier options in Physical Education & Sports.
iv) Misconceptions about Physical Education.

Unit-II: HISTORY OF PHYSICAL EDUCATION
i) History of Physical Education in ancient Greek, comparative study of Spartan & Athenian education.
ii) The origin and development of Ancient Olympic Games
iii) Modern Olympic Games, South Asian Federation Games
iv) Physical Education in Germany, Sweden & Denmark (Emphasis only on
v) Contribution of Basedaw, Guts-Muths, John Spiess, Machtegall, Ling)

Unit-III: PHYSICAL EDUCATION IN INDIA
i) History of Physical Education in India (Pre Independence Era).
ii) Post-Independence Developments of Physical Education in India: All India Council of Sports (AICS), Sports Authority of India(SAI), Indian Olympic Association (IOA),
iii) Laxmibai National Institute of Physical Education(LNIPE), NSNIS
iv) Haryana Sports Department, Structure and function of Haryana Sports Department.
ii) National Awards: Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, M.A.K.A. Trophy.

Unit-IV: Foundation of Physical Education
i) Biological basis of Physical Education
ii) Biological Activity, its need, principle of use, dis-use & over-use
iii) Growth and development, , Individual differences
iv) Classification of Physique
v) Competition and Cooperation, Subjective & Objective outcomes of Competitions.
REFERENCE BOOKS:
B.P.Ed - Paper-II - PSYCHOLOGY & SOCIOLOGY IN PHYSICAL EDUCATION

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:
1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I INTRODUCTION TO PSYCHOLOGY
i) Psychology: Meaning & Branches of Psychology.
ii) Sports Psychology: meaning, definition and nature.
iii) Importance of Sports Psychology in the field of sports.
v) Organic and behavioral changes at various stages of growth.

Unit-II EMOTION AND MOTIVATION
i) Emotions: Meaning, Definition and factors effecting emotions.
ii) Types of emotions: frustration, aggression, fear, anxiety, and stress
iii) Effects of emotions on sports performance.
iv) Personality: meaning, types & factors effecting development of personality.

Unit-III LEARNING CONCEPTS OF PHYSICAL EDUCATION
i) Learning & nature of learning . Factors effecting motor learning
ii) Laws of learning, learning curve: Types & characteristics.
iii) Adjustment: meaning, definition, Characteristics of a well adjusted individual.
iv) Adjustment in sports.
v) Transfer of training and its importance in learning motor skills.
Unit-IV SOCIOLOGY AND SPORTS

i) Sociology and its meaning and importance in Physical Education and Sports.

ii) Physical Education, Sports and Socializing institutions (Family, School, College, University and Voluntary associations)

iii) Socio-psychological factors in selecting teams. Influence of social factors on sports performance.

iv) Character and Sportsmanship, Role of Physical Education for character Development.

v) Group cohesion: concept, meaning and relationship between cohesion and performance.

Reference Books

Notes:
1. Paper setter is required to set 2 questions from each unit I, II, III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I INTRODUCTION AND SKELETON SYSTEM
i) Meaning & importance of Anatomy and Physiology, Exercise physiology.
ii) Structure, function and properties of living cell
iii) Muscular system: Types of muscles & functions.
iv) Skeleton system – classification of bones, joints and their types. Effects of exercise on skeleton system.

Unit-II CIRCULATORY AND RESPIRATORY SYSTEM
i) Circulatory system – structure of Heart, blood vessels, Arteries and blood Circulation
ii) Blood pressure and its measurement. Effects of exercise on Circulatory system
iii) Respiratory system – Organs of respiration, structure and function
iv) Effects of exercise on Respiratory system

Unit-III DIGESTIVE AND EXCRETORY SYSTEM
i) Digestive system – organs of digestion, structure & function of digestive track
ii) Absorption and assimilation of food. Effects of exercise on Digestive System.
iii) Excretory system – organs of excretion, structure & function of kidney & skin.
iv) Effects of physical activities on excretory system.

Unit-IV NERVOUS SYSTEM AND ENDOCRINE SYSTEM
i) Nervous system – Brain and its parts, spinal cord and reflex actions
ii) Effects of yogic & physical exercise on Nervous System.
iii) Endocrine System: Endocrine Glands, Location, structure & function.
iv) Effects of exercise & on Endocrine system
Reference Books
3. Livingstone Edinburgh, 1987
B.P.Ed - Paper – IV SPORTS MANAGEMENT

Notes:
1. Paper setter is required to set 2 questions from each unit I, II, III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit –I INTRODUCTION TO SPORTS MANAGEMENT
i) Meaning, importance and scope of sports management
ii) Factors influencing sports management
iii) Meaning & importance of teaching methods, Factors effecting teaching methods.
iv) Public Relation in Physical Education, Need of public Relation in Physical Education.

Unit-II CLASS MANAGEMENT LESSONPLAN AND TOURNAMENT
i) Meaning & types of class management,
ii) Salient features of good class management, Factors effecting good class management,
iii) Class formation, Types of Class formation.
iv) Meaning & values of lesson plan - Game, Gymnastic, Athletics.
v) Classification of exercises and activities and its importance.
v) Meaning of classification of students in Physical Education &advantages of classification.

Unit-III ADMINISTRATION AND ORGANISATION
i) Meaning, importance and principles of administration and organization
ii) Factors influencing good administration
iii) Types and procedure of Administration.
iv) Qualifications and qualities of Physical Education teachers
v) Facilities of Physical Education in an ideal school: Play field, Gymnasium, Swimming pool
vi) Care & purchase of sports equipments.

Unit-IV TOURNAMENT AND PROGRAMME PLANNING
i) Meaning & importance of tournaments.
ii) Types of tournament –knock out and league, their advantages and disadvantages.
iii) Organization and conduct of tournaments and Athletic meets.
iv) Need & Importance of Intramural, Objectives and organization of intramurals.

v) Meaning of Programme Planning, Principles of Programme planning in physical education.

vi) Characteristics of a good Physical education Programme.

Reference Books


B.P.Ed - Paper – V TECHNIQUES OF OFFICIATING & COACHING

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:
1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit –I
i) Meaning and Importance of officiating.
ii) Professional qualifications and qualities of a good official
iii) Relationship of official with management, players, coaches and spectators
iv) Duties of officials in general-pre-game, during game and post game duties.
v) Measures of improving the standard of officiating

Unit-II
i) Rules of games and Layout of the following games:
ii) Hockey, Football, Volley ball, Basketball, Kabaddi, Lawn-Tennis, Badminton.
iii) Score sheet of different games: Hockey, Football, Volley ball, Basketball, Kabaddi, Lawn-Tennis, Badminton.
iv) Layout of 400 meters track
v) Layout of Field events: Long jump, Triple jump, Shot-put, Discus Javelin

Unit-III
i) Qualities, qualification and responsibilities of a coach
ii) Principles of coaching.
iii) Ergogenic Aids: Meaning and importance in sports.
iv) Doping and its effects on performance, Describe: WADA,NADA

Unit-IV
i) Meaning and importance of warming up, Physiological Effects of warming up.
ii) Meaning of cooling down. Effects of cooling down after exercise.
iii) Factors effecting sports performance
iv) Eligibility rules of inter-collegiate and inter-university sports participation.
v) Preparation of TA/DA bills of students and teacher.
REFERENCE BOOKS
Notes:
1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I HEALTH AND SAFETY EDUCATION
i) Definition of Health Education, Health instruction, Health Supervision, health services.
ii) Guidance instruction in personal hygiene & medical check-up
iii) Balanced diet & its constituents, diet for children & sportspersons, caloric value of diet.
iv) Meaning, need & importance of safety education, Safety in playground, home, laboratories, road.

Unit-II YOG SHUDHI KRIAS & ASANAS
i) Meaning & objectives of Yoga.
ii) Types of yoga and importance of yoga in the field of Physical Education & Sports.
iii) Meaning and type of shat karma.
iv) Meaning of Asanas, types of asanas and principles, technique & benefits of following asanas:
   o Meditative : Padma, Sidha, vajre Asanas
   o Relaxative : Shav and Mayoor Asanas
   o Cultural Asanas : Bhujanga, shalabha, dhanush, hal, matsaya, vakre Asanas
   o pushchimottan, chakra, tad and trikna.

Unit-III PRANAYAM AND RECREATION
i) Meaning, objectives and types of Pranayama, Techniques & benefits of Ujjai, Bhastrika, Shitali, Sitkari and Bharamari.
ii) Role of Hatha Yoga in the process of Physical fitness, mental health and its effect on the sports performance
iii) Definition need and scope of recreation.
iv) Types of recreation – indoor, outdoor, active, passive, commercial, rural recreation
Unit –IV AGENCIES AND MODES FOR RECREATION

i) Various agencies which provide recreation in India.

ii) Qualities & qualifications of a good Recreation leader.

iii) Camping- organization of camp, facilities required for camp & different types of camps.

iv) Hobbies: As a leisure time activity and their educational value.

REFERENCE BOOKS


# PART-II PRACTICALS:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) External Evaluation</td>
<td>240</td>
</tr>
</tbody>
</table>

**Note:**
Practical of 240 marks will be evaluated internally as well as externally in the following lessons:

1. Officiating and coaching of athletics: 80 Marks
2. Officiating and coaching of game: 80 Marks
3. Gymnastic & indigenous activities: 80 Marks

**Notes:**
1. Paper setter is required to set 2 questions from each unit I, II, III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

The following curriculum will be covered under Part-II (Practical).

**a) Athletics (both for men & women) – Technique, Officiating & Marking**

i) Track events: Sprints, middle, long distance and relay races

ii) Field events: Jumps and throws: Long jump, High jump, Triple jump, Shot-put, Discus & Javelin throw.

**b) Games- Technique, Officiating & Marking**

- Hockey, Football, Basketball, Handball, Wrestling (judo for women),
- Kabaddi, Kho-kho, Weight-lifting, Volleyball, Boxing (table-tennis for women).

**c) Gymnastic & Indigenous activities**

- Mass P.T., Exercise tables, drill and marching, yogic exercises, lazium and Dumbbell. Medicine Ball exercise, Skipping Rope, Tipri.

**b) Internal Assessment:** 60 Marks

Internal assessment will be evaluated internally by the committee consisting of principal of the Colleges, Convener of the Committee, head of the department and activity in charge as its members. Assessment marks will be sent to the Controller of Examination in the month of March every year.
Internal assessment will be based on the following criterion

i) Project work (organization of competitions and college athletic meet). (15 marks)

ii) Performance on various fundamentals skills of games Hockey, Football, Basketball, Handball, Wrestling (judo for women), Kabaddi, Kho-kho, Weight-lifting, Volleyball, Boxing (table-tennis for women). (15 marks)

iii) Performance on various fundamentals skills of athletic events, Track events: Sprints, middle, long distance and relay races, Field events: Jumps and throws: - Long jump, High jump, Triple jump, Shot-put, Discus & Javelin throw. (15 marks)

iv) Assessment of organization of educational tour and picnic budgeting of sports material (15 marks)

Note: While making the assessment on the basis of above mentioned criterion, the regularity, discipline & punctuality etc. of the students will also be taken into consideration.