

**Kurukshetra University, Kurukshetra**  
**Scheme of Examination for Bachelor in Physical Education (B.P.Ed.)**

w.e.f. 2015-16

**Semester - I**

Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
BPEd -101	History and foundation of Physical Education	CCC	04	--	04	04	--	04	20	80	--	100
BPEd - 102	Anatomy and Physiology	CFC	04	--	04	04	--	04	20	80	--	100
BPEd - 103	Health Education and Environmental Studies	CFC	04	--	04	04	--	04	20	80	--	100
BPEd -104	Officiating and Coaching	CCC	04	--	04	04	--	04	20	80	--	100
BPEd - 105	Practicum: (i) Athletics (Track Events)	CCC		05	05	-	2.5	2.5	-	-	100	100
BPEd - 106	(ii) Game – I (Basket Ball & Kabaddi)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
BPEd - 107	(iii) Game –II (Football & Kho Kho)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
BPEd -108	(iv) Anatomy ,Physiology and Health Education	CCC	--	05	05	--	2.5	2.5	--	--	100	100
Total			16	20	36	16	10	26	80	320	400	800

**.C.C = Compulsory Core Course**

**C.F.C = Compulsory Foundation Course**

**Kurukshetra University, Kurukshetra**  
**Scheme of Examination for Bachelor in Physical Education (B.P.Ed)**

w.e.f. 2015-16

**Semester - II**

Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
BPEd-201	Yoga Education	CCC	04	--	04	04	--	04	20	80	--	100
BPEd- 202	Computer Applications in Physical Education	CFC	04	--	04	04	--	04	20	80	--	100
BPEd- 203	Sports Psychology and Sociology	CFC	04	--	04	04	--	04	20	80	--	100
BPEd -204	Contemporary issues in Physical Education, Fitness and Wellness	CCC	04	--	04	04	--	04	20	80	--	100
BPEd- 205	Practicum: (i) Athletics (Throwing Events )	CCC		05	05	-	2.5	2.5	-	-	100	100
BPEd- 206	(ii) Game – I (Volleyball & Yoga)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
BPEd- 207	(iii) Game –II (Handball & Gymnastic)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
BPEd-208	(iv) Computer Application Rehabilitation & Sports Psychology	CCC	--	05	05	--	2.5	2.5	--	--	100	100
Total			16	20	36	16	10	26	80	320	400	800

**C.C.C = Compulsory Core Course**

**C.F.C = Compulsory Foundation Course**

**Kurukshetra University, Kurukshetra**  
**Scheme of Examination for Bachelor in Physical Education (B.P.Ed)**  
**Semester - III**

Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
BPEd - 301	Sports Training	CCC	04	--	04	04	--	04	20	80	--	100
BPEd - 302	Educational Technology and Methods of Teaching in Physical Education	CFC	04	--	04	04	--	04	20	80	--	100
BPEd - 303	Organization and Administration	CFC	04	--	04	04	--	04	20	80	--	100
BPEd - 304	Curriculum Design	CCC	04	--	04	04	--	04	20	80	--	100
BPEd - 305	Practicum: (i) Athletics (Jumps)	CCC		05	05	-	2.5	2.5	-	-	100	100
BPEd - 306	(ii) Game – I (Cricket & Swimming)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
BPEd - 307	(iii) Game –II (Weight Training & Hockey)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
BPEd - 308	(iv) Mass Display Activity (Free Hand)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
Total			16	20	36	16	10	26	80	320	400	800

**C.C.C = Compulsory Core Course**

**C.F.C = Compulsory Foundation Course**

**Kurukshetra University, Kurukshetra**  
**Scheme of Examination for Bachelor in Physical Education (B.P.Ed)**  
**Semester-IV**

Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
BPEd - 401	Olympic Movement	CCC	04	--	04	04	--	04	20	80	--	100
BPEd - 402	Sports Nutrition and Weight Management	CFC	04	--	04	04	--	04	20	80	--	100
BPEd - 403	Sports Management	CFC	04	--	04	04	--	04	20	80	--	100
BPEd - 404	Sports Medicine and Rehabilitation	CCC	04	--	04	04	--	04	20	80	--	100
BPEd - 405	Practicum: (i) Athletic Meet (Opening, March Past, Victory Ceremony & Closing)	CCC		05	05	-	2.5	2.5	-	-	100	100
BPEd - 406	(ii) Game – I (Badminton & Table Tennis)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
BPEd - 407	(iii) Game –II (Boxing & Wrestling)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
BPEd - 408	(iv) Mass Display Activity (Lezium, Dumbbell & Tipri)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
Total			16	20	36	16	10	26	80	320	400	800

**C.C.C = Compulsory Core Course**

**C.F.C = Compulsory Foundation Course**

**B. P. Ed. –Syllabus  
(From Session 2015-16)  
Semester – I  
Theory Courses**

**BPEd- 101: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION**

**Time : Three Hours      Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

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

**Unit – I: Introduction of Physical Education**

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

**Unit- II: Historical Development of Physical Education in India**

- i. Indus Valley Civilization Period. (3250 BC – 2500 BC)
- ii. Vedic Period (2500 BC – 600 BC)
- iii. Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
- iv. Medieval Period (1000 AD – 1757 AD)
- v. British Period (Before 1947)
- vi. Physical Education in India (After 1947)

**Unit- III: Foundation of Physical Education**

- i. Philosophies of Education as applied to Physical Education – Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism
- ii. Contribution of Akhadas and Vyayamshals in the development of Physical Education.
- iii. Y.M.C.A. and its contributions in the development of Physical Education.
- iv. Contribution of Sports Authority of India in the development of sports.

**Unit- IV: Historical Development of Physical Education Overseas**

History of Physical Education in Ancient Greece, Rome and Contemporary, Germany, Sweden, Denmark and Russia.

**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). An 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**  
**Theory Courses**  
**BPEd - 102 ANATOMY AND PHYSIOLOGY**

**Time : Three Hours**

**Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

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

**UNIT- I**

- i. Meaning of Anatomy and Physiology. Its scope of in the field of Physical Education.
- ii. Introduction of Cell, Tissue and organ.
- iii. Meaning of skeleton, Functions of the skeleton, Types of Bones in Human Skelton
- iv. Meaning of joints and types of Joints in human body.
- v. Gender difference in the Skeleton systems.

**UNIT- II**

- i. **Blood and Circulatory System:** Constituents of blood and their function, structure of the heart, Types of Blood circulation: Systemic, Pulmonary and Coronary, Meaning of Blood pressure, Heart Rate, Stroke volume, Cardiac output. Effect of exercise on the blood and circulatory system.
- ii. **The Digestive System:** Organs of Digestive System, Structure and functions of the digestive system, Name and functions of various digestive juices and enzymes, Effect of exercise on the Digestive System.

**UNIT- III**

- i. **The Respiratory System:** Organs of Respiratory system and their functions. Structure of lungs, exchange of gases in the lungs and tissues, Meaning of various lung capacities and volumes, oxygen debt, second wind, Effect of exercise on the respiratory system
- ii. **The Excretory System:** Structure and functions of the kidneys and skin, Effect of exercise on the Excretory System

**UNIT- IV**

- i. **Muscular System:** Types of muscles, Gross Structure of Skeletal Muscle, Functions of Skeletal muscles, Effect of exercise on the Skelton muscles.
- ii. **The Endocrine Glands:** Functions of Endocrine glands: Pituitary, Thyroid, Parathyroid, Adrenal and Sex glands. Effect of exercise on the secretion of endocrine glands.
- iii. **Nervous Systems:** Organs and Functions of the central nervous system (CNS) and Peripheral Nervous System (PNS).

**References:**

- Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.
- 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 Theory courses

### BPEd - 103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

**Time : Three Hours**

**Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

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

#### **Unit – I Health Education**

- i. Meaning, Concept and Dimensions of Health.
- ii. Definition of Health, Health Education, Health Instruction and Health Supervision
- iii. Aim, objective and principles of Health Education
- iv. First-aid and emergency care
- v. Health Service and guidance instruction in personal hygiene

#### **Unit – II Health Problems in India**

- i. Meaning and description of Communicable and Non Communicable Diseases
- ii. Meaning of Obesity and Malnutrition, Basic concept of Balance Diet.
- iii. Objective of school health service, Role of health education in schools
- iv. Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health record,
- v. Healthful school environment

#### **Unit – III Environmental Science**

- i. Definition, Need and Importance of environmental studies.
- ii. Concept of environmental education, Historical background of environmental education,
- iii. Celebration of various days in relation with environment.
- iv. Waste Management: Different types of waste materials and their management.
- v. Role of school in environmental conservation and sustainable development.

#### **Unit – IV Natural Resources and related environmental issues:**

- i. Meaning and Conservation of Water resources, food resources and Land resources.
- ii. Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution and Thermal Pollution,
- iii. Govt. policies for Management of environment, 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**  
**Theory courses**

**BPEd - 104 OFFICIATING AND COACHING**

**Time : Three Hours**

**Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

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

**Unit- I: Introduction of Officiating and coaching**

- i. Meaning, concept and importance of officiating and coaching
- ii. Principles of officiating
- iii. Principles of Coaching
- iv. Relation of official and coach with management, players and spectators.
- v. Measures of improving the standards of officiating and coaching

**Unit- II: Coach as a Mentor**

- i. Duties of coach in general, pre, during and post game.
- ii. Philosophy of coaching
- iii. Responsibilities of a coach on and off the field.
- iv. Coach as role model for young players
- v. Ethics of coaching

**Unit- III: Duties of Official**

- i. Duties of official in general, pre, during and post game.
- ii. Philosophy of officiating
- iii. Mechanics of officiating – position, singles and movement during officiating.
- iv. Use of latest technology in the officiating of various games.
- v. Ethics of officiating

**Unit- IV: Qualifications of Coach and Official**

- i. Academic and professional qualification of a coach for various levels.
- ii. Academic and professional qualification of an official for various levels.
- iii. Eligibility rules of Inter-School and School National.
- iv. Traveling and Dearness Allowances rules for Inter-School and School National.
- v. Method of taking sanction and bill preparation for Traveling and Dearness Allowances for various Competitions.

**Reference Books:**

- 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.

## Part – B

### Practical Courses

#### Semester – I

##### **BPEd – 105: Athletics (Track Events)**

**Marks - 100**

##### **Track Events**

- i. Teaching ability of Starting techniques (Marks – 20)
- ii. Teaching ability of Finishing Techniques (Marks – 10)
- iii. Teaching ability of Baton Exchange (Marks - 10)
- iv. Interpretation of various rules of Track Events (Marks – 10)
- v. Marking of Track 400m and 200m. (Marks – 50)

Note: Candidate have to take at least 5 teaching lessons of various techniques.

##### **BPEd – 106: (Basketball and Kabaddi)**

**Marks - 100**

##### **i) Basketball**

**Marks – 50**

1. Marking of Basketball Court (Marks – 20)
2. Teaching ability of various basic skills of Basketball (Marks – 20)
3. Interpretation of Various rules of Basket ball (Marks – 10)

##### **ii) Kabaddi**

**Marks – 50**

1. Marking of kabaddi Court (Marks – 20)
2. Teaching Ability of various basic skills of kabaddi (Marks – 20)
3. Interpretation of Various rules of kabaddi (Marks – 10)

Note: Candidate have to take at least 5 teaching lessons of each game.

##### **BPEd – 107: (Football and Kho - Kho)**

**Marks - 100**

##### **i) Football**

**Marks – 50**

1. Marking of Football Ground (Marks – 20)
2. Teaching ability of various basic skills of Football (Marks – 20)
3. Interpretation of Various rules of Football (Marks – 10)

**ii) Kho - Kho**

**Marks – 50**

- |  |              |
|--|--------------|
| 1. Marking of kho - Kho Court                            | (Marks – 20) |
| 2. Teaching Ability of various basic skills of kho - Kho | (Marks – 20) |
| 3. Interpretation of Various rules of kho - Kho          | (Marks – 10) |

Note: Candidate have to take at least 5 teaching lessons of each game.

**BPEd – 108: Anatomy, Physiology and Health Education**

**Marks - 100**

- |  |              |
|--|--------------|
| i. Name and location of various bones of Human Body                | (Marks – 10) |
| ii. Measurement of peak expiratory flow and its interpretation     | (Marks – 10) |
| iii. Measurement of BMI and its interpretation                     | (Marks – 20) |
| iv. Measurement of Leg, back and grip strength                     | (Marks – 20) |
| v. Measurement of Blood Pressure                                   | (Marks – 10) |
| vi. First Aid for various conditions and articles of first aid box | (Marks – 30) |

**Semester – II**  
**Theory Courses**

**BPEd - 201 YOGA EDUCATION**

**Time : Three Hours**

**Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

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

**Unit – I: Introduction**

- i. Meaning and Definition of Yoga
- ii. Historical background Yoga
- iii. Aims and Objectives of Yoga
- iv. The Yoga Sutra: General Consideration
- v. Need and Importance of Yoga in Modern Society
- vi. Misconceptions about Yoga

**Unit - II: Foundation of Yoga**

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

**Unit - III Asanas and Paranayam**

- i. Meaning of Asanas and Paranayam, Different Types of Paranayams
- ii. Effect of Asanas and Paranayam on Respiratory, Circulatory, Digestive, Endocrine and Muscular system.
- iii. Classification of asanas with special reference to physical education and sports
- iv. Influences of meditative posture on various system of the body

**Unit – IV Yoga Education**

- i. Types of Bandhas and Mudras
- ii. Type of kriyas
- iii. Difference between yogic practices and physical exercises
- iv. Yoga education centers in India and abroad

**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 of relaxation 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 Theory Courses

### BPEd - 202 Computer Applications in Physical Education

**Time : Three Hours**

**Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

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

#### **Unit – I: Introduction to Computer**

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

#### **Unit – II: MS Word**

- i. Introduction to MS Word
- ii. Creating, saving and opening a document
- iii. Formatting, page setup, paragraph alignment, spelling and grammar check, printing option, inserting: page number, graph, footnote and notes.
- iv. Drawing table, Inserting row and column, deleting row and column

#### **Unit – III: MS Excel**

- i. Introduction to MS Excel
- ii. Inserting data in to excel sheet
- iii. Creating, saving and opening worksheet
- iv. Preparing bar Diagrams
- v. Format and editing features adjusting columns width and row height understanding charts.

#### **Unit – IV: MS Power Point**

- i. Introduction to MS Power Point
- ii. Creating, saving and opening a ppt. file
- iii. Format and editing features: design, inserting slide number, picture, graph and table.
- iv. Stating slide show, Animations in the slides show
- v. Preparation of Power point presentations

#### **Referances:**

*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 – II Theory Courses

### BPEd - 203 Sports Psychology and Sociology

**Time : Three Hours**

**Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

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

#### **Unit -I: Introduction**

- i. Meaning, Importance and scope of Educational and Sports Psychology.
- ii. General characteristics of Various Stages of growth and development.
- iii. Types and nature of individual differences; Factors responsible – Heredity and environment
- iv. Nature of learning, theories of learning and Laws of learning.

#### **Unit-II: Sports Psychology**

- i. Meaning and definition of personality, dimensions of personality and Effect of Personality on the Sports performance
- ii. Meaning and definition of motivation, Factors influencing motivation in sports and techniques of motivation in sports.
- iii. Meaning and definition of anxiety and effect of anxiety on sports performance.

#### **Unit-III: Relation between Social Science and Physical Education.**

- i. Meaning of Orthodoxy, Customs and Tradition, their relation with Physical Education.
- ii. Concept of Socialization through Physical Education
- iii. Meaning of Group Dynamics, Structure of Group, Social Group life, Primary group and Remote group.
- iv. Meaning of Cohesion and development of team Cohesion.

#### **Unit-4 Culture and Leadership**

- i. Meaning and definition of culture.
- ii. Features and Importance of culture.
- iii. Meaning and definition of leadership.
- iv. Effects of culture on people life style and sports.
- v. Theories of leadership and Types of leadership.

#### **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 in physical 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.  
Skinner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.  
William, F. O.&Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Ltd.

**Semester – II**  
**Theory Courses**

**BPEd - 204 Contemporary issues in Physical Education, Fitness and Wellness**

**Time : Three Hours**

**Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)**

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

**Unit – I Concept of Physical Education and Fitness**

- i. Definition, Aims and Objectives of Physical Education, fitness and Wellness
- ii. Importance and Scope of fitness and wellness
- iii. Modern concept of Physical fitness and Wellness
- iv. Physical Education and its Relevance in Inter Disciplinary Context.

**Unit – II Fitness, Wellness and Lifestyle**

- i. Fitness – Types of Fitness and Components of Fitness
- ii. Understanding of Wellness: Body Wellness, Mind Wellness and Spiritual Wellness.
- iii. Ethics of Wellness Coaching
- iv. Principles and factors of fitness and wellness

**Unit – III Principles of Exercise Program**

- i. Means of Fitness development – aerobic and anaerobic exercises
- ii. Exercises and Heart rate Zones for various aerobic and anaerobic exercise intensities
- iii. Various isometric, isotonic and isokinetic exercise for various major muscle groups: Hamstring, Quadriceps, Deltoid, Latissimus Dorsi and Pectorialis Major.
- iv. Concept of free weight Vs Machine, Sets and Repetition etc.

**Unit – IV Safety Education and Fitness Promotion**

- i. Health and Safety in Daily Life
- ii. Medical Considerations for exercise
- iii. Common sports Injuries and their Management
- iv. Modern Life Style and Hypo-kinetic Disease –Prevention and 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.*



**Part – B**  
**Practical Courses**  
**Semester – II**

**BPEd – 205: Athletics (Throwing Events)**

**Marks - 100**

**Track Events**

- |  |              |
|--|--------------|
| i. Marking of Short Put, Discus and Javelin throw Sector                                       | (Marks – 30) |
| ii. Teaching ability of Short Put Techniques<br>(Standing and Parry O'brien Technique)         | (Marks – 20) |
| iii. Teaching ability of Discus Throw Technique  | (Marks - 20) |
| iv. Teaching ability of Javelin Throw Technique  | (Marks - 20) |
| v. Interpretation of various rules of Throwing Events<br>(Short Put, Discus and Javelin throw) | (Marks – 10) |

Note: Candidate have to take at least 5 teaching lessons of Throwing Events.

**BPEd – 206: (Volleyball & Yoga)**

**Marks - 100**

**i) Volleyball**

**Marks – 50**

- |   |              |
|---|--------------|
| 1. Marking of Volleyball Court                            | (Marks – 20) |
| 2. Teaching ability of various basic skills of Volleyball | (Marks – 20) |
| 3. Interpretation of Various rules of Volleyball          | (Marks – 10) |

**ii) Yoga**

**Marks – 50**

**Asana (Marks – 40)**

**Paranayam (Marks - 10)**

- |                           |              |
|---------------------------|--------------|
| 1. Shirsh Asana           | 1. Ujjai     |
| 2. Vipratarani            | 2. Bhastrika |
| 3. Hal Asana              | 3. Shitali   |
| 4. Bhujang Asana          | 4. Sitkari   |
| 5. Ardh-Shalbh Asana      | 5. Bhramri   |
| 6. Vakra Asana            |              |
| 7. Ardha Matasyaendrasana |              |
| 8. Paschimottan Asana     |              |
| 9. Vajra Asana            |              |
| 10. Supta Vajra Asana     |              |
| 11. Yoga Mudra            |              |
| 12. Nauka Asana           |              |
| 13. Bak Asana             |              |
| 14. Mayur Asana           |              |
| 15. Ustra Asana           |              |
| 16. Vriksh Asana          |              |
| 17. Padma Asana           |              |
| 18. Trikon Asana          |              |
| 19. Sarvang Asana         |              |
| 20. Surya Namaskar        |              |

**Note: Students are required to do any 10 of above mentioned Asanas and two Pranayama**

Note: Candidate have to take at least 5 teaching lessons of each Volleyball and Yoga.

**BPEd – 207: (Handball & Gymnastics)**

**Marks - 100**

**i) Handball**

**Marks – 50**

1. Marking of **Handball** Ground (Marks – 20)
2. Teaching ability of various basic skills of **Handball** (Marks – 20)
3. Interpretation of Various rules of **Handball** (Marks – 10)

**ii) Gymnastics**

**Marks – 50**

1. Dimensions of various gymnastic apparatus (Marks – 20)
2. Teaching Ability of various basic skills of **Gymnastics** (Marks – 20)  
*(Gymnastics should be chalked out internally considering advance level of students and suitable to their age and gender)*
3. Interpretation of Various rules of **Gymnastics** (Marks – 10)

Note: Candidate have to take at least 5 teaching lessons of each game.

**BPEd – 208: Computer Application, Rehabilitation & Sports Psychology**

**Marks - 100**

- i. Operating of MS Word, MS Excel & MS Power Point (Marks – 40)
- ii. Identification and rehabilitation of various types of sports injuries (Marks – 20)
- iii. Assessment of reaction time, anticipation and Hand Eye co-ordination (Marks – 20)
- iv. Assessment of Motivation and Anxiety. (Marks – 20)