

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	Duration of Exam
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical		
BPEd - 301	Sports Training	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 302	Educational Technology and Methods of Teaching in Physical Education	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 303	Organization and Administration	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 304	Curriculum Design	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 305	Practicum: (i) Athletics (Jumps)	CCC		05	05	-	2.5	2.5	-	-	100	100	--
BPEd - 306	(ii) Game – I (Cricket & Softball /Baseball))	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 Activ (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	Duration of Exam
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical		
BPEd - 401	Olympic Movement	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 402	Sports Nutrition and Weight Management	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 403	Sports Management	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 404	Sports Medicine and Rehabilitation	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
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

Semester – 3rd
Theory Courses

B.P.Ed - 301 SPORTS TRAINING

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 Sports Training

- i. Meaning and Definition of Sports Training
- ii. Aim and Objective of Sports Training
- iii. Principles of Sports Training
- iv. System of Sports Training – Basic Performance, Good Performance and High Performance Training
- v. Meaning of training Volume, Intensity, Frequency and Density

Unit – II Training Components

- i. Strength – Mean and Methods of Strength Development
- ii. Speed – Mean and Methods of Speed Development
- iii. Endurance - Mean and Methods of Endurance Development
- iv. Coordination – Mean and Methods of coordination Development
- v. Flexibility – Mean and Methods of Flexibility Development

Unit – III Training Process

- i. Training Load- Definition and Types of Training Load
- ii. Factors influencing training load
- iii. Principles of Intensity and Volume of stimulus
- iv. Technical Training – Meaning and Methods of Technique Training
- v. Tactical Training – Meaning and Methods of Tactical Training

Unit – IV Training programming and planning

- i. Periodization – Meaning and types of Periodization
- ii. Aim and Content of Periods – Preparatory, Competition and Transitional periods
- iii. Planning – Training session
- iv. Talent Identification and Development

Reference:

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 -3rd
Theory Courses

BPEd - 302 Educational Technology and Methods of Teaching 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 Education and Education Technology

- i. Meaning and Definitions of Educational technology
- ii. Types of Education- Formal, Informal and Non- Formal Education.
- iii. Educative Process
- iv. Importance of Devices and Methods of Teaching.

Unit – II Teaching Technique

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

Unit – III Teaching Aids

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

Unit – IV Lesson Planning and Teaching Innovations

- i. Lesson Planning – Meaning, Type and principles of lesson plan.
- ii. General and specific lesson plan.
- iii. Micro Teaching – Meaning, Types and steps of micro teaching.
- iv. Simulation Teaching - Meaning, Types and steps of simulation teaching.

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 – 3rd

Theory Courses

BPED -303: ORGANIZATION AND ADMINISTRATION 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: Organization and administration

- i. Meaning and importance of Organization and Administration in physical education
- ii. Qualifications and Responsibilities of Physical Education teacher and pupil leader
- iii. Principles of Organization and Administration.
- iv. Program planning: Meaning, Importance and Principles of program planning in physical education.
- v. Organizational structure at different levels.

Unit- II: Office Management, Record, Register & Sports Notice

- i. Office Management: Meaning, definition, functions and kinds of office management
- ii. Records and Registers: Maintenance of different types of registers: attendance, stock, cash, physical efficiency record and Medical examination Record.
- iii. Meaning of sports notice, Method of writing various types sports notices in school.
- iv. Method of write-off for the sports material

Unit-III: Facilities, & Time-Table Management

- i. Meaning and Importance of Equipments and Facilities.
- ii. Equipment: Care and Maintenance.
- iii. Types of facilities - indoor and outdoor.
- iv. Care and maintenance of facilities – Building, Gymnasium, Swimming Pool, & Playgrounds.
- v. Time Table Management: Meaning and Need, Factor affecting time table.

Unit-IV: Competition Organization

- i. Tournament: Meaning and Importance.
- ii. Types of Tournament - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and Challenge Tournament.
- iii. Drawing fixtures of Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and Challenge Tournament.
- iv. Technical terms used in Drawing Fixtures: Bye, Seeding, Point/Scoring, Draw/Lots, Deciding Quarters, Deciding Upper half and Lower Half, Method and Formula of Byes.
- v. Organization structure of Athletic Meet

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. Louis: The C.V. Mosby Co.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
- Pandy, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depot.
- 2 years B.P.Ed Curriculum | **27**
- Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
- Thomas, J. P. (1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.
- Tirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.
- Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc

Semester – 3rd
Theory Courses

BPED - 304: CURRICULUM DESIGN

Time : Three Hours
Assessment :20)

Total Marks : 100

(Theory Marks: 80 + Internal

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 Modern concept of the curriculum

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

UNIT-II Basic Guide line for curriculum construction; contest (selection and expansion).

- i. Focalization
- ii. Socialization
- iii. Individualization
- iv. Sequence and operation
- v. Steps in curriculum construction.

UNIT-III Curriculum-Old and new concepts, Mechanics of curriculum planning.

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

UNIT-IV Under-graduate preparation of professional preparation.

- i. Areas of Health education, Physical education and Recreation.
- ii. Curriculum design-Experience of Education, Field and Laboratory.
- iii. Teaching practice.
- iv. Professional Competencies for developing - 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.

Underwood, G. L. (1983). *The physical education curriculum in secondary school: planning and implementation*. England: Taylor and Francis Ltd.

Willgoose, C.E. (1979). *Curriculum in physical education*. 3rd Ed. Englewood Cliffs.: N.J

Part – B
Practical Courses
Semester – 3rd

BPED– 305: Athletics: Jumping Events

Marks - 100

- | | |
|--|--------------|
| i. Marking of Long jump, High Jump and Triple Jump | (Marks - 30) |
| ii. Teaching ability of Long jump Techniques | (Marks - 20) |
| iii. Teaching ability of High Jump Technique | (Marks - 20) |
| iv. Teaching ability of Triple Jump Technique | (Marks - 20) |
| v. Interpretation of various rules of Jumping Events
(Long jump, High Jump and Triple Jump) | (Marks - 10) |

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

BPED – 306: (Cricket and Baseball/Softball)

Marks - 100

i) Cricket

Marks - 50

- | | |
|---|--------------|
| Marking of Cricket Ground | (Marks - 20) |
| Teaching ability of various basic skills of Cricket | (Marks - 20) |
| Interpretation of Various rules of Cricket | (Marks - 10) |

ii) Baseball/Softball

Marks - 50

- | | |
|---|--------------|
| Marking of Baseball/Softball | (Marks - 20) |
| Teaching ability of various basic skills of Baseball/Softball | (Marks - 20) |
| Interpretation of Various rules of Baseball/Softball | (Marks - 10) |

BPED – 307: Weight Training and Hockey

Marks - 100

i) Weight Training:

Marks = 50

- | | |
|---|--------------|
| Various exercise of Biceps, Triceps, Deltoid, Trapezius and latissimus dorsi | (Marks - 20) |
| Various exercises of Hamstring, Quadriceps, Gastrocnemius, Adductor
and Gluteus muscles | (Marks - 20) |
| Identifying Various training zones on treadmill: Warming-up, fat burning,
Aerobic and anaerobic training | (Marks- 10) |

ii) Hockey

Marks - 50

- | | |
|--|--------------|
| Marking of Hockey Ground | (Marks - 20) |
| Teaching ability of various basic skills of Hockey | (Marks - 20) |
| Interpretation of Various rules of Hockey | (Marks - 10) |

BPED – 308: Mass Display Activity (Free Hand)

Marks - 100

Various commands in free hand exercises

(Marks - 20)

Standing free hand exercise (with Whistle, Drum and Verbal count)

(Marks - 20)

Sitting free hand exercise (with Whistle, Drum and Verbal count)

(Marks - 20)

Jumping free hand exercise (with Whistle, Drum and Verbal count)

(Marks - 20)

Bending free hand exercise (with Whistle, Drum and Verbal count)

(Marks - 20)

Semester – 4th
Theory courses

BPED - 401 OLYMPIC MOVEMENT

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 Origin of Olympic Movement

- i. Philosophy of Olympic movement
- ii. The early history of the Olympic movement
- iii. The significant stages in the development of the Ancient Olympic movement
- iv. Educational and cultural values of Ancient Olympic movement

Unit – II Modern Olympic Games

- i. Revival of Olympic Games
- ii. Olympic Symbols: Motto, Rings, Flag, Medals, Flame, Torch Relay and Anthem
- iii. Opening ceremony, Closing ceremony, medal ceremony
- iv. Olympic Protocol for member countries
- v. Olympic Code of Ethics

Unit – III Different Olympic Games

- i. Paralympics Games: History and symbols. Its relation with other Olympics
- ii. Winter Olympics: History and symbols. Its relation with other Olympics
- iii. Youth Olympic Games: History and symbols. Its relation with other Olympics

Unit – IV Committees of Olympic Games

- i. International Olympic Committee - Structure and Functions
- ii. National Olympic committees and their role in Olympic movement
- iii. Indian Olympic Committee: Structure and functions
- iv. Olympic commission and their functions
- v. 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 Rienne

Semester – 4th
Theory courses

BPED – 402: SPORTS NUTRITION AND WEIGHT MANAGEMENT

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 Sports Nutrition

- i. Meaning and Definition of Sports Nutrition
- ii. Basic Nutrition guidelines
- iii. Role of nutrition in sports
- iv. Factor to consider for developing nutrition plan
- v. Meaning of balance diet and calories. Calories requirements for peoples of various ages, genders and profession.

Unit – II Nutrients: Ingestion to energy metabolism

- i. Carbohydrates, Protein, Fat – Meaning, classification and its function
- ii. Role of carbohydrates, Fat and protein during exercise
- iii. Vitamins, Minerals, Water – Meaning, classification and its function
- iv. Fluid and water balance in body at rest and during exercise.
- v. Role of hydration during exercise.

Unit – III Nutrition and Weight Management

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

Unit – IV Steps of planning of Weight Management

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

References:

Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.*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 – 4th
Theory Courses

BPED - 403 SPORTS MANAGEMENT

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 Sports Management

- i. Meaning, Definition and Importance of Sports Management.
- ii. Aim and objectives of Sports Management in Physical Education.
- iii. The purpose and scope of Sports Management.
- iv. Basic Principles of Sports Management.
- v. Factor effecting Sports Management.

Unit-II Introduction to Class Management

- i. Meaning and Importance of Class Management.
- ii. Factor effecting of Class Management.
- iii. Salient feature of Class Management.
- iv. Steps of good class management.
- v. Different types of classroom management.
- vi. Different types of formation in Class Management.

Unit-III Leadership

- i. Meaning and Definition of leadership
- ii. Leadership style and method.
- iii. Elements of leadership.
- iv. Forms of Leadership: Autocratic, Laissez-faire, Democratic and Benevolent Dictator
- v. Qualities of administrative leader.
- vi. Preparation of administrative leader.

Unit-IV Budgeting

- i. Budget: Meaning and Importance of Budget making.
- ii. Criteria of good budget and Principles of budgeting.
- iii. Steps of Budget making, Sources of Income and Expenditure.
- iv. Procedure of taking Approval/sanction of expenditures for sports activities.
- v. Purchasing policy for Sports Equipments and Principles.

REFERENCES:

- Ashton, D. (1968). *Administration of physical education for women*. New York: The Ronald Press Co.
- 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. Saunders Co.
- Earl, F. Z, & Gary, W. B. (1963). *Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.

Semester – 4th
Theory Courses

BPED – 404: SPORTS MEDICINE AND REHANLITATION

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: - Sports Medicine:

- i. Sports Medicine: Meaning, Definition, Aims and Objectives,
- ii. Modern Concepts of Sports Medicine and Importance.
- iii. Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- iv. Need and Importance of the study of sports injuries in the field of Physical Education

Unit-II: Physiotherapy

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

Unit-III: Hydrotherapy:

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

Unit-IV: Therapeutic Exercise:

- i. Definition and Scope – Principles of Therapeutic Exercise
- ii. Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive -stretching) – active movements (concentric, Eccentric and static)
- iii. 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.

Part – B
Practical Courses
Semester – 4th

BPED-405 : Athletics

Marks - 100

Sequence of events in Opening ceremony of Athletic Meets	(Marks - 20)
Sequence of events in Closing ceremony of Athletic Meets	(Marks- 20)
Sequence of events in Victory ceremony of Athletic Meets	(Marks- 20)
Method of tying a flag for flag hosting	(Marks - 20)
Oath and oath ceremony	(Marks - 10)
Types of March past (Formal & Informal)	(Marks - 10)

BPED – 406: (Badminton & Table Tennis)

Marks- 100

i) Badminton

Marks - 50

Marking of Badminton court	(Marks - 20)
Teaching ability of various basic skills of Badminton	(Marks - 20)
Interpretation of Various rules of Badminton	(Marks - 10)

ii) Table Tennis

Marks - 50

Marking of Table Tennis	(Marks - 20)
Teaching ability of various basic skills of Table Tennis	(Marks - 20)
Interpretation of Various rules of Table Tennis	(Marks - 10)

BPED – 407: (Boxing and Wrestling)

Marks - 100

i) Boxing

Marks - 50

Dimensions of Boxing Ring	(Marks - 20)
Teaching ability of various basic skills of Boxing	(Marks - 20)
Interpretation of Various rules of Boxing	(Marks - 10)

ii) Wrestling

Marks - 50

Dimensions of Wrestling mat and arena	(Marks - 20)
Teaching ability of various basic skills of Wrestling	(Marks - 20)
Interpretation of Various rules of Wrestling	(Marks - 10)

BPED- 408: Mass Display Activity (Lezium, Dumbbell, Tipri & Ring)**Marks- 100**

Various commands of exercises with (Lezium, Dumbbell & Tipri)	(Marks- 20)
Exercise with Lezium (with Whistle, Drum and Verbal count)	(Marks- 20)
Exercise with Dumbbell (with Whistle, Drum and Verbal count)	(Marks- 20)
Exercise with Tipri (with Whistle, Drum and Verbal count)	(Marks - 20)
Exercise with Ring (with Whistle, Drum and Verbal count)	(Marks - 20)