

FACULTY OF EDUCATION
Maa Vindhyavasini University,
Mirzapur



Rules, Regulations & Curriculum
Bachelor of Physical Education
(B.P.Ed.)

Two Year Course
(Semester Wise)
w.e.f. Session 2026-28

Syllabus of B.P.Ed.
M.V. University
Mirzapur
Approved by Board
of Studies for Session
2026-28
[Signature]
08.05.2026

DEPARTMENT OF PHYSICAL EDUCATION

Maa Vindhyavasini University, Mirzapur
DEPARTMENT OF PHYSICAL EDUCATION
FACULTY OF EDUCATION
ORDINANCE OF B.P.Ed. (TWO YEAR) COURSE

I. Minimum Eligibility Requirements:

As per NCTE Norms:

a) A bachelor's degree in any discipline with 50% marks and having at least participation in the Inter-College/Inter-Zonal/ District/ School competition in Sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.

or

b) Bachelor's degree in physical education with 45% marks.

or

c) Bachelor's degree in any discipline with 45% marks and studied physical education as compulsory/elective subject.

or

d) Bachelor's degree with 45% marks and having participated in National Inter University/State competition or secured 1st, 2nd or 3rd position in Inter College/Inter-Zonal District/ School competition in Sports and games as recognizes by the AIU/IOA/SGFI/Govt. of India.

or

e) Bachelor's degree with participation in international competitions or secured 1st, 2nd or 3rd position in National/ Inter-University competition in sports and games as recognized by respective federations/AIU/IOA/SGFI/Govt. of India

or

f) Graduation with 45% marks and at least three years of teaching experience (for deputed in service candidates i.e. trained physical education teachers/coaches).

The relaxation in the percentage of mark in the qualifying examination and in the reservation of seats for SC/ST/OBC and other Categories Shall be as per the rules of the central Govt/State Government is applicable

II Admission Procedure: -

(A) Selection Process as per the policy of the university/state govt.

(B) Medical Examination: Qualified candidates will have to undergo medical examination in the University health centre. Those candidates who are pronounced medically fit by the Medical Board will be given admission.

III Number of Seats: -50 seats + 5 (EWS seats) = 55 seats

Reservation: -As per University Rule's/state govt.

Note: - *If girl candidates not found eligible the seats will be filled from the category of the male Candidates of each category.

*Only unmarried women, widows or divorcees without encumbrances, will be admitted to B.P.Ed. Course.



*No Physically challenged candidate is eligible for the admission in B.P.Ed. Course.

IV. Fee Structure: - As Per University Guideline's.

V. Rules of Examination: - The following will be the rules of Examination for B.P.Ed. Course:

- a. **Medium:** The medium of instruction and examination shall be in English and Hindi.
 - b. **Attendance:** Each student shall have attendance as per university rules, in Theory and Practical activities separately. The attendance shall be recorded in terms of working days, lectures and practical classes separately.
 - c. In addition to the above rules the student must fulfil the following requirements to appear in the final examination.
- **Educational Tour organized by the Department of Physical Education.**

OR

- **Adventure Leadership Training Camp** organized by the Department of Physical Education
- The student will have to submit tour/camp report within 5 (Five) days after arrival from tour/camp compulsorily in the Department of Physical Education, MVVU. failing which the result will not be declared.

d. Examination: -

- (i) There shall be Semester examination at the end of each Semester and a candidate must pass separately in:

Part-A		Theory
Part-B		Practical
		1. Compulsory Games
		2. Teaching Ability
		3. Game Specialization
		4. Advance Coaching Lesson
Part-C		1. Internship
		2. Educational Tour/ Leadership Camp
Part-D		Lab Test Practical of Sports Sciences

Exam of specialization will be conducted as per the choice of the student opted out of ten games offered in B.P.Ed. Syllabus except indigenous activity in semester IV.

- (ii) The result of examination shall be given separately in mark sheet under four heads,

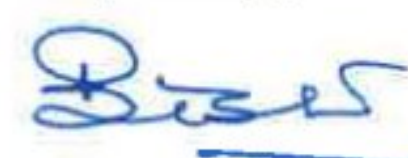


Part-A		Theory
Part-B		Practical
		1. Compulsory Games
		2. Teaching Ability
		3. Game Specialization
		4. Advance Coaching Lesson
Part-C		1. Internship
		2. Educational Tour/ Leadership Camp
Part-D		Lab Test Practical of Sports Sciences

Including marks of Educational Tour/Leadership Training Camp. Division of student will be given on the basis of aggregate marks obtained from all the parts including tour/camp marks. The degree will have the division of the student as well as the game specialization mentioned on it.

- (iii) For teaching ability and advance coaching ability the minimum percentage required is 40%, that shall consist of the sessional as well final examination marks. Final teaching ability exam will be conducted by the external examiner in general and special category separately.
- (iv) The practical examination must be conducted by the internal examiners after completing the syllabus. The minimum aggregate marks required shall be 40%. The following games are included for the practical examination Athletics (Track and Field) Badminton, Basketball, Cricket, Football, Kabaddi, Hockey, Volleyball, Tennis/Kho-Kho Gymnastics, Indigenous activities and Yoga Sana.
- (v) Game Specialization: - Every student has to opt one game out of the ten games given in the list the student is required to submit a project book and will have to appear in the skill proficiency exam of the game opted by the candidate.
- (vi) **Lab Testing of Sports Sciences:** The student has to opt for lab tests of any two sports sciences out of Kinesiology. Biomechanics, Psychology Analysis Exercise Physiology and Anthropometry etc.
- (vii) Advance coaching lesson from specialization, as per choice of student in semester four will be evaluated external & internal both.
- (viii) If a candidate fails in the theory (one or more) paper will have to appear in the supplementary exam, but if he fails in the practical, Sessional, teaching ability or game specialization then he will have to appear in the next main examination as an ex-student.
- (ix) Each student has to complete minimum 20 lessons in different schools separately for general and special lesson that will be evaluated by internal examiners.
- (x) The candidate who passes in all the examinations with minimum 40% of marks as aggregate will be declared pass. Such pass candidate will be awarded with the division according to the following criteria: -
First Division: Candidate securing 60% of marks and above in aggregate secured in Part A, B, C and D examination.
Second Division: Less than 60% but not less than 50% in the aggregate.
Third Division: Less than 50% but not less than 40% in aggregate.
All the students who have not passed will be categorized as failed.

e. Paper Structure: - The subject and scheme of examination shall be as following: -



Semester I
Part – A: Written Examination, (Conducted by University)

Paper No.	Subjects		Marks	
			Max.	Min.
1.1	Principles of Physical Education	Theory	100	40
1.2	Anatomy	Theory	100	40
1.3	Recreation & Camping	Theory	100	40
1.4	Methods, Materials and Supervision of Physical Education	Theory	100	40

Part – B 1: Practical Examination (Conducted by the Department)

Each Activity:	-Skill Testing		25 Marks
	- Playing Ability		25 "
	- Officiating		25 "
	- Ground Marking		15 "
	- Record Book (Project)		10 "

Total Marks : 100

Athletics (Track Events)
Badminton, Basketball,
Football,
Marks



100 X 4 games = 400 Max.

160 Min.Marks

Total Marks : 400

Part – C 1: Educational Tour/Adventure Leadership Camp:
40

Max. Marks: 100, Min. Marks:

Total Marks for Semester- I = 900

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Semester II

Part – A : Written Examination, (Conducted by University)

Paper No.	Subject		Marks	
			Max.	Min.
2.1	Kinesiology and Care of Athletic injuries	Theory	100	40
2.2	Organisation, Administration & Events Management	Theory	100	40
2.3	History of Physical Education	Theory	100	40
2.4	Principles of Coaching and Officiating	Theory	100	40

Part – B 1. Practical Examination (Conducted by the Department)

Each Activity:	-Skill Testing		25 Marks
	- Playing Ability		25 "
	- Officiating		25 "
	- Ground Marking		15 "
	- Record Book (Project)		10 "

Total Marks: 100

Athletics (Field Events),
Hockey, Volleyball, Cricket,

100 X 4 games = 400 Max. Marks

160 Min. Marks

Total Marks: 400

B 2. Teaching Ability (External & Internal)

A. General Lesson	External 70 Marks, Internal 30 Marks
B. Skill Lesson	External 70 Marks, Internal 30 Marks

Total: 200 Marks

Total Marks for Semester- II = 1000

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Semester III

Part – A : Written Examination, (Conducted by University)

Paper No.	Subject		Marks	
			Max.	Min.
3.1.	Sports Psychology	Theory	100	40
3.2	Physiology and Exercise Physiology	Theory	100	40
3.3	Health Education	Theory	100	40
3.4	Yoga Education	Theory	100	40

Part – B:1 Practical Examination (Conducted by the Department)

Each Activity: -Skill Testing		25 Marks
- Playing Ability		25 "
- Officiating		25 "
- Ground Marking		15 "
- Record Book (Project)		10 "

Total Marks: 100

Kabaddi, Yoga, Tennis, Gymnastics

100 X 4 games = 400 Max. Marks

160 Min. Marks

Total Marks: 400

Part – C 1: Internship (Internal Assessment)
Marks

100Max. Mark 40Min.

Total Marks for Semester- III = 900

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Semester IV

Part – A : Written Examination, (Conducted by University)

Paper No.	Subject		Marks	
			Max.	Min.
4.1	Test Measurement & Computer Application	Theory	100	40
4.2	Sports Training & Gym. Management	Theory	100	40
4.3	Sports Sociology	Theory	70	28
4.4	Sports Specialization	Theory	100	40

Part – B: 3. Game Specialization

i) Skill Proficiency External Assessment: 100 Max. 40 Min.

Internal Assessment: 50Max. 20 Min.

ii) Officiating 25 “(Internal Assessment)

iii) Project Book 25 “(Internal Assessment)

Total Marks: 200

B- 4. Advance Coaching Lesson

Coaching Lesson (External & Internal Assessment):

External – 200 Max., 80 Min.

(Lesson: 150 Marks, Viva-Voce: 50 Marks)

Internal – 100 Max., 40 Min.

(Coaching Practice Lessons)

Total Marks: 300

Part - D: Sports Sciences Lab Testing (External &

Internal Assessment of Selected Two Disciplines)

70 Max. 28 Min.

(Anatomy, Kinesiology, Sports Psychology,

30 Max, 12Min.

Exercise Physiology and Anthropometry etc.)

Total Marks = 100

Total Marks for Semester- IV = 1000

Grand Total of Sem. I, II, III & IV = 3800 Marks

Department of Physical Education

Syllabus

(Theory)

B.P.Ed. (Two Year Course)

Semester I

Paper 1

PRINCIPLES OF PHYSICAL EDUCATION

A. Principles of Physical Education

Unit – I - Introduction:-

- 1) Meaning and Definition of Education
2. Aims and objectives of Physical Education
- 3.) Importance of Education in Modern Era.
- 4.) Scope of Physical Education
- 5.) Terminology used in physical Education (Misconceptions)
- 6.) Importance and Types of Principles of Physical Education
- 7.) Relationship between Physical Education and general Education

Unit – II - Philosophical & Physiological Foundation of physical Education:-

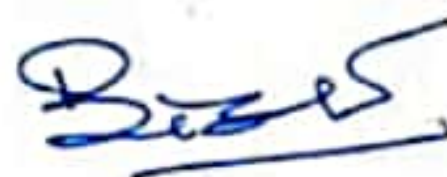
- 1) Idealism
- 2) Pragmatism
- 3) Naturalism
- 4) Humanism
- 5 Definition of Physical fitness
6. General benefits of exercise
7. Basic principal of exercise and Physical fitness

Unit - III - Biological Foundation: -

- 1 Growth and Development-Meaning, Importance, and Stage of development.
- 2 Effect of Heredity and Environment
- 3 Difference between boys and girls during the period of adolescence.
- 4 Body Types by Dr. William Sheldon.
- 5.Different Ages- a) Chronological, b) Physiological, c) Anatomical, e) Mental

Unit –IV - Sociological Foundation:-

1. Meaning and Definition of sociology and Sports Sociology
2. Physical education and Sports as a need of the society
3. Physical Education and sports as a social Institution.
4. Game and Sports as Man's Cultural Heritage.



References:

1. Bucher. Charles A, Foundation of Physical Education St. Louis: The C.V. Mosby Co., 1972.
2. Nixon, E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia. W.B. Saunders Co. 1969.
3. Obertenffer; Delbert Physical Education. New York, Harper & Brothers Publisher, 1970.
4. Sharman, J.R. Introduction to Physical Education, New York, A.S. Barnes & Co. 1964.
5. William J.F. The Principles of Physical Education, Philadelphia, W.B. Saunders Co. 1964.
6. Mohan V.M. Principles of Physical Education (P.E., Series No., 1) (Hindi) Delhi, Metropolitan Book Dep.) 1969.

Dr. S. S. S.

(Theory)
B.P.Ed. (Two Year Course)
Semester I
Paper II *ANATOMY*

Unit – I

- 1 Meaning and concept of anatomy
- 2 Need and importance of anatomy in the field of Physical Education.

Unit – II

- 1 Character of living bodies (animals).
2. Cell and its parts – cell division – cellular basis of life.

Unit – III

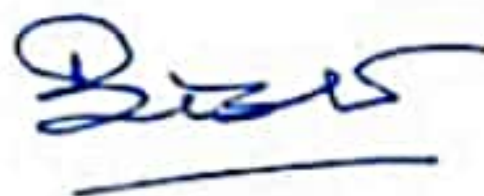
1. Tissues in the human Body and the general arrangement of the body.
- 2 . Types of Tissues organs of the body.
- 3 .Types of muscles in the body and their differences.

Unit – IV

- 1 The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities /Sex differences in the skeleton – Arches of the feet
- 2 . General Classification of the joints of the body and examples for each type.
3. Special Senses: A brief account of the structure and functions of the Eye and Ear

Books Recommended:

1. Gupta Manju and Gupta M.C. Body and Anatomical Science [Hindi] Delhi. Swaran Printing Press, 1980.
2. Sharma, R.D. Health and Physical Education [Hindi] Gupta Prakashan, 1979.
3. Singh, Sujan. Anatomy of Physiology and Health Education. Ropar. Jeet Publications, 1979 [Hindi].
4. Pearce Evelyn, C. Anatomy and Physiology for Nurses [Hindi] London, Faber & Faber Ltd. 1962.
5. Karpovich. Peter V. Philosophy of Muscular Activity London. W.B. Saunders Co. 1959.



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B.P.Ed. (Two Year Course)
Semester- I
Paper -III
Recreation and Camping

Unit-I Introduction of Recreation

1. Meaning, Definition, Objective, Scope, and Importance of Recreation.
2. Historical development of recreation- India.
3. General Principles of Recreation.

Unit -II Organization and administration of Recreation –

1. Agencies offering recreation, Home, Government, Voluntary, Private, Commercial, Rural, Urban and Industrial areas. Facilities Equipments.
- 2 Types of Recreation – Indoor, Outdoor, Arts, Crafts, Drama, Music, Hobbies, Aquatics, Dancing.
- 3 Evaluation of Recreation Programme.

Unit III Play-

- 1 Meaning, Definition, Importance,
- 2 Difference/Relationship between Play and Work,
- 3 Theories of Play

Unit IV Introductions, Organization & administration of Camp

- 1 Meaning, Definition, Objective, Scope, and Significance of Camping
- 2 Types of Camping
- 3 Selection and Lay- out of Camp sites.
- 4 Camp programme and activities.
- 5 Evaluation of Camp work.
- 6 Leadership – Meaning, Definition, Needs, Types and their qualification and qualities.

References:

1. Butler George D. Introduction to community Recreation (5th Ed.) New York: M.C. Graw Hill Book Co. 1970.
2. Fitzgerald Gerald B. Leadership in Recreation, New York, A.S. Barnes and Co. 1941.
3. Meyar, Herold D. ;and Bright bill, Charles K. Community Recreation, Boston D.C. Health Co. 1948.
4. Slavson, S.R. Recreation and the total personality, New York Association Press, 1948.
5. Khan, Eraj Ahmad, History of Physical Education, Patna, Scientific Book Co. 1964.
6. Rajgopalan, K.A. Brief History of Physical Education in India. Delhi, Army Publishers Pvt. Ltd. 1962.
7. Kamlesh, M.L. & Sangral M.S. Principles and History of Physical Education (Hindi) Ludhiana, Prakash Brothers, 1976.



8. Dr. Chandrahas Dubey & Mrs. Alka Nayak Recreation,
9. Prof. Ajmer Singh Physical Education and Olympic Movement- Kalyani Publishers New Delhi 2012
10. Atwal & Kansal History of Physical Education, Jalandhar

(Theory)
B.P.Ed. (Two Year Course)
Semester -I
Paper IV

**METHODS MATERIALS AND SUPERVISION
IN PHYSICAL EDUCATION**

Unit-I

1. Introduction: Meaning and importance of Method, Factors influencing method.
2. Presentation Techniques:
 1. Personal Preparation – Technical Preparation – Organising subject matter – Teaching aids-class management.
 2. Steps in Presentation – Orientation-Explanation Demonstration – Exploration – Correction and Repetition.
 3. Various methods of Teaching of activities-command methods – Demonstration method-At will method – Set drill method – Part and whole method etc.
4. Commanding.

Unit-II

1. Selection and Teaching of activities:-

Formal activities including indigenous exercises, Gymnastics, Rhythmic Activities, Major Games, Minor Games, Track and Field, Defensive Arts, Aquatic
2. Lesson Plans: - General and Specific.
3. Incentives and Awards:

Unit-III

1. Test and Measurements: Need and importance – Different types of tests in Physical Education – AAHPER youth fitness test, JCR test, Harvard step test, Cooper 12 min. run/walk test, Mc Cloy's general motor ability test.
2. Sports skill tests – Lockart and McPherson Badminton Test, Johnson Basketball Ability Test, McDonald Soccer Test, Brady Volleyball Test, Dribble and Goal Shooting test in Hockey.
3. Classification of Pupils: Need and importance-Methods of classification.

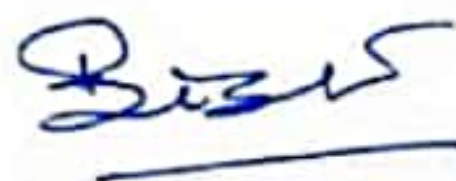
Unit-IV

1. Introduction:

- 1.1. Meaning and need for supervision – Guiding Principles of supervision.
- 1.2. Essential features of supervision.
2. Qualities of supervisor: Qualification – His relation-ship with the Administrator and the Physical Education Teacher.
3. Duties of Supervisor: Administrative duties – Duties Pertaining to facilities. Introduction and Professional growth.
4. Techniques of Supervision in brief visitation. Individual and group conferences. Bulletins and Demonstration.
5. Competitions and Tournaments, Tournaments and Leagues. Group Competition – Intramurals – Extramural – Sports Meet – Swimming Meet – Gymnastic Competitions – Play Days.

References:

1. Knap, C. & Hagma. E.P. Teaching Methods for Physical Education, New York: Mc. Graw Hill Book Co. Inc 1958.
2. Kozman H.C. Cassidy R. & Jackson C. & Methods in Physical Education London: W.B. Saunders Co. 1960.
3. Bossing, N.L. Progressive, Methods & Teaching Secondary Schools.
4. Tirunarayanan, C. & Hariharan, S. Methods in Physical Education Karaikudi: South India Press, 1969.
5. Pandey, L.K. Methods in Physical Education (Hindi) Delhi Metropolitan Book Depo.
6. Singh, Sujana, Organization of Physical Education Ropar Jeet Publication, 1973.
7. Pandey, L.K. Methods in Physical Education (Hindi) Delhi, Metropolitan Book Depo, 1977.
8. Sharma, V.M. & Tiwari, R.H.: Teaching Methods in Physical Education (Hindi) Amaravati, Shakti Publication. 1979.



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B.P.Ed. (Two Year Course)
Semester II
Paper I

KINESIOLOGY AND CARE OF ATHLETIC INJURIES

Unit-I

KINESIOLOGY

- 1 Definition, Need and importance of Kinesiology in Physical Education and Sports.
- 2 Fundamental Concepts: Definition and brief explanation of the following terms and their application to the human body. Axes and Planes, Center of Gravity, Line of Gravity, Basic Starting Position, Direction of pull and Angle of pull.

Unit-II

- 1 Different types of body movements. Construction and Types of Joints in the body and their actions.
- 2 Types of muscles contraction, group action of the muscles and Origin, insertion and action of the muscles with special reference to the following muscles:
Pectoralis Major, Pectoralis Minor, Serratus Anterior, Rectus Abdomens, Trapezius, Latissimus Dorsi, Deltoid, Teres Major, Biceps, Triceps, Rectus Femoris, Vastus Medialis, Vastus Lateralis, Vastus Intermedius, Sartorius, Biceps Femoris, Semimembranosus, Semitendinosus, Gastrocnemius.
3. Body Levers – Lever action – Ist class lever. IInd class lever, IIIrd class lever – Effect of angle of pull - Effect of angle of resistance.

Unit-III

CARE OF ATHLETIC INJURIES

- 1 . Introduction:
Need for the subject in Physical and Medical examination of all Athletes – Diet – physiological rest – Graduated Muscular exercise.
- 2 . Role of the Trainer in Injury Prevention.
3. Common types of Athletic Injuries (Pathology, Diagnosis and Treatment) & regional injuries and their first aid treatment.
- 4 . Sprains strains-contusion-Laceration and Abrasion.
5. Fractures and Dislocation
6. Internal Injuries.
7. Regional Injuries and their first aid Treatment.
 1. Ankle
 2. Knee



3. Elbow
4. Shoulder
5. Wrist
6. Finger

Unit-IV

.1 Exercise programme for the development of the various parts of the body with special reference to the following:

- .1 Muscles of the Chest
- .2 Muscle of the Abdomen
- .3 Muscles of the Back
- .4 Muscles of the Neck
- .5 Muscles of the upper Arm
- .6 Muscles of the Fore arm
- 7 Muscles of the Thigh
- .8 Muscles of the Calf

.2 Physiotherapy

- .1 Guiding Principles of Physiotherapy.
- 2 Modalities and their application and effects.
- 3 Hydrotherapy
- 4 . Cold compression.
- 5 Hot water bottle hot water bag.
- 6 Immersion in hot water
- 7 Contrast bath (Hot and cold)
- 8 Whirl pool bath
9. Electro Therapy
- 10 Infrared
- 11 Diathermy
- 12 Ultra Sonic

.3 Massage: History – Physiological effects – Principles – Manipulation – application.

References:

1. Rash, Philip J. and Burke – R.K. Kinesiology and Applied Anatomy. Philadelphia Len & Febiger 1967.
2. Wells, Katharine F. Kinesiology. Philadelphia, W.B. Sannders Co. 1667.
3. Copper, Jhon M. & Glasson, R.W. Kinesiology St. Louis C.V. Mosby Co. 1963.

4. Anderson, T.M. Kinetics and Analysing Body Movements.
5. Tucker, W.E. & Castle Molley, Sportman and their injuries Pelham Books Ltd. 1978.
6. Colson, John H.C. Armorer, William, J. Sports Injuries and their treatment, London, Stanley Paul, 1975.
7. Warner, Kuprian, Physical therapy for Sports, Philadelphia W.B. Saunders Co. 1982.
8. Joseph, R.B. Manipulation, Traction and Massage New York, William and Wilkins, 1971.
9. Bedi, Yashpal, Social and Preventive Medicine, New Delhi : Atmaram and Sons, 1985.
10. Gosh, B.N. Hygiene and Public Health, Calcutta : Scientific publishing Co., 1989.



(Theory)
B.P.Ed. (Two Year Course)
Semester II
Paper II

ORGANIZATION, ADMINISTRATION & EVENTS MANAGEMENT

Organization

Unit-I

1. Introduction: Relationship of Physical Education to General Education.
 1. Meaning of Organization and Administration
 2. Importance of Organization.
 3. Guiding Principles of Organization.
2. Scheme of Health and Physical Education: Schools, Colleges Universities, District, State.

Unit-II

1. Facilities and Standards in Physical Education.
2. Playgrounds – Outdoor and Indoor – Standards for Educational Institution Problem of lack of Play Space for Schools in crowded cities and their solution – public play grounds.
3. Gymnasium pool – Standard for Educational Institution – Construction and care.
4. Swimming pool – Standard for Educational Institution – Types of a Pool (Fill and Draw type-Perennial type-perpetual circulation type) construction of Pool care and maintenance including pool regulations.

Unit-III

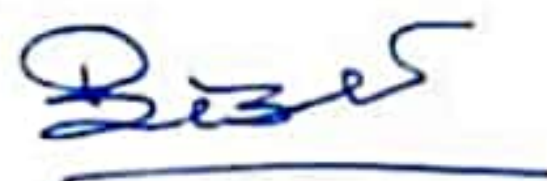
1. Staff and Leadership – Need for trained leader – Qualifications of Physical Education Teacher – Teaching Load and Teacher-Pupil ratio-Relationship of Physical Education Teacher with the Headmaster, Supervisor, Class-room teachers students, Parents and the community-student leadership.
2. Preparation of Time-Table – Fitting Physical Education into school Time-Table Before School after school activities Types of Physical Education periods – Daily periodical and annual schedules.

Unit-IV

1. Finance and Budget: Source of income – Approved items of expenditure. Rules for the utilization of Games Fund or Physical Education Fund – Preparation and administration of a budget – Accounting.
2. Office Management: Maintaining various types of records and registers and reports, checkups and their follow-ups.
3. Promotion of Physical Education: Public Relations – Conference, Clines and Institutes – Physical Education Associations.

References:

1. Knap, C. & Hagma. E.P. Teaching Methods for Physical Education, New York: Mc. Graw Hill Book Co. Inc 1958.
2. Kozman H.C. Cassidy R. & Jackson C. & Methods in Physical Education London: W.B. Saunders Co. 1960.
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5. Voltmer, Edward F. and Esslinger, Arther A. The organization and Administration of Physical Education: New York: Prentice Hall Inc. 1979.
6. Thomas J.P. Organization & Administration of Physical Education Madras, Gyanodayal Press, 1967.
7. Singh, Sujan, Organization of Physical Education Ropar Jeet Publication, 1973.
8. Pandey, L.K. Methods in Physical Education (Hindi) Delhi, Metropolitan Book Depot, 1977.

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(Theory)
B.P.Ed. (Two Year Course)
Semester II
Paper III

HISTORY OF PHYSICAL EDUCATION

Unit – 1 History of Physical Education

1. Ancient Greece- Sparta, Athens. Introduction and difference.
2. Contribution of European Physical Educators - Guts Muths, John Spiess, Frank Nachtegall, P.H.Ling,
3. Turnverein Movement.
4. Ancient India – Aryans, Epic age, Philosophic age, Buddhist age, Mohammedan period.
5. Development of Modern Physical Education in Pre and Post Independence Period of India.
6. Teacher Training Institutes in Physical Education in India.
7. Contributions of Y.M.C.A.

Unit – 2 History and Introduction

1. Sports Authority of India.
2. National Institute of Sports.
3. Lakshmibai National Institute of Physical Education.
4. Indian Olympic Association.
5. National School Game Federation of India.
6. Association of Indian Universities.
7. All India Council of Sports.
8. NCC, NSS, NYK and Youth Hostel.

Unit – 3 Olympic Games –

1. History of Ancient Olympic game.
2. History of Modern Olympic game - Olympic charter, Olympic Moto, Flag, Mascot and Opening and Closing ceremony.
3. Difference between Old and New Olympic.

Unit – 4 Awards –

1. Arjun,
2. Dronacharya,
3. Dhyanchand achievement award,
4. Rajiv Gandhi Khel Ratna Purashker.

References:

1. Butler George D. Introduction to community Recreation (5th Ed.) New York: M.C. Graw Hill Book Co. 1970.
2. Fitzgerald Gerald B. Leadership in Recreation, New York, A.S. Barnes and Co. 1941.
3. Meyer, Herold D. ;and Bright bill, Charles K. Community Recreation, Boston D.C. Health Co. 1948.
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6. Rajgopalan, K.A. Brief History of Physical Education in India. Delhi, Army Publishers Pvt. Ltd. 1962.

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8. Dr. Chandrahas Dubey & Mrs. Alka Nayak Recreation,
9. Prof. Ajmer Singh Physical Education and Olympic Movement- Kalyani Publishers New Delhi 2012
10. Atwal & Kansal History of Physical Education, Jalandhar

D. S. S.

(Theory)
B.P.Ed. (Two Year Course)
Semester II
Paper IV

PRINCIPLES OF COACHING & OFFICIATING

Unit -I

1. Coaching
- 2 Philosophy of Coaching.
- 3 Personal qualities and qualification of a Coach.
- 4 Sports Training – Aims, Principles and characteristics.
- 5 Training load – Components, Principles of load, Over load (causes and symptoms).
- 6 Teaching, Training and Coaching

Unit -II

2. Scientific principles of coaching:
 - .1 Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
 - 2 Force – Friction, Centripetal and Centrifugal force, Principles of force.
 - 3 Equilibrium and its types
 - 4 Lever and its types
3. Coaching components for Physical Education
 - .1 Speed and its types
 - .2 Strength and its types
 - .3 Endurance and its types
 - .4 Flexibility and its types
 - 5 Coordinative ability and its types

Unit -III

Officiating

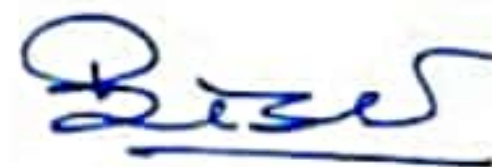
4. Theory and Practice of officiating and coaching of the following games and sports:
Football – Hockey – Volleyball – Basketball – Cricket – Kabaddi – Track and Field Events, Tennis, Gymnastic and Badminton (Shuttle).
Each game or sports to be dealt under the following heads
 - .1 History and development of the Game and Sports
 - .2 Ground dimensions and marking
 - .3 Standard equipment

Unit -IV

5. Rules & Regulations of Sports
 - .1 Rules and interpretation of rules
 - .2 Duties of Officials – and mechanics of officiating – Position, signals etc.
 - .3 Competition – Types of Competition, Competitions according to different weight category and direct preparation to competition.

References:

1. The Art of Officiating Sports – John W. Bunn. Englewood cliffs N.J. Prentice Hall 1968.
2. Scientific Principles of coaching – John W. Bunn. Englewood cliffs N. J. Prentice Hall 1972.



3. Singer, Robert N. coaching. Athletic & Psychology New York, M.C. Graw Hill 1972.
4. Lawther, J.D. Psychology of coaching, New York. Pre. Hall 1965.
5. Dyson, Geoffrey H. The Mechanics of Athletics, London, University of London Press Ltd. 1963. University of London Press Ltd. 1963.

Bush

(Theory)
B.P.Ed. (Two Year Course)
Semester III
Paper I
Sports Psychology

Unit-I

1. Introduction:

1. Meaning and Definitions of Psychology and Sports Psychology
2. Branches of Psychology
3. Psychology is a art or science
4. Importance of Psychology in Physical Education

Unit-II

2. Growth and Development:

1. Meaning of growth and development
2. Development by exercise and learning
3. Individual differences

Unit-III

3. Learning:

1. Meaning and nature of learning
2. Factors affecting learning
3. Laws of learning
4. Theories of learning (Imitation, Conditioned, Response, Trial and error, Insight)
5. Transfer of learning

Unit-IV

4. Personality: Meaning and types of personality
5. Motivation: Meaning and types of motivation
6. Role of Motivation in sports
7. Intelligence and classification of individual according to I.Q.
8. Instincts and emotions and their role in sports

References:

7. Bucher. Charles A, Foundation of Physical Education St. Louis: The C.V. Mosby Co., 1972.
8. Nixon, E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia. W.B. Saunders Co. 1969.



9. Obertenffer; Delbert Physical Education. New York, Harper & Brothers Publisher, 1970.
10. Sharman, J.R. Introduction to Physical Education, New York, A.S. Barnes & Co. 1964.
11. William J.F. The Principles of Physical Education, Philadelphia, W.B. Saunders Co. 1964.
12. Mohan V.M. Principles of Physical Education (P.E., Series No., 1) (Hindi) Delhi, Metropolitan Book Dep.) 1969.

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(Theory)
B.P.Ed. (Two Year Course)
Semester III
Paper II

Physiology and Exercise Physiology

Unit-I

1. Meaning and concept of physiology.
2. Need and importance of Physiology in the field of Physical Education.
3. Definition of Exercise Physiology and its importance in the field of Physical Education and Sports

Unit-II

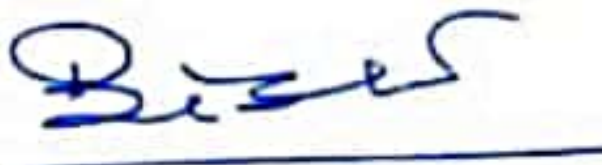
1. Blood and circulatory system: Constituents of blood and their function – functions of blood – Blood groups and blood transfusion clotting of blood-structure of the heart-properties of the heart muscle, circulation of blood – cardiac cycle-blood-pressure-Pulse Blood vessels – Lymph and Lymphatic circulation.
2. The Respiratory system:
4. The Respiratory passage – the lungs and their structure and exchange of gases in the lungs – mechanism of respiration.
5. The Digestive system: A brief study of the structure and functions of the Tongue, Teeth, Salivary glands, stomach Small and Large Intestines, Pancreas and the Liver.
6. The Excretory system: Brief account of the structure and functions of the kidneys and the skin.

Unit-III

1. The Ductless glands: A Brief account of the functions only of pituitary, Thyroid, Parathyroid. Adrenal and the sex glands.
2. Nervous systems: The Neurone – Function of the cerebrum and cerebral localisation – Function of the cerebellum, Medulla and spinal cord – Reflex Arc-Autonomic Nervous system and Central nervous system..
3. Structure, Composition, Properties and functions of skeletal muscles.
4. Muscular contraction – sliding filament theory.

Unit-IV

1. Nerve control of muscular activity:
 1. Neuromuscular junction
 2. Transmission of nerve impulse across it.
1. Effect of exercise and training on cardio-respiratory system.
2. Physiological concept of physical fitness, warming up, conditioning and fatigue.
1. Basic concept of balanced diet – Diet before, during and after competition.



Books Recommended:

6. Gupta Manju and Gupta M.C. Body and Anatomical Science [Hindi] Delhi. Swaran Printing Press, 1980.
7. Sharma, R.D. Health and Physical Education [Hindi] Gupta Prakashan, 1979.
8. Singh, Sujana. Anatomy of Physiology and Health Education. Ropar. Jeet Publications, 1979 [Hindi].
9. Pearce Evelyn, C. Anatomy and Physiology for Nurses [Hindi] London, Faber & Faber Ltd. 1962.
10. Karpovich. Peter V. Philosophy of Muscular Activity London. W.B. Saunders Co. 1959.
11. Morehouse, L.E. & Miller, J. Physiology of Exercise St. Louis The C.V. Mosby Co. 1967.
12. Lamb, G.S. Essentials of Exercise Physiology. Delhi, Surjeet Publication, 1982.

Dr. S. S. S.

(Theory)

B.P.Ed. (Two Year Course)
Semester III
Paper III
Health Education

Unit-I

1. Meaning and definitions of Health, Factors that influence Health.
2. Heredity and Environment.
3. Immunity.
4. Personal Hygiene-desirable hygienic habits for each system of the body.

Unit-II

1. Causes of diseases, Infections-spread of infections. Public Health measures to combat infection-general methods of sanitation) drinking water supply, disposal of garbage, sewage, night soil and dead bodies).
2. Common Communicable diseases like Malaria and Filariasis, Typhoid, Cholera, and Dysentery, Small Pox, Whooping Cough, Diphtheria, Tetanus, Hydrophobia,
3. Tuberculosis and Leprosy with special emphasis on their preventive methods:

Unit-III

1. Public Health Administration.
2. School Health Program and school health problems.
5. School Health Organization – Instruction – Service Supervision, Community Health Agencies.

Unit-IV

1. Balance diet, classification of food and role of various nutrients.
2. National Health Programme – National Malaria eradication programme, T.B. Control programme. Falaria Control programme.
3. International Health Agency – W.H.O., UNICEF.

References:

1. Anderson, C.I. and Chewell, Willian H. School health practice, St. Louis : The C.V. Mosby company, 1986.
2. Bedi, Yashpal, Social and Preventive Medicine, New Delhi : Atmaram and Sons, 1985.
3. Gosh, B.N. Hygiene and Public Health, Calcutta : Scientific publishing Co.,1989.
4. Hanion, John I. Principles of Public Health Administration Saint Louis : The C.V. Mosby Company, 1969.
5. Katz, Altred H. and Felton, jean Spences, health and the Community, London : Collation Memillan Lirated, 1965.
6. Park, J.E. and Park, k. Preventive and Social Medicine Jabalpur : M/s. Banarsidas Bharat Publishers, 1988.

Biswas

(Theory)
B.P.Ed. (Two Year Course)
Semester III
Paper IV
Yoga Eduaction

Unit-I

1. Yoga and its definitions.
2. Historical background and its development
3. Scope and importance of Yoga
4. Types of Yoga
5. Yoga and Patanjali

Unit-II

1. Meaning of Yogic Therapy and Types of Yogic Therapy
2. Curing different diseases through Yogic Therapy
3. Meaning, Scope, Types and Methods of Meditation

Unit-III

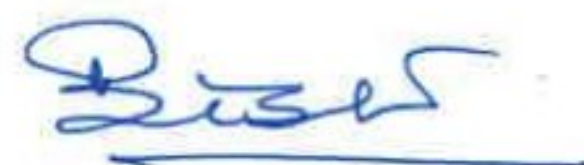
1. Present status of Yoga in the Country - In Schools, Colleges and Universities
2. Present Yogic Facilities in India.
3. Bandha: Uddiyan
4. Mudra: Viparutakarani,
5. Kriya: kapalabhati

Unit-IV

1. Pranayam and asana with their advantages and effect on human body
2. Tsath Karma Ashanas:
 - (a.) Meditative: Sukhasan, Swastikasan, Padmasan, Vajrasan and Siddhasan.
 - (b.) Cultural: Bhujangasan, Ardha-Shalabhasana, Dhanurasana, Naukasana, Padhastasana, Halasan, Matsyasan, Vakrasan, Chakrasan, Lateral bend Tadasan, Utkatasana, Vrikshasan, Parvatasan, Shavasan.
2. Pranayam: Anuloma - Viloma and Ujjai (both without Kumbhak)

Reference:

1. Yoga se Arogya. Indian Yoga Society, Sagar.
2. Goswami, S.S. Hathayoga, Fowler, London.



3. The National Fitness Corps Syllabus for Schools, Ministry of Education, Govt. of India, 1965.
4. Indira Devi, "Yoga for you." Gibbs, Smith publishers, salt lake city, 2002
5. Braj Bilari Nigam, "Yoga Power" The kpath of personal achievement" Domen and publishers New Delhi 2001.
6. Jack Peter, "Yoga Master the Yogic Powers." Abhshek publications, Chandigarh.2004
7. T.V.V. Desikachar, "The Heart of Yoga" Huner traditions international, Rochester.1995 Janice Jeruslim, "A guide to yoga"
8. Janice Jeruslim, "A guide to yoga" Parragon Bath BAIHE 2004
9. B.K.S. Yengar, "Light an Yog.yoga Deepika".George Allen of Unwin Ltd,London 1981
10. M.L. Gharote, Ganguly, "Teaching Methods for Yogic practices." ,Kaixydahmoe , Lonawala 1988.
11. K. Chandra Shekar, "Yoga for Health" Khel Sahitya Kendra, Delhi-2003
12. F. Year Brown. "How to use Yoga Sports Publication, Delhi 2000.
13. Axigoi Screen Cyclopediaof Yoga" Sanu publishing House. Delhi 1992
14. M. Rajjan SM"Yoga Strenthening of Relexation for Sports man" Allied Publishers, New Delhi 1985
15. Ganesh Shankar, "Holistic Approach of Yoga"Aditya Publishers, New Delhi 1998.
16. Alice Chistrian Sen, "Yoga for sports" contemporary Books. USA 2000.

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(Theory)
B.P.Ed. (Two Year Course)
Semester IV
Paper I

Paper – I
Test, Measurements and Computer Application

Unit – I

Introduction:

- 1) Meaning of tests, measurements and evaluation, need and importance of tests and measurements and evaluation in physical education.
- 2) Meaning of statistics, need and importance of statistics.
- 3) Meaning of data, kinds of data.
- 4) Frequency tables – Meaning construction and uses, population and sample, sampling techniques – Importance and principles.

Unit - II

Fundamentals of Statistics:

- 1) Measures of Central Tendency – Meaning Uses and calculation From Frequency Tables.
- 2) Measures of Variability – Meaning, Uses and Calculation.
- 3) Graphical Representation of Data - Meaning, Uses and Techniques.
- 4) Percentiles - Meaning, Uses and Calculation.
- 5) Correlation - Meaning, Uses and Calculation.

Unit – III

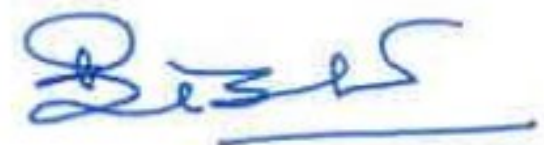
Test Evaluation and Construction:

- 1) Knowledge test, Importance and Types.
- 2) Items To Be Included in Objective and Subjective Knowledge Tests.
- 3) Criteria of Tests Selection.
- 4) Administration of Testing Programme.

Unit – IV

Measurement of selective motor fitness, motor ability and organic function and health Status:

- 1) 1) AAHPER youth fitness test.
2) Canadian fitness test.
- 2) 1) Mecloy's general motor ability test.
2) Methany Johnson test.
3S) Harward step test and its modification.
3. Social efficiently – Meaning and administration and interpretation of behavior rating scales.
4. Sports skill tests – Lockart and Mophorson Badminton Test.
 1. Johnson Basketball Ability Test.
 2. McDonald Soccer Test.

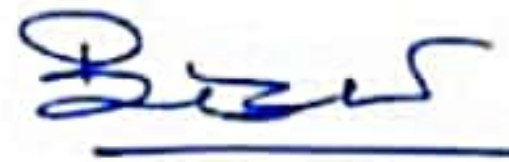


3. Brady Volleyball Test.
4. Dribble and Goal shooting test in Hockey.
5. Fitness Test – Roger's PFI, Indian Motor Fitness Tests, JCR Test and Kraus Weber muscular test, Tuttle pulse ration test and Carson test.

Computer Application

Unit: Computer Literacy for Measurement and Evaluation

1. Statistics versus Computer
2. Computer Literacy
3. Computer Terms
4. Basic Components of Computer, Computer Hardware Basics, & Computer Software Basics
5. Functions of Computers
6. Types of Computers
7. Starting & Running Computer
8. Importance of Computers in M& E, 104
9. Selecting a Personal Computer for Purchase
10. Validity Testing



(Theory)
B.P.Ed. (Two Year Course)
Semester IV
Paper II

Sports Training & Gym Management

UNIT – I

1. Sports Training:
 1. Definition of terms-conditioning, training and coaching.
 2. Aim, Tasks and Characteristics of sports Training.
 3. Principles of sports Training.
 4. Training means and its types, movement structure.

UNIT – II

2. Training Load:
 1. Important Features of Training Load – Intensity, Density, Duration and Frequency, load structure.
 2. Principles of Training Load, judgement of load.
 3. Adoption Process and condition of adoption.
 4. Overload – Causes and Symptoms – Tackling of overload.

UNIT – III

3. Training for Motor Components:
 1. Strength: Forms of strength, characteristics of strength, Principles of strength training, strength training for children and women, Factors determining Strength.
 2. Endurance: Forms of endurance, characteristics of endurance, training means and methods and factors determining Endurance.
 3. Speed: Forms of Speed, characteristics of Speed, training means and methods and factors determining Speed.

Unit -IV

1. Flexibility: Forms of Flexibility, characteristics of Flexibility, methods of development of flexibility and factors determining flexibility.
2. Coordinative Abilities: Characteristics of coordinative Abilities, importance of Coordinative Abilities, classification of Coordinative Abilities, training means and methods.

Reference:

1. Harre, Dietrich, Principles of Sports Training (Berlin: Sporulated, 1982).
2. Dick W. Frank. sports Training Principles (London: Lepus Books, 1980).
3. Jensen, R. Clayne, and Fisher A.G. Scientific Basis of Athletic conditioning (Philadelphia: Lea and Fibiger 1979), 2nd Edn.
4. Matvyew, L.P. Fundamental of sports Training (Moscow: Progress Publishers, 1981).
5. Cratty, J. Brayant Perceptual and Motor Development in Infants and Children (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
6. Singh, H. Sports Training, General Theory and methods (Patials: NSNIS, 1984).
7. Uppal, A.K., Sports Training (New Delhi: Friends Publication, 1999).

(Theory)
B.P.Ed. (Two Year Course)
Semester IV
Paper-III
Sports Sociology

UNIT – I

1. Introduction.
2. Definitions, Nature, Scope of Sport, Sociology.
3. Sports as a Social Phenomenon.
4. Sports Sociology as an academic discipline.
5. Relationship of Sociology with the Sport.

UNIT – II

Sports And Social System

1. Study of sport group.
2. Sports and social control group (family, marriage, Community, Crowd and public).
3. Impotence of sports in Morden society
4. Socialization through games and Sports.

Relation between Sports And Social Science Institutions (Family, School And Educational System)

UNIT – III

Sports and Culture

1. Sports as a Social institution.
2. sports as an element of culture and a cultural product.
3. Relationship between sports and culture.
4. Sports and Economy.
5. Sports and Media

UNIT – IV

Social Factor Can Concerning Sports In Society

1. Social stratification in sports.
2. Discrimination and democratization in sports.
3. Aggression and Violence in sports.
4. Professionalization and children in sports.

Reference Book:

1. Loy. John W. Keryon etc. "Sports culture and Society" C. Philadelphia : Lea and Febiger, 1981.
2. Loy John, W. McPherson etc. "Sports and Society System" (Landon Anderson Wesley Publisher company Inc. 1987.
3. Edward Larry "Sociology of Sports" (Illinois: the Dorsey Press. 1973).



(Theory)
B.P.Ed. (Two Year Course)
Semester IV
Paper –IV
Sports Specialization

UNIT – I

1. History: Historical development of the game/sport at national and international levels.
2. Organisation:
3. National Bodies controlling sports and their affiliated units.
4. International Bodies controlling sports and their affiliated units.
5. Major national and International Competitions.

UNIT – II

Officiating and Lay out of play field:

1. Rules and their interpretations.
2. Mechanics of officiating.
3. Lay out and marking of play areas.

UNIT – III

1. Techniques/skills
2. Classification of techniques/skills
3. Technical/skill training
 - i) Preparatory Exercises
 - ii) Basic Exercises
 - iii) Supplementary Exercises
4. Recreational and lead-up activities
5. Tactics and Strategy
6. Selection of players/team
7. Different tactical concepts applicable to the game/sport
8. Tactical training.

UNIT – IV

Training & Planning

1. Systematisation of training process for a beginner, intermediate and high performances Sports persons.
2. Training methods and means for the development of motor abilities (strength, speed, Endurance and flexibility).
3. Load dynamics (Principles of Training load, distribution of training load).
4. Basic Concept of preparation of training schedules.

Planning:

5. Short term and long term training plans.
6. Periodisation (Prep., Camp & Transition).
7. Preparation of training schedule.
8. Evaluation:

Tests and Measurements:

- 1) General Fitness Tests.
- 2) Specific Fitness Tests.
- 3) Performance and objective Skill Tests of concerning games.

NOTE: The list of reference books will be provided by the concerned staff member.



Semester I

Athletics (Men and Women)

Theory (Track Event)

1. A brief historical survey of athletics and also an elementary knowledge of international and national developments, important competitions, achievements table of India, Asia and World leading nations and outstanding personalities specially of India.
2. Rules of athletics.
3. Conditioning and warming up exercises.
4. Hygiene of athletics.
5. Equipments and Surfaces
6. Test.

Practical Activities

1. Track Events

1. Sprints: 100 M. 200 M. 400 M.
 2. Methods of starts.
 3. Standing and Crouch.
 4. Starting strides
 5. Full speed strides and body position
 6. Coasting and curve running (200 M. and 400 M.) and finish
- B. Medium & distance running (800 M. to 10,000 M.)
1. Standing starts
 2. First 50 M. run
 3. Strides and body position in running
 4. Pace judgment
 5. Passing an opponent and finish
- C. Road running/cross country running/ Marathon
1. Dress and Personal equipment.
 2. Start
 3. Strides and body position and finish
- D. Hurdles races (100 M., 110 M. and 400 M.)
1. Start
 2. strides to the first hurdle
 3. Strides between hurdles and finish)
 4. hurdle clearance
- E. Relay races
1. Visual and non-visual methods
 2. Methods of holding the baton
 3. Passing the baton
 4. Arrangement of runners
 5. Responsibilities of receiver and passer

Buz

Semester I

Badminton (Men and Women)

Theory

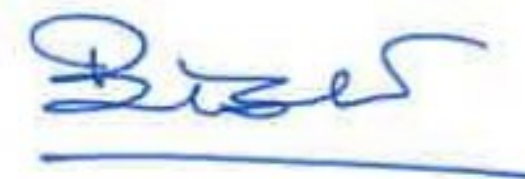
1. A brief historical survey of Badminton and also an elementary knowledge of international and national development competitions, achievement. table of India. Asia and world, leading nations and outstanding personalities, specially of India.
2. Rules of Badminton
3. Warming up exercise and conditioning.
4. Hygiene of Badminton
5. Equipments and Surfaces
6. Test

Practice

- 1) Fundamental skills
 - a) Grip
 - b) Foot work
 - i) On ground stance
 - ii) The pivot
 - iii) Forehand return
 - iv) Back court return
 - c) Service
 - i) Short service
 - ii) Long service
 - d) Strokes
 - i) Forehand stroke
 - ii) Backhand stroke
 - iii) Overhead stroke
 - iv) Net stroke
 - e) Smash
 - i) Forehand
 - ii) Backhand
 - f) The drop
 - g) Regular game practice : game practice will be a part of daily lesson.
 - h) Evaluation Test
 - i) Performance Test
 - ii) Oral & written Test
 - iii) Professional aptitude
 - iv) Assignment

Reference Book :

1. Seth. R.K. "Badminton", Patiala : The National institute of Sports 1971.
2. Pelton, Barry C, "Badminton", Englewood Cliffs, N.J. Prentice Hall Inc., 1971.
3. Mills. Roger and Butler. Eric. "Modern Badminton" London : Stanley Paul & Co. Ltd., 1969.



Semester I

Football

Theory

1. A brief historical survey of football and also an elementary knowledge of international and national developments, important competitions, achievements tables of India. Asia and World. leading nations and outstanding personalities specially of India.
2. Rules of football game.
3. Conditioning and warming up exercises.
4. Hygiene of football and etiquette.
5. Test.

Practice

- 1) Basic skills and their drills.
 - a) Kicking the ball.
 - i) Inside of the foot kick
 - ii) Low drive
 - iii) Volley
 - iv) Half volley
 - b) Trapping the ball
 - i) Under the sole of the foot.
 - ii) Inside of the foot.
 - iii) Instep of the foot.
 - iv) Outside of the foot.
 - v) With thighs.
 - vi) With forehead
 - c) Heading the ball
 - i) Deflection side way
 - ii) Foreword
 - iii) Backward
 - d) Dribbling & tackling
 - i) Running and controlling the ball.
 - ii) Block tackle
 - iii) Slide tackle
 - e) Goal keeping
 - i) Handling of high and low ball
 - ii) Servicing of the ball
 - iii) Clearance of the ball
 - f) Evaluation plan
 - i) Performance test
 - ii) Oral and written test
 - iii) Professional aptitude

Reference books :

1. Scientific Soccer by Roger Macdonald & Eric Batty.
2. Soccer Techniques & Tactics by jimmy Greaves.
3. The A to Z of Soccer by Michael Parkinson & Willis Hall.
4. Soccer (How to play) by David Baeuzzi.
5. All about foot-ball by Joseph Edmundson.

Bize

Semester I

Basket Ball

Theory

1. A brief historical survey of basketball and also an elementary knowledge of international and National developments, important competitions, achievements tables of India, Asia and world leading Nationals and outstanding personalities, specially of India.
2. Rules of basketball game.
3. Conditioning and warming up exercises.
4. Hygiene of basketball.
5. Equipments and Surfaces
6. Test.

Practice

1. Ball handling.
2. Catching the ball.
3. Pass and their drills.
 - (a) Chest pass
 - (b) Side pass (variations)
 - (c) Overhead pass (variations)
 - (d) Bounce Pass (variations)
 - (e) Underhand pass (variations)
 - (f) Basketball pass (variation)
 - (g) Back pass (variations)
4. Passes on the move and drills.
5. Dribbling.
 - (a) Bouncing on the spot
 - (b) High-Low (variations)
 - (c) Zigzag dribbling
6. Shooting.
 - (a) Set shot variations
 - (b) Free throw-variations
 - (c) Lay up shot-variations
 - (d) Tip in shot
7. Foot work in movement
 - (a) Stances
 - (b) Change of direction
 - (c) Change of pace
 - (d) Sliding
 - (e) Drills
8. Pivoting
 - (a) Stationary
 - (b) Reverse
 - (c) Front
9. Individual defence



- (a) Stance
 - (b) Foot work
 - (c) Position of hands
10. Rebounding variations,
- (a) Offensive and defensive rebounding
11. Team defense (variation)
- (a) Man to man
 - (b) Zone defence
 - (c) Combination of defence
12. Team offenses
- (a) Fast break
 - (b) Simple offensive play
13. Regular game practice: Game practice will be part of daily lesson.

Reference Books:

1. Srivatsan, S., "Basketball", Patiala: N.I.S. Publication, 1971.
2. Meissner, and Meyer, "Basketball for Girls, New York The Ronald Press Company.
3. Abraham, C.C., "Basketball for Men & Women", Calcutta Y.M.C.A. Publishing House, 1956.

D. S. S.

Semester II Athletics (Men and Women)

Theory (Field Events)

Jumps

- A. High jump Western and Straddle role,
 - 1. Approach run
 - 2. Take off
 - 3. cross bar clearance
 - 4. Landing
- B. Long Jump (Shill Hang and Hitch-Rick styles)
 - 1. Approach run
 - 2. Take off.
 - 3. flight and landing.
- C. Triple jump
 - 1. Approach run.
 - 2. Take off.
 - 3. Landing of all the three Phase-Hop, step and jump.
- D. Pole vault
 - 1. Hand hold
 - 2. Pole carry
 - 3. Pole Planting
 - 4. Swing up
 - 5. Pull up
 - 6. Body turn
 - 7. Cross bar clearance
 - 8. Landing

Throws

- A. Shot-hold and Put
 - 1. Hand hold
 - 2. Placement of shot
 - 3. Initial stance
 - 4. Glide
 - 5. Delivery stance
 - 6. Delivery action and body position
 - 7. Reverse and body position
- B. Throwing the discuss
 - 1. Hand hold.
 - 2. Stance.
 - 3. Preliminary swings.
 - 4. Turn.
 - 5. Delivery stance.
 - 6. Delivery action.
 - 7. Reverse
- C. Throwing the javelin
 - 1. Grip
 - 2. Carrying the Javelin

Dizer

3. Getting ready to throw
4. Delivery stance
5. Delivery action
6. Reverse

Reference books:

1. Bosen, Ken O., "Track & Field Fundamental Techniques", Patiala :N.I.S. Publication.
2. Paish, W.I.F. "Introduction to Athletics" London Feber and feber Ltd. 1974.
3. Dyson, Geoffrey HG, and Edmundson, Joseph, "Athletics for schools": University of London Press Ltd. 1969.

Bosen

Semester II Volleyball

Theory

1. A brief historical survey of volleyball and also an elementary knowledge of international and national developments, important competition, achievements tables of India. Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of Volleyball.
3. Conditioning and warming up exercises.
4. Hygiene of Volleyball.
5. Equipments and Surfaces
6. Test.

Practices

- 1) Pass
 - a) Different stances and related movement.
 - b) Upper hand pass
 - i) Forward pass
 - ii) Turn & pass
 - iii) Jump pass
 - iv) Back pass
 - c) Underhand pass
 - i) Two-hand pass
 - ii) One-hand pass
 - d) Pass with dive
 - i) Underhand forwarded pass with dive.
 - e) Pass with roll
 - i) Upper hand forward pass with back roll
 - ii) Underhand pass with side roll (one hand pass)
- 2) Service
 - a) Underhand service
 - b) Side arm service
 - c) Upper hand service
 - i) Tennis service
 - ii) Round arm service
 - d) Jump service
 - e) Floating Service
- 3) Setting up
 - a) Zone No. 4 (forward)
 - b) Zone No. 2 (backward)
 - c) Jump and Setting
- 4) Attack
 - a) Straight smash Two feet take off
 - b) Inward and Outward attack
 - c) Back court attack
- 5) Block
 - a) Single block
 - b) Group block
- 6) Regular game Practice: game practice will be a part of daily lesson.



- a). Systems of offensive play
- b). Systems of defensive play

Reference books

1. Sotir, Niellac. "Winning Volleyball". London : Stanely paul & Co. Ltd. 1973
2. Dhanraj, Hubert, V. "Volleyball for men & Women" New Delhi : Y.M.C.A. Publishing house.

Dhanraj

Semester II

Cricket

Theory

1. A Brief historical survey of cricket and also an elementary knowledge of international and national developments, important competitions, achievements tables of India. Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of Cricket.
3. Warming up exercises and conditioning.
4. Hygiene in cricket.
5. Equipments and Surfaces
6. Test.

Practice

1. Batting
 - (a) Grip and stance.
 - (b) Strokes.
 - Strokes in front of wicket
 1. Straight drive.
 2. Forward defensive stroke.
 3. Backward defensive stroke.
 4. Off drive.
 5. On drive.
 6. Forward cut.
 7. Square cut.
2. Stroke behind the wicket.
 1. Late cut.
 2. Hook.
 3. Leg glance.
3. Bowling
 - (a) Breaks
 1. Of break.
 2. Leg break.
 3. Googly.
 - (b) Swinger.
 1. In swinger or swerve from the.
 2. Out swinger or swerve from the lag.
 3. Short Ball.
 4. Length Ball.
4. Fielding and catching.
5. Lead up exercises and drill.
6. Regular game practice : game practice will be a part of daily lesson.

Reference books :

1. Hibra, E.B. "Cricket", Patiala; N.I.S. Publishing House.



Semester II

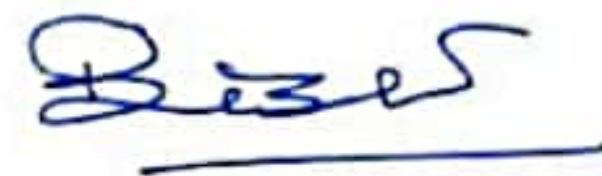
Hockey

Theory

1. A brief historical survey of hockey and an elementary knowledge of International and National developments, important competitions, achievements tables of India. Asia and World. Leading Nations and outstanding personalities specially of India.
2. Rules of hickey game.
3. Warming up exercises and conditioning.
4. Hygiene of hockey.
5. Equipments and Surfaces
6. Test.

Practice

- A. Basic skills and their drills
 1. Grip of stick
 2. Dribbling
 3. Stopping the ball
 4. Stroke
 5. Hit & Variations
 6. Push & Variations
 7. Scoop
 8. Reverse stroke
 9. Flick
 10. Jab
 11. Tackling
 12. Dodging right and left
- B. Use of skills in game situations, lead up practices
- C. Positional play
- D. Strategy-attack and defence
- E. Regular game practice: Game practice will be a Par of daily lesson.



Semester III

Kabaddi

Theory

1. A brief historical survey of Kabaddi and an elementary knowledge of national developments, important competitions, achievements tables leading states and outstanding personalities.
2. Rules of Kabaddi game.
3. Conditioning and Warming up.
4. Hygiene of Kabaddi.
5. Equipments and Surfaces
6. Test.

Practice

1. Marking of Kabaddi ground.
2. Offensive Skills.
 - (a) The chant.
 - (b) Skills performed by the legs
 1. Toe touch
 2. Side kick
 3. Front kick
 4. Curve kick
 5. Cross kick
 6. Roll kick
 7. Mule kick or back kick
 8. Fly kick
3. Defensive skills
 1. Ankle catch
 2. Double ankle catch
 3. Knee catch
 4. Double knee catch
 5. Double thigh catch
 6. Trunk
 7. Wrist catch
 8. Crocodile catch
 9. Wrist catch with reverse grip
 10. Shoulder catch
 11. Washer man hold
4. Lead up games.
5. Regular game practice: Game practice will be a part of lesson.
6. Positional and system of play.
7. Altaelley and Defension strategy.

Reference Book :

1. Rao, C.V. "Kabaddi", Patiala : N.I.S. Publication.



Semester III Gymnastics

Theory

1. A brief historical survey of gymnastics and also an elementary knowledge of International and national development, important competition, achievements tables of India, Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of gymnastics
3. Warming up exercises and conditioning.
4. Hygiene of gymnastics.
5. Equipments and Surfaces
6. Test.

Practice

1. Developmental exercise.
2. Exercises on wall bars.
3. Heaving beam.
4. Rope climbing.
5. Exercise with medicine ball.
6. Pyramids.
7. Stunts.
8. Floor exercises.
9. Parallel bar.
10. Roman rings.
11. Vaulting horse.
12. Pommel led horse.
13. Horizontal bar.

Reference Books :

1. Fogel, Sam. "Gymnastics Hand book", New York, Parker Publishing Company, Inc. 1971.
2. Carlo, Tom D.C. "Hand book of Progressive Gymnastics" Englewood Cliffs N.J. Prentice Hall, Inc. 1963.

D. S. S.

Semester III

TENNIS/Kho-Kho

Theory

1. Brief historical Survey of Tennis and also elementary knowledge of Developmental competitions, achievement Tables of India, Asia and world, leading Nations and outstanding Personality specially of India.
2. rules of Tennis.
3. Warning up Exercise and conditioning.
4. Test.
5. Equipments and Surfaces

Practice

1. Fundamental skills :
 - (a) Basic strokes :
 - i) Grip – Ready position, foot work, Back swing, point of impact, follow through.
 - ii) Back hand – as above.
 - iii) Service - grip, stance, Back swing, point, of impact, and follow through.
 - iv) Volleys – grip, Ready position.
 - v) Lobs – offensive, defensive.
 - vi) Smash.
 - vii) Drop shots.
 - (b) Variations in
 - i) Grand strokes.
 - ii) Service.
 - iii) Vallugs.
 - iv) Labs.
2. Tactics :
 - (a) Offensive strokes.
 - (b) Defensive strokes.
 - (c) Across-offensive and Defensive tactics.
 - (d) Doubles-offensive and Defensive tactics.
3. Regular game practice: game practice will be a part of Daily lesson.

Reference Books :

1. Brown, Jim Tennis stoker strategy and programs. New J. Prentice Hall, The Englewood cliffs 1980.
2. Trengove, Alan the art of Tennis London: Hadder and strengoea Ltd., Warwick Lane 1964.
3. Howtan Mary, How to play winning Tennis, New York Ecothirtfy one west 39th Street, 1979.



Semester III

YOGASANA and INDIGENOUS ACTIVITIES

1. Padmasana
2. Vajrasana
3. Savasana
4. Bhujangasana
5. Dhanurasana
6. Matsyasana
7. shalabhasana
8. Halasana
9. Paschimotanasana
10. Yoga mudra
11. Vakrasana
12. Ardhamatsyendrasana
13. Sarvangasana
14. Shirshasana
15. Mayurasana
16. Vrikashasana
17. Tadasana
18. Makarasana
19. Suryanamaskar

INDIGENOUS ACTIVITIES

1. Brief history of indigenous activities.
2. Demonstration of basic skills.
3. To familiarize with rules of the activity & arena.
4. To familiarize with basic teaching pattern.
5. To familiarize with methods of construction layout and marking of arena as required.
6. Conditioning and warming up.
7. Introduction of different indigenous activities
 - i) Lazium
 - ii) Lathis
 - iii) Hoops
 - iv) Malkham
 - v) Drum
 - vi) Indian clubs
 - vii) Dumbbells
 - viii) Formations:
 - a) Pyramids
 - b) Bhartiyaam
 - c) Aerobics

Dr. S. S. S.