



**BACHELOR OF PHYSICAL
EDUCATION & SPORTS (B.P.E.S)**

This Syllabus is

Approved by Board of Studies of

EKLAVYA UNIVERSITY, DAMOH (MP)

[Signature]

Atishw

PS/16

[Signature]

[Signature]
23.8.23

[Signature]

[Signature]

EKLAVYA UNIVERSITY, DAMOH (M.P.)

Scheme of Examination B.P.E.S Sem V

/For batch admitted in Academic Session 2023-24

Subject wise distribution of marks and corresponding credits

S.No.	Subject Code	Subject Name	Maximum Marks Allotted						Total Marks	Contact Periods			Total Credits
			Theory Slot			Practical Slot				L	T	P	
			End Sem	Mid Sem	Quiz/ Assignment/Attendance	End Sem	Lab Work/ sessional						
1	BBPES20S501	Correctives in Physical Education	60	30	10	0	0	0	100	3	0	0	3
2	BBPES20S502	Test measurement and Evaluation	60	30	10	0	0	0	100	3	0	0	3
3	BBPES20S503	Yoga Education	60	30	10	0	0	0	100	3	0	0	3
4	BBPES20S504/ BBPES20S505	Select anyone of the following: ● Sports Journalism ● Gym Management	60	30	10	0	0	0	100	3	0	0	3
5	BBPES20S506	Kabaddi				60	40		100	0	0	3	3
6	BBPES20S507	Basketball				60	40		100	0	0	3	3
7	BBPES20S508	Wrestling				60	40		100	0	0	3	3
8	BBPES20S509	Badminton				60	40		100			3	3
TOTAL			240	120	40	240	160		800	12	0	12	24







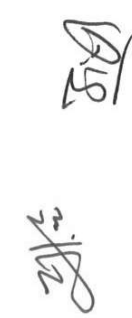

EKLAHYA UNIVERSITY, DAMOH (M.P.)

Scheme of Examination B.P.E.S Sem VI

/For batch admitted in Academic Session 2023-24

Subject wise distribution of marks and corresponding credits

S.No.	Subject Code	Subject Name	Maximum Marks Allotted						Total Marks	Contact Periods			Total Credits
			Theory Slot			Practical Slot				L	T	P	
			End Sem	Mid Sem	Quiz/Assignment/Attendance	End Sem	Lab Work/Sessional						
1	BBPES20S601	Basic of Sports Training	60	30	10	0	0	0	100	3	0	0	3
2	BBPES20S602	Stress Management	60	30	10	0	0	0	100	3	0	0	3
3	BBPES20S603	Education Technology	60	30	10	0	0	0	100	3	0	0	3
4	BBPES20S604/ BBPES20S605	Select anyone of the following: ● Recreation in Physical Education ● Art Of Daily Scheduling	60	30	10	0	0	0	100	3	0	0	3
5	BBPES20S606	Softball				60	40		100	0	0	3	3
6	BBPES20S607	Hockey				60	40		100	0	0	3	3
7	BBPES20S608	Football				60	40		100	0	0	3	3
8	BBPES20S609	Swimming				60	40		100			3	3
TOTAL			240	120	40	240	160		800	12	0	12	24






**SCHOOL OF EDUCATION &
LIBRARY SCIENCE**

**Bachelor of Physical
Education & Sports
(B.P.E.S)**

SEMESTER-V



Course Code	CORRECTIVES IN PHYSICAL EDUCATION (Fifth Semester)				L	T	P	C
BBPES20S501					3	0	0	3
Pre-requisite	Nil				Syllabus version			
				100 Marks				
Course Objectives								
<ul style="list-style-type: none"> To understand the basic knowledge of different fields of study in physical education. To be empowered to establish and develop a viable and forceful line between concepts, theories and practice in the field of physical education and sport science. To develop the ability to choose their learning trajectories and programmes and thereby choose their own paths in life according to their talents and interests. 								
Course Outcome								
<ul style="list-style-type: none"> To acquire the knowledge of posture education and classification of posture. To understand the knowledge of postural deformities, causes, symptoms and corrective exercises. 								
Student Learning Outcomes (SLO)								
<ul style="list-style-type: none"> To gain the knowledge of common athletics injuries and their rehabilitation. To acquire and well equipped with the knowledge of massage and manipulation. To gain the knowledge of different types of classification of massage manipulation. 								
Unit-I	<ul style="list-style-type: none"> ➤ Definition of Remedial, physiotherapy and corrective exercises ➤ Concept of posture, its meaning and characteristics of correct and incorrect posture ➤ Causes of incorrect posture ➤ Necessity and importance of correct posture ➤ Principles of correct posture ➤ Tests for correct posture 							09 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Classification of posture: (a) Good Type (b) Bantam Type (c) Fatigue Type ➤ Postural deformities and their causes: (a) Hypnosis (b) Lord sis (c) Scoliosis (d) Bow legs (e) Knock knee (f) Flat foot 							09 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Preventive and remedial measures for postural defects: Psychological and habitual consideration in preventing and correcting postural defects ➤ Corrective exercises for various postural defects ➤ Physiotherapist treatment in correcting postural defects 							09 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Massage: (a) Meaning, definition and a brief history of massage (b) Massage as means of relaxation and points to be considered while giving massage. (c) General effects of massage ➤ Classification of the manipulation and movements in the massage: Effleurage and stroking (i) Petri sage (ii) Percussion/ Tapotement (iii) Vibration and shaking. ➤ Effects of manipulation and movements on the different systems of human body 							09 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ Classification of positions : (a) Fundamental positions (b) Derived positions (c) Modified positions ➤ Classification of exercises along with their practical instructions: (a) Free mobility exercises (b) Assisted exercise (c) Resisted exercises 							09 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures								

Text Book(s)

- Smith Lara K. and Others, "Srunnstrem's Clinical Kinesiology", Jaypee Brothers P.B. No- 7193 New Delhi 1998.
- J.L. Rathore, "Corrective Physical Education", Philadelphia W.B.Saunders Co. 1968.

Reference Books

- P.G. Rasch and R.K. Burke, "Kinesiology and Applied Anatomy", Lee and Febriger, Philadelphia 1978.
- Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers, Ludhiana, Second revised addition 2008.

PS 12
PS 12
Aniwi
P
Pamly
SS

Course Code	TEST MEASUREMENT AND EVALUATION		L	T	P	C
BBPES20S502			3	0	0	3
Pre-requisite	Nil		Syllabus version			
			100 Marks			
Course Objectives						
<ul style="list-style-type: none"> To understand terminologies & methods of evaluation in sports & physical education. To understand the evaluation process. To gain experience & skill to evaluate the human performance. To be better prepared to prepare & conduct measurement & evaluation. 						
Course Outcome						
<ul style="list-style-type: none"> To understand the importance and techniques of movement analysis. To understand the knowledge regarding antagonistic and agonistic muscles involve in the movements. 						
Student Learning Outcomes (SLO)						
<ul style="list-style-type: none"> To understand different tests in physical education. To acquire the knowledge of various tests regarding physical fitness, motor and health related fitness. To understand various sports skill tests. To understand and utilize various statistical procedures for evaluation of human performance. 						
Unit-I	<ul style="list-style-type: none"> ➤ Introduction to test, measurement and evaluation and their importance in the field of physical education ➤ Test constructions: (a) general consideration (b) physical fitness/efficiency test 					09 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Meaning and importance of statistics in the field of physical education, population and sample- random sampling ➤ Meaning of data, kinds of dat: continuous and discrete Frequency distribution, construction of frequency tables, mean, median and mode 					09 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Measures of variability range, quartile, deviation, standard Deviation, co-efficient of variation ➤ Normal Probability Curve: meaning, uses its principles, Diagrammatic represent action 					09 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Physical fitness testing: components of physical fitness ➤ Strength test: Kraus Weber strength test, Muscular Endurance test, Cardiopulmonary test, Endurance Test, Harvard step test 					09 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ Anthropometric Measurements: Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold biceps, triceps, sub scapular and supra iliac ➤ Measurement of skills, games and sports: Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test 					09 Hrs
➤ # Mode: Flipped Class Room, Case Discussion, Lectures						
Text Book(s)						
<ul style="list-style-type: none"> Acmes (2001) Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA. BalyanSunita (2006). Sharirk Shiksha main Parikshanevnmnaapan. Khel Sahitya. Delhi. 						

Yash

ES

ES

gk

Atish

9

(Pankaj)

Reference Books

- Barrow & Mc Gee s Practical Measurement and Assessment.
- Barrow H.M. and McGee R. (1979).A Practical Approach to Measurement in Physical Education.Lea&Febiger, Philadelphia. U.S.A..

Handwritten signatures and initials:
PT/12, Meel, 2X, Atim, 3, Parkus, SG

Course Code	YOGA EDUCATION			L	T	P	C	
BBPES20S503				3	0	0	3	
Pre-requisite	Nil			Syllabus version				
				100 Marks				
Course Objectives								
<ul style="list-style-type: none"> To describe the meaning, aims and objectives of yoga. State the scope of and importance of Yoga Know the benefits and types of yoga. To understand the concept of physical exercise difference between physical exercise and yoga. The aim of yoga is control over the mind. A man who cannot control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if he tries hard and directs his energy by the right means. 								
Course Outcome								
<ul style="list-style-type: none"> To understand the objectives, misconnect and relationship of yoga with physical education and sports. To acquire knowledge of historical prospective and difference between exercise and asana. To understand the knowledge of yoga as a discipline of life and also study the hatha yoga philosophy. To gain the knowledge astanga yoga, bahurang yoga and antarang yoga. To study and well equipped with the concept of shatkarma and bandha & mudra. 								
Student Learning Outcomes (SLO)								
<ul style="list-style-type: none"> Understand the basic concepts of yoga. Apply the principles of yoga to live healthy and active life style. Promote the awareness of health through yoga. Analyze the techniques and of body posture to bring out healthy change. Able to execute loosening exercise, Asanas, Pranayama and Shatkriyas. 								
Unit-I	➤ Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields						09 Hrs	
Unit-II	➤ Historical development of yoga in India ➤ Types of Yoga: Hatha yaga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga						09 Hrs	
Unit-III	➤ Patanjali yoga sutras- yama, niyama, asana, pranayama ➤ Pratyahar: Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyan, Samadhi & their psychological impact. ➤ Shatkarm/ cleansing process/ yogic methods and personal hygiene						09 Hrs	
Unit-IV	➤ Asanas: Types, importance of asanas in special reference to Physical Education & Sports ➤ Differentiate between asanas and exercise ➤ Pranayama and importance of pranayama in special reference to Physiological effects ➤ Bandhas, mudras and their physiological effects						09 Hrs	
Unit-V	➤ Disease wise treatment through yoga therapy: Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache, female disease and importance of vegetarianism in yogic diet						09 Hrs	
➤ # Mode: Flipped Class Room, Case Discussion, Lectures								

yoga

PSH

SS

ZK

Attar

Q

(Bndh)

Text Book(s)

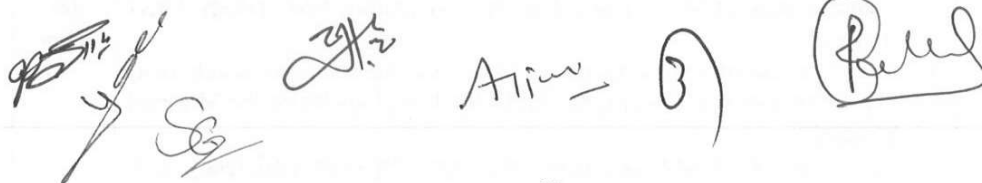
- Day P. (1986). Yoga Illustrated Dictionary. Jaico Pub. House. New Delhi.
- Debnath M (2007). Basic Core Fitness Through Yoga And Naturopathy. Sports Publication. New Delhi.
- Kumar ER (1988). Heal Yourself With Yoga: Specific Disease. Taraporevala. Bombay.
- Sharma Jai Prakash AndSehgalMadhu (2006).Yog-Shiksha.Friends. Delhi.
- Singh MK And Jain P (2008). Yoga aurmanoranjn.KhelSahitya Kendra. New Delhi.

Reference Books

- Shanti KY (1987).The Science of Yogic Breuthiay (Pranayana). D.B. Bombay.
- Sharma JP and Ganesh S (2007). Yog Kala Ek Prichya. Friends. New Delhi.
- Sharma JP (2007).Manavjeevanevamyoga.Friends Pub. New Delhi.

PSH
y
zkh
Aim
Q
Pankus
SG

Course Code	SPORTS JOURNALISM Optional Course (Any One)			L	T	P	C
BBPES20S504				3	0	0	3
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> Pursue a career in sports journalism, with the basic essential tools required to enter that field. Report, interview, write bulletins compile and writing features in this field. Know how to seek accreditation to sporting events and to report on such events. Demonstrate analytic skills in relation to reporting sporting events. Produce a number of assignments that demonstrate their own style and perception of events. 							
Course Outcome							
<ul style="list-style-type: none"> To know about various fundamental of sport journalism in physical education. To know about the sport journalism applications in physical education. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> To explain the students about the origin and evolution of journalism and mass media. To synthesize a basic concept of reporting and editing. To enumerate the varied aspects of advertising. 							
Unit-I	<ul style="list-style-type: none"> ➤ Meaning, scope and changing trends of journalism in sports ➤ Historical development & role of print and electronic media in sports promotion 						09 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Language: vocabulary, spellings, figure of speech , dialect, grammar, punctuation ➤ Fundamentals of a sports story/ news 						09 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Organizational set-up of a news paper: printing, process sequences of operations in the printing of a news paper/ journals 						09 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Introduction of various sports organization and agencies: Olympic Games, Asian games, commonwealth games, awards and trophies 						09 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ Theory and principles of advertising in sports ➤ Public relations in sports, press release, conferences, Research tools for developing a sports story ➤ Process of news paper publishing and management 						09 Hrs
➤ # Mode: Flipped Class Room, Case Discussion, Lectures							
Text Book(s)							
<ul style="list-style-type: none"> Acmes (2001) Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA. BalyanSunita (2006). Sharirk Shiksha main Parikshanevnmnaapan. Khel Sahitya. Delhi. 							
Reference Books							
<ul style="list-style-type: none"> Barrow &Mc Gee s Practical Measurement and Assessment. Barrow H.M. and McGee R. (1979).A Practical Approach to Measurement in Physical Education.Lea&Febiger, Philadelphia. U.S. 							



Course Code	GYM MANAGEMENT Optional Course (Any One)			L	T	P	C
BBPES20S505				3	0	0	3
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> • Influence the development of organisational policy. • Manage organisational policy. • Manage the adherence of staff to operational procedures. • Develop a planning process which is well defined and appropriate. • Manage the planning process. • Develop management strategies to improve the success of a conference or seminar. 							
Course Outcome							
<ul style="list-style-type: none"> • To understand and well equipped with concept and importance of physical fitness. • To understand the concept and principles of exercise programme. • To acquire the knowledge of warming up and cooling down. • To understand the concept importance of sport nutrition and balanced diet. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> • To acquaint students with theoretical, technical and practical knowledge & fundamental movement skills of gymnastic and gain proficiency. • To acquaint students with knowledge about environmental awareness through adventure activities. 							
Unit-I	<ul style="list-style-type: none"> ➤ Concept of nutrition and health, balanced diet, dietary aids and gimmicks, Energy and activity, calculating calorie intake and expenditure ➤ Obesity, anorexia and related health problems: measurements and management, Weight management programmes 						09 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Understanding of various forms of aerobics: floor aerobics, step-aerobics, weight, Aerobics and aqua aerobics, Training effects of aerobic fitness on various physiological systems namely skeletal Muscular, circulatory and respiratory ➤ Improvement of aerobic fitness, Aerobic fitness 						09 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes) ➤ Procurement, placement & maintenance of gym, Equipments, Marketing, clientage, Enrolments, record keeping, social activities, Public Relations, Individualized/group grooming programme, basic concepts of financial management ➤ Gym instructor: qualification, qualities, pay-roll ➤ Performance: evaluation, grooming and presentation, Introduction to different exercise equipment ➤ Gym management: Costing, Balance sheet, Promotional plans 						09 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Measurement of Weight and Height, Calculating BMI (Body Mass Index) ➤ Measurement of Fitness Components Flexibility (Sit and Reach Test, Hip Bend and Toe Touch), Strength (Sit-Ups, Leg-Raise for Minimal Strength) ➤ Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvard step test), Self- evaluation- Personal Health and Well-being 						09 Hrs

Handwritten signature/initials on the left margin.

Handwritten signature/initials.

Handwritten signature/initials.

Handwritten signature/initials.

Handwritten signature/initials.

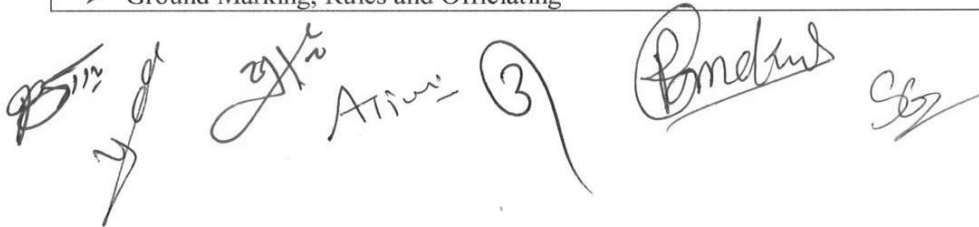
Handwritten signature/initials.

Handwritten signature/initials.

Unit-V	➤ Exercise schedules: Aerobics, Fitness and Weight Management	09 Hrs
➤ # Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Carol K A. and Mary M. Y (2009).“Methods of Group Exercise Instruction”, McGraw Hill. New York. U.S.A. • Sheela K (2009).Fitness, Aerobics & Gym Operations.KhelSahitya Kendra. New Delhi. 		
Reference Books		
<ul style="list-style-type: none"> • Taylor, D. and Nichols, D.S. (2010). The Brand Gym : A Practical Workout. Wiley Publishers, USA. • Time Life Books..(2004).Gym Workout. London Times Life Books • Wayne L Westcott (2007).“Strength Training”. Thomas R. Bachle. Benjamin Cummings. U.S.A. 		


 A collection of handwritten signatures and initials in black ink. From left to right, there is a large stylized signature, a smaller signature, the initials 'ZK', a circled number '3', the name 'Pamela', and the name 'Arun'.

Course Code	KABADDI Practical Course	L	T	P	C
BBPES20S506		0	0	3	3
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of this game. To understand undergraduate level of professional preparation in physical education and sports. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of kabaddi. To develop a knowledge about the historical development of this game. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of kabaddi. To develop a knowledge about the historical development of this game. 					
Kabaddi: Fundamental Skills					90 Hrs
<ul style="list-style-type: none"> ➤ Skills in Raiding: Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing ➤ Skills of Holding the Raider: Various formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques ➤ Additional skills in raiding: Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense ➤ Ground Marking, Rules and Officiating 					


 A collection of handwritten signatures and initials in black ink, including a stylized signature on the left, a signature with 'AT' and a circled '3' in the middle, and a signature on the right.

Course Code	BASKETBALL Practical Course	L	T	P	C
BBPES20S507		0	0	3	3
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of this game. To understand undergraduate level of professional preparation in physical education and sports. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of basketball. To develop a knowledge about the historical development of this game. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of basketball. To develop a knowledge about the historical development of this game. 					
Basket ball: Fundamental Skills					90 Hrs
<ul style="list-style-type: none"> ➤ Player stance and ball handling ➤ Passing: Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass ➤ Receiving: Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running ➤ Dribbling: How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble ➤ Shooting: Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw ➤ Rebounding: Defensive rebound, Offensive rebound, Knock out, Rebound Organization ➤ Individual Defensive: Guarding the man with the ball and without the ball ➤ Pivoting ➤ Rules and their interpretations and duties of the officials with change of speed 					

Course Code	WRESTLING Practical Course	L	T	P	C
BBPES20S508		0	0	3	3
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of this game. To understand undergraduate level of professional preparation in physical education and sports. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of wrestling. To develop a knowledge about the historical development of this game. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of wrestling. To develop a knowledge about the historical development of this game. 					
Wrestling: Fundamental Skill					90 Hrs
<ul style="list-style-type: none"> ➤ Two arms curls ➤ From Press ➤ Pres behind the neck ➤ Dead lift ➤ Quarter Squat, Half squat and Full squat. ➤ Rise on toes (Heel Raise) ➤ Straight arm pull over ➤ Bent over, rowing ➤ Bench Press ➤ Leg Press ➤ Wrist rolling ➤ Probation and suspiration ➤ Trunk Twisting ➤ Good morning exercise ➤ Sit ups with weight ➤ Alternate Press ➤ Sport running with weight ➤ Stepping on bench ➤ Jack knife ➤ Lateral rise ➤ Iron shoe exercises 					

Year

BS/12

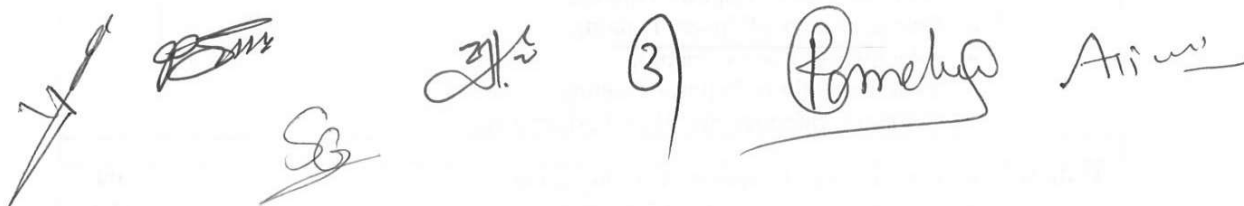
Attire 25/12

33

3

Amek

Course Code	BADMINTON Practical Course	L	T	P	C
BBPES20S509		0	0	3	3
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of this game. To understand undergraduate level of professional preparation in physical education and sports. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of badminton. To develop a knowledge about the historical development of this game. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of badminton. To develop a knowledge about the historical development of this game. 					
Badminton: Fundamental Skills					90 Hrs
<ul style="list-style-type: none"> ➤ Racket parts, Racket grips, Shuttle Grips, the basic stances ➤ The basic strokes: Serves, Forehand-overhead and underarm, Backhand-overhead and underarm, Drills and lead up games ➤ Types of games: Singles, doubles, including mixed doubles. ➤ Rules and their interpretations and duties of officials 					


 A series of handwritten signatures and initials in black ink, including a stylized signature on the left, a signature that looks like 'S3', a signature that looks like 'S.J.', a circled number '3', a signature that looks like 'Pomeha', and a signature that looks like 'Ari' on the right.

Course Code	BASIC OF SPORTS TRAINING (Sixth Semester)			L	T	P	C
BBPES20S601				3	0	0	3
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> • Design and implement a team sport practice session for healthy populations. • Observe and evaluate coaching styles, including coaching objectives and philosophy. • Apply current research and industry standards to programs that develop skill-related health and fitness in athletes. 							
Course Outcome							
<ul style="list-style-type: none"> • To acquire the concept, characteristics principles of sports training. • To understand the need of planning importance and basic principles of planning. • To acquire knowledge of organization of training and types of training. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> • To understand the training load and recovery. • To understand the importance of different means and methods of sports training. 							
Unit-I	Introduction						09 Hrs
	<ul style="list-style-type: none"> ➤ Meaning and Definitions of Sports Training ➤ Meaning of terms: Coaching, Teaching, Conditioning and Training ➤ Aim and Tasks of Sports Training ➤ Characteristics of Sports Training ➤ Principles of Sports Training ➤ Systematization of Sports Training ➤ Beginner, Intermediate, High Performance 						
Unit-II	<ul style="list-style-type: none"> ➤ Definition and Types of Training Load ➤ Features/ Factors of Training Load ➤ Principles of Intensity and Volume of Stimulus ➤ Over Load: Meaning and types of over load, Causes of over load, Symptoms of over load, Tackling of over load ➤ Judgment of Training Load ➤ Concept and types of Strength, Factors determining Strength, Methods of strength training, Management of strength training programme 						09 Hrs
Unit-III	Endurance						09 Hrs
	<ul style="list-style-type: none"> ➤ Concept and types of endurance, Factors determining endurance, Methods of endurance training ➤ Concept and Classification of Speed, Factors determining speed, Methods of developing speed abilities, Reaction speed ➤ Speed of movement, Acceleration speed, Sprinting speed, Speed endurance 						
Unit-IV	Technical Training						09 Hrs
	<ul style="list-style-type: none"> ➤ Definition of Technique and Skill. ➤ Importance of Technique. ➤ Process of Skill Learning. ➤ Methods of Technique Training 						
	Tactical Training						
	<ul style="list-style-type: none"> ➤ Concept of Tactics and Strategy. ➤ Methods of Tactical Training 						

Year

PSR

2/12

Arjun 72

3

family

SG



**SCHOOL OF EDUCATION &
LIBRARY SCIENCE**

**Bachelor of Physical
Education & Sports
(B.P.E.S)**



SEMESTER-VI

Unit-V	Planning ➤ Concept of Training Plan ➤ Principles of Planning ➤ Types of Training Plan Periodization ➤ Meaning and Importance of Periodization ➤ Periods of Training Year ➤ Aim and Contents of Periods ➤ Types of Periodization	09 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Dick W. Frank, Sports Training Principles 4th ed. (London: A&C Black Ltd.), 2002. • Harre, D. Principles of Sports Training (Berlin: Sport Veulag), 1982. • Matveyev, L.P. Fundamentals of Sports Training (Moscow :Progress Publishers) 1977. • Singh, Hardayal. Science of Sports Training (New Delhi: DVS Publications), 1991. 		
Reference Books		
<ul style="list-style-type: none"> • Uppal, A.K. Principles of Sports Training (Delhi: Friends Publication) 2001. • Tudor B. Bompa&Mihal C. Carera, Periodiation Training for Sports, Human Kinetics,2005 (IInd Edition) YograjThani, Sports Training, Sports Publication-2003 • K. Chandra Shekar, Sports Training, KhelSahitya Kendra -2004. 		

Course Code	STRESS MANAGEMENT		L	T	P	C
BBPES20S602			3	0	0	3
Pre-requisite	Nil		Syllabus version			
		100 Marks				
Course Objectives						
<ul style="list-style-type: none"> Develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle acquire good health, physical fitness and bodily coordination through participating regularly in physical activity promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement have basic competence and confidence to face different challenges. 						
Course Outcome						
<ul style="list-style-type: none"> Understand how stress works and develop sustainable behaviors. Develop their personal resources and avoid stress “overdraft”. Recognize negative stress and its symptoms. 						
Student Learning Outcomes (SLO)						
<ul style="list-style-type: none"> Identify the causes of unwanted stress. Avoid negative stress whilst enhancing positive experience. Develop a balanced lifestyle in order to control stress in the long term. 						
Unit-I	<ul style="list-style-type: none"> Definition of stress and anger Causes of stress and anger, two main emotions of stress-fear and anger Daily life stressors Process of stress and anger: Psycho Physiology of stress 					09 Hrs
Unit-II	<ul style="list-style-type: none"> Adaptation to stress-Reframing of habitual stress resistance Occupational stress, Peer stress (Students stress), Family stress, Stress & elderly 					09 Hrs
Unit-III	<ul style="list-style-type: none"> Stress & drug abuse Stress related diseases: (i) Sleep disorder, (ii) Eating disorder, (iii) Sexual and emotional disorder, (iv) Other stress related diseases, (v) Stress & Spirituality 					09 Hrs
Unit-IV	<ul style="list-style-type: none"> Self awareness and stress management Muscular tension reduction Emotional tension reduction, Stress free living, Stress free examination Stress management through physical activity Stress management through recreation 					09 Hrs
Unit-V	<ul style="list-style-type: none"> Anger management: Redford William’s 12 steps of anger management Stress management: behavior modification, time management, coping strategy Relaxation technique: (i) Diaphragmatic breathing, (ii) Meditation, (iii) Progressive muscle relaxation, (iv) Yoga, (v) Mental imagery, (vi) Music therapy, (vii) Massage therapy 					09 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures						
Text Book(s)						
<ul style="list-style-type: none"> Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence. Kentucky. U.S.A. 						



PS/2

2/13

Attan 74

3

(Signature)

So

- Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
- Davis M. et al (2008).The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
- Greenberg J.S. (2008).Comprehensive stress management. McGraw Hill, USA.

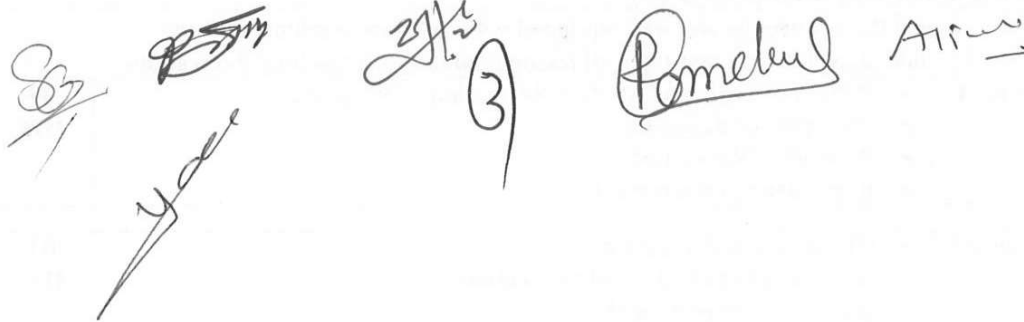
Reference Books

- Hipp E. (2008). Fighting Invisible Tigers : Stress Management for Teens. Free Spirit Publishing, USA.
- Mac W. (2007).Anger and Stress Management.God's Way.Calvary Press, USA.
- Petee F (2006).Anger Management.Pentagon.Press. New York. U.S.A.
- Swate Y B (2009).Anger Management.Sage Publication. New Delhi..

Handwritten signatures and initials: a stylized '4', 'RS', 'SE', a circled '3', 'Pomek', and 'Atim'.

Course Code	EDUCATIONAL TECHNOLOGY			L	T	P	C	
BBPES20S603				3	0	0	3	
Pre-requisite	Nil			Syllabus version				
				100 Marks				
Course Objectives								
<ul style="list-style-type: none"> To enable the learner to become effective user of technology in physical education. To acquaint the learner with the challenges and opportunities emerging in integrating new technology in physical education process. To make the student familiar with new trends, techniques in physical education along with e-learning. 								
Course Outcome								
<ul style="list-style-type: none"> To acquire knowledge of education and educational technology. To gain the knowledge of importance, scope, roles and functions of educational technology. To understand the knowledge of different teaching techniques. 								
Student Learning Outcomes (SLO)								
<ul style="list-style-type: none"> To gain the knowledge and well equipped with different teaching aids. To understand the different types of lesson planning and teaching innovation. 								
Unit-I	<ul style="list-style-type: none"> ➤ Introduction Education and Education Technology: Meaning and Definitions ➤ Types of Education: Formal, Informal and Non-Formal Education ➤ The Roles and Functions of Educational Technology ➤ Importance and scope Education Technology: In revitalizing and reorienting existing resources, In systemic reforms, In refreshing skills of in-service teachers, In pre-service teacher education, in school education, in research, Efforts to Mobilize ET, Large and Small, Efforts Initiated by the Government 						09 Hrs	
Unit-II	<ul style="list-style-type: none"> ➤ Teaching Techniques Methods of Teaching Techniques: Lecture method, Command method, demonstration method, Imitation method, Project method ➤ Teaching Procedure: Whole method, Whole-Part-Whole method, Part-Whole method ➤ Presentation Technique: Personal and Technical preparation ➤ Command: Meaning, Types and its uses in different situations 						09 Hrs	
Unit-III	<ul style="list-style-type: none"> ➤ Teaching Aids Teaching Aids: Meaning, Importance and Criteria for selecting teaching aids ➤ Types of Teaching aids: Audio aids, Visual aids, Audio-Visual aids, Verbal, Chalk Board, Charts, Model, Slide & LCD projector, Motion pictures, Computers, Laptops, etc. ➤ Team Teaching: Meaning, Principles and advantage of team teaching. ➤ Difference between Teaching Methods and Teaching Aids 						09 Hrs	
Unit-IV	<ul style="list-style-type: none"> ➤ Lesson Planning and Teaching Innovations Lesson Planning: Meaning, Type and Principles of Lesson Plan ➤ General and specific lesson plan ➤ Current Types of Educational Technology Systems 						09 Hrs	
Unit-V	<ul style="list-style-type: none"> ➤ Current Applications of Educational Technology Systems: Instructional Technology Applications, Productivity Tools, Tools for 						09 Hrs	

	<p>Students</p> <ul style="list-style-type: none"> ➤ Micro Teaching: Meaning, Types and Steps of Micro Teaching. ➤ Simulation Teaching: Meaning, Types and Steps of Simulation Teaching ➤ Use of teaching aids in class room and outdoor lessons ➤ Factors affecting execution of teaching per lesson 	
<p># Mode: Flipped Class Room, Case Discussion, Lectures</p>		
<p>Text Book(s)</p>		
<ul style="list-style-type: none"> • Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup and Sons. Bhatia, & Bhatia, (1959). • The principles and methods of teaching. New Delhi: Doaba House. Kochar, S.K. (1982). • Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd., USA. • Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA. 		
<p>Reference Books</p>		
<ul style="list-style-type: none"> • R. H. Tiwari – Prachin Bharat Me Sharirik Shikshan Darshan; Amravati R. H. Tiwari – Saphal Path Niyojan, H.V.P. Mandal Publication, Amravati • Sampath, K. Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd. • Walia, J.S. (1999). Principles and methods of education. Jullandhar: Paul Publishers. 		


 Several handwritten signatures and marks are present below the table. From left to right: a signature that appears to be 'S.P.', a signature that appears to be 'P.S.M.', a signature that appears to be 'S.H.' with a circled '3' below it, a signature that appears to be 'Pomekud', and a signature that appears to be 'A.P.' with a horizontal line below it. There is also a large, stylized signature that looks like 'Yad' or 'Yadav' written vertically.

Course Code	RECREATION IN PHYSICAL EDUCATION Optional Course (Any One)			L	T	P	C	
BBPES20S604				3	0	0	3	
Pre-requisite	Nil			Syllabus version				
				100 Marks				
Course Objectives								
<ul style="list-style-type: none"> To enable the learner to become effective user of recreation in physical education. To acquaint the learner with the challenges and opportunities emerging in integrating new technology in physical education process. To make the student familiar with new trends, techniques in physical education along with e-learning. 								
Course Outcome								
<ul style="list-style-type: none"> To acquire knowledge of education and educational technology. To gain the knowledge of importance, scope, roles and functions of educational technology. To understand the knowledge of different teaching techniques. 								
Student Learning Outcomes (SLO)								
<ul style="list-style-type: none"> To gain the knowledge and well equipped with different teaching aids. To understand the different types of lesson planning and teaching innovations. 								
Unit-I	<ul style="list-style-type: none"> ➤ History of Early and Modern Recreation and Leisure ➤ Principles of Recreation ➤ Benefits of Recreation ➤ Importance of Recreation 						09 Hrs	
Unit-II	<ul style="list-style-type: none"> ➤ Objectives of Recreation ➤ Scope and Significance of Recreation ➤ Importance of parks and Recreation ➤ Health and Recreation ➤ Importance of Recreation in family 						09 Hrs	
Unit-III	<ul style="list-style-type: none"> ➤ Rural, Urban and Industrial Recreation ➤ Recreation in School and Colleges ➤ Recreation for ill and disabled ➤ Recreation for the Aged persons ➤ Recreation for the women 						09 Hrs	
Unit-IV	<ul style="list-style-type: none"> ➤ Recreation facilities (Indoor and Outdoor) ➤ Audio-Visual aids 						09 Hrs	
Unit-V	<ul style="list-style-type: none"> ➤ Hiking, Camping and Picnic ➤ Recreational leadership 						09 Hrs	
➤ # Mode: Flipped Class Room, Case Discussion, Lectures								
Text Book(s)								
Reference Books								
<ul style="list-style-type: none"> Introduction to Community Recreation – G. D. Butler Krida Ranjan- H. P. Khalapurkar Method of Physical Education- Bucher Sharirik Shikshnachi tatwe and Manoranjan- D. G. Wakharkar Sharirik Shiksha ani Sanghthan Sanchalan evam Manoranjan- P. K. Aroda. 								

Course Code	ART OF DAILY SCHEDULING Optional Course (Any One)		L	T	P	C
BBPES20S605			3	0	0	3
Pre-requisite	Nil		Syllabus version			
			100 Marks			
Course Objectives						
<ul style="list-style-type: none"> • Demonstrate understanding of art theory by applying practical methodology to the task. • Demonstrate problem-solving skills by providing a step-by-step approach to specific issues in class projects. • Define visual projects through individual and group critiques. 						
Course Outcome						
<ul style="list-style-type: none"> • To understand the historical perspectives, benefits and importance of recreation. • To acquire scope importance, significance, health, parks and family recreation. • To gain the knowledge of recreation in rural, urban & industrial recreation. 						
Student Learning Outcomes (SLO)						
<ul style="list-style-type: none"> • To gain knowledge of recreation in schools & colleges, ill and disabled, aged and women. • To understand the facilities, audiovisual aids camping and leadership in recreation. 						
Unit-I	<ul style="list-style-type: none"> ➤ Introduction: Meaning and definition of Daily Schedule, art, science, management of time, shortage of time for daily activities ➤ Types of daily activities: requirement of daily activities for various domains of personality, essential categories of daily activities, correct decision making to include all types of daily activities with in fixed 24 hours 					09 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Art of living, art of scheduling, art and science of principles of time management, acronym and daily prayers, methods of recalling and rechecking daily activities ➤ Attitudes and art of daily schedules: right knowledge of daily activities, developing correct attitude by learning the art of behaviour change, transcendental theory of behaviour changes, relation between attitude and behaviour change 					09 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Understanding the concept of perfection of nature, relation between nature known as superpower or god in religious terms, predisposing, enabling and reinforcing factors for strengthen the art of daily schedules ➤ Cognition and daily schedules: necessity of right attitude and right information of essential components of daily schedules ➤ Enlisting activities needed daily, relation between qualitative and quantitative balances 					09 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Alternative daily schedule patterns: effect of culture, race, gender and age on daily schedules, fundamentals of art of daily schedules, listing alternative daily schedules for different categories of human being based on culture, race ➤ Gender, age, and geographical locations ➤ Factors helping adherence to daily schedule: self responsibility, knowledge to body requirements, important body systems requiring daily attention 					09 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ Analysis of lifestyles: role of active lifestyle and wellness activities, factors helping to promote daily schedules 					09 Hrs

S. 25/14
 Arun 29/12
 79
 (3)
 Pambel

	<ul style="list-style-type: none"> ➤ Barriers to daily schedules: peer pressures, careless environment of firm, not to harmful barriers like smoking, drugs, alcohol and irresponsible sex urge ➤ Wellness and daily schedules: art of inclusion of all wellness parameters to daily schedules, namely meditation, foods, right physical activities, right hygienic habits, right environmental care, right injury preventing behaviours, right decision towards sex, entertainment recreation, rest, sleep 	
<p>➤ # Mode: Flipped Class Room, Case Discussion, Lectures</p>		
<p>Text Book(s)</p>		
<p>Reference Books</p> <ul style="list-style-type: none"> • Anspaugh DJ and Ezell G. (2003) Teaching To-day's Health. Allyn & Bacon Publishing. San Francisco. California. USA. • Covey, F. (2008). Cornerstone Daily Format. Ring Bound. Franklin Covey Publishers, USA. • Donatelle RJ (2006). Access to Health. Pearson Benjamin Cummings. San Francisco. California. USA. • Ford, J. (2005). Right on Schedule : The Science of Health and Wellbeing. Mason Crest Publishers, USA. • Gates, T.L. (2008). Daily Planning 50 Worksheets. Power Systems Inc., USA. • Graham G (2001). Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics. Champaign. Illinois. USA. • Hales D (2005). An Invitation to Health. Thomson Wadsworth Publishers. USA. 		

Course Code	SFTBALL Practical Course	L	T	P	C
BBPES20S606		0	0	3	3
Pre-requisite	Nil	Syllabus version 100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of this game. To understand undergraduate level of professional preparation in physical education and sports. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of softball. To develop a knowledge about the historical development of this game. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of softball. To develop a knowledge about the historical development of this game. 					
Softball: Fundamental Skills					90 Hrs
<ul style="list-style-type: none"> ➤ Catching: one handed, two handed, with feet grounded, in flight ➤ Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob), two handed passes (push, overhead, bounce) ➤ Footwork: landing on one foot, landing on two feet, pivot, running pass ➤ Shooting: one hand, two hands, forward step shot, backward step shot ➤ Techniques of getting free: dodge and sprint, sudden sprint, sprint and stop, sprinting with change of speed ➤ Defending: marking the player, marking the ball, blocking, inside the circle, outside the circle (that is, defending the circle edge against the pass in) ➤ Intercepting: pass, shot ➤ The toss-up ➤ Role of individual players ➤ Rules and their interpretations and duties of officials 					


 A series of handwritten signatures and initials in black ink, including a large signature on the left, the name 'Atim' in the middle, a circled number '3', and another signature on the right.

Course Code	HOCKEY Practical Course	L	T	P	C
BBPES20S607		0	0	3	3
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of this game. To understand undergraduate level of professional preparation in physical education and sports. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of hockey. To develop a knowledge about the historical development of this game. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of hockey. To develop a knowledge about the historical development of this game. 					
Hockey: Fundamental Skills					90 Hrs
<ul style="list-style-type: none"> ➤ Player stance & Grip ➤ Rolling the ball ➤ Dribbling ➤ Push ➤ Stopping ➤ Hit ➤ Flick ➤ Scoop ➤ Passing: Forward pass, square pass, triangular pass, diagonal pass, return pass, Reverse hit ➤ Dodging ➤ Goal keeping: Hand defence, foot defence ➤ Positional play in attack and defence ➤ Rules and their interpretations and duties of officials ➤ Rules and their interpretations and duties of officials ➤ Ground Marking 					

Handwritten signatures and initials: A stylized signature on the left, followed by '29/12', 'Atiwa', a circled 'B', 'Bmky', and another signature on the right.

Course Code	FOOTBALL Practical Course	L	T	P	C
BBPES20S608		0	0	3	3
Pre-requisite	Nil	Syllabus version 100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of this game. To understand undergraduate level of professional preparation in physical education and sports. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of football. To develop a knowledge about the historical development of this game. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of football. To develop a knowledge about the historical development of this game. 					
Football: Fundamental Skills					90 Hrs
<ul style="list-style-type: none"> ➤ Kicks: Inside kick, Instep kick, Outer instep kick, lofted kick ➤ Trapping: trapping rolling the ball, trapping bouncing ball with sole ➤ Dribbling: With instep, inside and outer instep of the foot ➤ Heading: From standing, running and jumping ➤ Throw in ➤ Feinting: With the lower limb and upper part of the body ➤ Tackling: Simple tackling, Slide tackling 					

Course Code	SWIMMING Practical Course	L	T	P	C
BBPES20S609		0	0	3	3
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of this game. To understand undergraduate level of professional preparation in physical education and sports. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of swimming. To develop a knowledge about the historical development of this game. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of swimming. To develop a knowledge about the historical development of this game. 					
SWIMMING: Fundamental Skills					90 Hrs
<ul style="list-style-type: none"> ➤ Entry into the pool ➤ Developing water balance and confidence ➤ Water fear removing drills ➤ Floating: Mushroom and Jelly fish etc. ➤ Gliding with and without kickboard ➤ Introduction of various strokes ➤ Body Position, Leg, Kick, Arm pull, Breathing and Co ordination ➤ Start and turns of the concerned strokes ➤ Introduction of Various Strokes ➤ Water Treading and Simple Jumping ➤ Starts and turns of concerned strokes ➤ Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races 					



 A series of handwritten signatures and initials are present below the table. From left to right, they include: a signature that appears to be 'Y. Desai', another signature, a signature that looks like 'S. S.', a signature with '20/12' written above it, the name 'A. T. Desai', a large number '3', and a signature that appears to be 'P. Desai'.