



**BACHELOR OF PHYSICAL
EDUCATION (B.P.Ed.)**

**This Syllabus is
Approved by Board of Studies of
EKLAVYA UNIVERSITY, DAMOH (MP)**

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EKLAKYA UNIVERSITY, DAMOJE (M.P.)

Scheme of Examination B.P.Ed. Sem I

/For batch admitted in Academic Session 2021-22/

2023-24

Subject wise distribution of marks and corresponding credits

S.No.	Subject Code	Subject Name	Maximum Marks Allotted				Total Marks	Contact Periods Per week			Total Credits
			Theory Slot		End Sem	Practical Slot		L	T	P	
			End Sem	Mid Sem							
1	BBPED20S101	History, Principles and foundation of Physical Education	60	30	10	0	0	4	0	0	4
2	BBPED20S102	Anatomy and Physiology of Exercise	60	30	10	0	0	4	0	0	4
3	BBPED20S103	Health Education and Environmental Studies	60	30	10	0	0	4	0	0	4
4	BBPED20S104 / BBPED20S105	Olympic Movement / Officiating and Coaching (DSE)	60	30	10	0	0	4	0	0	4
5	BBPED20S106	Track and Field (Running Events)				60	40	0	0	0	4
6	BBPED20S107	Swimming/Gymnastics/Shooting				60	40	0	0	0	4
7	BBPED20S108	Indigenous Sports: Kabaddi/ Malkhambh/ lezim /March past (Any of one out of these)				60	40	0	0	0	4
8	BBPED20S109	Mass Demonstration Activities: Kho-Kho / dumbbells / tipiri / wands / hoop /umbrella (Any one out of these)				60	40	0	0	0	4
TOTAL			240	120	40	240	160	16	0	16	32







EKLAKYA UNIVERSITY, DAMOJKH(M.P.)

Scheme of Examination B.P.Ed. Sem II

/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 Per week			Total Credits
			Theory Slot		Practical Slot			L	T	P	
			End Sem	Mid Sem	Quiz/ Assignme/Attendance	End Sem					
1	BBPED20S201	Yoga Education	60	30	10	0	0	4	0	0	4
2	BBPED20S202	Educational Technology and Methods of Teaching in Physical Education	60	30	10	0	0	4	0	0	4
3	BBPED20S203	Organization and Administration in Physical Education	60	30	10	0	0	4	0	0	4
4	BBPED20S204 / BBPED20S205	Contemporary issues in physical education, fitness and wellness / Sports Nutrition and Weight Management (DSE)	60	30	10	0	0	4	0	0	4
5	BBPED20S206	Track and Field (Jumping Events)				60	40	0	0	4	4
6	BBPED20S207	Yoga/Aerobics / Swimming / Gymnastics (Any of the two out of these)				60	40	0	0	4	4
7	BBPED20S208	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these)				60	40	0	0	4	4
8	BBPED20S209	TEACHING PRACTICE Teaching Practice (Classroom and outdoor)				60	40	0	0	4	4
TOTAL			240	120	40	240	160	16	0	16	32

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SYLLABUS

FOR

Bachelor of Physical Education (B.P.Ed.)

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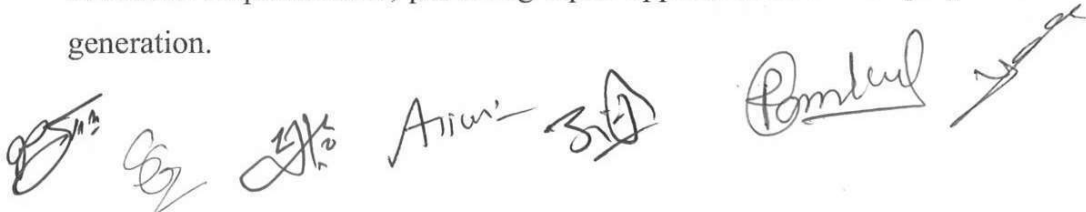
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VISION STATEMENT OF EKLAVYA UNIVERSITY

Eklavya University will transform lives and communities through learning.

MISSION STATEMENT OF EKLAVYA UNIVERSITY

- Nurture achievers in life and careers through a value based, industry relevant and future ready education.
- Emphasize research, interdisciplinary learning and practical hands on education.
- Equip every student with the required social and technical skills to achieve employment generation.
- Provide a holistic education deeply rooted in the ways of the traditional Gurukul system.
- Bring quality education within the reach of every individual, by committing to the achievement and maintenance of excellence in education, research and innovation.
- Create and disseminate knowledge through research and creative inquiry.
- Serve students by teaching them problem solving, leadership and teamwork skills, lateral thinking, commitment to quality and ethical behavior.
- Create a diverse community, open to the exchange of ideas, where discovery, creativity, and personal and professional development is encouraged and can flourish.
- Contribute to the social fabric and economic health of the Bundelkhand region, the state and the country at large, by enhancing and facilitating economic empowerment, providing equal opportunities and employment generation.



VISION STATEMENT OF DEPARTMENT

To initiate transformation and includes engaging in the continuous learning necessary in a rapidly advancing world, identifying and addressing critical issues related to the education of all people and using technology to broaden and support learning opportunities.

MISSION STATEMENT OF DEPARTMENT

The mission of the department is to build a better future for all. This includes individuals, our state, our nation and our world. We fulfill our mission by preparing competent, committed and reflective teachers as we engage in outstanding teaching, innovative and impactful research and meaningful outreach. Our Core values includes: Excellence, Diversity and Student Focus.

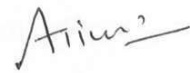


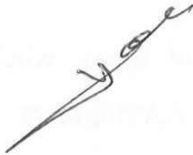












PROGRAMME EDUCATIONAL OBJECTIVES (PEOs)

- To make a unique contribution to balanced development and living.
- To foster pedagogy based around critical thought and action.
- To teach effective & efficient competency and skills required for professional growth of the prospective teachers.
- To inculcate rational thinking and to develop specific temperament among the prospective teachers.
- To be able to use organizational, administrative and managerial skills in the practical field.

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PROGRAMME SPECIFIC OUTCOMES (PSOs)

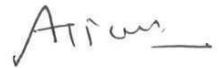
- To prepare physical education teacher for school level.
- To impart skills, knowledge and behaviors to the chosen field.
- To analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.
- To communicate effectively among a range of audiences/ stakeholders.
- To recognize the need for and an ability to engage in continuing professional development.
- To identify and analyze user needs and take them into account in the selection, creation, evaluation and administration of physical education and sport sciences programs.
- To incorporate effectively integrate Science/ Technology/ IT-based solutions to applications.













**SCHOOL OF EDUCATION &
LIBRARY SCIENCE**

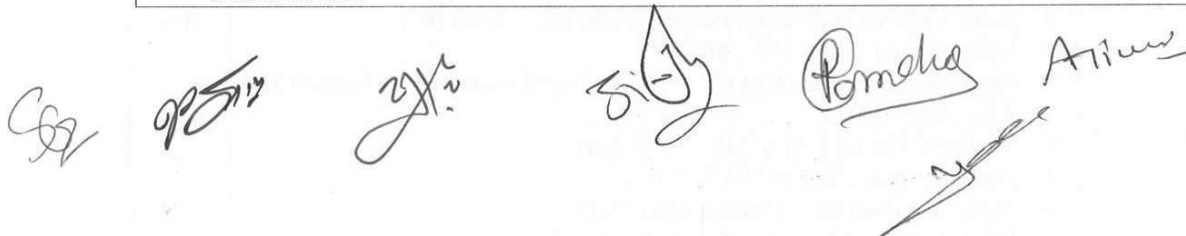
**Bachelor of Physical
Education (B.P.Ed.)**

SEMESTER-I


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Course Code	HISTORY, PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION (First Semester)	L	T	P	C
BBPED20S101		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To understand the various isms to become familiar with Indian philosophy. To equip with the ideas of Fitness Promotion. To gain the knowledge of physical education. 					
Course Outcome					
<ul style="list-style-type: none"> To gain the knowledge of physical education. To understand the historical perspectives of physical education in India. To understand the various isms to become familiar with Indian philosophy. To equip with the ideas of Fitness Promotion. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> Know the origin and development of Physical Education Apply the knowledge of Olympism in organizing various sport activities. Distinguish the functional operations on National and International Olympic Federations. Analyze the concepts and issues pertaining to Physical Education. Formulate the principles, philosophy and concepts about Physical Education 					
Unit-I	Introduction				12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning, Definition and Scope of Physical Education ➤ Aims and Objectives of Physical Education ➤ Importance of Physical Education in present era. ➤ Misconceptions about Physical Education. ➤ Relationship of Physical Education with General Education. ➤ Physical Education as an Art and Science. 				
Unit-II	Historical Development of Physical Education in India				12 Hrs
	<ul style="list-style-type: none"> ➤ Indus Valley Civilization Period. (3250 BC – 2500 BC) ➤ Vedic Period (2500 BC – 600 BC) ➤ Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD) ➤ Medieval Period (1000 AD – 1757 AD) ➤ British Period (Before 1947) ➤ Physical Education in India (After 1947) ➤ Contribution of Akhadas and Vyayamshals ➤ Y.M.C.A. and its contributions 				
Unit-III	Foundation of Physical Education				12 Hrs
	<ul style="list-style-type: none"> ➤ Philosophical foundation – Meaning and definition of Philosophy. ➤ Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture. ➤ Fitness and wellness movement in the contemporary perspectives ➤ Sports for all and its role in the maintenance and promotion of fitness 				
Unit-IV	Principles of Physical Education- I				12 Hrs
	<ul style="list-style-type: none"> ➤ Biological Principle ➤ Growth and Development ➤ Age and Gender characteristics 				

	<ul style="list-style-type: none"> ➤ Body Types ➤ Anthropometric differences 	
Unit-V	Principles of Physical Education- II <ul style="list-style-type: none"> ➤ Psychological Principle ➤ Learning types, Learning curve ➤ Laws and principles of learning ➤ Attitude, Interest, Cognition, Emotions and sentiments ➤ Sociological Principle, Society and Culture, Social acceptance and recognition ➤ Leadership ➤ Social integration and cohesiveness 	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Bucher, C. A. (n.d.) <i>Foundation of Physical Education</i>. St. Louis: The C.V. Mosby Co. • Deshpande, S. H. (2014). <i>Physical Education in Ancient India</i>. Amravati: Degree college of Physical Education.(Maharashtra) • Mohan, V. M. (1969). <i>Principles of Physical Education</i>. Delhi: Metropolitan Book Dep. • Nixon, E. E. & Cozen, F.W. (1969). <i>An introduction to Physical Education</i>. Philadelphia: W.B. Saunders Co. 		
Reference Books		
<ul style="list-style-type: none"> • Obertuffer, Delbert (1970) <i>Physical Education</i>. New York: Harper & Brothers Publisher. • Sharman, J. R. (1964). <i>Introduction to Physical Education</i>. New York: A.S. Barnes & Co. • William, J. F. (1964). <i>The Principles of Physical Education</i>. Philadelphia: W.B. Saunders Co.. 		


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Course Code	ANATOMY AND PHYSIOLOGY OF EXERCISE	L	T	P	C
BBPED20S102		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To understand the human body and its function. To understand and analyze the structural aspect of systems of the body. To understand the concept of fundamental of human body organs. 					
Course Outcome					
<ul style="list-style-type: none"> To gain the knowledge of Organization of the human body and its regulation. To understand the support and movement of systems of the body. To understand and analyze the functional aspects of Human body. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> Understand the basic principles of Anatomy, Physiology and Health Education Apply the knowledge in the field of physical education and movement activity. Analyze the practical knowledge during the practical situation. Remember and recall the definition of anatomy and physiology and co-relate the principles of physiology. Appraise the effects of health condition during the training and practical sessions. 					
Unit-I	Introduction				12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning, Need & Importance of Anatomy, Physiology and Exercise Physiology ➤ Cell and Tissue: Structure, types & functions ➤ Different systems ➤ Muscular System: types and functions ➤ Skeletal system: types and functions ➤ Effect of Exercise on Muscular and Skeletal System 				
Unit-II	Cardio-respiratory system & Digestive System				12 Hrs
	<ul style="list-style-type: none"> ➤ Structure, Functions and mechanism of Circulatory system ➤ Blood: Constituent, Functions and Blood Groups ➤ Respiratory Systems: Organs and mechanism, Various Respiratory Capacities ➤ Effect of exercise on Cardio-respiratory System ➤ Digestive System: Anatomy and Physiology of Digestive system 				
Unit-III	Nervous, Endocrine and Excretory System				12 Hrs
	<ul style="list-style-type: none"> ➤ Central Nervous System ➤ Peripheral Nervous System ➤ Structure and Functions of Autonomic Nervous System ➤ Endocrine Glands: Classification and functions of hormones. ➤ Excretory system: Anatomy of Urinary system, Functions of Kidney ➤ Effect of Exercise on Nervous, Endocrine and Excretory systems 				
Unit-IV	Energy dynamics and Physiology of Muscular contraction- I				12 Hrs
	<ul style="list-style-type: none"> ➤ Energy: Meaning, production and uses ➤ Types and transformation of energy, Biological energy cycle ➤ ATP - Structure and functions ➤ Sources of muscular energy: ATP- PC system, Anaerobic system, Aerobic glycolysis, Krebs cycle and Electron Transport System. ➤ Types of muscle: Striated, Non striated, Voluntary, Involuntary 				



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Unit-V	Energy dynamics and Physiology of Muscular contraction- II ➤ Characteristics of skeletal muscles ➤ Microscopic structure of muscle fiber ➤ Physiological mechanism of muscle contraction : Sliding Filament Theory ➤ Muscle fatigue: Causes, symptoms and recovery ➤ Second wind and Oxygen debt	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • D. (1979). A Christine, M. D., (1999). <i>Physiology of Sports and Exercise</i>. USA: Human Kinetics. • Conley, M. (2000). <i>Bioenergetics of Exercise Training</i>. In T.R. Baechle, & R.W. Earle, (Eds.), <i>Essentials of Strength Training and Conditioning</i> (pp. 73-90). Champaign, IL: Human Kinetics. • David, R. M. (2005). <i>Drugs in Sports</i>, (4th Ed). Routledge Taylor and Francis Group. • Gupta, A. P. (2010). <i>Anatomy and Physiology</i>. Agra: SumitPrakashan. • Gupta, M. and Gupta, M. C. (1980). <i>Body and Anatomical Science</i>. Delhi: Swaran Printing Press. • Guyton, A.C. (1996). <i>Textbook of Medical Physiology</i>, 9th edition. Philadelphia: W.B. Saunders. 		
Reference Books		
<ul style="list-style-type: none"> • Hunter, M. <i>dictionary for physical educators</i>. In H. M. Borrow & R. McGee, (Eds.), <i>A Practical approach to measurement in Physical Education</i> (pp. 573-74). Philadelphia: Lea &Febiger. • Karpovich, P. V. (n.d.). <i>Physiology of Muscular Activity</i>. London: W.B. Saunders Co. • Lamb, G. S. (1982). <i>Essentials of Exercise Physiology</i>. Delhi: Surjeet Publication. • Moorthy, A. M. (2014). <i>Anatomy, Physiology and Health Education</i>. Karaikudi: Madalayam Publications. • Morehouse, L. E. & Miller, J. (1967). <i>Physiology of Exercise</i>. St. Louis: The C.V. Mosby Co. 		


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Course Code	HEALTH EDUCATION AND ENVIRONMENTAL STUDIES			L	T	P	C
BBPED20S103				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To enable the students to develop a scientific point of view of health with reference to traditional and modern concept of health. To enable the students to identify health problems and understand their own role on health and to medical agencies in meeting those problems. To enable the student to take interest in current events related to health. To enable the students to arrive at suitable conclusions based on scientific knowledge and take action as an individual member of the family and community for protecting maintaining and promoting individual and community health. 							
Course Outcome							
<ul style="list-style-type: none"> To gain the knowledge of Organization of the human body and its regulation. To understand the support and movement of systems of the body. To understand the human body and its function. To understand and analyze the structural aspect of systems of the body. To understand the concept of fundamental of human body organs. To understand and analyze the functional aspects of Human body. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Understand the basic principles of Health Education. Apply the knowledge in the field of physical education and movement activity. Analyze the practical knowledge during the practical situation. Remember and recall the definition of Health Education and co-relate the principles of physiology. Appraise the effects of health condition during the training and practical sessions. 							
Unit-I	Health Education						12 Hrs
	<ul style="list-style-type: none"> ➤ Concept, Dimensions, Spectrum and Determinants of Health ➤ Definition of Health, Health Education, Health Instruction, Health Supervision ➤ Aim, objective and Principles of Health Education ➤ Health Service and guidance instruction in personal hygiene 						
Unit-II	Health Problems in India						12 Hrs
	<ul style="list-style-type: none"> ➤ Communicable and Non Communicable Diseases ➤ Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, Personal and Environmental Hygiene for schools ➤ Objective of school health service, Role of health education in schools ➤ Health Services: Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc. 						
Unit-III	Environmental Science						12 Hrs
	<ul style="list-style-type: none"> ➤ Definition, Scope, Need and Importance of environmental studies ➤ Concept of environmental education, Historical background of environmental education ➤ Celebration of various days in relation with environment ➤ Plastic recycling & probation of plastic bag / cover 						

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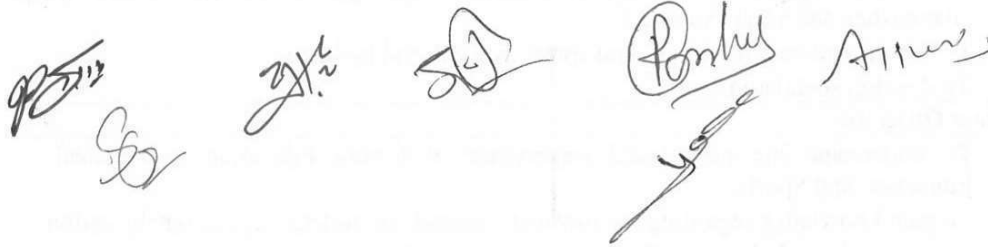
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	➤ Role of school in environmental conservation and sustainable development	
Unit-IV	Natural Resources and related environmental issues- I ➤ Water resources, food resources and Land resources ➤ Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution	12 Hrs
Unit-V	Natural Resources and related environmental issues- II ➤ Management of environment and Govt. policies ➤ Role of pollution control board	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd. Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company. 		
Reference Books		
<ul style="list-style-type: none"> • Nemir, A. (n.d.). The school health education. New York: Harber and Brothers. Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co 		


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Course Code	OLYMPIC MOVEMENT Optional Course (Any One)	L	T	P	C
BBPED20S104		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop interest and competence of life time participation in games and sports and for that purpose. To develop physical and motor fitness i.e. strength, endurance speed agility, flexibility balance, accuracy etc. To develop good body mechanics and skills in a variety of dynamic forms of movements applied in games and sports. To develop a higher level of skills to specific major games and track & field events, Gymnastics and yoga exercises. To develop interest for games and sports as a cultural heritage. To develop social aim. 					
Course Outcome					
<ul style="list-style-type: none"> To understand the nature and importance of Health Education in Physical Education and Sports. To gain knowledge regarding the medical problems of athletes and its rehabilitation. To acquire knowledge regarding sports injuries and their management. To gain knowledge regarding First Aid. To understand medical problems and its rehabilitation. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> Understand the Educational and cultural values of Olympic movement. Analyze the Modern Olympic Games and Rules of Eligibility for Competition. Know about The organizational structure and functions of Para Olympic Games. Analyze the Achievement of India in Team Games and Individual Sports. 					
Unit-I	Origin of Olympic Movement				12 Hrs
	<ul style="list-style-type: none"> ➤ Philosophy of Olympic movement ➤ The early history of the Olympic movement ➤ The significant stages in the development of the modern Olympic movement ➤ Educational and cultural values of Olympic movement 				
Unit-II	Modern Olympic Games- I				12 Hrs
	<ul style="list-style-type: none"> ➤ Significance of Olympic Ideals, Olympic Rings, Olympic Flag ➤ Olympic Protocol for member countries 				
Unit-III	Modern Olympic Games- II				12 Hrs
	<ul style="list-style-type: none"> ➤ Olympic Code of Ethics, Olympics in action ➤ Sports for All 				
Unit-IV	Different Olympic Games				12 Hrs
	<ul style="list-style-type: none"> ➤ Para Olympic Games ➤ Summer Olympics ➤ Winter Olympics ➤ Youth Olympic Games 				
Unit-V	Committees of Olympic Games				12 Hrs
	<ul style="list-style-type: none"> ➤ International Olympic Committee - Structure and Functions ➤ National Olympic committees and their role in Olympic movement ➤ Olympic commission and their functions 				

➤ Olympic medal winners of India
Mode: Flipped Class Room, Case Discussion, Lectures
Text Book(s)
<ul style="list-style-type: none"> Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner
Reference Books
<ul style="list-style-type: none"> Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers


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Course Code	OFFICIATING AND COACHING Optional Course (Any One)	L	T	P	C
BBPED20S105		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To acquaint students with dimensions & actual markings of different play fields, courts & arenas. To understand the concept, principles and forms of sports training. 					
Course Outcome					
<ul style="list-style-type: none"> To understand basic concepts & principles of officiating and coaching of different sports. To enable the students to understand the rules, regulations and officiating in different sports. To acquaint the students with the duties and responsibilities of officials and coaches. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> Know the fundamental of all the games and sports Understand the rules of all the games and sports Preparing the students for the competition . Classify the students accordingly for various games and sports. Design and practice the new methods of technique and training. 					
Unit-I	Introduction of Officiating and coaching <ul style="list-style-type: none"> ➤ Concept of officiating and coaching ➤ Importance and principles of officiating ➤ Relation of official and coach with management, players and spectators ➤ Measures of improving the standards of officiating and coaching 	12 Hrs			
Unit-II	Coach as a Mentor <ul style="list-style-type: none"> ➤ Duties of coach in general, pre, during and post-game. ➤ Philosophy of coaching ➤ Responsibilities of a coach on and off the field ➤ Psychology of competition and coaching 	12 Hrs			
Unit-III	Duties of Official <ul style="list-style-type: none"> ➤ Duties of official in general, pre, during and post-game. ➤ Philosophy of officiating ➤ Mechanics of officiating: position, singles and movement etc. ➤ Ethics of officiating 	12 Hrs			
Unit-IV	Qualities and Qualifications of Coach and Official- I <ul style="list-style-type: none"> ➤ Qualities and qualification of coach and official ➤ General rules of games and sports 	12 Hrs			
Unit-V	Qualities and Qualifications of Coach and Official- II <ul style="list-style-type: none"> ➤ Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills ➤ Integrity and values of sports 	12 Hrs			
# Mode: Flipped Class Room, Case Discussion, Lectures					
Text Book(s)					
<ul style="list-style-type: none"> Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London 					

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Reference Books

- Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
- Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

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Course Code	TRACK AND FIELD (RUNNING EVENT) Practical Course	L	T	P	C
BBPED20S106		0	0	4	4
Pre-requisite	Nil	Syllabus version 100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, ground markings and dimensions, rules in the games and duties of officials of the event of hurdles and relays. To develop a knowledge about the historical development of this game. 					
Course Outcome					
<ul style="list-style-type: none"> To provide detail knowledge of running events regarding rules, regulation skills, strategies and tactics of running events. To enhance performance to regular practices. To provide teaching and coaching opportunities to the students. To provide opportunities to organize different level of tournaments. To provide opportunities of officiating and to develop the qualities of official concerning the duties of official in running events. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To assist in planning a presentation or training session. To help the trainer eliminate irrelevant information. To focus the attention of the trainees. To ensure that both the trainer and trainee know where they are going. To test the recall and understanding of the trainees. 					
Track and Field: <i>Running Event</i> ➤ Starting techniques: Standing start, Bunch Start, Crouch start and its variations, Proper use of blocks ➤ Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug ➤ Ground Marking, Rules and Officiating ➤ Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques, Types of Hurdles ➤ Ground Marking and Officiating. Relays: <i>Fundamental Skills</i> ➤ Various patterns of Baton Exchange ➤ Understanding of Relay Zones ➤ Ground Marking ➤ Interpretation of Rules and Officiating					120 Hrs
Practical: Written, oral Examination and field					

Course Code	SWIMMING/ GYMNASTICS/ SHOOTING Practical Course	L	T	P	C
BBPED20S107		0	0	4	4
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. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, rules of the games and duties of officials in the event of swimming/ gymnastics/ shooting. To develop a knowledge about the historical development of the 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, stance, exercises, pool markings and dimensions, rules of the games and duties of officials in the event of Gymnastics/ swimming/ shooting. To develop a knowledge about the historical development of the game. 					
Gymnastics: Floor Exercise <ul style="list-style-type: none"> ➤ Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap. ➤ Vaulting Horse ➤ Approach Run, Take off from the beat board, Cat Vault, Squat Vault 					120 Hrs
Swimming: Fundamental Skills <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 					
Shooting: Fundamental Skills <ul style="list-style-type: none"> ➤ Basic stance, grip, Holding rifle/ Pistol, aiming target ➤ Safety issues related to rifle shooting ➤ Rules and their interpretations and duties of officials 					
(Any one out of three)					
Practical: Written, oral Examination and field					

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Course Code	INDIGENOUS SPORTS (KABADDI/ MALKHAMBH/ LEZIM/ MARCH-PAST) Practical Course (Any One)	L	T	P	C
BBPED20S108		0	0	4	4
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 to between concepts, theories and practice in the field of Physical Education and Sport Science. To develop the ability to choose their learning trajectories and Programmers and thereby choose their own paths in life according to their talents and interests. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of handling apparatus, techniques, exercises of different counts, stance, in the kabaddi/ malkhambh/ lezim/ march-past. 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 of running and chasing, techniques, sitting positions, field dimensions, rules of the games and duties of officials in the event of kabaddi/ malkhambh/ lezim/ march-past. To develop a knowledge about the historical development of this game. 					
Kabaddi: Fundamental Skills					120 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 to facilitate catching, catching formations and techniques. ➤ Additional skills in raiding- Bringing the artis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defence. ➤ Ground Marking, Rules and Officiating 					
Malkhambh and Light Apparatus					
<ul style="list-style-type: none"> ➤ Lathi- Two counts exercises, Four Count exercises, eight count exercises, sixteen count Exercises ➤ Malkhamb- Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing. ➤ Rope Malkhamb- Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing. 					
Lezim					
<ul style="list-style-type: none"> ➤ GhatiLezim- Aathaawaaz, Bethakawaaz, Aagepaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra. 					
Mass P.T. Exercises					
<ul style="list-style-type: none"> ➤ Two count, four count and eight count exercises. ➤ Iindustani Lezuim- Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, ➤ Chau rukhbethak, Momiya, Drill and Marching 					
(Any one out of four)					
Practical: Written, oral Examination and field					

Course Code	MASS DEMONSTRATION ACTIVITIES (KHO-KHO/ DUMBBELLS/ TIPRI/ WANDS/ HOOP/ UMBRELLA) Practical Course (Any One)	L	T	P	C
BBPED20S109		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> Understand the meaning, nature, need and scope of physical education and sports. Study about the scientific principles from various allied subjects in the field of physical education and sports. Describe the national Programmes of physical education and sports and youth welfare Programmes in the field of physical education and sports and analyze the historical review of physical education and sports activities of Indian heritage 					
Course Outcome					
<ul style="list-style-type: none"> To provide detail knowledge regarding rules & regulation of skills, strategies and tactics in Kho-Kho/ dumbbells/ tipri/ wands/ hoop/ umbrella. To enhance performance through regular practices. To provide teaching and coaching opportunities to the students. To provide opportunities on organize different level of tournaments. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To provide detail knowledge regarding rules regulation skills, strategies and tactics of Kho-Kho/ dumbbells/ tipri/ wands/ hoop/ umbrella. To enhance performance through regular practices. To provide teaching and coaching opportunities to the students. To provide opportunities on organize different level of tournaments 					
Kho Kho <ul style="list-style-type: none"> ➤ General skills of the game- Running, chasing, Dodging, Faking etc. ➤ Skills in chasing- Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul ➤ Skills in Running- Zig-zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc. ➤ Combination of different skills ➤ Ground Marking ➤ Rules and their interpretations and duties of officials Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri: Fundamentals skills <ul style="list-style-type: none"> ➤ Apparatus/ Light apparatus Grip ➤ Attention with apparatus/ Light apparatus ➤ Stand -at- ease with apparatus/ light apparatus ➤ Exercise with verbal command, drum, whistle and music- Two count, Four count, Eight count and Sixteen count. ➤ Standing Exercise, Jumping Exercise, Moving Exercise ➤ Combination of above all (Any one out of these)					120 Hrs
Practical: Written, oral Examination and field					



**SCHOOL OF EDUCATION &
LIBRARY SCIENCE**

**Bachelor of Physical
Education (B.P.Ed.)**

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Course Code	YOGA EDUCATION (Second Semester)	L	T	P	C
BBPED20S201		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> Describe the meaning, aims and objectives of Yoga. State the scope of and importance of Yoga Know the benefits and types of yoga. Understand the concept of physical exercise difference between physical exercise and yoga. 					
Course Outcome					
<ul style="list-style-type: none"> To understand and to be equipped with the Concepts of Yogic practices and Asana. To be Equipped with the knowledge of Upanishads and importance in one's life. To be Equipped with the knowledge of Yoga sutra, Astanga yoga and Hatayoga. To become familiar Classify and Identify the Yogic practices' and Asana's values and apply the same to the society. 					
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	Introduction				12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning and Definition of Yoga ➤ Aims and Objectives of Yoga ➤ Yoga in Early Upanisads ➤ The Yoga Sutra: General Consideration ➤ Need and Importance of Yoga in Physical Education and Sports 				
Unit-II	Foundation of Yoga				12 Hrs
	<ul style="list-style-type: none"> ➤ The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi ➤ Yoga in the Bhagavadgita: Karma Yoga, Raja Yoga, Jñāna Yoga and Bhakti Yoga 				
Unit-III	Asanas- I				12 Hrs
	<ul style="list-style-type: none"> ➤ Effect of Asanas and Pranayama on various system of the body ➤ Classification of asanas with special reference to physical education and sports 				
Unit-IV	Asanas- II				12 Hrs
	<ul style="list-style-type: none"> ➤ Influences of relaxtive, meditative posture on various system of the body ➤ Types of Bandhas and mudras ➤ Type of kriyas 				
Unit-V	Yoga Education				12 Hrs
	<ul style="list-style-type: none"> ➤ Basic, Applied And Action research in Yoga ➤ Difference between yogic practices and physical exercises ➤ Yoga education centers in India and abroad ➤ Competitions in Yogasanas 				
# Mode: Flipped Class Room, Case Discussion, Lectures					

Text Book(s)

- Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala: Kaixydahmoe.
- Rajjan, S. M. (1985). Yoga strentheningofrelexation for sports man. New Delhi:Allied Publishers

Reference Books

- Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.
- Shekar,K. C. (2003). Yoga for health. Delhi: KhelSahitya Kendra.

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Course Code	EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION			L	T	P	C
BBPED20S202				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To gain the knowledge of classifying the types of presentation-techniques and technical preparations required for physical education lessons. To understand the principles of class management and factors affecting class management. To acquire the skill of utilization of various teaching aids for conduct of physical education program effectively. 							
Course Outcome							
<ul style="list-style-type: none"> To understand the importance of Educational Technology for Teaching lessons of physical education. To understand the importance and types of teaching methods and techniques with its devices to teach various aspects Physical education skillfully. To acquire information on current directions in special Teaching Aids. To be sensitive to the proficiency in construction of Lesson Plans for various physical education activities. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Understand concept of information and communication technology in physical education field. Analyze sporting data of various types via astute use of statistical packages. Practice mathematics, statistics, information technology in sport technology related problems. Offer hands on knowledge in Information and Communication Technology (ICT). 							
Unit-I	Introduction						12 Hrs
	<ul style="list-style-type: none"> ➤ Education and Educational Technology: Meaning and Definitions ➤ Types of Education: Formal, Informal and Non- Formal education ➤ Educative Process o Importance of Devices and Methods of Teaching. 						
Unit-II	Foundation of Yoga						12 Hrs
	<ul style="list-style-type: none"> ➤ The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi ➤ Yoga in the Bhagavadgita: Karma Yoga, Raja Yoga, Jñāna Yoga and Bhakti Yoga 						
Unit-III	Asanas- I						12 Hrs
	<ul style="list-style-type: none"> ➤ Effect of Asanas and Pranayama on various system of the body ➤ Classification of asanas with special reference to physical education and sports 						
Unit-IV	Asanas- II						12 Hrs
	<ul style="list-style-type: none"> ➤ Influences of relaxive, meditative posture on various system of the body ➤ Types of Bandhas and mudras ➤ Type of kriyas 						
Unit-V	Yoga Education						12 Hrs
	<ul style="list-style-type: none"> ➤ Basic, Applied And Action research in Yoga ➤ Difference between yogic practices and physical exercises 						

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	<ul style="list-style-type: none"> ➤ Yoga education centers in India and abroad ➤ Competitions in Yogasanas 	
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of 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. 		
Reference Books		
<ul style="list-style-type: none"> • 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. 		








Course Code	ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION			L	T	P	C	
BBPED20S203				4	0	0	4	
Pre-requisite	Nil			Syllabus version				
				100 Marks				
Course Objectives								
<ul style="list-style-type: none"> • Use the various methods of teaching in physical education. • Understand and able to write a lesson plan with proper components. 								
Course Outcome								
<ul style="list-style-type: none"> • Know the concept of Intramural and Extramural competition. • Describe the rules and regulations of the games such as Ball badminton, Kabaddi and volleyball. 								
Student Learning Outcomes (SLO)								
<ul style="list-style-type: none"> • Understand the principles and process of administration and management, administer of physical education and sports programs in schools. • Develop appropriate physical education curriculum, tools and budget to manage school programs. • Appraise and manage physical education facilities and personnel in school . • Design tournament fixtures and structures to organize competitions. 								
Unit-I	Organization and administration- I						12	Hrs
	<ul style="list-style-type: none"> ➤ Meaning and importance of Organization and Administration in physical education ➤ Qualification and Responsibilities of Physical Education Teacher (PET) and pupil teacher ➤ Planning and their basic principles 							
Unit-II	Organization and administration- II						12	Hrs
	<ul style="list-style-type: none"> ➤ Program planning: Meaning, Importance, Principles of program planning in physical education ➤ Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating 							
Unit-III	Office Management, Record, Register & Budget						12	Hrs
	<ul style="list-style-type: none"> ➤ Office Management: Meaning, definition, functions and kinds of office management ➤ Records and Registers: Maintenance of attendance register, stock register, cash register, physical efficiency record, Medical examination Record ➤ Budget: Meaning, Importance of Budget making, ➤ Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget 							
Unit-IV	Facilities & Time-Table Management						12	Hrs
	<ul style="list-style-type: none"> ➤ Facilities and equipment management: Types of facilities Infrastructure- indoor, out door ➤ Care of school building, Gymnasium, swimming pool, Play fields, Play grounds ➤ Equipment: Need, importance, purchase, care and maintenance ➤ Time Table Management: Meaning, Need, Importance and Factor affecting time table 							

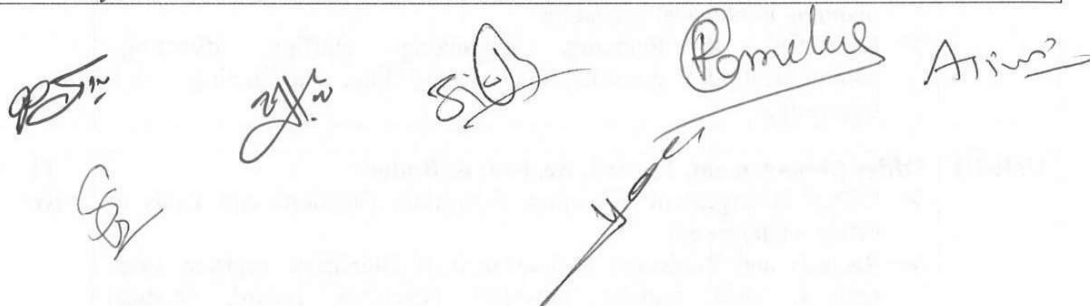
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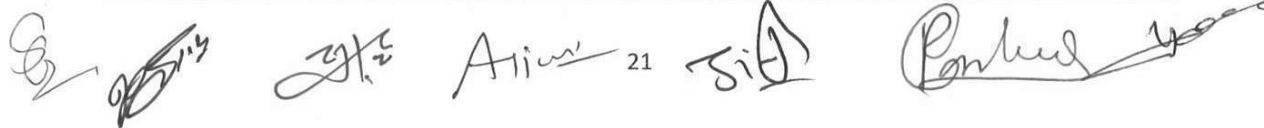
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Unit-V	Competition Organization <ul style="list-style-type: none"> ➤ Importance of Tournament ➤ Types of Tournament and its organization structure: Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament. ➤ Organization structure of Athletic Meet ➤ Sports Event Intramurals & Extramural Tournament planning 	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc. • Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Lolis: The C.V. Hosby Co 		
Reference Books		
<ul style="list-style-type: none"> • Kozman, H.C. Cassidly, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co. • Pandy, L.K. (1977). Methods in Physical Education. Delhe: Metropolitan Book Depo • Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication. • Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press. • Tirunaryanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press. • Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc. 		



Course Code	CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS Optional Course (Any One)			L	T	P	C
BBPED20S204				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> • Concepts of Fitness and Wellness is designed to provide the cognitive and behavioral skills students need to adopt a healthy lifestyle based on personal needs that will promote lifetime health, fitness, and wellness. • The course will provide the student with information to become a good decision maker and to make informed choices and his or her lifestyle. 							
Course Outcome							
<ul style="list-style-type: none"> • Understand the modern concept of Fitness and Wellness. • Employ the knowledge about concept of holistic health through fitness and wellness. • Orient students toward the approach of positive life style. • Develop competencies for profile development, exercise guidelines adherence. • Apply the holistic concept of health and wellness. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> • Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health. • Apply qualitative research methods to explore and critically examine a variety of curricular topics. • Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science. • Explain the contemporary issues and to pertaining to the physical activity and health field. 							
Unit-I	Concept of Physical Education and Fitness						12 Hrs
	<ul style="list-style-type: none"> ➤ Definition, Aims and Objectives of Physical Education, fitness and Wellness ➤ Importance and Scope of fitness and wellness ➤ Modern concept of Physical fitness and Wellness ➤ Physical Education and its Relevance in Inter Disciplinary Context 						
Unit-II	Fitness, Wellness and Lifestyle						12 Hrs
	<ul style="list-style-type: none"> ➤ Fitness: Types of Fitness and Components of Fitness ➤ Understanding of Wellness ➤ Modern Lifestyle and Hypokinetic Diseases- Prevention and Management ➤ Physical Activity and Health Benefits 						
Unit-III	Principles of Exercise Program- I						12 Hrs
	<ul style="list-style-type: none"> ➤ Means of Fitness development: aerobic and anaerobic exercises ➤ Exercises and Heart rate Zones for various aerobic exercise intensities 						
Unit-IV	Principles of Exercise Program- II						12 Hrs
	<ul style="list-style-type: none"> ➤ Concept of free weight v/s Machine, Sets and Repetition etc. ➤ Concept of designing different fitness training program for different age group 						
Unit-V	Safety Education and Fitness Promotion						12 Hrs
	<ul style="list-style-type: none"> ➤ Health and Safety in Daily Life o First Aid and Emergency Care 						


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	<ul style="list-style-type: none"> ➤ Common Injuries and their Management ➤ Modern Life Style and Hypokinetic Disease- Prevention and Management 	
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.Giam, C.K & The, • K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. 		
Reference Books		
<ul style="list-style-type: none"> • Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown. • Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book. 		

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Course Code	SPORTS NUTRITION AND WEIGHT MANAGEMENT Optional Course (Any One)			L	T	P	C
BBPED20S205				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To enable the students to understand the characteristics, physiology and body composition needs of different power/ strength sports. To impart knowledge on sports specific nutrition and hydration guidelines in power/ strength, weight class-combat and racket sport athletes. To help students understand the role of ergogenic aids- their dose, safety and efficacy to enhance sports performance. 							
Course Outcome							
<ul style="list-style-type: none"> To impart knowledge on the Nutritional basis for enhanced- exercise and sports performance with due emphasis on Physiology and body composition, Nutritional requirements- Weight Management, Holistic health, Cryogenic aid. To prepare students for a career in fitness academies, sports institutes, educational and health institutions, pharmaceutical industries and corporate sectors. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Restate the role of nutrients and caloric requirements. Sketch the basic classification, functions and utilization of nutrients. Point out diet for various competitions and nutrient supplements for performance. 							
Unit-I	Introduction to Sports Nutrition						12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning and Definition of Sports Nutrition ➤ Basic Nutrition guidelines ➤ Role of nutrition in sports ➤ Factor to consider for developing nutrition plan 						
Unit-II	Nutrients: Ingestion to energy metabolism						12 Hrs
	<ul style="list-style-type: none"> ➤ Carbohydrates, Protein, Fat: Meaning, classification and its function ➤ Role of carbohydrates, Fat and protein during exercise ➤ Vitamins, Minerals, Water: Meaning, classification and its function ➤ Role of hydration during exercise, water balance, Nutrition- daily caloric requirement and expenditure 						
Unit-III	Nutrition and Weight Management- I						12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning of weight management ➤ Concept of weight management in modern era ➤ Factor affecting weight management and values of weight management 						
Unit-IV	Nutrition and Weight Management- II						12 Hrs
	<ul style="list-style-type: none"> ➤ Concept of BMI (Body mass index) ➤ Obesity and its hazard ➤ Myth of Spot reduction ➤ Dieting versus exercise for weight control ➤ Common Myths about Weight Loss ➤ Obesity: Definition, meaning and types of obesity, Health Risks Associated with Obesity, ➤ Causes and Solutions for Overcoming Obesity. 						

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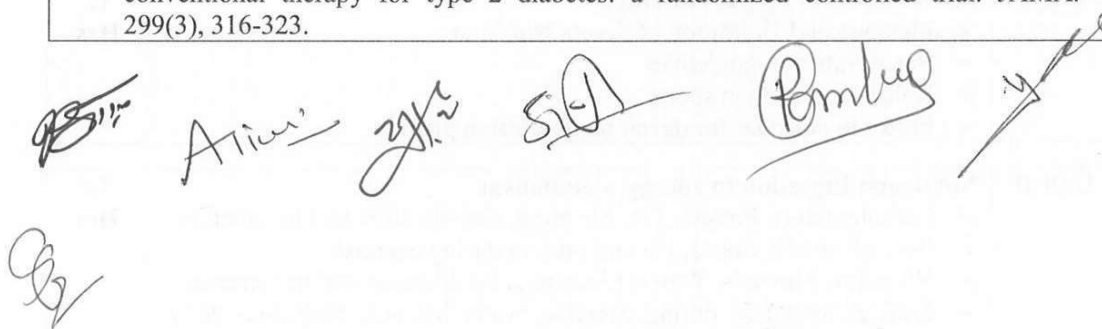
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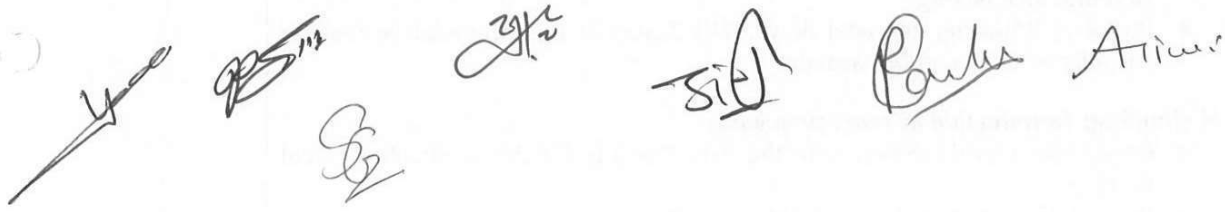
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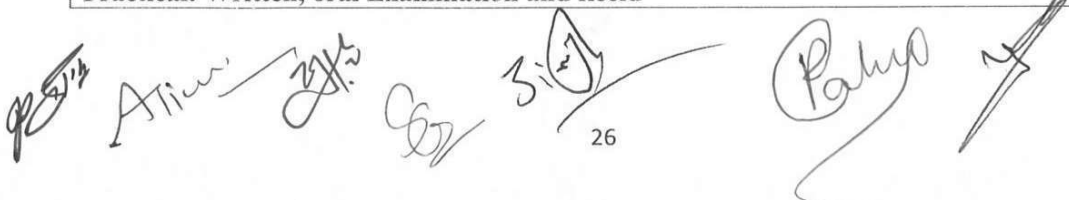
Unit-V	Steps of planning of Weight Management <ul style="list-style-type: none"> ➤ Nutrition: Daily calorie intake and expenditure, Determination of desirable body weight ➤ Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle. ➤ Weight management program for sporty child ➤ Role of diet and exercise in weight management ➤ Design diet plan and exercise schedule for weight gain and loss 	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Bessesen, D. H. (2008). Update on obesity. J ClinEndocrinolMetab.93(6), 2027-2034. • Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091- 3096. 		
Reference Books		
<ul style="list-style-type: none"> • Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. Am J ObstetGynecol, 197(3), 223-228. • DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med, 356(21), 2176-2183. • Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299(3), 316-323. 		



Course Code	TRACK AND FIELD (JUMPING EVENTS) Practical Course				L	T	P	C
BBPED20S206					0	0	4	4
Pre-requisite	Nil				Syllabus version			
				100 Marks				
Course Objectives								
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, ground markings and dimensions, rules in the games and duties of officials of the event of hurdles and relays. To develop a knowledge about the historical development of this game. 								
Course Outcome								
<ul style="list-style-type: none"> To provide detail knowledge of jumping events regarding rules, regulation skills, strategies and tactics of jumping events. To enhance performance through regular practices. To provide teaching and coaching opportunities to the students. To provide opportunities to organize different level of tournaments. To provide opportunities of officiating and to develop the qualities of official concerning the duties of official in jumping events. 								
Student Learning Outcomes (SLO)								
<ul style="list-style-type: none"> To assist in planning a presentation or training session. To help the trainer eliminate irrelevant information. To focus the attention of the trainees. To ensure that both the trainer and trainee know where they are going. To test the recall and understanding of the trainees. 								
Track and Field Athletics: <i>Jumping Events</i>							120 Hrs	
<ul style="list-style-type: none"> ➤ High Jump (Straddle Roll), Long Jump, Triple Jump, Pole Vault ➤ Approach Run ➤ Take off ➤ Clearance over the bar ➤ Landing 								
Practical: Written, oral Examination and field								



Course Code	Yoga/ Aerobics/ Swimming/ Gymnastics Practical Course (Any two out of these)	L	T	P	C
BBPED20S207		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, ground markings and dimensions, rules in the games and duties of officials of the event of hurdles and relays. To develop a knowledge about the historical development of this game. 					
Course Outcome					
<ul style="list-style-type: none"> To provide detail knowledge of yoga/ aerobics/ swimming/ gymnastics regarding rules, regulation skills, strategies and tactics of yoga/ aerobics/ swimming/ gymnastics. To enhance performance through regular practices. To provide teaching and coaching opportunities to the students To provide opportunities to organize different level of tournaments. To provide opportunities of officiating and to develop the qualities of official concerning the duties of official in yoga/ aerobics/ swimming/ gymnastics. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To assist in planning a presentation or training session. To help the trainer eliminate irrelevant information. To focus the attention of the trainees. To ensure that both the trainer and trainee know where they are going. To test the recall and understanding of the trainees. 					
Yoga ➤ Surya Namaskara, Pranayams, Corrective Asanas, Kriyas, Asanas, Sitting, Standing, Laying Prone Position, Laying Spine Position					120 Hrs
Aerobics ➤ Introduction of Aerobics ➤ Rhythmic Aerobics, dance, Low impact aerobics, High impact aerobic, Aerobics kick boxing ➤ Postures, Warm up and cool down, THR Zone- Being successful in exercise and adaptation to aerobic workout					
Swimming: Introduction of water polo game ➤ Fundamental skills, Swim with the ball, Passing, Catching, Shooting, Goal keeping ➤ Rules of the games and responsibility of officials					
Introduction of Diving sports. ➤ Basic Diving Skills from spring boards, Basic Diving Skills from platform					
Gymnastics: ➤ Parallel Bar, Mount from one bar, Straddle walking on parallel bars, Single and double step walk, Perfect swing, Shoulder stand on one bar and roll forward, Roll side, Shoulder stand, Front on back vault to the side(dismount), Horizontal/ Single Bar, Grip, Swings, Fundamental Elements, Dismount, Uneven Parallel Bar, Grip, Swings, Fundamental Elements Dismount					
(Any two out of these)					
Practical: Written, oral Examination and field					



Course Code	RACKET SPORTS (BADMINTON/ TABLE TENNIS/ SQUASH/ TENNIS) Practical Course (Any two out of these)	L	T	P	C
BBPED20S208		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, ground markings and dimensions, rules in the games and duties of officials of the event of racket sports. To develop a knowledge about the historical development of this game. 					
Course Outcome					
<ul style="list-style-type: none"> To provide detail knowledge of racket sports regarding rules, regulation skills, strategies and tactics of racket sports. To enhance performance through regular practices. To provide teaching and coaching opportunities to the students To provide opportunities to organize different level of tournaments. To provide opportunities of officiating and to develop the qualities of official concerning the duties of official in racket sports. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To assist in planning a presentation or training session. To help the trainer eliminate irrelevant information. To ensure that both the trainer and trainee know where they are going. To test the recall and understanding of the trainees. 					
Badminton: Fundamental Skills <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 Table Tennis: Fundamental Skills <ul style="list-style-type: none"> ➤ The Grip: The Tennis Grip, Pen Holder Grip ➤ Service: Forehand, Backhand, Side Spin, High Toss ➤ Strokes: Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive, Stance and Ready position and foot work ➤ Rules and their interpretations and duties of officials Squash: Fundamental Skills <ul style="list-style-type: none"> ➤ Service: Under hand and Over hand, Service Reception ➤ Shot: Down the line, Cross Court, Drop, Half Volley ➤ Tactics: Defensive, attacking in game ➤ Rules and their interpretations and duties of officials Tennis: Fundamental Skills <ul style="list-style-type: none"> ➤ Grips: Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip., Stance and Footwork ➤ Basic Ground strokes: Forehand drive, Backhand drive ➤ Basic service, Basic Volley, Over-head Volley, Chop ➤ Tactics: Defensive, attacking in game ➤ Rules and their interpretations and duties of officials. 					120 Hrs
(Any two out of these)					
Practical: Written, oral Examination and field					

Course Code	TEACHING PRACTICE (CLASSROOM AND OUTDOOR) Practical Course	L	T	P	C
BBPED20S209		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To bring desired changes in students' attitude. To shape behaviour and conduct. Acquisition of knowledge. To improve the learning skills of students, formation of belief. To become a social & efficient member of society. 					
Course Outcome					
<ul style="list-style-type: none"> To create the classroom like situations and outdoor activities so as to familiarize the student teachers to the real like situations in order to deliver better physical education classes. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To create the classroom like situations and outdoor activities so as to familiarize the student teachers to the real like situations in order to deliver better physical education classes. 					
Teaching practices					120 Hrs
<ul style="list-style-type: none"> ➤ 10 teaching practice lesson plans out of which 5 lesson plans in class-room situation and 5 Lesson plans for out-door activities within premises on the students of B.P.Ed course. 					
Practical: Written, oral Examination and field					


 A collection of handwritten signatures and initials in black ink, including names like 'Rishi', 'Ankur', and 'Arjun', along with various scribbles and marks.