

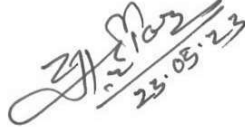


BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

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

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EKLA YA UNIVERSITY, DAMOI (M.P.)

Scheme of Examination B.P.Ed. Sem III

/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	BBPED20S301	Sports Training	60	30	10	0	0	4	0	0	4
2	BBPED20S302	Computer Applications in Physical Education	60	30	10	0	0	4	0	0	4
3	BBPED20S303	Sports Psychology and Sociology	60	30	10	0	0	4	0	0	4
4	BBPED20S304/B BPED20S305	Sports Medicine, Physiotherapy and Rehabilitation / Curriculum Design (DSE)	60	30	10	0	0	4	0	0	4
5	BBPED20S306	Track and Field (Throwing Events)				60	40	0	0	4	4
6	BBPED20S307	Combative Sports : Martial Art, Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling (Any two out of these)				60	40	0	0	4	4
7	BBPED20S308	Team Games : Baseball, Cricket, Football, Hockey, Softball, Volleyball, Handball, Basketball, Netball (Any two of these)				60	40	0	0	4	4
8	BBPED20S309	TEACHING PRACTICE (100) Teaching Practice (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports)								4	4
Total			240	120	40	240	160	16	0	16	32

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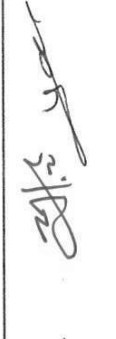


EKLA YA UNIVERSITY, DAMOI (M.P.)

Scheme of Examination B.P.Ed. Sem IV

/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						Lab Work/ sessional
1	BBPED20S401	Measurement and Evaluation in Physical Education	60	30	10	0	0	4	0	0	4	
2	BBPED20S402	Kinesiology and Biomechanics	60	30	10	0	0	4	0	0	4	
3	BBPED20S403	Research and Statistics in Physical Education	60	30	10	0	0	4	0	0	4	
4	BBPED20S404 /BBPED20S405	Theory of sports and games /Sports Management (DSE)	60	30	10	0	0	4	0	0	4	
5	BBPED20S406	PRACTICAL (200) Track and Field/Swimming /Gymnastics (Any of one out of these)				60	40	100	0	0	4	
6	BBPED20S407	Kabaddi/ Kho-Kho/ Baseball/ Cricket/Football/Hockey/Softball/ Volleyball/ Handball/Basketball/ Netball/ Badminton/ Table Tennis/ Squash/Tennis (Any of one out of these)				60	40	100	0	0	4	
7	BBPED20S408	TEACHING PRACTICE (200) Sports Specialization: Coaching lessons Plans Track and Field /Swimming /Gymnastics (Any of one out of these)				60	40	100	0	0	4	
8	BBPED20S409	Game specialization Coaching lessons: Kabaddi/ Kho Kho Baseball /Cricket / Football/ Hockey /Softball /Volleyball / Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)				60	40	100	0	0	4	
Total			240	120	40	240	160	800	16	0	16	32

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SYLLABUS

FOR

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

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**SCHOOL OF EDUCATION &
LIBRARY SCIENCE**

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

SEMESTER-III

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Course Code	SPORTS TRAINING (Third Semester)	L	T	P	C
BBPED20S301		4	0	0	4
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. • Utilize and enhance team sports programming and teaching strategies learned through critical analysis of professionals in the industry. 					
Course Outcome					
<ul style="list-style-type: none"> • To understand the concept, principles and forms of sports training. • To develop methods of training for all of the fitness components. • To develop technical and tactical training methods. • To acquaint the students with dimensions and actual markings of different play fields, courts and arenas. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> • Understand training as performance based science. • Explain different means and methods of various training. • Prepare training schedule for various sports and games. • Appraise types of periodization for performance development. • Create various training facilities and plans for novice to advance performers. 					
Unit-I	Introduction to Sports Training				12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning and Definition of Sports Training ➤ Aim and Objective of Sports Training ➤ Principles of Sports Training ➤ System of Sports Training: Basic Performance, Good Performance and High Performance Training 				
Unit-II	Training Components- I				12 Hrs
	<ul style="list-style-type: none"> ➤ Strength: Mean and Methods of Strength Development ➤ Speed: Mean and Methods of Speed Development ➤ Endurance: Mean and Methods of Endurance Development 				
Unit-III	Training Components- II				12 Hrs
	<ul style="list-style-type: none"> ➤ Coordination: Mean and Methods of coordination Development ➤ Flexibility: Mean and Methods of Flexibility Development 				
Unit-IV	Training Process				12 Hrs
	<ul style="list-style-type: none"> ➤ Training Load: Definition and Types of Training Load ➤ Principles of Intensity and Volume of stimulus ➤ Technical Training: Meaning and Methods of Technique Training ➤ Tactical Training: Meaning and Methods of Tactical Training 				
Unit-V	Training programming and planning				12 Hrs
	<ul style="list-style-type: none"> ➤ Periodization: Meaning and types of Periodization ➤ Aim and Content of Periods: Preparatory, Competition, Transitional etc. ➤ Planning: Training session ➤ Talent Identification and Development 				
# Mode: Flipped Class Room, Case Discussion, Lectures					

Text Book(s)

- Dick, W. F. (1980).Sports training principles.London: Lepus Books.
- Harre, D.(1982).Principles of sports training.Berlin: Sporulated.
- Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2nd Edn.

Reference Books

- Matvyew, L.P. (1981).Fundamental of sports training. Moscow: Progress Publishers.
- Singh, H. (1984).Sports training, general theory and methods.Patials: NSNIS.
- Uppal, A.K., (1999).Sports Training.New Delhi: Friends Publication.

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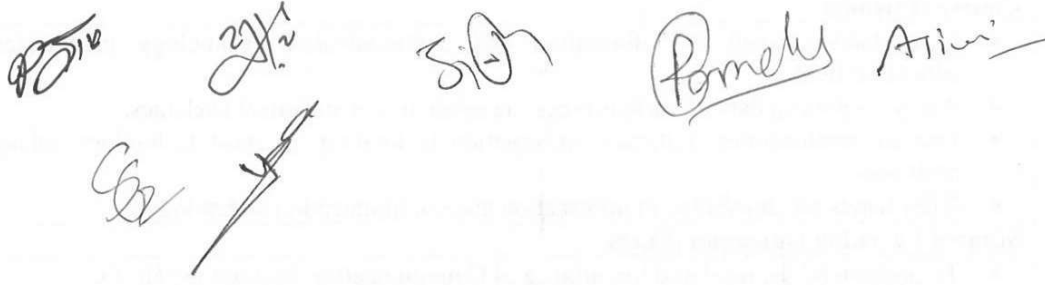
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Course Code	COMPUTER APPLICATIONS IN PHYSICAL EDUCATION			L	T	P	C
BBPED20S302				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> Show an awareness of what the major computer components are and how they act as system. Appreciate that computers need instructions to operate and acquire simple programming skills Demonstrate a knowledge and understanding of using computers to solve problems related to practical applications. 							
Course Outcome							
<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. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> To understand the need and importance of Communication Technology (ICT). To gain knowledge of the application of computer in physical education. To acquaint the learner with different methods MS Offices. To understand application of software used in physical education and sports. 							
Unit-I	Introduction to Computer						12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning, need and importance of information and communication technology (ICT) ➤ Application of Computers in Physical Education ➤ Components of computer, input and output device ➤ Application software used in physical education and sports 						
Unit-II	MS Word						12 Hrs
	<ul style="list-style-type: none"> ➤ Introduction to MS Word ➤ Creating, saving and opening a document ➤ Formatting Editing features Drawing table, page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes 						
Unit-III	MS Excel						12 Hrs
	<ul style="list-style-type: none"> ➤ Introduction to MS Excel ➤ Creating, saving and opening spreadsheet, creating formulas ➤ Format and editing features adjusting columns width and row height understanding charts 						
Unit-IV	MS PowerPoint- I						12 Hrs
	<ul style="list-style-type: none"> ➤ Introduction to MS Power Point ➤ Creating, saving and opening a ppt file 						
Unit-V	MS Power Point- II						12 Hrs
	<ul style="list-style-type: none"> ➤ Format and editing features slide show, design, inserting slide number, Picture, graph, table ➤ Preparation of PowerPoint presentations 						
# Mode: Flipped Class Room, Case Discussion, Lectures							

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Text Book(s)
<ul style="list-style-type: none"> • Irtegov, D. (2004). Operating system fundamentals. Firewall Media. • Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.
Reference Books
<ul style="list-style-type: none"> • Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia. • Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.


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Course Code	SPORTS PSYCHOLOGY AND SOCIOLOGY	L	T	P	C
BBPED20S303		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> Analyze the influence of psychological factors on involvement and performance in sport, exercise and physical education settings. This will include an extensive exploration of the field of sport and exercise psychology, mental skills that can be examined and training to improve athletic and physical performance. 					
Course Outcome					
<ul style="list-style-type: none"> To develop an understanding of the nature, scope & methods of psychology of education, physical education & sports. To understand the nature, steps and factor facilitating and obstructing learning. To develop an understanding of the intelligence, creativity & the role of the teacher in fostering them. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> Reflect upon motivational psychology as applied to sports activities. Formulate relevant constructs of exercise psychology. Demonstrate the ability to discuss sociological theories, concepts and ideas in large and small groups and to express empirically as well as theoretically-based opinions. To apply core sociological theories to specific social problems in order to analyses social problems. 					
Unit-I	Introduction				12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning, importance and scope of educational and sports psychology ➤ General characteristics of various Stages of growth and development ➤ Types and nature of individual differences ➤ Factors responsible- heredity and environment ➤ Psycho-sociological aspects of human behaviour in relation to physical education and sports 				
Unit-II	Sports Psychology- I				12 Hrs
	<ul style="list-style-type: none"> ➤ Nature of learning, theories of learning, Laws of learning, Plateau in Learning & transfer of training ➤ Meaning and definition of personality, characteristics of personality, Dimension of personality, Personality and Sports performance ➤ Nature of motivation: Factors influencing motivation ➤ Motivation and techniques and its Impact on sports performance 				
Unit-III	Sports Psychology- II				12 Hrs
	<ul style="list-style-type: none"> ➤ Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary ➤ Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety ➤ Meaning and nature of stress, Types of stress, Anxiety, Stress, Arousal and their effects on sports performance 				
Unit-IV	Relation between Social Science and Physical Education				12 Hrs
	<ul style="list-style-type: none"> ➤ Orthodoxy, customs, Tradition and Physical Education ➤ Festivals and Physical Education ➤ Socialization through Physical Education ➤ Social Group life, Social conglomeration and Social group, Primary group and Remote group 				

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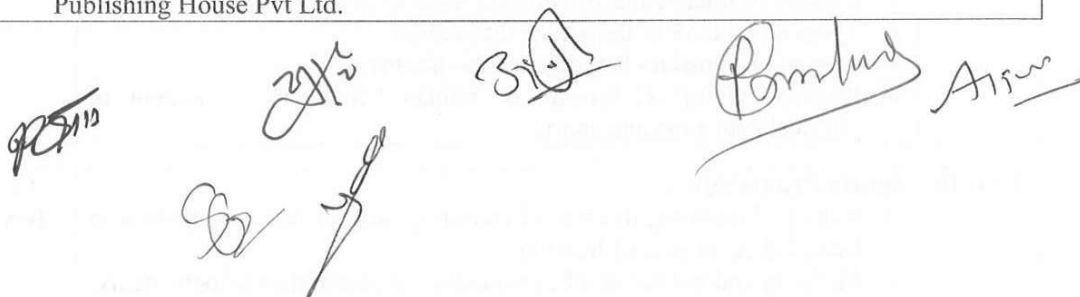
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Unit-V	Culture: Meaning and Importance. ➤ Features of culture, Importance of culture ➤ Effects of culture on people life style ➤ Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc. • Blair, J. & Simpson, R. (1962). Educational psychology, New York: McMillan Co. • Cratty, B. J. (1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall. 		
Reference Books		
<ul style="list-style-type: none"> • Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co. • Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc. • Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society. Philadelphia: Lea & Febiger. • Mathur, S.S., (1962). Educational psychology. Agra. Vinod Pustak Mandir. • Skinner, C. E., (1984). Education psychology. New Delhi: Prentice Hall of India. • William, F. O. & Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing House Pvt Ltd. 		


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Course Code	SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION			L	T	P	C
BBPED20S304	Optional Course (Any One)			4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To know how of relevant aspects of muscular-skeletal medicine in prevention and treatment of sports related injuries. Integrate and apply thorough knowledge and understanding of applied anatomy, sports bio-mechanics and relevant kinesiology to clinical sports medicine practice. 							
Course Outcome							
<ul style="list-style-type: none"> Understand their role in the management of the disability within the rehabilitation team. Understand the concept of team approach in rehabilitation. Observe and identify the diagnostic features in physical conditions. Understand the medical and surgical aspects of disabling conditions. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes. Demonstrate the basics of sport first aid during and after game situation. Recognize and appropriately treat common sports injuries and conditions from onset through rehabilitation. 							
Unit-I	Sports Medicine- I						12 Hrs
	<ul style="list-style-type: none"> Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches 						
Unit-II	Sports Medicine- II						12 Hrs
	<ul style="list-style-type: none"> Need and Importance of the study of sports injuries in the field of Physical Education Prevention of injuries in sports: Common sports injuries Diagnosis: First Aid, Treatment, Laceration, Blisters, Contusion, Strain, Sprain, Fracture, Dislocation and Cramps , Bandages- Types of Bandages, trapping and supports 						
Unit-III	Physiotherapy						12 Hrs
	<ul style="list-style-type: none"> Definition, Guiding principles of physiotherapy Importance of physiotherapy Introduction and demonstration of treatments: Electrotherapy, infrared rays, Ultraviolet rays, short wave diathermy, ultrasonic rays 						
Unit-IV	Hydrotherapy						12 Hrs
	<ul style="list-style-type: none"> Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath, Steam Bath, Sauna Bath, Hot Water Fomentation Massage: History of Massage- Classification of Manipulation (Swedish System) physiological Effect of Massage 						
Unit-V	Therapeutic Exercise						12 Hrs
	<ul style="list-style-type: none"> Definition and Scope, Principles of Therapeutic Exercise, Classification, Effects and uses of Therapeutic exercise 						

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	<ul style="list-style-type: none"> ➤ Passive Movements (Relaxed, Forced and passive-stretching) and active movements (concentric, Eccentric and static) ➤ Application of the therapeutic exercise: Free Mobility Exercise, Shoulder, Elbow, Wrist and Finger Joints, Hips, Knee, ankle and Foot joints , Trunk, Head and Neck exercises 	
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group. • Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger 		
Reference Books		
<ul style="list-style-type: none"> • Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics. • Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics. 		

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Course Code	CURRICULUM DESIGN Optional Course (Any One)	L	T	P	C
BBPED20S305		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> Do 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"> To understand the place of Physical Education in school curriculum. To acquaint the learner with different methods of teaching physical activities. To acquaint the students with planning, objectives of different types of lessons. To acquaint the learner with organizing and conducting various types of tournaments and athletic meet. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> Know sports management and employ principles of strategic planning, and financial and human resource management. Assess marketing needs and formulate short term and long term solutions. Conceive, plan, execute and evaluate a sports event. Introduce the teaching and curriculum objectives and course module design. Analyze the planning strategies, teaching, learning and assessment. 					
Unit-I	Modern Concept of the Curriculum <ul style="list-style-type: none"> ➤ Need and importance of curriculum ➤ Need and importance of curriculum development, ➤ The role of the teacher in curriculum development ➤ Factors affecting curriculum: Social factors, Personnel qualifications, Climatic consideration, Equipment and facilities, Time suitability of hours. ➤ National and Professional policies, Research finding 	12 Hrs			
Unit-II	Basic Guide Line for Curriculum Construction: Contest (Selection And Expansion) <ul style="list-style-type: none"> ➤ Focalization ➤ Socialization ➤ Individualization ➤ Sequence and operation ➤ Steps in curriculum construction 	12 Hrs			
Unit-III	Mechanics of Curriculum Planning <ul style="list-style-type: none"> ➤ Basic principles of curriculum construction ➤ Curriculum Design, Meaning, Importance and factors affecting curriculum design ➤ Principles of Curriculum design according to the needs of the students and state and national level policies ➤ Role of Teachers 	12 Hrs			
Unit-IV	Undergraduate Preparation of Professional Preparation- I <ul style="list-style-type: none"> ➤ Areas of Health education, Physical education and Recreation 	12 Hrs			

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	➤ Curriculum design-Experience of Education, Field and Laboratory	
Unit-V	Undergraduate Preparation of Professional Preparation- II ➤ Teaching practice ➤ Professional Competencies to be developed: Facilities and special resources for library, laboratory and other facilities	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Barrow, H. M. (1983). Man and movement: principles of physical education. Philadelphia: Lea and Febiger. • Bucher, C. A. (1986). Foundation of physical education: St. Louis: The C. V. Mosby & Company. • Cassidy, R. (1986). Curriculum development in physical education. New York: Harper & Company. 		
Reference Books		
<ul style="list-style-type: none"> • Cowell, C.C. & Hazelton, H.W. (1965). Curriculum designs in physical education. Englewood Cliffs: N.J. prentice Hall Inc. • Larson, L.A. (n.d.). Curriculum foundation in physical education. Englewood Cliffs: N.J. Prentice Hall Inc. • Underwood, G. L. (1983). The physical education curriculum in secondary school: planning and implementation. England: Taylor and Francis Ltd. • Willgoose, C.E. (1979). Curriculum in physical education. 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc. 		

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Course Code	TRACK AND FIELD (THROWING EVENTS) Practical Course	L	T	P	C
BBPED20S306		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, stances, forms, rules and duties of officials etc. in throwing events. To develop a knowledge about the historical development of the game. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, apparatus used, court markings and dimensions, rules and duties of officials etc. in the throwing events. 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, equipments used, rules and duties of officials etc. in the event of throwing. To develop a knowledge about the historical development of the game. 					
Track and field (Throwing Events)					120 Hrs
<ul style="list-style-type: none"> ➤ Discus Throw, Javelin, Hammer throw, shot-put ➤ Basic Skills and techniques of the Throwing events ➤ Ground Marking/ Sector Marking ➤ Interpretation of Rules and Officiating. ➤ Grip ➤ Stance ➤ Release ➤ Reserve (Follow through action) ➤ Rules and their interpretations and duties of officials 					
Practical: Written, oral Examination and field					

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Course Code	COMBATIVE SPORTS (MARTIAL ART/ KARATE/ JUDO/ FENCING/ BOXING/ TAEKWONDO/ WRESTLING) Practical Course (Any two out of these)	L	T	P	C
BBPED20S307		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, stances, forms, rules and duties of officials, etc. in combative sports. To develop a knowledge about the historical development of the game. 					
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 combating sports. 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, stances, forms, rules, scoring and duties of officials and their positioning, etc. in the event of combating sports. To develop a knowledge about the historical development of the game. 					
Martial Arts/ Karate: <i>Fundamental Skills</i> <ul style="list-style-type: none"> ➤ Player Stances: walking, hand positions, front-leaning, side-fighting. ➤ Hand Techniques: Punches (form of a punch, straight punch, and reverse punch), Blocks (eight basic). ➤ Leg Techniques: Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house ➤ Forms: The first cause Katas ➤ Self Defense: against punches, grabs and strikes, against basic weapons (knife, club sticks) ➤ Sparring: One step for middle punch, high punch and groin punch (Defended by appropriate block from eight basic blocks) ➤ Rules and their interpretations and duties of officials Judo: <i>Fundamental skills</i> <ul style="list-style-type: none"> ➤ Rei (Salutation): Ritsurei (Salutation in standing position), Zarai (Salutation in the sitting position), Kumi kata (Methods of holding judo costume), Shisei (Posture in Judo), Kuzushi (Act of disturbing the opponent posture), Tsukuri and kake (Preparatory action for attack) ➤ Ukemi (Break Fall): UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall), Shin Tai (Advance or retreat foot movement), Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps), Tai Sabaki (Management of the body), NageWaze (Throwing techniques), HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw). ➤ Katamawaze (Grappling techniques): Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold Fencing: <i>Fundamental Skill</i> <ul style="list-style-type: none"> ➤ Basic Stance: on-guard position (feet and legs) ➤ Footwork: advance, retire, lunge, Step-lunge ➤ Grip: hold a foil correctly ➤ Etiquette: salute and handshake to coaches and partners 					120 Hrs

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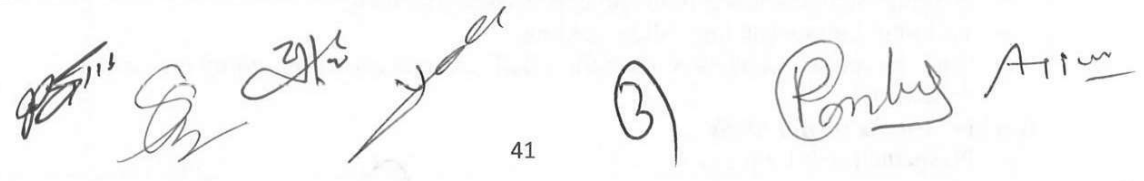
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<ul style="list-style-type: none"> ➤ Hit a target (glove, mask, person) at riposte distance ➤ Lunge from an on-guard position. ➤ Attack: simple attacks from sixte- direct, disengage, doublé attack, compound attacks, high line- one-two and cut-over disengage, Cut-over attack, Low line attacks ➤ Semi circular parries: octave and septime ➤ Understand the layout of a piste ➤ Compound or successive parries ➤ Lateral parry and direct riposte ➤ Fence a bout: judges etc. salutes and handshakes ➤ Rules and their interpretations and duties of officials. <p>Boxing: Fundamental Skills</p> <ul style="list-style-type: none"> ➤ Player stance: Stance - Right hand stance, left hand stance. ➤ Footwork: Attack, defense. ➤ Punches: Jab, cross, hook, upper cut, combinations. ➤ Defense slip: bob and weave, parry/block, cover up, clinch, counter attack ➤ Tactics: Toe to toe, counter attack, fighting in close, feinting ➤ Rules and their interpretations and duties of officials. <p>Taekwondo: Fundamental Skills</p> <ul style="list-style-type: none"> ➤ Player Stances: walking, extending walking, L stance, cat stance. ➤ Fundamental Skills: Sitting stance punch, single punch, double punch, triple punch. ➤ Punching Skill from sparring position: front-fist punch, rear fist punch, double punch and four combination punch. ➤ Foot Techniques (Balgisul): standing kick (soseochagi), Front kick (AP chagi), Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaedollyoChagi), Jump kick (TwimyoChagi) ➤ Poomsae (Forms): Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement – eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques) ➤ Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks), Free Sparring ➤ Board Breaking (Kyokpa): eye control, balance, power control, speed, point of attack. ➤ Rules and their interpretations and duties of officials. <p>Wrestling: Fundamental Skills</p> <ul style="list-style-type: none"> ➤ Take downs, Leg tackles, Arm drag ➤ Counters for take downs, Cross face, Whizzer series ➤ Escapes from under-sit-out turn in tripped ➤ Counters for escapes from under-Basic control back drop, Counters for stand up ➤ Pinning combination: Nelson series (Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson ➤ Escapes from pinning: Wing lock series, Double arm lock roll, Cridge ➤ Standing Wrestling: Head under arm series, whizzer series ➤ Referees positions 	
<p>(Any two out of these) Practical: Written, oral Examination and field</p>	



Course Code	TEAM GAMES (BASEBALL/ CRICKET/ FOOTBALL/ HOCKEY/ SOFTBALL/ VOLLEYBALL/ HANDBALL/ BASKETBALL/ NETBALL) Practical Course (Any two out of these)	L	T	P	C
BBPED20S308		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of the 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 team game. 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, stances, forms, rules and duties of officials, etc. in the event of team game. To develop a knowledge about the historical development of the game. 					
Basket ball: Fundamental Skills <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. Cricket: Fundamental Skills <ul style="list-style-type: none"> ➤ Batting: Forward and backward defensive stroke ➤ Bowling: Simple bowling techniques ➤ Fielding: Defensive and offensive fielding ➤ Catching: High catching and Slip catching ➤ Stopping and throwing techniques ➤ Wicket keeping techniques Football: Fundamental Skills <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 ➤ Goal Keeping: Collection of balls, Ball clearance-kicking, throwing and deflecting Hockey: Fundamental Skills <ul style="list-style-type: none"> ➤ Player stance & Grip 					120 Hrs

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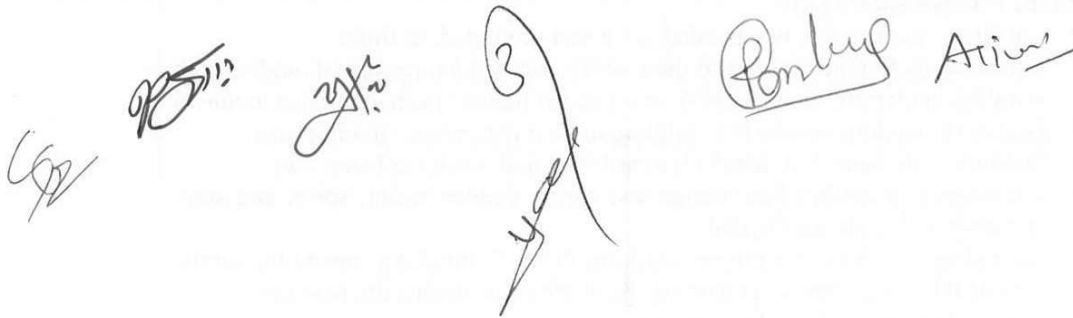
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<ul style="list-style-type: none"> ➤ Rolling the ball, Dribbling, Push, Stopping, Hit, Flick, Scoop ➤ Passing: Forward pass, square pass, triangular pass, diagonal pass, return pass, Reverse hit, Dodging ➤ Goal keeping: Hand defence, foot defence, Positional play in attack and defence. ➤ Rules and their interpretations and duties of officials. ➤ Ground Marking. <p>Softball: Fundamental Skills</p> <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. <p>Volleyball: Fundamental Skills</p> <ul style="list-style-type: none"> ➤ Players Stance: Receiving the ball and passing to the team mates, The Volley (Over head pass), The Dig(Under hand pass) ➤ Service: Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. ➤ Rules and their interpretations and duties of officials. <p>Hand Ball: Fundamental Skills</p> <ul style="list-style-type: none"> ➤ Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling- High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense ➤ Rules and their interpretations and duties of officials. <p>Netball: Fundamental Skills</p> <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. <p>(Any two out of these)</p> <p>Practical: Written, oral Examination and field</p>	
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Course Code	TEACHING PRACTICE (TEACHING LESSON PLANS FOR RACKET SPORT/ TEAM GAMES/ INDIGENOUS SPORTS) Practical Course (Any two out of these)	L	T	P	C
BBPED20S309		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> • Understand and appreciate the concept of Sustainable Development (SD) in wider perspective. • Understand the relationship between Physical Education and Individual and its role in SD. • Understand the nature and diversified role of schools in contemporary Indian Society for Sustainable Development. • Explores the dimensions of Human & Child Rights in School and Social context. 					
Course Outcome					
<ul style="list-style-type: none"> • To train the student teachers to conduct classes and lesson plans on Racket Sports/ Team Games/ Indigenous Sports both in the department classes as well as in the schools of their internship program. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> • To train the student teachers to conduct classes and lesson plans on Racket Sports/ Team Games/ Indigenous Sports both in the department classes as well as in the schools of their internship program. 					
Teaching practices					120 Hrs
<ul style="list-style-type: none"> ➤ 10 teaching practice lesson plans for Racket Sports/ Team Games/ Indigenous Sports out of which 5 lesson plans internal and 5 lesson plans external at school within premises on the students of B.P.Ed course. 					


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**SCHOOL OF EDUCATION &
LIBRARY SCIENCE**

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

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Course Code	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Fourth Semester)	L	T	P	C
BBPED20S401		4	0	0	4
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 and conduct measurement & evaluation. 					
Course Outcome					
<ul style="list-style-type: none"> To understand the concept of measurement, evaluation and assessment procedure in physical education. 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 application of simple statistical procedures for evaluation. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> Understand the test, measurement and evaluation in physical education, health and fitness. Know about the different types of test for different sports and games. Apply the tests in minor research areas. Analyses the performance and movements in the field of sports. Evaluate the battery test and others tests prescribed by the government efficiently. 					
Unit-I	Introduction to Test & Measurement & Evaluation				12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning of Test & Measurement & Evaluation in Physical Education ➤ Need & Importance of Test & Measurement & Evaluation in Physical Education ➤ Principles of Evaluation 				
Unit-II	Criteria, Classification and Administration of Test- I				12 Hrs
	<ul style="list-style-type: none"> ➤ Criteria of good Test ➤ Criteria of tests, scientific authenticity (reliability, objectivity, alidity and availability of norms) 				
Unit-III	Criteria, Classification and Administration of test- II				12 Hrs
	<ul style="list-style-type: none"> ➤ Type and classification of Test ➤ Administration of test, advance preparation- Duties during testing, Duties after testing 				
Unit-IV	Physical Fitness Tests				12 Hrs
	<ul style="list-style-type: none"> ➤ AAHPER youth fitness test ➤ National physical Fitness Test ➤ Indiana Motor Fitness Test ➤ JCR test ➤ U.S Army Physical Fitness Test 				
Unit-V	Sports Skill Tests				12 Hrs
	<ul style="list-style-type: none"> ➤ Lockhart and McPherson badminton test ➤ Johnson basketball test ➤ McDonald soccer test 				

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	<ul style="list-style-type: none"> ➤ S.A.I volleyball test ➤ S.A.I Hockey test 	
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B.SoundersCompnay. • Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York. • Phillips, D. A., &Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Willey and Sons. • Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a inanthropometric study. Patiala: Punjab Publishing House. 		
Reference Books		
<ul style="list-style-type: none"> • Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: Ho Storm. • Barron, H. M., &Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger. • Barron, H.M. &Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger. • Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications. 		

Course Code	KINESIOLOGY AND BIOMECHANICS	L	T	P	C
BBPED20S402		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To enable students to understand the science of Biomechanics and kinesiology in relation to human performance. To enable students to analyze various fundamental movements and understanding the relevance of analysis. To enable students to understand the body structure and apply the knowledge in analysis of movements. 					
Course Outcome					
<ul style="list-style-type: none"> To understand the nature and scope of Kinesiology in physical education & sports. To understand the importance of movement analysis, kinesiological analysis. To understand the knowledge regarding antagonistic and agonistic muscles in the movements. To gain knowledge of the application of mechanical principles to fundamental skills and sports techniques. To understand basic mathematical problems related to motion, force and levers. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> Analyze and explain the mechanisms underlying biomechanical, physiological and psychological changes that occur during after acute and chronic exercise. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury. 					
Unit-I	Introduction to Kinesiology and Sports Biomechanics- I ➤ Meaning and Definition of Kinesiology and Sports Biomechanics ➤ Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher (PET), Athletes and Sports Coaches	12 Hrs			
Unit-II	Introduction to Kinesiology and Sports Biomechanics- II ➤ Terminology of Fundamental Movements ➤ Fundamental concepts of following terms- Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity	12 Hrs			
Unit-III	Fundamental Concept of Anatomy and Physiology ➤ Classification of Joints and Muscles ➤ Types of Muscle Contractions ➤ Posture: Meaning, Types and Importance of good posture. ➤ Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation	12 Hrs			
Unit-IV	Mechanical Concepts ➤ Force: Meaning, definition, types and its application to sports activities ➤ Lever: Meaning, definition, types and its application to human body ➤ Newton's Laws of Motion: Meaning, definition and its application to sports activities. ➤ Projectile: Factors influencing projectile trajectory	12 Hrs			
Unit-V	Kinematics and Kinetics of Human Movement ➤ Linear Kinematics: Distance and Displacement, speed and velocity, Acceleration ➤ Angular kinematics: Angular Distance and Displacement, Angular	12 Hrs			

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	Speed and velocity, Angular Acceleration > Linear Kinetics: Inertia, Mass, Momentum and Friction > Angular Kinetics: Moment of inertia, Couple and Stability	
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Hay, J. G. & Reid, J. G.(1988).Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. • Hay, J. G. (1970).The biomechanics of sports techniques. Englewood Cliffs, N.J.: Prentice Hall, Inc. • Simonies, C. (1911).Fundamentals of sport biomechanics. Englewood Cliffs, N.J.: Prentice Hall Inc. 		
Reference Books		
<ul style="list-style-type: none"> • Bunn, J. W. (1972).Scientific principles of coaching. Englewood Cliffs, N.J.: Prentice Hall Inc. • Hay, J. G. & Reid, J. G.(1982).The anatomical and mechanical basis of human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 		

Course Code	RESEARCH AND STATISTICS IN PHYSICAL EDUCATION			L	T	P	C
BBPED20S403				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To acquaint the student with Philosophy of Research in Physical Education. To make student understand need and importance of Research in Physical Education To give student knowledge of research in physical education. To enable student with different data collection tools and the procedure of developing them. To enable the student to understand and apply different types and methods of research. 							
Course Outcome							
<ul style="list-style-type: none"> To understand need and importance of research in physical education and sports. To understand the nature and scope of research and statistics in physical education and sports. To understand survey of related literature and research reports. To understand basics of statistical analysis or problems and related graphical presentation of distribution. To prepare statistical models in physical education and sports. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Identify the research problem in the field of physical education and sports Know to Summarize the various research literature Understand and apply the basics of statistics in research. Organize the samples and sampling techniques which is relevant to the study. 							
Unit-I	Introduction to Research						12 Hrs
	<ul style="list-style-type: none"> ➤ Definition of Research ➤ Need and importance of Research in Physical Education and Sports ➤ Scope of Research in Physical Education & Sports ➤ Classification of Research ➤ Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations 						
Unit-II	Survey of Related Literature						12 Hrs
	<ul style="list-style-type: none"> ➤ Need for surveying related literature ➤ Literature Sources, Library Reading ➤ Research Proposal, Meaning and Significance of Research Proposal 						
Unit-III	Research Proposal and Research Report						12 Hrs
	<ul style="list-style-type: none"> ➤ Preparation of Research proposal/ project ➤ Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution. 						
Unit-IV	Basics of Statistical Analysis						12 Hrs
	<ul style="list-style-type: none"> ➤ Statistics: Meaning, Definition, Nature and Importance ➤ Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables ➤ Graphical Presentation of Class Distribution: Histogram, Frequency 						

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	Polygon, Frequency Curve, Cumulative Frequency Polygon, Ogive, Pie Diagram	
Unit-V	Statistical Models in Physical Education and Sports <ul style="list-style-type: none"> ➤ Measures of Central Tendency: Mean, Median and Mode- Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data ➤ Measures of Variability: Meaning, importance, computing from group and ungroup data ➤ Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data 	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall. • Bompa, T. O. &Haff, G. G. (2009). Periodization: theory and methodology of training, 5th ed. Champaign, IL: Human Kinetics. • Brown, L. E., &Ferrigno, V. A. (2005). Training for speed, agility and quickness, 2nd ed. Champaign, IL: Human Kinetics. 		
Reference Books		
<ul style="list-style-type: none"> • Brown, L.E. & Miller, J., (2005). How the training work. In: Training Speed, Agility, and Quickness. Brown, L.E. &Ferrigno, V.A &Ferrigno, V.A., eds. Champaign, IL: Human Kinetics. • Carl, E. K., & Daniel, D. A. (1969). Modern principles of athletes training. St. Louis: St. Louis's Mosby Company. • Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc. • Garrett, H.E. (1981). Statistics in psychology and education. New York: VakilsFeffer and Simon Ltd. • Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company. • Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books. • Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. 		

Course Code	THEORY OF SPORTS AND GAMES Optional Course (Any One)	L	T	P	C
BBPED20S404		4	0	0	4
Pre-requisite	Nil	Syllabus version 100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To categorize each game, physical activity, sport, play or movement coordination setting. To know the importance of each category of games, physical activities and sports. To know the essentials about game theory, physical education and sports. 					
Course Outcome					
<ul style="list-style-type: none"> 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"> Develop strategies to promote quality learning, practice marking and consider methods of course and self-evaluation Evaluating learning intentions and the process that is guided through explicit and manageable criteria. 					
Unit-I	General Introduction of Specialized Games and Sports ➤ Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga	12 Hrs			
Unit-II	Each game or sports to be dealt under the following heads ➤ History and development of the Game and Sports ➤ Ground preparation, dimensions and marking ➤ Standard equipment and their specifications ➤ Ethics of sports and sportsmanship	12 Hrs			
Unit-III	Scientific Principles of coaching (<i>particular sports and game specific</i>) ➤ Motion: Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions ➤ Force: Friction, Centripetal and Centrifugal force, Principles of force ➤ Equilibrium and its types ➤ Lever and its types ➤ Sports Training: Aims, Principles and characteristics. ➤ Training load: Components, Principles of load, Over Load (causes and symptoms).	12 Hrs			
Unit-IV	Physical fitness components (<i>particular sports and game specific</i>) ➤ Speed and its types ➤ Strength and its types ➤ Endurance and its types ➤ Flexibility and its types ➤ Coordinative ability and its types ➤ Training methods: Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fatlike/ speed play and weight training)	12 Hrs			
Unit-V	Conditioning Exercises and Warming Up ➤ Concept of Conditioning and warming up ➤ Role of weight training in games and sports	12 Hrs			

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	<ul style="list-style-type: none"> ➤ Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition) ➤ Recreational and Lead up games ➤ Strategy: Offence and defence, Principles of offence and defence 	
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • 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. 		
Reference Books		
<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. 		

Course Code	SPORTS MANAGEMENT Optional Course (Any One)			L	T	P	C
BBPED20S405				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To acquaint the students with duties & responsibilities of managers. To acquaint the students understand the importance if management in physical education. To acquaint the students with basic concept & principles of management in physical education. 							
Course Outcome							
<ul style="list-style-type: none"> To understand the concept and to equip with the essential skills of sports management. To understand the qualities and to equip with competencies required for the sports manager. To gain the knowledge of the basic concept of planning. To gain the knowledge of the concept of leadership and it's known forms. To understand the organization and administration of sports programs. To let be familiar with the preparation of the financial proposals for physical education & sports in schools/ colleges/ universities. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Know sports management and employ principles of strategic planning, and financial and human resource management. Assess marketing needs and formulate short term and long term solutions. Conceive, plan, execute, and evaluate a sports event. 							
Unit-I	<ul style="list-style-type: none"> ➤ Nature and Concept of Sports Management ➤ Progressive concept of Sports management ➤ The purpose and scope of Sports Management ➤ Essential skills of Sports Management ➤ Qualities and competencies required for the Sports Manager ➤ Event Management in physical education and sports 						12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Meaning and Definition of leadership ➤ Leadership style and method ➤ Elements of leadership ➤ Forms of Leadership 						12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Autocratic ➤ Laissez-faire ➤ Democratic ➤ Benevolent Dictator ➤ Qualities of administrative leader ➤ Preparation of administrative leader ➤ Leadership and Organizational performance 						12 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Sports Management in schools, colleges and universities ➤ Factors affecting planning ➤ Planning a school or college sports programme ➤ Directing of school or college sports programme ➤ Controlling a school, college and university sports programme ➤ Developing performance standard ➤ Establishing a reporting system ➤ Evaluation 						12 Hrs

	➤ The reward/ punishment system	
Unit-V	➤ Financial management in Physical Education & sports in schools, colleges and universities ➤ Budget: Importance, Criteria of good budget, Steps of Budget making ➤ Principles of budgeting	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Organisation and administration. Philadelphia U.S.A. : W.B. Saunders Cp. • Earl, F. Z,& Gary, W. B. (1963).Management competency development in sports and physical education. Philadelphia: W. Lea and Febiger. 		
Reference Books		
<ul style="list-style-type: none"> • Ashton, D. (1968).Administration of physical education for women. New York: The Ronal Press Cl. • Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The C.V. Mosby Co. • Daugherty, G. & Woods, J.B. (1976). Physical education and intramural programmes. 		

Course Code	TRACK AND FIELD/ SWIMMING/ GYMNASTICS Practical Course (Any one out of these)	L	T	P	C
BBPED20S406		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 track & field/ swimming/ gymnastics. To develop a knowledge about the historical development of this game. 					
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. 					
Swimming: Introduction of water polo game <ul style="list-style-type: none"> Fundamental skills, Swim with the ball, Passing, Catching, Shooting, Goal keeping Rules of the games and responsibility of officials Introduction of Diving sports <ul style="list-style-type: none"> Basic Diving Skills from spring boards, Basic Diving Skills from platform Gymnastics <ul style="list-style-type: none"> 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 					120 Hrs
(Any one out of these)					
Practical: Written, oral Examination and field					

Alice

Course Code	KABADDI/ KHO-KHO/ BASEBALL/ CRICKET/ FOOTBALL/ HOCKEY/ SOFTBALL/ VOLLEYBALL/ HANDBALL/ BASKETBALL/ NETBALL/ BADMINTON/ TABLE TENNIS/ SQUASH/ TENNIS Practical Course (Any one out of these)	L	T	P	C
BBPED20S407		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of the 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/ kho-kho/ baseball/ football/ hockey/ softball/ volleyball/ handball/ basketball/ netball/ badminton/ table tennis/ squash/ tennis. 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, stances, forms, rules and duties of officials, etc. in the event of kabaddi/ kho-kho/ baseball/ football/ hockey/ softball/ volleyball/ handball/ basketball/ netball/ badminton/ table tennis/ squash/ tennis. To develop a knowledge about the historical development of the game. 					
Kabaddi: Fundamental Skills <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 defence ➤ Ground Marking, Rules and Officiating Kho-Kho: Fundamental Skills <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: Zigzag 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 Cricket: Fundamental Skills <ul style="list-style-type: none"> ➤ Batting: Forward and backward defensive stroke ➤ Bowling: Simple bowling techniques ➤ Fielding: Defensive and offensive fielding ➤ Catching: High catching and Slip catching ➤ Stopping and throwing techniques ➤ Wicket keeping techniques 					120 Hrs

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Practical

Football: Fundamental Skills

- 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
- Goal Keeping: Collection of balls, Ball clearance-kicking, throwing and deflecting

Hockey: Fundamental Skills

- 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 defense
- Rules and their interpretations and duties of officials
- Rules and their interpretations and duties of officials
- Ground Marking.

Softball: Fundamental Skills

- 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

Volleyball: Fundamental Skills

- Players Stance, Receiving the ball and passing to the team mates, The Volley (Over head pass), The Dig (Under hand pass)
- Service: Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service
- Rules and their interpretations and duties of officials.

Hand Ball: Fundamental Skills

- Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal, keeping, Defense
- Rules and their interpretations and duties of officials.

Basket ball: Fundamental Skills

- 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

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<p>dribble, Reverse dribble, Rolling dribble.</p> <ul style="list-style-type: none"> ➤ 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. <p>Netball: Fundamental Skills</p> <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. <p>Badminton: Fundamental Skills</p> <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 <p>Table Tennis: Fundamental Skills</p> <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. <p>Squash: Fundamental Skills</p> <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. <p>Tennis: Fundamental Skills</p> <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 <p>(Any one out of these)</p> <p>Practical: Written, Oral Examination and Field</p>	
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Course Code	TEACHING PRACTICE (SPORTS SPECIALIZATION- COACHING LESSON PLANS FOR TRACK AND FIELD/ SWIMMING/ GYMNASTICS) Practical Course (Any one out of these)	L	T	P	C
		BBPED20S408		0	0
Pre-requisite	Nil	Syllabus version 100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of the 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 tarck and field/ swimming/ gymnastics. 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, stances, forms, rules and duties of officials, etc. in the event of tarck and field/ swimming/ gymnastics. To develop a knowledge about the historical development of the game. 					
Swimming: Introduction of water polo game <ul style="list-style-type: none"> Fundamental skills, Swim with the ball, Passing, Catching, Shooting, Goal keeping Rules of the games and responsibility of officials Introduction of Diving sports <ul style="list-style-type: none"> Basic Diving Skills from spring boards, Basic Diving Skills from platform Gymnastics <ul style="list-style-type: none"> 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 					120 Hrs
(Any one out of these)					
Practical: Written, Oral Examination and Field					

Course Code	TEACHING PRACTICE (GAME SPECIALIZATION- COACHING LESSON PLANS FOR KABADDI/ KHO-KHO/ BASEBALL/ CRICKET/ FOOTBALL/ HOCKEY/ SOFTBALL/ VOLLEYBALL/ HANDBALL/ BASKETBALL/ NETBALL/ BADMINTON/ TABLE TENNIS/ SQUASH/ TENNIS) Practical Course (Any one out of these)	L	T	P	C
		BBPED20S409		0	0
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of the 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/ kho-kho/ baseball/ football/ hockey/ softball/ volleyball/ handball/ basketball/ netball/ badminton/ table tennis/ squash/ tennis. 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, stances, forms, rules and duties of officials, etc. in the event of kabaddi/ kho-kho/ baseball/ football/ hockey/ softball/ volleyball/ handball/ basketball/ netball/ badminton/ table tennis/ squash/ tennis. To develop a knowledge about the historical development of the game. 					
Kabaddi: Fundamental Skills <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 defence ➤ Ground Marking, Rules and Officiating Kho-Kho: Fundamental Skills <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: Zigzag 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 Cricket: Fundamental Skills <ul style="list-style-type: none"> ➤ Batting: Forward and backward defensive stroke ➤ Bowling: Simple bowling techniques ➤ Fielding: Defensive and offensive fielding ➤ Catching: High catching and Slip catching 					120 Hrs

<ul style="list-style-type: none"> ➤ Stopping and throwing techniques ➤ Wicket keeping techniques <p>Football: Fundamental Skills</p> <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 ➤ Goal Keeping: Collection of balls, Ball clearance-kicking, throwing and deflecting <p>Hockey: Fundamental Skills</p> <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 defense ➤ Rules and their interpretations and duties of officials ➤ Rules and their interpretations and duties of officials ➤ Ground Marking. <p>Softball: Fundamental Skills</p> <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 <p>Volleyball: Fundamental Skills</p> <ul style="list-style-type: none"> ➤ Players Stance, Receiving the ball and passing to the team mates, The Volley (Over head pass), The Dig (Under hand pass) ➤ Service: Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service ➤ Rules and their interpretations and duties of officials. <p>Hand Ball: Fundamental Skills</p> <ul style="list-style-type: none"> ➤ Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal, keeping, Defense ➤ Rules and their interpretations and duties of officials. <p>Basket ball: Fundamental Skills</p> <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 	
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