FACULTY OF PHYSICAL EDUCATION

SYLLABUS

FOR

BACHELOR OF PHYSICAL EDUCATION
(B.P. Ed. Integrated)
(Four YEAR COURSE)
(PART-I)

EXAMINATION: 2019-20

GURU NANAK DEV UNIVERSITY
AMRITSAR

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      (ii) Subject to change in the syllabi at any time.
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Bachelor of Physical Education (B.P.Ed. Integrated 4 Years Course) (Part-I)

**SCHEME OF EXAMINATION**

**PART-A (THEORY)**

<table>
<thead>
<tr>
<th>Paper</th>
<th>Theory Subjects</th>
<th>Maximum Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Introduction &amp; History of Physical Education</td>
<td>100</td>
</tr>
<tr>
<td>II</td>
<td>Anatomy, Physiology and First Aid</td>
<td>100</td>
</tr>
<tr>
<td>III</td>
<td>Introduction to Social Sciences</td>
<td>100</td>
</tr>
<tr>
<td>IV</td>
<td>Fundamentals of Computers &amp; Information Technology.</td>
<td>100</td>
</tr>
<tr>
<td>V</td>
<td>English Compulsory</td>
<td>100</td>
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<tr>
<td>VI</td>
<td>Punjabi Compulsory OR ਪੰਜਾਬੀ ਪ੍ਰਾਚੀਨ ਯਾਤਰਾ</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Punjab History And Culture (Earliest Times to 1000 A.D.) (Special Paper in lieu of Punjabi)</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>*Drug Abuse: Problem, Management and Prevention (Compulsory)</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td><strong>TOTAL:</strong></td>
<td><strong>600</strong></td>
</tr>
</tbody>
</table>

*NOTE:*
*The marks of Paper will not be added in the Grand Total.

Pass Marks of each subjects and practical is 35.

**PART-B (PRACTICAL SKILL)**

<table>
<thead>
<tr>
<th>Practical Skill</th>
<th>Final Paper</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaching of Athletics:-</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>Start, Finish, Shot put, Long jump, Relays, Javelin, Hurdles.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teaching of Games:-</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>Football, Basketball, Volley ball, Handball, Kho-Kho, Kabaddi.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class Room Teaching:-</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>Free hand Exercises, Dumbell, Lazium, Marching.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>300</strong></td>
<td><strong>300</strong></td>
</tr>
</tbody>
</table>
Paper-I  INTRODUCTION AND HISTORY OF PHYSICAL EDUCATION

Time: 3 Hours  Max. Marks: 100

Instructions for the Paper Setters:
Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A
1. **Introduction**
   a) Meaning & Definitions of Physical Education.
   b) Importance of Physical Education in the modern era.
   c) Aims & Objectives of Physical Education.
   d) Misconceptions about Physical Education.
   e) Relationship of Physical Education with General Education, Health Education and recreation

SECTION-B
2. **History of Physical Education**
   a) History of Physical Education in Ancient Greece with special reference to the evolution of Olympics games.
   b) History of Physical Education in the Roman Empire with special emphasis on circus, gladiatorial contests and the downfall of Olympics.
   c) A brief account of the history of gymnastics in
      (i) Sweden
      (ii) Denmark
      (iii) Germany - With special stress on educational gymnastics.
      Contribution of the English people to spread modern games in India.

SECTION-C
3. **Olympic, Commonwealth and Asian Games**
   a. Ancient Olympic Games – A comparison with modern Olympic games
   b. Hockey World Cup
   c. S.A.F. Games
   d. Asian Games – Historical Background
   e. Organization and conduct of games
   f. Conduct of ceremonies (opening and closing ceremonies).
   g. Commonwealth Games – Historical Background
SECTION-D

4. **Sports Associations, Institutes and Awards in India**

**Sports associations:**
- i. IOC- Functions
- ii. Indian Olympic Association – Objectives and Functions.

**Sports & Physical Education Institutions :**
- i. Lakshmi Bai National Institute of Physical Education – Functions and Courses.
- iii. Sports Authority of India – Composition of General Body, Governing Body, Objectives and Functions.

**Awards :**
- Rajiv Gandhi Khel Ratna Award.
- ii. Arjun Award
- iii. Dronacharya Award.

References:

1. Singh Ajmer, et. al. MODERN TEXT BOOK OF PHYSICAL EDUCATION HEALTH & SPORTS, Kalyani Publisher.
6. Rajgopalan K. A. BRIEF HISTORY OF PHYSICAL EDUCATION IN INDIA, Delhi Army Publisher 1962.
Bachelor of Physical Education (B.P.Ed. Integrated 4 Years Course) (Part-I)

Paper-II  Anatomy, Physiology and First Aid

Time: 3 Hours  Max. Marks: 100

Instructions for the Paper Setters:-
Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A
Introduction and Structural Organization of Human body:
a. Introduction:
i. Meaning and Concept of Anatomy.
ii. Need and Importance of the knowledge of Anatomy in the Field of Physical Education.
b. Levels of Organization of Human Body:
i. Definition of Cell, Tissue, Organ and System.
ii. Microscopic Structure, Composition and Function of Cell.
c. Classification, Structure and Function of Tissues:
i. Epithelial tissue
ii. Connective Tissue
iii. Muscular Tissue
iv. Nervous Tissue

SECTION-B
Musculo-Skeletal System:
a. Skeleton
i. Different Parts of Human Skeleton.
ii. Types of Bones.
b. Joints
i. Classification of joints.
ii. Names of the Movements around Joints.
iii. Structure of the Typical Synovial Joint.
c. Muscles
i. Structure and Function of Skeletal Muscles.
ii. Names of Major Muscles of Different parts of Body.

SECTION-C
Cardio-respiratory, Digestive & Excretory systems:
a. Circulatory System:
i. Anatomical Position and Gross Structure of the Heart
ii. Systemic and Pulmonary Circulation.
iii. Blood Vessels- Artery, Vein and Capillaries
b. Respiratory System:
i. Meaning of External and Internal Respiration
ii. Organs of Respiration
iii. Structure of Lungs
c. Digestive System:
i. Parts of Digestive Tract, Structure and Function in brief
ii. Steps of Digestion
iii. Digestive Glands- Structure and Function
SECTION D

Nervous and Endocrine Systems:

a. Nervous System:
   i. Sensory Motor Nervous System.
   ii. Parts of Brain.
   iii. Sense Organs- Eyes ,Ears & skin.

b. Endocrine System: Names, Location and Functions of-
   i. Pituitary Gland
   ii. Thyroid gland
   iii. Adrenal Gland
   iv. Pancreas

c. First-Aid:
   i. Sprain
   ii. Strain
   iii. Fracture
      Their symptoms, causes and treatment

References:
Bachelor of Physical Education (B.P.Ed. Integrated 4 Years Course) (Part-I)

Paper-III  INTRODUCTION TO SOCIAL SCIENCES

Time: 3 Hours                        Max. Marks: 100

Instructions for the Paper Setters:-
Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A
Introduction to Social Sciences
i. Introduction & Meaning of Social Sciences.
ii. Scope of Sociology and its relation with other subjects of Social Sciences.
iii. Defining Society, Community, Association, Institutions, Customs.
iv. Man as a Social animal;
v. Effect of various social forces on personality development;

SECTION-B
Social Structure, Organization and Institutions :
i. Socialization, social codes and social control, groups (primary and secondary, crowds and public, family, kinship and marriage;
ii. Social stratification, social class and caste, social mobility;
iii. Economical and political institutes for society;
iv. Cultural and religious institutions;
v. Concept, factors and process of socio-cultural changes.

SECTION-C
Main Features of Indian Society and Rural Scene:
i. Demographic profile, social elements.
ii. Religions pluralism – Hindu, Muslim, Christian and Tribal.
iii. Indian Rural Scene.
iv. Indian village, rural family, rural education.
v. Trends in Rural change.

SECTION-D
4. Sport and Society:
i. Meaning and definition of sport sociology.
ii. Sport as a social occurrence.
iii. Socialization through games and sports.
iv. Relationship between family and sport participation.
v. Relationship between politics and sports.

REFERENCE BOOKS:
Bachelor of Physical Education (B.P.Ed. Integrated 4 Years Course) (Part-I)

Paper-IV  FUNDAMENTAL OF COMPUTER & INFORMATION TECHNOLOGY

Time: 3 Hours  Max. Marks: 100

Instructions for the Paper Setters:-
Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

Introduction to Computers
   i.  Brief history of development of computers
   ii. Generations of computers.
   iii. Types of PCs-Desktop, Laptop, Notebook, Laptop, Workstations etc
   iv.  Basic components of a computer system
   v.   Memory- RAM, ROM, and other types of memory.
   vi.  Operating System.

SECTION-B

Introduction to windows
   i.  Using Mouse and moving icons on the screen.
   ii. My Computer, Recycle Bin, Status Bar.
   iii. Start-menu selection, running an application.
   iv.  Window Explorer to view files, folders and directories, creating and renaming of files and folders.
   v.   Basic components of a window : Desktop, Frame, Title Bar, Menu Bar, Status Bar, Scroll Bars, Using right button of the Mouse,

SECTION-C

Introduction to MS Office & Word Processor
   i.  Types of Word Processor
   ii. Creating and Saving a documents, Editing and Formatting a Document including changing colour, Size Font, alignment of text,
   iii. Formatting paragraphs with line or paragraph spacing, adding headers and footers, numbering pages.
   iv.  Inserting Word Art, Clipart and Pictures,
   v.   Page Setting, Bullet and Numbering, Borders, shading Format painter find and replace
   vi.  Inserting Tables, Mail Merge and Printing a document.

SECTION-D

Introduction to Information & Communication Technology
   i.  Concept, Importance, Meaning & Nature of Information & Communication Technology.
   ii. Need of Information & Communication Technology in Physical Education
   iii. Scope of ICT in Education & Physical Education.
   v.   Role of Teacher, Methods of Teaching, Classroom Environment, Evaluation procedure

Practical: The practicals will be conducted based on the syllabus.
Books Recommended for Study:

1. ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
2. Simmons Ian, Computer Dictionary, BPB Publications-2005
4. Douglas E. Comer, The Internet Book, Purdue University, West Lofayette in 2005
13. Rebecca Bridges Altman Peachpit Press, Power point for window, 1999
PAPER–VI: ENGLISH COMPULSORY

Time: 3 Hours

Max. Marks: 100

Instructions for the Paper Setters:-
Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Texts Prescribed:
1. Tales of Life (Guru Nanak Dev University, Amritsar)
2. Prose for Young Learners (Guru Nanak Dev University, Amritsar)
3. English Grammar in Use (Fourth Edition) by Raymond Murphy, CUP

Course Contents:
1. Tales of Life: Stories at Sr. No. 1,2,3,10,11 and 12
2. Prose for Young Learners: Essays at Sr. No. 1,2,3,9,10 and 11
3. English Grammar in Use (Fourth Edition) by Raymond Murphy, CUP: Units 1-81

SECTION–A
Tales of Life: Stories at Sr. No. 1, 2, 3, 10, 11, 12

SECTION–B
Prose for Young Learners: Essays at Sr. No. 1, 2, 3, 9, 10, 11

SECTION–C
English Grammar in Use (Fourth Edition) by Raymond Murphy, CUP: Units 1-81

SECTION–D
• Paragraph Writing
• Personal Letter
PAPER–VII:  

समय कक्षा

भाग : दिन योग

पहल-बूथ आईये पहल-प्रमाण

मैकमल-पैंट

दे ढेंख (मंज. उच्चमात्र मिश्रित मिश्रित डिशें अँडे पूवम मिश्र मलानोपकार), छाउँ ठड़ब देंर पूलीउपजीती, आयुष्मान

(३) पूवमा मंदिर विभागिता, हिमा लम्बु

(४) वरती रा हिमा-लम्बु/मान

मैकमल-सिया

बूढ़ पूलार (मंज. विभाग मिश्र युवाओं अँडे समाज मिश्र उपजीती), छाउँ ठड़ब देंर पूलीउपजीती, आयुष्मान

(३) हिमाल रा मात्र/हिमा लम्बु

(४) देखा दिखाई : मात्र, हिमा लम्बु, आयुष्मान दे बाँट

मैकमल-मी

उम्या वैलसिया (उम्या चा ट्विमाजी लुध, उम्या अँडे चिन-उम्या चा आउल, बिंजारी चिन-उम्या चा पहलु-सिंह)

मैकमल-जी

(३) केश उंगरा

(४) पेड़ा भुज वे पूजां दे दिखाई

(५) अधार वे भुजवे

अधार-बूढ़ अँडे पहलीउपजीती उपसंहिताओं

1. पूजार पूजार दे चाह बना उठे। उठ जाना दिखें चे पूजाम क्षुद्र सातवे।

2. उपसंहिताची दे दुःख भें नृत्य इत्यादी सहस्र उठे। उठ जाना दिखें दिल पूजाम उपसंहिताची दे।

3. उपसंहिता पूजाम क्षुद्र सातवा उठा।

4. उपसंहिता माना उठा दुःख भें कार्य उठा। पूजाम दुःख-पूजाम दिलच सह सातवा।
Bachelor of Physical Education (B.P.Ed. Integrated 4 Years Course) (Part-I)

PAPER–VII:  
भूँधरी भंगवी  
(In lieu of Compulsory Punjabi)

बहु भंगवी  
बुध भंश : 100

पाठ-पूर्व

मैवमाल-वी
पंडू अवश्यक, अध्ययन व्रत, पंजी केवल दस दिन अवधि पंजी पेष कर सके देनी बिहारी भंगवी (भूँधरी भंगवी-पहाड़), रजोछल (चिन्ही, रित्ती, अध्ययन) : पहाड़ अवधि दस दिन

मैवमाल-वी
भंगवी मध्य-धार्च भंगवी : भूँधरी भंगवी-पहाड़ (मण्डल मध्य, मेघवड मध्य, भिमवड मध्य, भूख मध्य, भतीउ अवधि विहेनेड)

मैवमाल-मी
पंजी दस दिन की भंगवी मध्य-पहाड़ी : दध, दघ, दिमुद-रूप, पंजी अवधि देनी बिहारी भंगवी अवधि दस में वेंसीया मध्य दिन

मैवमाल-मी
उदः के मैं दिन दिन दे रा, घात भलीभाल दे रा, दुःख दे रा, दिल दे मैं उद बिहारी मध्य दिन

थील-सैंट अवधि लीदियाब सैंट उपाधियाँ

1. भूमा भंडन दे रा जाना देंदी। उद जाना दिन दे भूमा भूंडे सारोगी।
2. हिंदीवाजी दे दृष्ट भूमा भूमा दरदे उद। उद जाना दिन दे दिन भूमा भभाई ते।

भूमा भूमा दरदे ही जाना दिन दिन बीड़ा मा मरदन ते।
3. उदवेच भूमा दे घरघट भंग पह।
4. धेंठ मैं बनद कसे मेंग समय उन्हें भूमा सैंट देंदी भूमा देंदी दें दें दें भूमा दरद भूमा दरदे दिन दे मरदन ते।
PAPER–VII: PUNJAB HISTORY AND CULTURE (Earliest Times to 1000 A.D.)
(Special Paper in lieu of Punjabi) (Compulsory)
(For those students who are not domicile of Punjab)

Time: 3 Hours
Marks: 100

Instructions for the Paper Setters:-
Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section A
1. Physical Features of the Punjab and their impact.
2. Sources of Ancient Punjab History.
3. Harappan Culture: Principal places, town planning, features of social and economic life, religion, causes of disappearance.

Section B
4. The Indo- Aryans:- Original home and settlement in Punjab, political organisation, social, religious, and economies life during the Regvedic Age
5. Impact of Buddhism and Jainism in the Punjab.
6. Political condition of Punjab on the eve of Alexander’s Invasions, account of the invasion and its impact.

Section C
7. Punjab under Chander Gupta Maurya and Ashoka.
8. Scythians and Kushans and their contribution to Punjab.

Section D
10. Punjab from 7th Century to 1000 A.D (Survey of Political History)
11. Development of Education and Literature in the Punjab upto 1000 A.D.
12. Development of Art and Architecture up to 1000 A.D.

Suggested Readings
1. L. Joshi (ed): History and Culture of the Punjab, Art-I, Patiala, 1989 (3rd edition)
PAPER–VIII: DRUG ABUSE: PROBLEM, MANAGEMENT AND PREVENTION

PROBLEM OF DRUG ABUSE: MANAGEMENT AND PREVENTION
(For those classes which are running under annual system presently)

Thoery Lectures: 50 Hours

Time: 3 Hrs. Total Marks: 100

Instructions for the Paper Setters:
Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section – A
Meaning of Drug Abuse:
(ii) Consequences of Drug Abuse for:
   Individual : Education, Employment, Income.
   Family    : Violence.
   Society   : Crime.
   Nation    : Law and Order problem.

Section – B
Management of Drug Abuse:
(i) Medical Management: Medication for treatment and to reduce withdrawal effects.
(ii) Psychiatric Management: Counselling, Behavioural and Cognitive therapy.
(iii) Social Management: Family, Group therapy and Environmental Intervention.

Section – C
Prevention of Drug Abuse:
(i) Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.
(ii) School: Counselling, Teacher as role-model. Parent-teacher-Health Professional Coordination, Random testing on students.

Section – D
Controlling Drug Abuse:
(i) Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program
References: