FACULTY OF PHYSICAL EDUCATION

SYLLABUS

FOR

BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)
(TWO YEAR COURSE)
(PART: I & II)

EXAMINATION: 2019-20

GURU NANAK DEV UNIVERSITY
AMRITSAR

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      (ii) Subject to change in the syllabi at any time.
           Please visit the University website time to time.
Bachelor of Physical Education (B.P.Ed.)

Scheme for B.P.Ed. (First Year Course)

The course of Instructions in Bachelor of Physical Education-1st year shall consist of the following parts:

<table>
<thead>
<tr>
<th>Programme Design</th>
<th>Division of Syllabus</th>
<th>Max. Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part-I</td>
<td>Theory</td>
<td>700</td>
</tr>
<tr>
<td>Part-II</td>
<td>Practical (Skill and Prowess)</td>
<td>300</td>
</tr>
<tr>
<td>Part-III</td>
<td>Teaching Ability</td>
<td>100</td>
</tr>
<tr>
<td>Part-IV</td>
<td>Class Room Teaching</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td><strong>Total Marks</strong></td>
<td><strong>1200</strong></td>
</tr>
</tbody>
</table>

B.P.Ed – FIRST YEAR

Part-I

Theory 700 Marks

<table>
<thead>
<tr>
<th>Paper</th>
<th>Title of the Subject</th>
<th>Max. Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper-I</td>
<td>History, Principles and Foundation of Physical Education</td>
<td>100</td>
</tr>
<tr>
<td>Paper-II</td>
<td>Anatomy, Physiology and Health Education</td>
<td>100</td>
</tr>
<tr>
<td>Paper-III</td>
<td>Organization and Administration</td>
<td>100</td>
</tr>
<tr>
<td>Paper-IV</td>
<td>Officiating &amp; Coaching</td>
<td>100</td>
</tr>
<tr>
<td>Paper-V</td>
<td>Sports Training</td>
<td>100</td>
</tr>
<tr>
<td>Paper-VI</td>
<td>Yoga and Environmental Sciences</td>
<td>100</td>
</tr>
<tr>
<td>Paper-VII</td>
<td>Educational Technology and Computer Applications</td>
<td>100</td>
</tr>
</tbody>
</table>
## Bachelor of Physical Education (B.P.Ed.)

### Part-II Practical (Skill and Prowess)  
300 Marks

<table>
<thead>
<tr>
<th>Practical</th>
<th>Contents</th>
<th>Max. Mark (External)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Lesson on Athletics:</strong></td>
<td>Teaching of Fundamentals, Measurements of the Fields, Rules and Regulations</td>
<td><strong>100</strong></td>
</tr>
<tr>
<td>Sprints: Start, Finish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jumps: Long Jump, High Jump</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Throws: Shot-put, Javelin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Middle Distance Races, Race Walk</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2. Lesson on Games:</strong></td>
<td>Teaching of Fundamentals, Measurements of the Fields, Rules and Regulations</td>
<td><strong>100</strong></td>
</tr>
<tr>
<td>Basketball, Cricket, Football, Netball, Kabaddi</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>3. Lesson on Racket/ Combat Sports:</strong></td>
<td>Teaching of Fundamentals, Measurements of the Fields, Rules and Regulations</td>
<td><strong>100</strong></td>
</tr>
<tr>
<td>Badminton, Table Tennis, Tennis, Squash Racket, Boxing, Fencing, Judo, Karate, Marshal Arts, Taekwondo, Wrestling</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Bachelor of Physical Education (B.P.Ed.)

Contents to be covered for Athletics and Games:
   a. Historical development of concerned Game/ Track and Field events
   b. Main tournaments organized at National and International level
   c. Records/Statistics of concerned game/track and field event at World, Olympics, Asia, National.
   d. Awardees in the game/ athletics.
   e. Books and Magazines of the games/track and Field
   f. Officiating :
      i. Play area dimensions
      ii. Equipment specification
      iii. Rules and their interpretations
      iv. Duties of concerned official
   g. Fundamental skills/ Techniques

<table>
<thead>
<tr>
<th>Part-III</th>
<th>Teaching Ability</th>
<th>Contents</th>
<th>Max. Marks (External)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Teaching Ability</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Lesson on Mass Demonstration and Allied Activities: Lazium, Dumbbell, Umbrella, Tipri, Wand, Hoop, Flag Hoisting, March Past, Opening, Closing and Victory Ceremony</td>
<td>Teaching and Training</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Part-IV</th>
<th>Class Room Teaching</th>
<th>Contents</th>
<th>Max. Marks (External)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Lesson on Class Room Teaching</td>
<td>Use of Teaching Aids and Modern Scientific Gadgets for Class Room Teaching.</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

➢ The students have to prepare their lessons from the games/events covered in the academic session.
➢ Final evaluation will be done by the external examiner (appointed by the University on the recommendation of the BOC) along with an internal examiner (appointed by university HOD/college principal).
➢ University HOD/College Principal will certify that all the requirement pertaining to teaching practice/officiating has been fulfilled by the candidate.
Bachelor of Physical Education (B.P.Ed.)

**B.P.Ed – SECOND YEAR**

<table>
<thead>
<tr>
<th>Programme Design</th>
<th>Division of Syllabus</th>
<th>Max. Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part-I</td>
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</tr>
<tr>
<td>Part-II</td>
<td>Practical (Skill and Prowess)</td>
<td>300</td>
</tr>
<tr>
<td>Part-III</td>
<td>Teaching Ability</td>
<td>100</td>
</tr>
<tr>
<td>Part-IV</td>
<td>School Internship</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td><strong>Total Marks</strong></td>
<td><strong>1200</strong></td>
</tr>
</tbody>
</table>

**Part-I Theory**

<table>
<thead>
<tr>
<th>Paper</th>
<th>Title of the Subject</th>
<th>Max. Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper-VIII</td>
<td>Contemporary Issues in Physical Education</td>
<td>100</td>
</tr>
<tr>
<td>Paper-IX</td>
<td>Sports Psychology and Sociology</td>
<td>100</td>
</tr>
<tr>
<td>Paper-X</td>
<td>Kinesiology and Biomechanics</td>
<td>100</td>
</tr>
<tr>
<td>Paper-XI</td>
<td>Sports Medicine, Rehabilitation &amp; Physiotherapy</td>
<td>100</td>
</tr>
<tr>
<td>Paper-XII</td>
<td>Measurement and Evaluation in Physical Education</td>
<td>100</td>
</tr>
<tr>
<td>Paper-XIII</td>
<td>Sports Management and Curriculum Design</td>
<td>100</td>
</tr>
<tr>
<td>Paper-XIV</td>
<td>Research Methodology and Sport Statistics</td>
<td>100</td>
</tr>
</tbody>
</table>
Part-II  Practical (Skill and Prowess)  

<table>
<thead>
<tr>
<th>Practical</th>
<th>Contents</th>
<th>Max. Marks (External)</th>
</tr>
</thead>
</table>
| 1. **Lesson on Athletics:**  
Sprints: Relay Races, Hurdles  
Jumps : Triple Jump, Pole vault  
Throws : Discus Throw  
Long Distance Races, Steeple Chase  
| Teaching of Fundamentals, Measurements of the Fields, Rules and Regulations  
| 100 |
| 2. **Lesson on Games :**  
Baseball, Handball, Hockey, Softball, Volleyball, Kho-Kho  
| Teaching of Fundamentals, Measurements of the Fields, Rules and Regulations  
| 100 |
| 3. **Lesson on Gymnastics, Yoga and Aerobics :**  
| Teaching of Fundamentals, Measurements of the Fields, Rules and Regulations  
| 100 |

**Contents to be covered for Athletics and Games:**

a. Historical development of concerned Game/Track and Field events  
b. Main tournaments organized at National and International level  
c. Records/Statistics of concerned game/track and field event at World, Olympics, Asia, National.  
d. Awardees in the game/athletics.  
e. Books and Magazines of the games/track and Field  
f. Officiating:  
   i. Play area dimensions  
   ii. Equipment specification  
   iii. Rules and their interpretations  
   iv. Duties of concerned official  
g. Fundamental skills/Techniques
### Part-III Teaching Ability

<table>
<thead>
<tr>
<th>Teaching Ability</th>
<th>Contents</th>
<th>Max. Marks (External)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Lesson on Recreational Activities:</td>
<td>Teaching, Training and Organization</td>
<td>100</td>
</tr>
<tr>
<td>➢ Minor Games, Lead-up Games, Group Games, Relay games</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Part-IV School Internship

<table>
<thead>
<tr>
<th>School Internship</th>
<th>Contents</th>
<th>Max. Marks (External)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment of School Internship</td>
<td>The school internship teaching practice program shall include a minimum of 30 lessons out of which 20 shall be in the schools and 10 lessons shall be coaching lessons in college/institutions/ departments itself. Teaching of basic skills as well as coaching in sports and games</td>
<td>100</td>
</tr>
</tbody>
</table>

- The students have to prepare their lessons from the games/events covered in the academic session.
- Final evaluation will be done by the external examiner (appointed by the University on the recommendation of the BOC) along with an internal examiner (appointed by university HOD/ college principal).
- University HOD/college Principal will certify that all the requirement pertaining to teaching practice/ officiating has been fulfilled by the candidate.
- School Internship program will be organized under the supervision of a coordinator appointed by HOD/College Principal and the same will be evaluated by the external examiner (Appointed by the University on the recommendation of BOC) along with an Internal Examiner (Appointed by HOD/College Principal).
Bachelor of Physical Education (B.P.Ed.) (Part-I)

PAPER-I: HISTORY, PRINCIPLES AND FOUNDATION 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

➢ Introduction
  a. Physical Education - Meaning, Definition, Aims, Objectives and Scope
  b. Role of Physical Education in General Education, Health Education and Recreation

➢ Historical Foundation of Physical Education
  a. History of Physical Education in Ancient Greece: in Reference to Sparta and Athens
  b. Physical Education in Ancient Roman Empire
  c. Physical Education in Germany, Sweden and Denmark (Emphasis only on Contribution of Basedaw, Guts-Muths, Adolph Spiess, Nachtegall, Ling)

SECTION-B

➢ Philosophical Foundation of Physical Education
  a. Philosophy: Meaning, functions of Philosophy,
  b. Idealism
  c. Realism
  d. Naturalism
  e. Pragmatism
  f. Existentialism

➢ Biological Foundation of Physical Education
  a. Biological Activity and its Need
  b. Principles of Use, Disuse and Overuse
  c. Concept of Growth and Development
  d. Effects of Heredity and Environment on Growth and Development
  e. Principles of Exercise: Normal load, Over load, Crest Load
  f. Classification of Physique

➢ Psychological Foundation of Physical Education
  a. Learning: Meaning and Definition, Types of learning, Laws of Learning
  b. Motor Learning, Various Phases of Motor Learning, Principles of Motor Learning
  c. Concept of Play, Theories of Play.
SECTION- C

- **Sociological Foundation of Physical Education**
  a. Socialization through Physical Education and Sports
  b. Social Values, Social Inheritance, Traditions and Customs
  c. Influence of Group on Individual and Vice-Versa
  d. Leadership, Types of Leadership

- **Physiological Foundation of Physical Education**
  e. Effects of Exercises on Muscular System
  f. Effects of Exercises on Digestive System
  g. Effects of Exercises on Cardiovascular System
  h. Effects of Exercises on Nervous System
  i. Kinesthetic Sense and Performance

SECTION- D

- **Physical Education in India**
  a. History of Physical Education in INDIA (Pre-Independence)
  b. Post-Independence Developments of Physical Education in India:
    i. All India Council of Sports (AICS)
    ii. Sports Authority of India (SAI)
    iii. Indian Olympic Association (IOA)
    iv. Lakshmi Bai National Institute of Physical Education (LNIPE)
    v. Neta Ji Subhash Institute of Sports (NSNIS)
    vi. YMCA and its Contribution in Physical Education in India
  c. National Awards:
    i. Arjuna Award
    ii. Rajiv Gandhi Khel Ratna Award
    iii. Dronacharya Award
    iv. MAKA Trophy

- **Major Sports Events**
  a. Ancient and Modern Olympic Games
  b. Asian Games
  c. Commonwealth Games

- **Physical Education in Modern Era**
  a. Changing trends in Physical Education
  b. Professionalism in Physical Education
  c. Scientific promotion of Physical Education
REFERENCE:

1. Bucher Charles A. 1983 "Foundation of Physical Education"
2. The CV Mosby Company, Missouri.
4. Henry Kimpton Publisher.
5. Felson Janet -1967 "Perspective & Principle of Physical Education"
7. Frost B. Reuben 1975 "Physical Education Foundation Principles"
10. SS Chabra for Surjeet Publications, Kohlapur.
11. Harrison M. Joyce 1983 "Instructional Strategies for Physical Education"
12. Wm. C. Brown Company Publisher.
13. Khan Ahmed Araj 1964 "Histort of Physical Education"
Bachelor of Physical Education (B.P.Ed.) (Part-I)

Paper-II   ANATOMY, PHYSIOLOGY AND HEALTH 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

- Concept, Need and Importance of Anatomy and Physiology in Physical Education, Definition and Description of Cell, Tissue, Organ and System, Physiology: Meaning, Need and Importance, Essential Properties of Living Organism, Second Wind, Oxygen Debt, Cardiac Output, Stroke Volume

SECTION-B

Bachelor of Physical Education (B.P.Ed.) (Part-I)

SECTION-C


SECTION-D

- Health: meaning, definition, Factors affecting health, Personal Hygiene (Care of Skin, Hair, Eyes, Ear, Nose, Teeth, Hands and Feet) Health Education: Meaning, Aims and objectives, Importance and Guiding Principles of Health Education, School and College Health Services: meaning and objectives of school and college health services and their status, First Aid, Communicable and Non-Communicable Diseases, Immunization, Community, Participation in Health Programs., Definition and meaning of Fitness and Wellness, Components of Wellness, Nutrition :- Macro Nutrients, Micro Nutrients, Weight Management/ Obesity Control
Bachelor of Physical Education (B.P.Ed.) (Part-I)

PAPER-III: ORGANIZATION AND ADMINISTRATION

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

- Organization and Administration: Need & Importance in the Field of Physical Education and Sports, Professional Qualification and Responsibilities of Physical Education Teacher, Pupil Leadership

SECTION-B

- Facilities and Equipment Management: Types of Facilities/Infrastructure- Indoor, Outdoor, Playfields: Area, Location, Layout and Care.
- Equipment’s: Need, Importance, Purchase Care and Maintenance, Meaning, objectives, Essential Points to Conduct Intramural, Means to Promote, Intramural, Managing Different Organizational Problems

SECTION-C

- Budget: Meaning, Importance of Budget Making, Criteria of a Good Budget, Sources of Income, Expenditure, Preparation of Budget.
- Records and Registers: Maintenance of Attendance Register, Stock Register, Cash Register, Physical Efficiency Record, Medical Examination Record.
- Lesson Plan: Importance of Lesson Plan, Types of Lesson Plan, General Lesson Plan and its Parts, Specific Lesson Plan and its Parts, Class Management: Meaning, Steps in Class Management, Principles of Class Management

SECTION-D

- Teaching Methods: Importance of Teaching Method, Factors Affecting Teaching Methods, Types of Teaching Methods, Teaching Aids: Scope and Values of Teaching Aids, Types of Teaching Aid
- Classification of Students; Methods of Classification Evaluation: Need and Importance of Evaluation, Methods of Evaluation
REFERENCE:

PAPER-IV: OFFICIATING AND COACHING

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
- Definition, Meaning and Importance of Officiating, Principles of Officiating, Qualities of good Officials.
- Duties of Officials: - Pre-game, During Game, Post Game, Measures for Improving the Standard of Officials, Relation of Officials with Managements, Players, Coaches and Spectators.
- Lay out of Standard Track. Points to keep in mind while Laying out Track, Dimension and Marking of Standard Track.

SECTION-B

SECTION-C
- Number of Officials and their Specific Duties in Different Sports & Games: Athletics (Track and Field Events), Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Softball, Volleyball.
- Preparation of Score Sheets
- Warming-up and Cooling down, Principles of Training
- Methods of Conditioning and Training, Continuous Training Method, Interval Training Method, Repetition Training Method

SECTION-D
- Meaning of Coach and Coaching, Principles of Coaching, Qualities and Qualifications of a good coach.
- Coaching Aids and Devices, Preparation of Coaching lessons, Safety in Games and Sports, Difference between Teaching and Coaching.
- Meaning of Doping and Its Interpretation.
REFERENCES:

2. Billie J. Jones, L. Janetb Wells: Guide to Effective Coaching Principles and Practice, Library of Congress Cataloging in Publication Data (Main entry under Title), Printed in the USA, Copyright-1982.
PAPER-V: SPORTS TRAINING

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

a. Meaning and Definition of Sports Training,
b. Aims and Objectives of Sports Training,
c. Characteristics of Sports Training,
d. Principles of Sports Training,
e. Concept of Teaching, Training and Coaching,
f. Qualities, Qualifications and Responsibilities of a Coach.

SECTION-B

a. Definition and Meaning of Technique, Skill and Style,
b. Technical Training and Methods of Technical Training,
c. Definition and Meaning of Tactics, Training for Tactics,
d. Planning: Meaning and Types,
e. Talent Identification and its Importance

SECTION-C

a. Meaning of Training Load,
b. Principle of Training Load,
c. Overload Causes and Symptoms of Overload,

SECTION-D

a. Definition and Meaning of Speed, Factor Affecting Speed, Methods of Developing Speed.
b. Definition and Meaning of Strength, Types of Strength, Factor Affecting Strength, Methods of Developing Strength.
c. Definition and Meaning of Endurance, Types of Endurance, Factor Affecting Endurance, Methods of Developing Endurance Definition
d. Meaning of Flexibility, Types of Flexibility, Factor Affecting Flexibility, Methods of Developing Flexibility
REFERENCES:

18
Bachelor of Physical Education (B.P.Ed.) (Part-I)

PAPER-VI: YOGA AND ENVIRONMENTAL 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

- Surya Namaskar guiding Principles of Surya Namaskar, Techniques, Benefits and Applications of the following Asans: Meditative Asana- Sukh Asana, Sidha Asana, Padam Asana, Relaxative Asana- Shav Asana, Makar Asana, Culture Asana- Bhujang Asana, Chakar Asana, Dhanur Asana, Gomuk Asana, Hal Asana, Matsya Asana, Salab Asana, Ardhamatsyendra Asana, Mayur Asana, Virkh Asana

SECTION –B

- Meaning and Methods of Meditation, Benefits of Meditation, Forms of Meditation, Mantra Meditation, Breathing Meditation, Silent Meditation
- Yoga and Diet: Classification and Importance of food: Tamestic foods, Rajasic foods, Sativc foods, Diet and its Importance in Cure of diseases

SECTION -C

- Pranayama, Varieties, Techniques and Benefits Pranayama, Techniques of Bhadhas: Jhiva, Jalandhar, Uddiyan, Mool.
- Shudi Kriyas- Techniques and Effects of Jal Neti, Sutra Neti, Kapal Bhatti, Nauli and Vaman Dhauti

SECTION –D

- Meaning, Scope and Importance of Environmental sciences, Earth, Man and Environment, Environmental Education and Awareness, Environmental Problems: Ozone Depletion, Global Warming and Climate Change
- Air Pollution: Major Sources of Air Pollution, Air Born Diseases and their Effects on Health, Water Pollution: Major Sources of Water Pollution, Diseases from Water Pollution and their Effects on Health, Noise Pollution: Sources of Noise Pollution, Effects of Noise Pollution on Health, Role of Individual in Prevention of Pollution


REFERENCE:

5. Kumar Amresh (Prof.): Yoga for Health and Body, Publisher by Khel Sahitya Kendra, Delhi, 2007.
PAPER-VII: EDUCATIONAL TECHNOLOGY AND COMPUTER APPLICATIONS

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

Interacting with the Computer:

Introduction to computer, Applications of computer, Components of computers, Computer Generations, Types of Computer, Control Unit, ALU, Input/output function characteristics, Computer Architecture & Design.

Input / Output Devices & Storage Devices:

Keyboard, mouse, pens, touch screens, Bar Code reader, joystick, (MICR, OMR, OCR), screen assisted data entry: portable / handheld terminals for data collection, Monitor, TFT, LED/LCD, printers, plotters, voice response units. Storage Fundaments, Primary & Secondary storage (Cache, Register, RAM, ROM, EPROM, Hard Disk, Flash Drive, Magnetic storage devices and Optical Storage Devices)

SECTION –B

Audio-Visual Aids in Education:

Meaning, significance and advantages of AV Aids, Projected Aids: Films, Filmstrips, OHP & slides, Non-projected Aids, Graphic, display, 3-D, Audio aids viz., Radio, TV, CCTV and Activity aids, Criteria for selection of appropriate AV aids.

Applications of Educational Technology:

Distance Education: A conceptual framework, Open Universities, Schools and virtual universities Education through print, radio, TV, multimedia and Internet, Experiments and projects in Educational Television, Development of self-instructional materials in distance education.
SECTION -C

MS–Word:
Overview, creating, saving, opening, importing, exporting and inserting files, formatting pages, paragraphs and sections, indents, creating lists and numbering. Headings, styles, fonts and font size Editing, positioning and viewing texts, Finding and replacing text, inserting page breaks, page numbers, book marks, symbols and dates. Using tabs and tables, header, footer and printing.

Concept Educational Technology & Communication:
Educational Technology: definition, meaning, scope education, Technology of education & technology in education, Foundations of educational technology, Communication definition, meaning and importance, Communication process, communication and management Mass communication, meaning and media.

SECTION –D

MS–Power Point & MS Excel:
Presentation overview, entering information, Presentation creation, opening and saving presentation, inserting audio and video, Overview of Excel Spread Sheet, Creating, Selecting, Opening, Viewing, Closing, Printing Workbook, Creating Tables & Charts, Formatting &Editing features of Cells, Creating Formulas

Internet:
About internet and its working, Internet Advantage and disadvantage, Services offered by Internet, evaluation of internet, E–Mail, Introduction to WWW, Web Browser, Search Engine.

References:
1. Introduction to Computers – N. Subramanian.
3. MS–Office _ BPB Publications.
Bachelor of Physical Education (B.P.Ed.) (Part-II)

PAPER-VIII: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION

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. Developments in Physical Education.
2. Challenges in Physical Education in Current Scenario.
4. Misconceptions about Physical Education.
5. Physical Activity and Its Importance.
6. Factors Affecting Physical Activity: Demographic, Cognitive, Behavioral and Community.
7. Associations between Physical Activity and CVD Risk Factors.

SECTION – B
1. Meaning, causes and consequences of childhood obesity.
2. Eating Habits and obesity, obesity Prevention: Role of Schools and Parents.
3. Women in Sports and Gender Biases, Diversity in Women’s Sports.
4. Meaning of Term Trans Gender, Effects of Trans Genders in Sports Competition.
5. Meaning and Interrelationship between Sports and Violence.

SECTION – C
1. Meaning, Need and Importance of Adapted Physical Education and Sports.
2. Purpose, Aims and objectives of Adapted Physical Education and Sports.
3. Program organization of Adapted Physical Education and Sports.
4. Adapted Sports-Para Olympics, Role of Games and Sports in Adapted Physical Education.

SECTION – D
1. Various modes of passive recreation used by children and Adults, Effects of Inactive Life Style on Health.
2. Role of Physical Education Agencies in Creating Awareness about the three effects of Passive Recreation.
4. Socialization through Physical Education and Sports.

References:
PAPER-IX: SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY

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 Introduction
b. Methods of Sports Psychology

2. Learning
a. Concept of Learning, Theories and Laws of Learning,
b. Principles of Motor–Skill Acquisition,

3. Motivation
a. Definition, Meaning and Types
b. Dynamics of Motivation in Sports
c. Techniques of Motivation

SECTION-B

1. Stress
a. Definition, Meaning and Types
b. Causes of Stress
c. Stress Related to Sports Competitions

2. Personality
a. Meaning, Types and Personality Traits
b. Characteristics of Personality

3. Intelligence
a. Definition and Meaning of Intelligence
b. Theories of Intelligence
c. Role of Intelligence in Sports

SECTION-C

Sports sociology

1. Introduction
a. Meaning, Definition and Scope of Sports Sociology
b. Issues and Controversies in Sports Sociology

2. Sports and Micro Social System
a. Study of Sports Groups
b. Group Interaction, Competition and Co–Operation
Bachelor of Physical Education (B.P.Ed.) (Part-II)

SECTION-D

1. Sports and Culture
   a. Culture: The Pattern, Traditions, Rituals, Habits, Values and Briefs of a Society
   b. How Culture Influences Sports

2. Social Factors Concerning Sports
   a. problems Regarding Professionalism in Sports for women
   b. Sociological Links Between different Aspects of Society: Family, Economics and Politics etc.
   c. Social values and Sports

References:
Bachelor of Physical Education (B.P.Ed.) (Part-II)

PAPER-X : KINESIOLOGY AND BIOMECHANICS

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. Meaning of kinesiology, aims and objectives of kinesiology
2. Importance of kinesiology in physical education
3. Meaning, structure and chemical composition of bones
4. Functions and types of bones
5. Meaning and types of joints
6. Fundamental movements around the joints
7. Pain and axis. Modern concept of balance posture
8. Common postural deformities i.e. flat foot, bow legs, knock knees, lordosis, scoliosis, kyphosis, and round shoulders, their causes and remedial measures
9. Causes of bad posture
10. Therapeutic exercises (active, passive, resistive, stretching and their application for rehabilitation

SECTION-B

1. Meaning and types of muscle
2. Properties of muscles
3. Types of muscle contraction-isotonic, isometric, isokinetic, agonists, antagonists, stabilizers, neutralizers, synergists
4. Reciprocal innervations, all or none law, angle of pull, reflex-action, muscle tone
5. Shoulder girdle: (structure, origin, insertion, innervations, action ) trapezius, pectorals minor, serratus anterior, subclavious, rhomboïd, levator scapula,
6. Shoulder joint (structure, origin, insertion, innervations, action) pectorals major, subscapularis, deltoïd, supraspinatus, lattimus dorsi, teres major, infraspinatus, and teres minor.
7. Hip joint and pelvic girdle (structure, origin, insertion, innervations, action ) iliipsoas,sartorious,rectus femoris, gluteus medius,gluteus minimus,tensor fascia latae,gluteus maximus,biceps femoreisand semi-tendinosus
8. Knee and ankle joint: (structure,, origin, insertion, innervations, action ) gastrocnemius,soleus,peroneusgroup, extensor digitorum longus, extensor hallucis longus, tibialis anterior and tibialis posterior

SECTION-C

1. Meaning and importance of biomechanics for physical education teacher, coaches and athletes
2. Motion and types of motion
3. Newton’s law of motion
4. Application of kinesiology in daily life
   - Walking
   - Lifting and carrying
   - Pushing and pulling
   - Sitting
   - Stair climbing
SECTION-D

1. Linear kinematics
   - Distance and displacement
   - Speed and velocity
   - Acceleration and deaccelerations
2. Angular kinematics
   - Angular distance and displacement
   - Angular speed and velocity
3. Linear kinetics
   - Inertia, mass and force
   - Momentum and impulse
   - Friction and elasticity
   - Pressure, work, power and energy
4. Angular kinetics
   - Eccentric force and couple
   - Moment inertia and moment of force
   - Equilibrium and stability
   - Lever
   - Center of gravity

Reference books
Bunn, John W. Scientific Principles of Coaching, Second Edition (Englewood)
PAPER-XI: SPORTS MEDICINE, REHABILITATION AND PHYSIOTHERAPY

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. Introduction
   a. Definition and Concept of Sports Medicine and Physiotherapy
   b. Aims and Objective of Sports Medicine and Physiotherapy
   c. Role of Sports Medicine and Physiotherapy in Physical Education & Sports

2. Energy Transfer for Physical Activity
   a. Energy Transfer in Body
   b. Energy Transfer in Exercise
   c. Energy Expenditure During Various Activities
   d. Fatigue

SECTION-B
1. Sports Injuries

2. Cardio Vascular System and Exercise
   a. Athletes Heart
   b. Cardio Vascular Adaptations to Sustained Aerobic Exercises
   c. Sudden Cardiac Death in Sports
   d. Regulation of Circulation during Exercise

SECTION-C
1. Rehabilitation
   a. Definition, Goals and Objectives of Rehabilitation
   b. Classification- Active Movement (Free, Assisted, Resisted), Passive Movement (Relaxed & Forced)

2. Exercise and Respiratory System
   a. Second Wind
   b. Oxygen Debt
   c. Athletes Lung
   d. Regulation of Respiration during Exercise

SECTION-D
1. Massage
   a. Historical Development of Massage
   b. Definition and Classification of Massage Technique
   c. Physiological Effects of Massage
   d. Description of the Techniques of the Massage
Therapeutic Modalities
a. Therapeutic Modalities: Cold Therapy, Infrared, Contrast Bath, Wax Bath
b. First Aid: Meaning, Definition, Principles. First Aid in Drowning, Snake Bite, burns, Electric Shock

REFERENCES:

PAPER-XII MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Time: 3 Hours

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
a) Meaning and Definition of Test, Measurement, Evaluation
b) Principle and Scope of Test, Measurement and Evaluation
c) Importance of Measurement and Evaluation in Physical Education

Motor Fitness Tests
a) Philip’s J.C.R Test
b) AAHPER Youth Fitness Test

SECTION-B
Test
a) Construction of Knowledge Tests and Sports Skill Tests
b) Criteria for Test Selection: Reliability, Validity, Objectivity, Feasibility and Precision
c) Administrative Protocols (Administrative Guidelines)

Cardiovascular Test
a) Tuttle Pulse Ratio Test
b) Harvard Step Test

SECTION-C
Somatotyping
a) Meaning of Somatotyping
b) Brief Account of Kretchmer’s Body Type
c) Brief Account of Sheldon Body Classification

Sports Skill Test Basket Ball:
a) Johnson Basketball Test
b) Knox Basketball Test

SECTION-D
Body Composition Measurements
a) Height and Weight Measurement, BMI
b) Methods for Assessing Body Composition: Anthropometric, Hydrostatic Weighing, Bod Pod

Volleyball Skill Test:
a) Modified Brady Volleyball Test
b) Russell-Lange Volleyball Test

Soccer Skill Test:
a) Johnson Soccer Test
b) McDonald Test
References:

1. Marrow James R., A.W., Jackson, Measurement and Evaluation in Human Performance
Bachelor of Physical Education (B.P.Ed.) (Part-II)

PAPER-XIII     SPORTS MANAGEMENT AND CURRICULUM DESIGN

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
a. Introduction, Meaning and definition of sports management.
b. Need, Importance and scope of sports management?
d. Basic Skills of Management: Making Decision, Effective Communication, Managing time and setting priority.
e. Functions of Management: Planning, Organizing, Staffing Managements, Directing, Controlling in Activity Based Programme.
f. Theories of Management: Authoritarian, Laissez – Faire, Democratic

SECTION – B
a. Manager – Roles of Manager: Interpersonal roles, Informational Roles, Decisional Roles, Qualities of a Manager.
b. Managerial Skills and procedure: Effective Communication, Staff Meetings, Committees and office Management.
   i. School
   ii. Colleges
   iii. University

SECTION – C
a. Meaning Definition and Modern concept of curriculum, steps and factor effecting curriculum development.
b. Public relation: Meaning, definitions, principles, planning and organizing public relations;
c. Conflicts in management of physical education.
e. Budget – Preparation, Sources of funds and expenditure of Budget.

SECTION – D
a. Tournament organization: Types of tournament (i) knockout (ii) league (iii) combination (iv) consultation (v) challenge.
b. Process of organizing sports events, notification, invitations, selection of officials, monitoring, writing reports.
c. Use of computer application in the management of physical education and sports.
d. Maintain records in computer.

References:
PAPER-XIV: RESEARCH METHODOLOGY AND SPORT STATISTICS

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. Introduction
   a. Definition, Meaning, Aims and Objectives of Research
   b. Need and Importance of Research in Physical Education
   c. Types of Research

2. Research Problem
   a. Meaning of Research Problem, Formulation of Research Problem
   b. Criteria of a Research Problem
   c. Limitations and Delimitations

SECTION-B

1. Hypothesis
   a. Meaning and Definition of Hypothesis
   b. Significance of Hypothesis
   c. Types of Hypothesis
   d. Testing of Hypothesis

2. Review of literature
   a. Need of Review of Literature
   b. Sources of Literature
   c. Planning of Review Work
   d. Note-Taking

3. Data collection
   a. Collection of data through questionnaires and interview
   b. Observation Method
   c. Case Study Method

SECTION-C

1. Sampling
   a. Meaning and Types of Sampling
   b. Sample Size
   c. Sampling and Non-Sampling Error
   d. Importance of Sampling

2. Research Design
   a. Meaning and Definition of Research Design
   b. Need and Importance of Research Design

SECTION-D

1. Statistics
   a. Meaning of Statistics. Need and Importance of Statistics in Physical Education,
   b. Meaning and advantage of Graphical Representation of Data, Principle of
      Graphical Representation of Data. Histogram, Frequency Polygon, Cumulative-
      Frequency Graph, Bar-Diagram and Pie Diagram.
   c. Meaning of the Measures of Central Tendency, Computation of Measures of
      Central Tendency i.e. Mean, Median and Mode.
   d. Meaning of Variability, Computation of Measures of Variability: Range,
      Quartile -Deviation, Average Deviation and Standard Deviation
2. Research proposal
   a. Research Proposal
   b. Research Report: Precautions for writing Research Reports
   c. Format:
      i. Preliminary Section
      ii. Main Body
      iii. Supplementary material

References: