

# YMCA COLLEGE OF PHYSICAL EDUCATION

(An Autonomous College affiliated to the Tamil Nadu Physical Education & Sports University)

NANDANAM, CHENNAI - 600035.

Accredited by NAAC as "A" Grade College

## SYLLABUS



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

**(Two Year)**

**2021-2023**

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

## **TWO YEARS**

## **CREDIT SYSTEM**

### **Preamble:**

Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Credit System) programme is a professional programme meant for preparing teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII. B.P. Ed. programme shall be designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship/teaching practice.

### **1. Intake, Eligibility and Admission Procedure:**

The Intake, Eligibility and Admission Procedure is as per the, NCTE and TNPESU norms and standards.

### **2. Duration:.**

The B.P.Ed programme is of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

### **3. The Credit System:**

All programmes shall run on Credit System (CS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

### **4. Course:**

The term course usually referred to, as 'papers' is a component of a programme. All courses Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these. need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/Tutorials/Laboratory.

### **5. Credits:**

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical Work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it.

### **6. Evaluation:**

#### **6.1 Written Examination (20 Marks):**

Each student will be graded by the subject teacher(s). Three sessional tests will be conducted for each paper. Each test carries a maximum of 20 marks and the average of best two tests will be considered. However, in the case of students who miss the tests for any valid reason with prior permission from the subject teacher(s) and the Principal, they may be granted special permission to



### **6.5 Practical:**

There are no minimum marks for passing in both internal and external examinations. However, the minimum for passing in each practical is 50% of total marks in the particular practical. A student, who fails in any one or more practical in the semester examination, will be permitted' to redo the practical(s) in the subsequent semester examinations. '

### **Part II Practicals :**

Practical will be evaluated internally.

### **Part III Teaching/Coaching Lessons and Intensive Teaching Practice: I and II Semester:**

Teaching practice (General and Particular) will be evaluated Internally

### **III Semester:**

Intensive Teaching practice.

### **IV Semester:**

Coaching lesson and Officiating will be evaluated Internally.

Teaching practice (General and Particular) will be evaluated Externally

### **6.6 Arrear Examinations:**

Examination fees will be levied and collected normally according to the rules and regulations of the college. A special levy will be collected for supplementary paper.

### **6.7 Passing of Results:**

Result will be approved by the Board of Examiners and will be submitted to the Academic Council of the college to recommend the eligible students for the award of the degree by Tamil Nadu Physical Education and Sports University.

## **7. Registration**

7.1 Every student must register for the courses he/she intends to undergo in a semester. A registration form in triplicate can be obtained from the credit system office. A student should submit the duly filled in and signed registration form in triplicate with the subject teacher's and Principal's signature in the credit system office at the time of registration.

7.2 After admission to the programme, a code number will be assigned for each student, giving the year of admission and the student registration number.

7.3 The subject teacher shall advise the student about the academic programme and counsel him/her on the choice of courses (elective only) to be registered.

7.4 The college shall prescribe the maximum number of students in each course taking into account the physical facilities available. A course shall not be offered unless a minimum of 10 students register in either Core or Elective courses.

7.5 A course shall normally be taught by one staff.

## **8. Attendance:**

8.1 A student must have 90% of attendance in theory and practical classes to write the semester examinations. A student with less than 90% of attendance will be given the grade 'RA'. (Re- Appear due to lack of attendance)

8.2A student having below 90% and above 50% attendance will not be allowed to write the exam in the semester. A student having below 50% attendance should repeat the course.

8.3 The student's attendance progress report would be displayed on the notice board every month.

## 9. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in sub heading letter grades and grade point from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$\text{SGPA} = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

$$\text{CGPA} = \frac{\sum_{j=1}^N \text{SGPA}_j}{N}$$

Where  $C_i$  is the Credit earned for the course is in any semester;  $G_i$  is the Grade point obtained by the student for the course  $i$  and  $n$  number of courses obtained in that semester;  $\text{SGPA}_j$  is SGPA of semester  $j$  and  $N$  number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

## 10. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second Class / Pass Class or First Class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

## 11. Letter Grades and Grade Points:

11.1 Two methods-relative grading or absolute grading have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-olf mark or percentile. Under the absolute grading, the marks are converted to grades based on pre- determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

11.2 The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

<b>Percentage</b>	<b>Grade Point</b>	<b>Letter Grade</b>	<b>Description</b>
90 - 100	9.0 - 10.0	O	Outstanding
80 - 89.99	8.0 - 8.99	D+	Excellent
75 - 79.99	7.5 - 7.99	D	Distinction
70 - 74.99	7.0 - 7.49	A+	Very Good
60 - 69.99	6.0 - 6.99	A	Good
50 - 59.99	5.0 - 5.99	B	Average
00 - 49.99	0.0	RA	Re-Appear
Absent			

	<b>CORE COURSE</b>	<b>ELECTIVE COURSE</b>	<b>PRACTICAL</b>
<b>SEM I</b>	BCC 101 Principles and foundation of Physical Education Educational Psychology and Sociology BCC102 Anatomy and Physiology BCC 103 Yoga Education	BEC 104 Sports Nutrition and Weight Management BEC 105 Sports Management	BPC 106 Calisthenics, Minor games, Drill and Marching Aerobics BPC 107 Badminton and Ball badminton, Softball, Table Tennis, Chess, Carrom and Tennis BPC 108 Track Events BTP 109 Teaching Practice (General Lesson)
<b>SEM II</b>	BCC 201 History of Physical Education Recreation, Camping, Guidance & Counselling BCC 202 Organization & Administration and Methods of Teaching in Physical Education BCC 203 Principles and Techniques of Officiating Coaching (Track & Field) Part I	BEC 204 Educational Technology and sports journalism and tourism BEC 205 Sports Medicine, Physiotherapy and Rehabilitation	BPC 206 Dhands and baithaks, Light Apparatus, Yoga, Silambam BPC 207 Basketball, Volleyball Football, Throw ball BPC 208 Field Events BTP 209 Teaching Practice (Particular) BTP 210 External Teaching Practice (General & Particular)
<b>SEM III</b>	BCC 301 Sports Training BCC 302 Health Education and Environmental Studies BCC 303 Principles and Techniques of officiating Coaching Part II	BEC 304 Computer Application in Physical Education BEC 305 Disabilities and Inclusive Education	BPC 306 Lezium, Kung fu, Swiss ball and Core board Training, Tennikoit BPC 307 Cricket, Archery Hockey, Netball, BPC 308 Throwing Events in Track & Fields BTP 309 Coaching lesson and officiating (Track & Field and specialization) (Internal) BTP 310 Intensive Teaching Practice (General & Particular)
<b>SEM IV</b>	BCC 401 Test and Measurement in Physical Education BCC 402 Kinesiology and Biomechanics BCC 403 Principles and Techniques of Officiating Coaching Part III	BEC 404 Contemporary issues in Physical Education, fitness and wellness BEC 405 Elementary statistics	BPC 406 Malkhamb and pyramid, Boxing Theraband and Ladder Training, Gymnastics, Track & Field, Play Field marking, Training methods and Test & Measurement BPC 407 Kabaddi, Handball Khokho, Swimming, BTP 408 External Coaching Lesson and Officiating (Track & Field and Specilization) (External)

SEMESTER	MORNING PRACTICALS	EVENING PRACTICAL
<b>I Semester</b>	<ol style="list-style-type: none"> <li>1. Drill and Marching</li> <li>2. <b>Calisthenics</b></li> <li>3. <b>Minor games</b></li> <li>4. Aerobics</li> <li>5. Track and field (Sprint, Relay, Hurdle, Middle and Long distance)</li> <li>6. Teaching Practice - General Lesson</li> </ol>	<ol style="list-style-type: none"> <li>1. Badminton and <b>Ball badminton</b></li> <li>2. Softball .</li> <li>3. Table Tennis, Chess, Carrom</li> <li>4. Tennis</li> </ol>
<b>II Semester</b>	<ol style="list-style-type: none"> <li>1. <b>Dhands and baithaks</b></li> <li>2. Light Apparatus (Dumbbells, <b>Indian clubs</b>, Hoops and Wands)</li> <li>3. Yoga</li> <li>4. <b>Silambam</b></li> <li>5. Field Event (Long Jump, Triple Jump, High Jump, Pole Vault)</li> <li>6. Teaching Practice (Particular)</li> <li>7. Teaching practice - General and Particular Lesson External</li> </ol>	<ol style="list-style-type: none"> <li>1. Basketball</li> <li>2. Volleyball</li> <li>3. Football</li> <li>4. <b>Throwball</b></li> </ol>
<b>III Semester</b>	<ol style="list-style-type: none"> <li>1. Lezium</li> <li>2. <b>Swiss ball and Core board Training</b></li> <li>3. <b>Tennikoit</b></li> <li>4. Kung fu</li> <li>5. Throwing Event (Shotput, Discus, Javelin, Hammer)</li> <li>6. Coaching Lesson and Officiating (Track &amp; Field and Specialization-Internal)</li> <li>7. Intensive teaching practice (General &amp; Particular)</li> </ol>	<ol style="list-style-type: none"> <li>1. Cricket</li> <li>2. Hockey</li> <li>3. Netball</li> <li>4. Archery</li> </ol>
<b>IV Semester</b>	<ol style="list-style-type: none"> <li>1. Malkhamb and <b>pyramid</b></li> <li>2. <b>Theraband, Ladder Training</b></li> <li>3. Gymnastics</li> <li>4. Boxing</li> <li>5. Training methods Track &amp; Field, Play Field Marking</li> <li>6. Test &amp; Mesurement</li> <li>7. Coaching Lesson and Officiating (Track &amp; Field and Specialization)</li> </ol>	<ol style="list-style-type: none"> <li>1. Kabaddi</li> <li>2. Khokho</li> <li>3. Swimming</li> <li>4. Handball</li> </ol>



**SEMESTER I**

Course	Title of the Paper	L	T	P	Total Credits	Internal	External	Total
BCC 101	Principles and foundation of Physical Education, Educational Psychology & Sociology	4	0	0	4	25	75	100
BCC 102	Anatomy and Physiology	4	0	0	4	25	75	100
BCC 103	Yoga Education	4	0	0	4	25	75	100
BEC 104	Sports Nutrition and Weight Management	1	0	0	1	25	75	100
BEC 105	Sports Management							
BPC 106	Calisthenics, Minor games Drill and Marching, Aerobics	0	2	4	4	(Each 25 Marks)		100
BPC 107	Badminton and Ball badminton, Softball, Table Tennis, Chess, Carrom and Tennis	0	2	4	4	(Each 25 Marks)		100
BPC 108	Track Events	0	2	6	5	(Each 25 Marks)		100
BTP 109	Teaching Practice (General Lesson)	0	2	6	5	(Internal)		100

**I Semestar Total Credit = 31**

**SEMESTER II**

Course	Title of the Paper	L	T	P	Total Credits	Internal	External	Total
BCC 201	History of Physical Education Recreation, Camping, Guidance and Counselling	4	0	0	4	25	75	100
BCC 202	Organization & Administration and Methods of Teaching in Physical Education	4	0	0	4	25	75	100
BCC 203	Principles and Techniques of Officiating Coaching Track & Field Part I	4	0	0	4	25	75	100
BEC 204	Educational Technology and sports journalism & Tourism	1	0	0	1	25	75	100
BEC 205	Sports Medicine, Physiotherapy and Rehabilitation							
BPC 206	Dhands and baithaks, Light Appartatus, Yoga, Silambam	0	2	4	4	(Each 25 Marks)		100
BPC 207	Basketball, Volleyball Football, Throwball	0	2	6	4	(Each 25 Marks)		100
BPC 208	Field Events	0	1	6	5	(Each 25 Marks)		100
BTP 209	Teaching Practice ( Particular)	0	1	6	5	(Internal)		100
BTP 210	External Teaching Practice (General & Particular)	0	1	6	5	(Each 100 Marks) (External)		200

**II Semestar Total Credit = 36**

### SEMESTER III

Course	Title of the Paper	L	T	P	Total Credits	Internal	External	Total
BCC 301	Sports Training	4	0	0	4	25	75	100
BCC 302	Health Education and Environmental Studies	4	0	0	4	25	75	100
BCC 303	Principles and Techniques of officiating coaching Part II	4	0	0	4	25	75	100
BEC 304	Computer Application in Physical Education	1	0	0	1	25	75	100
BEC 305	Disabilities and Inclusive Education							
BPC 306	Lezium, Kung fu Swiss ball and Core Board Training, Tenniskoit	0	2	4	4	(Each 25 Marks)		100
BPC 307	Cricket, Archery Hockey, Netball	0	2	4	4	(Each 25 Marks)		100
BPC 308	Throwing Events in Track & Field	0	2	6	5	(Each 25 Marks)		100
BTP 309	Coaching lesson and officiating (Track & Field and specialization - Internal)	0	2	6	5	(Each 50 Marks) (Internal)		100
BTP 310	Intensive Teaching Practice (General & Particular)	20 days			5	(Each 50 Marks) (External)		100

**III Semestar Total Credit = 36**

### SEMESTER IV

Course	Title of the Paper	L	T	P	Total Credits	Internal	External	Total
BCC 401	Test and Measurement in Physical Education	4	0	0	4	25	75	100
BCC 402	Kinesiology and Biomechanics	4	0	0	4	25	75	100
BCC 403	Principles and Techniques of Officiating Coaching Part III	4	0	0	4	25	75	100
BEC 404	Contemporary issues in Physical Education, Fitness and wellness	1	0	0	1	25	75	100
BEC 405	Elementry statistics							
BPC 406	Malkhamb and pyramid, Boxing Theraband, Ladder Training, Gymnastics, Track & Field and Play Field marking, Training methods and Test & Measurement	0	2	4	4	(Each 25 Marks)		100
BPC 407	Kabaddi, Handball Khokho, Swimming	0	2	4	4	(Each 25 Marks)		100
BTP 408	External Coaching Lesson and Officiating (Track & Field and Specilization)	0	2	6	5	(Each 100 Marks) (External)		100

**IV Semestar Total Credit = 26**

**TOTAL CREDITS IN BPED TWO YEARS COURSE**

Semester	Credits in Theory Part I	Credits in Practical		Total
		Part II (Games and Other Activity)	Part III (Teaching/Coaching) Internship)	
<b>I</b>	13	13	5	31
<b>II</b>	13	13	10	36
<b>III</b>	13	13	10	36
<b>IV</b>	13	8	5	26
<b>TOTAL</b>	<b>52</b>	<b>47</b>	<b>30</b>	<b>129</b>

Total credits = 34+34+37+34

Total credits = 139 credits

**TOTAL MARKS IN BPED TWO YEARS COURSE**

Semester	Marks in Theory Part I	Marks in Practical		Total
		Part II (Games and Other Activity)	Part III (Teaching/Coaching) Internship)	
<b>I</b>	400	300	100	800
<b>II</b>	400	300	300	1000
<b>III</b>	400	300	200	900
<b>IV</b>	400	200	100	700
<b>TOTAL</b>	<b>1600</b>	<b>1100</b>	<b>700</b>	<b>3400</b>

**Provision of Bonus Credits Maximum 06 Credits in each Semester**

<b>Sr. No.</b>	<b>Special Credits for Extra Co-Curricular Activities</b>	<b>Credit</b>
1	Sports Achievement at Stale level Competition (Medal Winner) Sports Achievement National level Competition (Medal Winner) Sports participation International level Competition	1 2 4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two game)	1
4	National Cadet Corps /National Service Scheme	2
5.	Blood donation / Cleanliness drive / Community services	2
6.	Mountaineering Basic Camp, Advance Camp / Adventure Activities	2
7.	Organization/ Officiating State / National level in any two game	2
8.	News Reposting / Article Writing / book writing / progress report writing	1
9.	Research Project	4
10.	Intramural per semester	1

## SEMESTER I

### BCC 101 Principles and foundation of Physical Education, Educational Psychology and Sociology

**Objectives:** After studying this paper the student teachers will be able

- To Know about the importance of biological Principles
- To know about the importance of Psychological principles
- To know about the importance of Sociological principles
- To know about the importance of Educational Psychology
- To know about Guidance and Counseling

#### **Unit I: Introduction and Foundation of Physical Education**

- Meaning - Definition - Scope of Physical Education
- Aims and Objective of Physical Education
- Importance of Physical Education in present era.
- Philosophical foundation

Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism

#### **Unit- II Principles of Physical Education**

- Biological - Growth and development- Age and gender characteristics - Body Types  
- Anthropometric differences
- Psychological, Attitude, interest, cognition, emotions and sentiments
- Sociological - Social integration and cohesiveness
- Leadership

#### **Unit- III Education Psychology**

- Meaning and Importance and scope of psychology & educational Psychology
- Various stages of growth and development
- Types and nature of individual differences
- Theories of learning
- Laws of Learning. Learning Curve, Types of Learning curve, Transfer of Learning
- Meaning & nature of motivation & aggression
- Motivation & its impact on sports performance
- Meaning & nature of anxiety & stress
- Types of anxiety & stress
- Effect of anxiety & stress on sports performance

#### **Unit- IV Sports Psychology**

- Meaning and Importance and scope of Sports psychology
- General Characteristics & Various stages of growth and development
- Types and nature of individual differences in Sports
- Factors affecting the sports performance
- Heredity and environment
- Human behavior in relation to physical education and sports

#### **Unit-V- Sociology**

- Orthodoxy, Customs, tradition & Physical education
- Socialization through Physical education
- Importance of Culture and effect of culture on life style

**References:**

- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Pshysical education.
- Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
- Nixon, E. E. and Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co. -
- Obertuffer, (1970). Delbert physical education. New York: Harper and Brothers Publisher.
- Shannan, J. R. (1964). Introduction to physical education. New York: A.S. Barnes and Co.
- William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

**BCC102 Anatomy and Physiology**

**Objectives:** After studying this paper the student teachers will be able

- To know about Anatomy of Human Body
- To Know about Circulatory and Respiratory System
- To know about Digestive and Excretory System
- To know about Endocrine glands and Nervous system
- To know about Human Physiology and Exercise on various systems

**UNIT-I Anatomy of the Human Body**

- Brief Introduction of Anatomy and physiology in the field of Physical Education.
- Introduction of Cell and Tissue.
- The arrangement of the skeleton Function - of the skeleton Ribs and Vertebral column and the extremities ~ joints of the body and their types '
- Gender differences in the skeleton.
- Types of muscles.

**UNIT-II Important Organs and System Part - I**

- Blood and circulatory system: Constituents of blood and their function - Blood groups and blood transfusion, clotting of blood, the structure of the heart properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure,. Cardiac output. A
- The Respiratory system: The Respiratory passage - the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.
- The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism

**UNIT-III Important Organs and System Part II**

(The Excretory system: Structure and functions of the kidneys and the skin.

- The Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands. . .
- Nervous systems: Function of the Autonomic nervous system and Central nervous system. Reflex Action,
- Sense organs: A brief account of the structure and functions of the Eye and Ear.

#### **UNIT-IV Human Physiology**

- Definition of physiology and its importance in the field of physical education and sports.
- Structure, Composition, Properties and functions of skeletal muscles.
- Nerve control of muscular activity:
  - Neuromuscular junction
  - Transmission of nerve impulse across it.
- Fuel for muscular activity
- Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

#### **UNIT-V Exercise and Physiology**

- Effect of exercise and training on cardiovascular system.
- Effect of exercise and training on respiratory system.
- Effect of exercise and training on muscular system
- Physiological concept of physical fitness, warming up, conditioning and fatigue.
- Basic concept of balanced diet Diet before, during and after competition.

#### **References:**

- Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). Text book of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Subject Publication.
- Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
- Morehouse, L. E. and Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber and Faber Ltd.
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.

### **BCC 103 Yoga Education**

**Objectives:** After studying this paper the student teachers will be able

- To aware about meaning, definition and need of Yoga
- To know about foundation Yoga
- To understand about various Asanas, Bandhas, Mudras and Kriyas
- To know about Yoga Education
- To know about Yoga for fitness

#### **Unit - I: Introduction**

- Meaning and Definition of Yoga o Aims and Objectives of Yoga
- Yoga in Early Upanisads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

## **Unit - II: Foundation of Yoga**

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi

on Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

## **Unit - III Asanas**

- Effect of Asanas and 'Pranayama on various system of the body
- Classification of asanas with special reference to physical education and sports o Influences of relaxtive, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

## **Unit-IV Yoga Education**

- Basic, applied' and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yogasanas

## **Unit - V Yoga for Fitness**

Yoga for physical fitness yoga for health and wellness yoga for diseases yogic practices for health living

### **References:**

Brown, F. Y. (2000). How to use yoga. Delhi: Sports Publication.

Gharote, M. L. and Ganguly, H. (1988). Teaching methods for yogic practices .Lonawala: Kaixydahmoe. ' J

Rajjan, S. M. (1985). Yoga strenthening of relaxation for sports man. New Delhi: Allied Publishers. , '

Shankar, G. (1998). Holistic approach of yoga. New Delhi: Aditya Publishers.

Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.

## **BEC 104 Sports Nutrition and Weight Management**

**Objectives:** After studying this paper the student teachers will be able

- To know about basics of Nutrition and its role in Sports
- To know about Nutrients
- To know about Nutrition and Weight Management
- To get the awareness Health related diseases.
- To know about Life style Management and Preventive measures

### **Unit - I Introduction to Sports Nutrition**

- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan

### **Unit - II Nutrients: Ingestion to energy metabolism**

- Carbohydrates, Protein, Fat Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition daily caloric requirement and expenditure.



### **Unit - III Nutrition and Weight Management**

- Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management ' '
- Concept of BMI (Body mass index),

### **Unit - IV Health Related Diseases**

Health related diseases . life style management Diabetes Hypertension Hyper glycemia - dyslipidemia and its risks Nutrition Daily calorie intake and expenditure, Determination of desirable body weight - Balanced diet for Indian School Children, Maintaining a Healthy. -

### **Unit V Life style Management and Preventive Measures**

Lifestyle - Weight management program for sporty child, Role of diet and exercise in Weight management, Design diet plan and exercise schedule for weight gain and loss,

### **References:**

- Bessesen, D. H. (2008). Update on obesity. *J Clin Endocrinol Metab.* 93 (6), 2027-2034.
- Butryn, M.L., Phelan, S., and Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091-3096.
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- DeMalia, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
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## **BEC 105 Sports Management**

**Objectives:** After studying this paper the student teachers will be able

- To know about the concept and purpose of sports management'
- To know about Leadership
- To know about Sports management in School, College and University
- To know about maintaining records
- To know about financial management.

### **Unit-I Introduction**

- 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.
- Sports Marketing

### **Unit-II Leadership**

- Meaning and Definition of leadership
- Leadership style and method.
- Elements of leadership.
- Forms of Leadership.
- Autocratic
- Laissez-faire
- Democratic

- Benevolent Dictator
- Qualities of administrative leader.
- Preparation of administrative leader.
- Leadership and Organizational performance.

**Unit-III Sports programme at school, college, university**

- 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.

**Unit-IV Maintenance of Records**

Types of Registers and Records and its maintenance.

Developing performance standard

- Establishing a reporting system
- Evaluation
- The reward/punishment system

**Unit -V Financial Management**

- Financial management in Physical Education and sports in schools, Colleges and Universities.
- Budget Importance, Criteria of good budget,
- Steps of Budget making
- Principles of budgeting

**REFERENCES:**

Ashton, D. (1968). Administration of physical education for women. New York: The Ronald Press, Cl.

Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The C.V. Mosby Co.

Daughtrey, G. and Woods, JB. (1976). Physical education and intramural programmes, organisation and administration. Philadelphia U.S.A. : W.B. Saunders Cp.

Earl, F. Z, and Gary, W. B. (1963). Management competency development in sports and physical education. Philadelphia: W. Lea and Febiger.

**SEMESTER II**

**BCC 201 History of Physical Education Recreation and Camping and Guidance & Counselling**

**Objectives:** After studying this paper the student teachers will be able

- To know about the growth and development of Physical in India
- To know about the growth and development of Physical in Greece
- To know about origin and development of Olympics games
- To know about Recreation and Camping
- To know about the importance of Sociology

**UNIT I: Historical Development of Physical Education in India**

- Indus Valley Civilization Period
- Vedic Period

- Epic Period
- Historic Period
- Nalandha Period
- Rajput Period
- Muslim Period
- British Period
- Post Independent Development
- Contribution of Akhadas and Vyayamshals
- YMCA and its contribution to Physical Education

#### **UNIT II Awards and Association**

- National and International tournament in various games, world cup in various games
- Grand slam
- Inter university sports board
- National School Games Federation of India
- Indian Olympic Association
- National and state level associations
- Civilian awards, Arjuna, Dhoranacharya and Rajiv Gandhi Khel Ratna Award

#### **UNIT III: Olympic games, Asian Games, Commonwealth Games and SAF games Sports bodies, tournaments and national awards**

- Origin and development of Olympic, Asian, commonwealth and SAF games
- Ancient Olympics and Modern Olympics
- Physical education in Greece, Ancient Rome and Germany

#### **UNIT IV: Recreation & Camping**

- Meaning, Definition, aim, scope and significance of recreation
- Essential characteristics of recreation-
- Objectives of recreation
- Philosophy, objectives and relationship of play, leisure and recreation
- Historical development of recreation
- Recreation primitive culture, Greek Period, Roman period and middle age
- Recreation in U.S.A and India
- Organization and Administration of recreation
- Types of Recreation
- Recreation providing Agencies
- Meaning definition aim, objectives and types of camp
- Selection, layout, scope and significance of camp
- Organization and administration of camp
- Types of camp activities
- Indoor and outdoor games, art and crafts, drama, music, dance, nature study, aquatics, hiking, hobbies, stunt and contest,
- Evaluation of camp work.

#### **Unit V- Guidance and Counselling**

- Meaning, Definition of Guidance and Counselling
- Educational and Vocational Guidance
- Guidance for gifted, slow learners, the disadvantaged, under achievers, exceptional, juvenile

developments, differentially abled

- Types of counselling-crisis, school, individual, peer and small group
- Role of counselor and the teacher in counselling

**References:**

Anderson JM (1955). Industrial Recreation, McGraw-Hill Book Company, Inc, London  
Butler GD (1-949). Introduction of Company Recreation, McGraw-Hill Book Company, Inc, New York .  
Danford HG (1953). Recreation in the American Community, Harper and Brothers Publishers, New York  
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' Kamallesh ML (1991). Principles and History of Physical Education, Prakash Bros., Patiala  
Nixon EJ and Lyrm VC ( 1968). The World Today in Health, Physical Education and Recreation, Englewood Cliffs, Prentice Hall, New Jersey. , \* Rayappa-DJ and Govindarajulu LK (1949). Camping and Education, Jupiter Press Private Ltd, Madras.  
Torkildsen G (1986). Recreation Management, E & FN Spon Ltd., New York.  
Vandalen D and Bennett BLA (1971). World History of Physical Education, Prentice Hall, Englewood Cliffs, Prentice Hall Inc., New Jersey.  
Witt and Goodale (1985). Recreation and Leisure, Venture Publishing, Pennsylvania.

**BCC 202 Organization & Administration and Methods of Teaching in Physical Education**

**Objectives:** After studying this paper the student teachers will be able

- To know about structure of organization and administration
- To know about function of organization and administration
- To know about Competition organization
- To know about Teaching Technique and Teaching aids
- To know about Lesson plan and Teaching Innovations

**Unit - I: Structure of Organization and Administration**

- Meaning and importance of Organization and Administration in physical education
- Qualification and Responsibilities of Physical Education teacher and pupil leader
- Planning and their basic principles, ' .
- Program planning: Meaning, Importance, Principles of program planning in physical education.

**UNIT - II: Functions of Organization and Administration**

- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.
- Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and Factor affecting time table.

### **Unit - III: Competition Organization**

- Importance of Tournament,
- Types of Tournament and its organization structure Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramurals and Extramural Tournament planning

### **Unit - IV Teaching Technique, Teaching Aids**

- Teaching Technique Lecture method, Command method, Demonstration method,
- Imitation method, project method etc.
- Teaching Procedure Whole method, whole part whole method, part whole method.
- \*Class Management
- Presentation Technique Personal and technical preparation
- Command- Meaning, Types and its uses in different situations.
- Teaching Aids Meaning, Importance and its criteria for selecting teaching aids.
- Teaching aids Audio aids, Visual aids, Audio visual aids, Verbal, Chalk board,
- Charts, Model, Slide projector, Motion picture etc ' i
- Team Teaching Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.

### **Unit - V Lesson Planning and Teaching Innovations**

- Lesson Planning Meaning, Type and principles of lesson plan.
- General and specific lesson plan.
- Micro Teaching Meaning, Types and steps of micro teaching.
- Simulation Teaching - Meaning, Types and steps of simulation teaching.

### **Reference:**

- Broyles, F. J. and Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
- Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co;
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- Sampath, K., Pannirselvam, A. and Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.
- Walia, J. S. (1999). Principles and methods of education. Jullandhar: Paul Publishers.

## BCC 203 Principles and Techniques of Officiating and Coaching - (Track & field) Part I

**Objectives:** After studying this paper the student teachers will be able

- To know about Philosophy of officiating and mechanism of officiating
- To learn about dimensions and layout of playfield
- To know about Rules and Interpretation of Various games
- To know about Specification of equipments
- To know about Lead up games

### Unit - I

- Age and sex categories of athletes
- Entries
- Clothing, shoes and Athlete Bibs
- Assistance to athletes
- Protest and Appeals
- Duties and powers of International Officials
- Management Officials
- Competition Officials
- Additional Officials

### Unit - II

- Dimensions and lay out of track events
- Rules & Regulations
- Track event measurements and specification of equipment
- Track and field Layout of track, sprint, hurdle, middle, long distance events, relay and Jump events

### Unit - III

- Dimensions and lay out of jump events
- Rules & Regulations
- Track event measurements and specification of equipment
- Track and field Layout of long jump, high jump and polevault.

### Unit - IV

- Dimensions and lay out of throw events
- Rules & Regulations
- Track event measurements and specification of equipment
- Track and field Layout of shotput, discus, javelin & hammer throw

### Unit - V

- Combined Events Competitions Race Walking Events - Cross country Races- Mountain races- Trail Races scoring(to be included)

### Reference:

Buck Rules of Sports and Games, Published by NCYSI, New Delhi

Jenson G. and Fisher AG, (1972). Scientific Basis of Athletic Conditioning, 2<sup>nd</sup> edition, Lea and Febiger, Philadelphia

Jones RJ and et.al., (1982). Guide to Effective Principles and Practices, Allyn and Bacon, Inc

Lawther JD (1951). Psychology of Coaching, Prentice Hall, Inc, Englewood Cliffs, New Jersey

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Singh H (1984). Sports Training, General Theory and Physical Fitness, NIS, Patiala  
Thomas JP (1971). Scientific Weight Training for Sports and Games, Gnanodaya Press, Madras  
Glady Kirubakar. S, (2009). Tennis Skills-A Teacher's Guide, SS Publication, Chennai  
Glady Kirubakar and Glory Kirubakar (2009). Play Ball Badminton, SS Publication, Chennai

### **BEC 204 Educational Technology and sports journalism and tourism**

**Objectives:** After studying this paper the student teachers will be able

- To know about Education, Education Technology and types Education
- To know about Fundamentals of Journalism
- To know about Sports Bulletins
- To know about News reporting
- To aware about sports Tourism in India

#### **Unit - I Introduction to technology**

- Education and -Education Technology- Meaning and Definitions
- Types of Education- Formal, Informal and Non- Formal education.
- Educative Process
- Importance of Devices and Methods of Teaching.

#### **Unit - II Fundamentals of Journalism**

- Ethics of journalism
- Cannon's of journalism
- Definition of journalism

#### **Unit - III Sports Bulletins**

- Journalism and sports education
- Structure of sports bulletin
- Types of bulletin and compiling a bulletin

#### **Unit - IV Reporting**

- Nature of sports reporting
- General news reporting
- Types of sports reporting
- Sports ethics and sportsmanship

#### **Unit - V Sports tourism in India**

- Need and scope of tourism
- Ethics of tourism
- Structure of tourism planning
- Analysis and field trip of sports in india
- Technological upgrading through field visits
- On the spot study and material collection of sport visits.

#### **Reference:**

Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons.  
Ahiya, B.N. Theory and Practices of Journalism: Surjeet pilo  
Ahiya and Choabra, Concise course in Reporting, Horward Publications  
Verma, A.K. Advanced Journalism, Haranand Publications, Delhi



## **BEC 205 Sports Medicine, Physiotherapy and Rehabilitation**

**Objectives:** After studying this paper the student teachers will be able

- To Understand about need and importance of sports medicine
- To know about Prevention of injuries in sports and First Aid
- To know about the importance of Physiotherapy
- To know about Hydrotherapy
- To know about Therapeutic exercises

### **Unit-I: Sports Medicine:**

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance. ,
- Athletes Care and Rehabilitation : Contribution of Physical Education Teachers and Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education

### **Unit-II Preventive Measures and First Aid**

- 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 .**

- Definition Guiding principles of physiotherapy, Importance of physiotherapy,
- Introduction and demonstration of treatments - Electrotherapy infrared rays
- short wave diathermy ultrasonic rays.

### **Unit-IV: Hydrotherapy:**

- 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:**

- Definition and Scope Principles of Therapeutic Exercise Classification, Effects and
- uses of Therapeutic exercise passive Movements (Relaxed, Forced and passive - stretching) 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.

### **References:**

- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
- Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, and R.W. Earle, (Eds), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
- David, R. M. (2005). Drugs in sports, (4th'Ed). Routledge Taylor and Francis Group.
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Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.

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### SEMESTER III

#### BCC 301 Sports Training

**Objectives:** After studying this paper the student teachers will be able

- To know the importance of sports training on performance
- To know the means and methods of developing the fitness components
- To know about the process of training
- To design a training schedule for specific sport
- To select a team for different levels of competition

#### Unit - I Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective "of Sports Training
- Principles of Sports Training
- System "of Sports Training -1 Basic Performance, Good Performance and High Performance Training

#### Unit - II Training Components

- Strength Mean and Methods of Strength Development types
- Endurance - Mean and Methods of Endurance Development - types

#### Unit - III

- Speed Mean and Methods of Speed Development - types
- Coordination Mean and Methods of coordination DeVeLopment- types
- Flexibility Mean and Methods of Flexibility Development - types

#### Unit - IV Training Process

- 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
- Periodization Meaning and types of Periodization
- Aim and Content of Periods Preparatory, Competition, Transitional etc.
- Planning Training session 0 Talent Identification and Development

#### Reference

Dick, W. F. (1980).Sports training principles. London: Lepus Books.

Harre, D.(1982).Principles of sports training. Berlin: Sporulated.

Jensen, R. C.and Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2nd Edn.

Matvyew, L.P. (1 981).Fundamental of sports training. Moscow: Progress Publishers.

Singh, H. (1 984).Sports training, general theory and methods. Patials: NSNIS.

## BCC 302 Health Education and Environmental Studies

**Objectives:** After studying this paper the student teachers will be able

- To know about health and personal hygiene
- To know about the health problems and services in India
- To understand the connection between life and environment
- To know about the natural resources and sustenance
- To know about pollution and its control

### Unit - I Health Education

- Concept, Dimensions, Spectrum and Determinants of Health
- Definition of Health, Health Education, Health Instruction, Health Supervision
- Aim, objective and Principles of Health Education
- Health Service and guidance instruction in personal hygiene

### Unit - II Health Problems in India

- Communicable and Non Communicable Diseases, Diabetes and its prevention
- Obesity, Malnutrition, -Adulteration in food, Environmental sanitation, Explosive
- Population,
- Personal and Environmental Hygiene for schools
- Objective of school health service, Role of health education in schools
- Health Services Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

### Unit - III Environmental Science

- Definition, Scope, Need and Importance of environmental studies.
- Concept of environmental education, Historical background of environmental education,
- Celebration of various days in relation with environment.
- Role of school in environmental conservation and sustainable development.

### Unit - IV Natural Resources:

- Water resources, food resources and Land resources
- Definition, effects and control measures of:
- Unit V Pollution
- Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- Management of environment and Govt. policies , Role of pollution control board.

### References:

- Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
- Frank, H. and Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
- Nemir, A. (n.d.). The school health education. New York:Harber and Brothers.
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**BCC 303 Principles and Techniques of officiating Coaching Part II**  
**(Badminton, Ball Badminton, Softball, table Tennis, Chess, carrom, Tennis,**  
**Basketball, Volleyball, football, Throwball)**

**Objectives:** After studying this paper the student teachers will be able

- To lay out play fields of different sports
- To know the rules and their interpretation in different sports
- To know the equipment used in different sports and their specification
- To understand the mechanism of officiating in different sports
- To know the skills, techniques, drills and lead up games in different sports

**Unit -I: Philosophy of officiating & mechanism of Officiating**

- Qualification and Qualities of an official
- Philosophy of Officiating
- General principles of officiating
- Pre, during and post Duties of official
- Mechanism of officiating
- Official signals and powers
- System of officiating
- Position of officiating

**Unit - II: Layout of Track / Jumping, event and Dimensions of play field**

- Dimensions and Layout of play field
- Measurement and specification of equipment

**Unit - III: Rules and their Interpretations of following games**

- Rules of the games
- Score sheet of the games
- Interpretations of the laws and rules of Tennis, Chess, Carrom

**Unit - IV: Rules and their Interpretations of honoring games**

- Dimension of play field
- Measurement and specification of equipment
- Intrepretations of the laws and rules of Tennis, Chess, Carrom
- Intrepretations of the laws and rules of Badminton, Ball Badminton, Soft Ball, Table Tennis, Basket Ball, Volley ball, Foot ball, Throw ball

**Unit - V Skills / Techniques and lead up games**

- Skills and technique
- Lead up games to develop the skill
- Drills

**Reference :**

Buck Rules of Sports and Games, Published by NCY sI. New Delhi

Jenson G. and Fisher AG, (1972). Scientific Basis of Athletic Conditionioing, 2nd edition, Lea and Febigeer, Philadelphia

Jones RJ and et.al.,(1982) Guide to Effective Principlaes and Practices, Allyn and Bacn, INC

lawther JD(1951). Psychology of Coaching, Prentice Hall, Inc, Englewood Cliffs, New Jersey

Rules of Games, Published by International Association of Respective Sports and Games

Singh H (1984), Sports Training, General Theory and Physical Fitness, NIS, Patiala

## BEC 304 Computer Application in Physical Education

**Objectives:** After studying this paper the student teachers will be able

- To know about information and communication technology
- To understand and use MS word Word processor
- To understand and MS Excel Spread sheet
- To understand and use MS Power point Presentation programme
- To access the internet

### **Unit - I: MS Word**

- 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 - II: MS Excel**

- Introduction to MS Excel
- Creating, saving and opening spreadsheet
- Creating formulas
- Format and editing features adjusting columns width and row height understanding charts.

### **Unit - III: Introduction to Computer**

- 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 - IV: MS Power Point**

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file
- format and editing features slide show, design, inserting slide number
- picture, graph, table I
- Preparation of Power point presentations

### **Unit - V: Internet**

Internet browsing searching exam results print and save - copying a webpage searching image on web searching videos on internet . creating an email account attaching files - download a content from web sending sms to mobile - sending e-greetings online recharge - online bill payment train ticket booking and checking availability online newspaper reading. \_

### **References:**

Itregov, D. (2004). Operating system fundamentals. Firewall Media.  
Marilyn, M. and Roberta, B. (n.d.). Computers in your fixture. 2nd edition, India: Prentice Hall.  
Milke, M. (2007). Absolute beginner's guide to computer basics. Pearson Education Asia.  
Sinha, P. K. and Sinha, P. (n.d.). Computer fundamentals. 4th' edition, BPB Publication.

## **BEC 305 Disabilities and Inclusive education**

**Objectives:** After studying this paper the student teachers will be able

- To know about Special Education
- To know about Adapted Physical Education
- To understand the development of a child
- To know the causes of disability
- To know the types of disability

### **Unit I - Education Systems**

Special Education - Inclusive education - Meaning, Definitions, Aims, Objectives - Strategies for including students - Step for modifying and adaptation of the physical education curriculum - Methods of playing inclusive games

### **Unit II - Introduction to Adapted Physical Education**

Meaning of the term adapted - Background information purpose and goals of adapted physical education - Movement Educational Concepts.

### **Unit III - Child Development**

Pre-natal development of the child and post-natal motor development of the child.

### **Unit IV - Causes of Disability**

Pre-natal, Natal and Post-natal causes of visually challenged, physically challenged, intellectual disability, Autism, Down syndrome and Cerebral palsy.

### **Unit V - Classification of Disability**

Disability / differently abled classification and sub-classification in each disability - Blind - Deaf and Dumb - Orthopedically - Mentally Retarded - Spastic - Autism - Cerebral Palsy etc.

### **REFERENCE :**

Clauding and sherill, Adopted physical education and recreation C Publishers, IOWA  
paul A. Metzge, Elementary school physical education C.Brown company publishers  
Barrow, Harold M., M., Gee Rosemary, A. Practical Approach to Measurement in physical Education Philadelphia, Lea and Febigr, 1964. Meyers, carlton R and Erwin, T. Measurement in Physical Education, London G. Bell and Sons Ltd., 1967  
Campell, W.R., and Tucker, N.M. An introduction in Physical Education, London G. Bell and S one Ltd. 1987  
Prof. S. Jaimitra, Physical Education for the Blind Grace Printer, Chennai-1990

## **SEMESTER IV**

### **BCC 401 Test and Measurement in Physical Education**

**Objectives:** After studying this paper the student teachers will be able

- To know the importance of test and measurement in physical education
- To know the types of test and their administration
- To understand the different physical fitness tests
- To understand the health related physical fitness tests
- To know the skill tests of different sports

### **Unit- I Introduction to Test and Measurement and Evaluation**

- Meaning of Test and Measurement in Physical Education

- Need and Importance of Test and Measurement in Physical Education
- Principles of Test and Measurement

#### **Unit- II Criteria; Classification and Administration of test**

- Criteria of good Test
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- Type and classification of Test
- Administration of test, advance preparation Duties during testing Duties after testing.

#### **Unit- III Physical Fitness Tests**

- AAHPER youth fitness test
- Indiana Motor Fitness Test
- Johnson Test of Motor Educability
- SDAT Battery Test
- Barrow Motor Ability Test
- JCR test
- Cozen test of General Athletic ability

#### **Unit- IV Health related fitness tests**

- Health related fitness tests
- Cardio vascular endurance tests
- Muscular endurance tests
- Body fat analyzing test

#### **Unit- V Sports Skill Tests**

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I volleyball test
- S.A.I Hockey test

#### **References:**

Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: HoStorm.

Barron, H. M., and Mchee, R. (1997). A practical approach to measurement in physical education.

Philadelphia: Lea and Febiger. p Barron, H.M. and Mchee, R. (1997). A Practical approach to measurement in physical education.

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Phillips, D. A., and Ho1-nak, J. E. (1979). Measurement and evaluation in physical education. New York: John Willey and Sons. .

Sodhi, H.S., and Sidhu, L.S. (1984). Physique and selection of sports a kinanthropometric study. Patiala: Punjab Publishing House.

## **BCC 402 Kinesiology and Biomechanics**

**Objectives:** After studying this paper the student teachers will be able

- To know the basics of kinesiology & Bio mechanics and their importance in Physical Education
- To understand the classification of joints and muscles
- To understand the mechanical concepts
- To know about the human movements
- To analyze the human movements mechanically

### **Unit - I Introduction to Kinesiology and Sports Biomechanics**

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental concepts of following terms Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity
- Kinesiological classification of joints and muscles.

### **Unit - II Classification of Joints and muscles**

- Classification of Joints and Muscles
- Types of Muscle Contractions (Isotonic, (Concentric & Eccentric)Isokinetic & Isometric
- Meaning, Definition and types of Posture- Importance of good Posture Types of Postural deformities
- Causes & corrective measures of posture
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation

### **Unit - III 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.

### **Unit - IV Kinematics and Kinetics of Human Movement**

- Linear Kinematics Distance and Displacement, speed and velocity, Acceleration
- Angular kinematics Angular Distance and Displacement, Angular Speed and velocity,
- Angular Acceleration.
- Linear Kinetics Inertia, Mass, Momentum, Friction.
- Angular Kinetics Moment of inertia, Couple, Stability.

### **Unit - V Biomechanical Analysis**

Biomechanical analysis of walking jogging running jumping - throwing

#### **Reference:**

- Bunn, J. W. (1972).Scientific principles of coaching. Englewood Cliffs, N.J.: Prentice HallInc.
- Hay, J. G. and Reid, J. G.(1982).The anatomical and mechanical basis of human motion. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. and 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.
- Simonian, C.(191 1).Fundamentals of sport biomechanics. Englewood Cliffs, N.J.: Prentice Hall Inc.



**BCC 403 Principles and Techniques of Officiating and Coaching - Part III (Cricket, Archery, Hockey, Netball, Boxing, Kabaddi, Handball, Khokho, Swimming, Gymnastics, Throw events)**

**Objectives:** After studying this paper the student teachers will be able

- To lay out play fields of different sports
- To know the rules and their interpretation in different sports
- To know the equipment used in different sports and their specification
- To understand the mechanism of officiating in different sports
- To know the skills, techniques, drills and lead up games in different sports

**Unit - I Philosophy of officiating Mechanism of officiating**

- Qualification and Qualities of an official
- Philosophy of Officiating
- General principles of officiating
- Pre, during and post Duties of official
- Mechanism of officiating
- Official Signals and powers
- System of officiating
- Position of officiating

**Unit - II Rules and Interpretations- I**

- Dimensions and lay out of the play field / throw events - Specifications of the equipments
- Rules & Regulations - Throw events, Net ball, Gymnastics

**Unit - III Rules and Interpretations - II**

- Dimensions and lay out of the play field - Specifications of the equipments
- Rules & Regulations - Cricket, Archery, Hockey, Boxing

**Unit - IV Rules and Interpretations - III**

- Dimensions and lay out of the play field - Specifications of the equipments
- Rules & Regulations - Kabaddi, Kho Kho, Handball, Swimming

**Unit - V Skills and lead up games**

- Skills and techniques
- Lead up games to develop the skill / technique
- Drill

**References :**

Buck Rules of Sports and Games, Published by NCYSI, New Delhi  
Jenson G. and Fisher AG, (1972). Scientific Basis of Athletic Conditioning, 2<sup>nd</sup> edition, Lea and Febiger, Philadelphia  
Jones R] and et.al., (1982). Guide to Effective Principles and Practices, Allyn and Bacon, Inc  
Lawther JD (1951). Psychology of Coaching, Prentice Hall, Inc, Englewood Cliffs, New Jersey  
Rules of Games, Published by International Association of Respective Sports and Games  
Singh H (1984). Sports Training, General Theory and Physical Fitness, NIS, Patiala  
Thomas JP (1971). Scientific Weight Training for Sports and Games, Gnanodaya Press, Madras



## **BEC 404 Contemporary issues in Physical Education fitness and wellness**

**Objectives:** After studying this paper the student teachers will be able

- To know the relevance of physical education in inter disciplinary concept
- To understand fitness, wellness and lifestyle
- To know programming in fitness
- To know about safety education
- To know about fitness promotion

### **Unit I Concept of Physical Education and Fitness**

- Definition, Aims and Objectives of Physical Education, fitness and Wellness
- Importance and Scope of fitness and Wellness
- Modern concept of Physical fitness and Wellness
- Physical Education and its Relevance in Inter Disciplinary Context.

### **Unit - II Fitness, Wellness and Lifestyle**

- Fitness Types of Fitness and Components of Fitness
- Understanding of Wellness A
- Metabolic fitness BP LDL Lipid profile - Triglyceride
- Physical Activity and Health Benefits

### **Unit - III Principles of Exercise Program**

- Means of Fitness development aerobic and anaerobic exercises
- Exercises and Heart rate Zones for Various aerobic exercise intensities
- Concept of free weight Vs Machine, Sets and Repetition etc
- Concept of designing different fitness training program for different age group.

### **Unit - IV Safety Education and Fitness Promotion**

- Health and Safety in Daily Life
- First Aid and Emergency Care

### **Unit - V Fitness Promotion**

- Common Injuries and their Management
- Modern Life Style and Hypo-kinetic Disease Prevention and Management

### **References:**

Difiore, J.(1998). Complete guide to postnatal fitness. London: A and C Black,.  
Giam, C.K and The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.  
Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.  
Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.

## **BEC 405 Elementary statistics**

**Objectives:** After studying this paper the student teachers will be able

- To understand the basics of Statistics
- To know about frequency distribution
- To know the graphical representation of data
- To know the measures of central tendency
- To know the measures of variation/ dispersion

**Unit-I Basics of Statistical Analysis**

- Statistics: Meaning, Definition, Nature and Importance  
\* Types of Statistics

**Unit-II Frequency Distribution**

- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables

**Unit - III Graphical Representation**

- Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

**Unit - IV Measures of Central Tendency**

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition,
- Importance, Advantages, Disadvantages and Calculation from Grouped and Ungrouped Data

**Unit- V Measures of Variation / Dispersion**

- Measures of Variability: Meaning, importance, computing from group and ungrouped data
- Percentiles and Quartiles: Meaning, importance, computing from group and ungrouped data

**References:**

Clark and Clark DH. (1967). Application of Measurement of Health and Physical Education, Prentice Hall., Inc.,

Gupta S.P. (1982). Advanced Practical Statistics, New Delhi S. Chand and Co. . .

Garrett, H.E. (1981). Statistics in psychology and education. New York: Vakils Feffer and Simon, Ltd.

Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications

Larson LA and Yocom RD, (1951). Measurement and Evaluation in Physical Health and Recreation Education, St Louis, C.W. Mosby co.

Mathew DK(1973). Measurement in Physical Education, London W.B. Saunders co.

Wilks, SS (1984). Elementary Statistical Analysis, Oxford and IBH Publishing co, Calcutta.

**Practicals  
Semester I****BPC 106 Calisthenics, Minor Games, Drill and Marching, Aerobics****Calisthenics**

Introduction - two, four, eight and sixteen count exercises

Lunging - bending - turning - jumping - sitting - stepping - swinging exercises

**Minor Games**

Relay games - tag games - goal scoring games - point scoring games - miscellaneous games

**Drill and Marching**

Introduction - fundamental position, fall in, fall out, attention and stand at ease

Dressing - right dress, eyes front

Turnings - mark time march - mark time with turns - quick march - right, left wheel -hauling  
about turn-right turn - left turn

- saluting - fancy marching

### **Aerobics:**

Introduction of Aerobics

- Rhythmic Aerobics - dance
- Low impact aerobics
- High impact aerobics
- Aerobics kick boxing
- Postures Warm up and cool down
- THR Zone - Being successful in exercise and adaptation to aerobic workout.

## **BPC 107 Badminton and Ball Badminton, Softball, Table Tennis, Tennis Chess and Carrom**

### **Badminton and Ball Badminton: Fundamental Skills**

- Racket parts, Racket grips, Shuttle Grips in badminton
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand -overhead and underarm .
- Drive shot - drop shot

### **Smashes**

- Drills and lead up games
- Types of games Singles, doubles,' including mixed doubles.
- Rules and their interpretations and duties of officials.

### **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.
- 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.

### **Table Tennis:**

- 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.

### **Chess**

The Board and Notation, Initial Position, Moves, Capture, Pawns, The king's Special, Features, Check, Checkmate, Castling, Stalemate, Other kinds of Draws, Comparative Value of the

Pieces, Additional Rules for tournaments, Planning, Method & The Time factor, A recap of all the chess terms, Three stages of the game - Open Openings, Semi-Open Openings, Closed Openings - Endings with Bishops and Several Pawns, Endings with White and Black Bishops, King, Bishop and Rook pawn Versus King, Knight Endings, Intricate Endings

Rules and regulations

### **Carrom**

Introduction of carom board. ● Seating position. ● Striker grip. ● Basic rules. ● Thumb shot. ● Double shot. ● Third shot. ● Front shot. ● Rebound. ● Centre shot. ● Straight shot. Straight Shot, Normal Cut, Straight Cut, Negative Cut, Doubling, Punch, Press, Rebound, Coin to Coin Deflection, Striker's Deflection, Connection, Cut Return, Double Touch, Follow, Playing coin on the Baseline, Rolling of Striker.- Rules and regulations

Tennis:

- 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.

### **BPC 108 Track Events**

- Starting techniques: Sprint, Standing start, Crouch start and its Variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- Ground Marking, Rules and Officiating
- Hurdles, Middle, Long distance running
- Fundamental Skills- Starting, Clearance and Landing Techniques.
- Types of Hurdles
- Ground Marking and Officiating.
- Various patterns of Baton Exchange
- Understanding of Relay Zones
- Ground Marking
- Middle and long distance
- Interpretation of Rules and Officiating.

### **BTP 109 Teaching Practice**

BPED students need to develop proficiency in taking General and Particular teaching 'practice lessons in indigenous activities and in other practical activities, sports and games learned in the BPED course of study internally under school situation.

## Semester - II

### BPC 206 Dhands and Baithaks, Light Apparatus, Yoga, Silambam

Introduction ordinary baithak, half and full, chair baithak, kneeling, namaskar, baithaks with jumps and turns, kundan, bajrang baithaks

Ordinary dhand, scorpion, circle, snake, leap, twist, leap with clap dhands

#### **Light Apparatus: Dumbells / Wands / Hoop / Indian Clubs: Fundamentals skills**

##### **Light apparatus Grip**

- Attention with apparatus/ Light apparatus
- Stand at ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music Two count, Four count, Eight count and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

##### **Yoga:**

- Surya Namaskara,
- Pranayams
- Corrective Asanas
- Kriyas
- Asanas
  - Sitting
  - Standing
  - Laying Prone Position,
  - Laying Spine Position

##### **Silambam: Fundamental Skills**

Grip and stick work Hits- Cuts Chops - Thrusts Feint

Footwork without stick with stick three, four circle moves

One step two step moves, Fundamental laws of silambam fencing

##### **Shooting :**

Shooting position - Aiming-Pulling the trigger - Breathing

### BPC 207 Basketball, Volleyball, Football, Throwball

##### **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 dribble,
- Reverse dribble, Rolling dribble.
- Shooting-Lay up 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.

**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 Ann Service, Tennis Service, Round Arm Service.
- Rules and their interpretations and duties of officials.

**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.

**Throw ball: Fundamental skills**

Introduction

Catching serving - Throwing Footwork

- Role of individual players - rotation in throw ball
- Rules and their interpretations and duties of officials in both games

**BPC 208 Field Events**

- Fundamental techniques in High Jump, Long Jump, Triple Jump, Pole Vault
- Specific warm up

**Ground Marking**

- Interpretation of Rules and Officiating.

**BTP 209 Teaching Practice (Particular)**

BPED students need to develop proficiency in taking Particular teaching practice lessons in practical activities, sports and games learned in the BPED course of study internally under school situation.

**BTP 210 External Teaching Practice (General & Particular)**

BPED students need to develop proficiency in taking General and Particular teaching practice lessons in indigenous activities and in other practical activities, sports and games learned in the BPED course of study internally under school situation.

**Semester III**

**BPC 306 Lezium, Kung fu, Swissball and Core Board training, Tennikoit**

**Lezium**

Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaaV, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.

GhatiLezuimAathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.

**Kung fu: Fundamental Skills**

- Player Stances walking, hand positions, front leaning, side-fighting.
- Hand Techniques
- Leg Techniques
- Forms
- Self Defense
- Rules and their interpretations and duties of officials.

**Swissball training**

Stretches warm ups

Exercises for beginners sub elite - elite

Core exercises and training loads

Chest exercises and training loads

Abdominal exercises and training loads

Arms exercises and training loads

Legs exercises and training loads

Total body workouts

Functional workouts

**Coreboard training:**

Balance exercise

Core stability drills

Drills on core board with dumbbells and medicine ball

Upper body exercises

Abs and crunches

Twisting knee raises and exercises for obliques

Exercises for hip lower back - thigh

**Battle Rope Training :** Basic Movement : Double Wave, Alternating Wave, Low Alternating Wave, Shoulder Circles, Snakes on the Floor and Shoulder Press

**Slamming Movements :** Power Slam, Side Slam, Alternate-Arm Power Slam, Plyo Knee - Tuck Slams and Plyo Knee-Tuck Push-Up Slams

**Explosive Movements :** Alternating Wave Lunge Jump, Alternating wave Jump Squat, Plyo Knee Tuck Into Push -Up to Alternating Wave Switch, 180-Degree Jumps and Star Jumps

**Tennikoit: Fundamental Skills**

**Holding the koit** - warm up with the koit

Receiving and releasing the koit

Service - Forehand and Backhand service

**Wrist work**

Understanding foul strokes - wobbling, baulking, squeezing, jumping, pushing carrying, etc., Rules and interpretation, scoring.

## BPC 307 Cricket, Archery, Hockey, Netball

### Cricket, Archery, Hockey, Netball

#### Cricket: Fundamental Skills

- 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

#### Archery: Fundamental skills

- Fitting bow and arrow - choosing hand preference - determining eye dominance - determining draw length
- Fitting the arm guard and finger tab - nock locator set up
- Shooting safely - attire - retrieving
- T form stance - mimicking T form - bow hand position - wrist position low, high and straight
- Sighting and aiming
- Anchoring
- Performance analysis horizontal, vertical and mixed pattern
- Tuning and maintaining equipment
- Rules and scoring

#### 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.

#### Netball: 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
- Serving, catching, throwing and rotation in throw ball
- Rules and their interpretations and duties of officials in both games

### **BPC 308 Throwing Events in Track & Field**

#### **Discus Throw, Javelin, Hammer throw, shot-put, Pole Vault**

- Basic Skills and techniques of the Throwing events
- Ground Marking / Sector Marking
- Grip
- Stance
- Release
- Reserve/ (Follow through action)
- Rules and their interpretations and duties of officials

### **BTP 309 Coaching Lesson and Officiating (Track & Field and Specialisation) (Internal)**

BPED students need to develop proficiency in taking coaching lessons in their specialized Sports & games and track & field learned in the BPED Course of study externally under school situation.

### **BTP 310 Intensive Teaching Practice (General & Particular)**

BPED students need to develop proficiency in taking General and Particular teaching practice lessons in indigenous activities and in other practical activities, sports and games learned in the BPED course of study in the practicing school.

## **Semester IV**

### **BPC 406 Malkhamb and Pyramid, Boxing Theraband Ladder training and Gymnastics Track & Field - Play Field Marking - Training Methods and Test & Measurement**

#### **Malkhamb and Pyramid**

- Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing. ,
- Rope Malkhamb-Salaami, PadmasanaChadh, Katibandhl-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhb aglj, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, Various padmasana, Landing.
- Pyramid: two men formation, three men formation, etc., precautions and safety measures, moving pyramid, pillars and towers,etc.,

#### **Boxing: Fundamental Skills**

- 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.

### **Theraband training:**

Theraband colour selection

Handling the theraband

Grip wrap - Palm wrap - Euro wrap

Creating loops - Handling the tubing - Securing the band tubing

Training for Postural development - Motor function - Muscle performance- Rehabilitation exercise

Stretching exercises for muscle length - Balance training - Cardio training exercises

Functional and sport-specific training

### **Ladder training:**

One foot in hole

Two feet in hole

Lateral in and out

Linear in and out

Cross over front and behind

Shuffle - side steps - hops and run - cross over run side straddle hop

Functional ladder drills

### **Gymnastics:**

#### **Floor Exercise**

- Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap, cart wheel, one arm cart wheel, rolls, Tumbling full twisting backward somersault - knees and shoulders spring - doubles forward roll - back flip toe pitch
- Vaulting Horse
- Approach Run, Take off from the beat board, Cat Vault, Squat Vault.
- Pommel Horse:
- Front Vault - squat stand leap flank Vault stoop, straddle vault - hand spring

## **BPC 407 Kabaddi, Handball, Khokho, Swimming**

### **Kabaddi: Fundamental skills**

- 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-Variious formations, Catching from particular position,
- Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.

- Ground Marking, Rules and Officiating

**Hand Ball: Fundamental skills**

- 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.

**Kho Kho: Fundamental skills**

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Ground Marking
- Rules and their interpretations and duties of officials.

**Swimming: Fundamental Skills**

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Body Position, Leg, Kick, Aim pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming officials and their duties, pool specifications, seeding heats and finals, Rules of the races.
- Fundamental skills
- Swim With the ball

**BTP 408 External Coaching Lesson and Officiating  
(Track & Field and Specialisation) (External)**

BPED students need to develop proficiency in taking coaching lessons in their specialized Sports & games and track & field learned in the BPED Course of study externally under school situation.

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