Program Outcomes

Physical Education:

PO 1: To develop a strong commitment to promoting equity, acknowledging diversity and establishing supportive environment with respect to Health, Physical Education and Personal Development.

PO 2: To develop and refine motor skill necessary for participation in physical activity and acquire and apply movement concepts to enhance performance.

PO 3: Develop positive attitude towards participation in regular physical activity and an appreciation of the benefits of physical activity and of the aesthetic and technical qualities of movement.

PO 4: Enhance their own and other self concept and self esteem and develop the skill for creating and maintaining positive interaction and relationship.

PO 5: To evaluate the influence of Physical Activity / Exercise on Biological, Social, Psychological and Physical development of mankind.

B.P.ED (Two Year Course) w.e.f 2015-16

Program Specific Outcomes

PSO 1: Student would gain conceptual and theoretical knowledge of Anatomy and Physiology, Yoga, Educational Technology and Method of Teaching in Physical Education, Health Education, Physiotherapy and Rehabilitation.

PSO 2: Students would understand the application of statistical principles, principles of sports training, principles of Physiotherapy and Rehabilitation and would be able to apply them in professional areas of Physical Education and Sports.

PSO 3: Students would gain the competency and advance skill for coaching the player of different games.

Scheme of examinations

B.P.Ed. (Semester-I)

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Title of the papers with code</th>
<th>Internal Marks</th>
<th>External marks</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>History, Principles and foundation of Physical Education(101)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>2</td>
<td>Anatomy and Physiology(102)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>3</td>
<td>Yoga Education(103)</td>
<td>-</td>
<td>60</td>
<td>60</td>
</tr>
<tr>
<td>4</td>
<td>Sports Training (104)</td>
<td>20</td>
<td>80</td>
<td>100</td>
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</table>
## (Practical)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Teaching practice</th>
<th>External marks</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Game skill</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>6</td>
<td>Athletics Skill</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>7</td>
<td>Other Activity</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>8</td>
<td>Yoga Practical</td>
<td>--</td>
<td>40</td>
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</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>120</td>
<td>580</td>
<td>700</td>
</tr>
</tbody>
</table>

**GROUND ACTIVITIES TO BE TAKEN UP DURING 1ST SEMESTER**

A-Games: 1. swimming*/ (Badminton/ table tennis), Basket Ball & Volley ball 100 marks
B-Athletics: Sprints, Discus & Pole-Vault 100 marks
C-Other Activities: Aerobics, Action Song & Motion – Story, 100 marks

**Note:**

1. In case of swimming the student will have to opt for swimming where facilities exists and the students will be evaluated during the course prior to closer of swimming pool by an internal and external examiner.

2. For practical the students have to prepare and deliver lesion in school, he will have to impart two lesson in each of three practicals subjects on their skills. One of the lesson will be evaluated internally. In addition to these two lesson in each skill/activity, the students will also prepare three lessons in each skills/activity in their practical note book.

3. The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester. Minimum Five students must opt an optional paper to run the option.
## B.P.Ed. (Semester-II)

<table>
<thead>
<tr>
<th>Sr.</th>
<th>Title of the papers with code</th>
<th>Internal Marks</th>
<th>External marks</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Officiating, Coaching &amp; Theory of Games (201)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>2</td>
<td>Educational Technology and Methods of Teaching in Physical Education (202)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>3</td>
<td>Computer Applications in Phy. Education (203)</td>
<td>-</td>
<td>60</td>
<td>60</td>
</tr>
<tr>
<td>4</td>
<td>Health Education and Environmental Studies (204)</td>
<td>20</td>
<td>80</td>
<td>100</td>
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</tbody>
</table>

### (Practical)

<table>
<thead>
<tr>
<th>Teaching Practice</th>
<th>External Marks</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Game SKILL</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>6 Athletics SKILL</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>7 Other Activity</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>8 Computer Practical</td>
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<td>40</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>120</td>
<td><strong>580700</strong></td>
</tr>
</tbody>
</table>

GROUND ACTIVITIES TO BE TAKEN UP DURING 2nd SEMESTER

GAME:- Boxing, Cricket & Hand Ball 100 marks
ATHLETICS- Middle & Long Distance Race, High Jump, Hammer 100 marks
Other Activity- Dumble, March-Past, Opening- Closing Ceremony 100 marks
## B.P.Ed. (Semester-III)

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Title of the papers with code</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Research &amp; Statistics in Physical Education (301)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>2</td>
<td>Sports Medicine, Physiotherapy and Rehabilitation (302)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>3</td>
<td>Educational Psychology (303)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>4</td>
<td>Optional: - a) Bio-mechanics (304-i) b) Nutrition &amp; Weight Mgt. (304-ii)</td>
<td>20</td>
<td>80</td>
<td>100</td>
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</tbody>
</table>

### (Practical)

<table>
<thead>
<tr>
<th></th>
<th>Teaching Practice</th>
<th>External Marks</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Games skill</td>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>7</td>
<td>Athletics skill</td>
<td>20</td>
<td>80</td>
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<tr>
<td>8</td>
<td>Other Activity</td>
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<td>80</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>140</td>
<td>560</td>
</tr>
</tbody>
</table>

GROUND ACTIVITIES TO BE TAKEN UP DURING 3rd SEMESTER

- **Game**: Judo, Foot Ball & Kabaddi  
  - 100 marks
- **Athletics**: Middle & Relay- Race, Triple Jump, Shot-Put  
  - 100 marks
- **Other Activity**: Mass PT, Elementary Gymnastics  
  - 100 marks
B.P.Ed. (Semester-IV)

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Title of the papers with code</th>
<th>Internal Marks</th>
<th>External marks</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Measurement and Evaluation in Physical Education (401)</td>
<td>20</td>
<td>80</td>
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<tr>
<td>2</td>
<td>Kinesiology and Biomechanics (402)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>3</td>
<td>Olympic Movement (403)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>4</td>
<td>Sports Management (404) (Practical Teaching)</td>
<td>20</td>
<td>80</td>
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</tbody>
</table>

(Practical)

<table>
<thead>
<tr>
<th>Teaching practice</th>
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<tbody>
<tr>
<td>5</td>
<td>Game skill</td>
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<td>20</td>
</tr>
<tr>
<td>7</td>
<td>Other Activity</td>
<td>20</td>
</tr>
</tbody>
</table>

Total | 140 | 560 | 700 |

GROUND ACTIVITIES TO BE TAKEN UP DURING 4th SEMESTER

Game-Wrestling, Hockey & KHO-KHO 100 marks
Athletics- Hurdle, Long Jump, Javelin 100 marks
Other Activity- Laxium, Tipri, Flag March 100 marks

Distribution of marks for Practicals to be conducted by the External & Internal Examiners of Games, Athletics & Other Activities of 50 marks each for both semesters.

a) Teaching Lesson (Demonstration, Presentation and fault Corrections): 25 marks
b) Viva (markings, rules, regulations and officiating): 15 marks
c) Practical Lesson Plan: 15 marks
d) Note-book of lesson plan:

Distribution of marks for Teaching practice will be as follows:

a) Teaching Skill 10 marks
b) Attendance 05 marks
c) Teaching Aid 05 marks

Note:
1. The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester. Minimum Five students must opt an optional paper to run the options.
2. Each candidate will be evaluated in one Skill given under various heads i.e. Games, Athletics & Other Activities in each semester.
3. The Draw of skill will be drawn seven days before the practical examination.
4. Since this is a professional course aimed at improving the standards of games and sports, therefore, special attention be given to practical aspect covering various areas. For this, 15 hours per week must be devoted to practicals involving teaching skills, out of which three hours will be for their teaching lessons under the supervision of the concerned teacher. To fulfill this aim, the students shall be required to prepare & take one supervisory lesson in each of the activities given under Games, Athletics and Other Activities.
5. The Chairperson/HOD will certify on the student’s note-book that all requirements pertaining to teaching practice have been fulfilled by the student. The same has to be verified by the teacher concerned before it is submitted to the Chairperson/HOD.
6. The student is free to choose any one of the events for the examination lesson i.e. Pole-vault, Hammer Throw, Hurdles and triple jump, as these involve difficult skills to demonstrate and teach.
7. Duration of Practical examination will be 3 hours per group followed by Viva-voce.
8. Final lesson will be prepared on a separate chart for practical examination.
9. Each & every student will take part in the intra-mural activities and have the following dress-code for practicals/Intra murals. The colour for different courses will be different: a. For Theory-classes:- Trouser & Shirt (Summer Season), Trouser, Shirt, Tie & Blazer (Winter-season) b. For Practical classes:- T-Shirt & shorts/lowers (Summer Season) T-Shirt with track-suits (Winter Season)
10. All practical external examiners will be appointed by the University out of the panel recommended by the UG/PGBOS. However, internal examiners for these practical examinations will be appointed by the Chairperson/HOD/Principal of the concerned College.
B.P.ED 1ST
HISTORY & PRINCIPLES OF PHYSICAL EDUCATION (101)

Maximum Marks: 100
Internal Marks: 20
External Marks: 80
Time: 3 hours

COURSE OUTCOMES
CO 1: Students would be able to understand the meaning, aim & objectives of Physical Education.
CO 2: Students would be able to know the Contribution on Physical Education towards general education and misconception about physical education.
CO 3: Students would be able to know the history of Physical Education in India, Ancient Greek, Germany, Sweden, and Denmark. Students would be able to know the present status of Physical Education in Russia and Japan.
CO 4: Students would be able to know about IOC policies of Developing of Physical Education & Sports.
CO 5: Students would be able to know about Indian sports personality and National awards: Arjuna Award, Rajive Gandhi Khel Ratna Award, Dronacharya Award, MAKA Trophy.

Course Contents
UNIT-I
- Concept of Physical Education: Meaning, Definition & Scope
- Aims & Objectives of Physical Education
- Relationship of Physical Education & Recreation
- Contribution of Physical Education towards General Education
- Foundation of Physical Education, Misconception about Phy. Education
UNIT-II
- History of Physical Education in Ancient Greek, Comparative Study of Spartan and Athenian Education.
- The Origin and Development of Olympic Games.
- Development of Asian Games
- Biological Activity, its need, Principles of use & disuse
- Age & Sex Difference
- Classification of Physique
UNIT-III
- Physical Education in Germany, Sweden & Denmark (Emphasis only on contribution of Basedaw, Guts-Muths, John Speiss, Machtgal, Long).
- Present status of Physical Education & Recreation in Russia and Japan.
- History of Physical Education in India (Pre- Independence & Post Independence Era).
UNIT-IV
- Post Independence development of Phy. Education in India
- IOC Policies of Developing of Physical Education & Sports
- IOC Policies of Developing of Physical Education & Sports
- National awards: Arjuna Award, Rajiv Gandhi Khel Ratna, Award, Dronacharya Award, MAKA Tophy
- Indian Sports Personality-Hockey, Cricket, Wrestling, Badminton
- Haryana Sports Department

Suggested Readings
1. Charles & Bucher, Foundations of Physical Education.
2. Harold M. Barrow, Man & His Movement Principles of Physical Education.
3. J.F.Williams, Principles of Physical Education.
5. D.G. Wakhakar, Manual of Physical Education
6. M.L.Kamlesh & M.S.Sangral, Principles & History of Physical Education.

ANATOMY AND PHYSIOLOGY (102)

Maximum Marks: 100
Internal Marks: 20
External Marks: 80
Time: 3 hours

COURSE OUTCOMES

CO 1: The students would be able to know the skeletal system, cell, tissue, organ, ligament, cartilage, Spinal column, Pelvic Girdle, The extremities, Joints and their movements.
CO 2: The students would be able to know the muscular system & nervous system and effects of exercise on both systems.
CO 3: The students would be able to know Fatigue, staleness, muscle cramp.
CO 4: The students would be able to know about circulatory system and effects of exercise on it.
CO 5: The students would be able to know the digestive system, respiratory system & excretory system and effects of exercise on it.

Course Contents

UNIT-I
1. Description of the following: Cell, Tissue, Organ, Ligament, Cartilage etc.
2. The Skeletal System: Its structure and functions

UNIT-II
1. The Muscular System: Structure, Types, Functions & Contraction of Muscles
2. Effect of Exercise on the Muscular System
3. Fatigue, Staleness, Muscle Cramp.

UNIT-III

UNIT-IV

Suggesting Readings
3. Morehouse and Miller, Physiology of Exercise, St Louis The C.V. Mosby Company, 1

YOGA EDUCATION (103)

Maximum Marks: 60
Time: 3 hours

COURSE OUTCOMES

CO 1: The students would be able to know the historical background of yoga and importance of yoga.
CO 2: The students would be able to know the Astang yoga, Pranayam, its type, benefit of pranayam and types of Yoga.
CO 3: The students would be able to know the effect of exercise on digestive system, respiratory system, circulatory system.
CO 4: The students would be able to know Satkarms, its benefits, Asanas: types of Asnas, their benefits.
CO 5: The students would be able to know Mudra & Bandha, their benefits.

UNIT-I
Historical Background of Yoga Definition of Yoga and its Objectives Importance of Yoga in the Modern Society Yogic diet, Suitable place, time, dress for practice

UNIT-II

UNIT-III
UNIT IV
Mudra & Bandha: Jalandh, Mula Bandh, Uddyuan Bandh, their Benefits and technique
Gyan Mudra, Prana Mudra, their techniques and benefits Famous Yogis: Maharishi Patanjali, Gorkh
Nath, Swami Daya Nand, and Arvind Ghosh Famous Institutions: Gurukul Kangri Haridwar, Viveka Nand Yog Institutions, Bagnlore Yog Bharti Munger (Bihar).

Reference Book: YOGA PHILOSOPHY – S.N. Dasgupta
BHARAT KA MAHAN YOGI: Vishwnath Mukherjee
TEXT BOOK OF YOGA- Yogeshwar
ANATOMY & PHYSIOLOGY – J.P. Brothers
ANATOMY & Physiology for Nurses PATANJALI YOGA PRADEEP- Geeta Press Gorakhpur

SPORTS TRAINING (104)

Time: 3 hours
Max. Marks: 100
Internal Marks: 20
External Marks: 80

COURSE OUTCOMES

CO 1: Students would be able to know the meaning, importance, aim-objectives and principles of sports training.
CO 2: Students would be able to know about strength, speed, endurance, coordination, flexibility and training load
CO 3: Students would be able to know the technical and tactical training and their methods.
CO 4: Students would be able to know the meaning and types of periodization, its aim and content of periods.
CO 5: Students would be able to Planning in training session, talent identification.

Course Contents

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 – Basic Performance, Good Performance and High Performance Training

Unit – II Training Components
• Strength–Mean and Methods of Strength Development
• Speed–Mean and Methods of Speed Development
• Endurance - Mean and Methods of Endurance Development
• Coordination–Mean and Methods of coordination Development
• Flexibility–Mean and Methods of Flexibility Development

Unit – III 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 – IV Training programming and planning**
• Periodization–Meaning and types of Periodization
• Aim and Content of Periods–Preparatory, Competition, Transitional etc.
• Planning–Training session
• Talent Identification and Development

**References:**

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**B.P.ED SEMESTER 2ND**
**OFFICIATING COACHING AND THEORY OF GAMES**

**Maximum Marks: 100**
**Internal Marks: 20**
**External Marks: 80**
**Time: 3 hours**

**COURSE OUTCOMES**

CO 1: The students would be able to know the meaning, importance, principles of officiating.
CO 2: The students would be able to know to know the measurement, marking, equipment, rule & regulations of Kabaddi, badminton, judo, kho-kho.
CO 3: The students would be able to know to know the methods of conditioning: interval training method, circuit training method, weight training method, fartlak method & warming up and cooling down.
CO 4: The students would be able to know Doping and its effects on sports performance.
CO 5: The students would be able to know to know the criteria for selection of college/university team.

**Course Contents**

**UNIT-I**
A Concept of Officiating: Meaning, Definition, Importance and Principles. B Duties of Officials in General, Pre, During and Post Game C Relation of Officials with Management, Players, Coaches and Spectators.

**UNIT-II**

**UNIT-III**
Measurement, Marking, Equipment, Basic Fundamentals, Rule & Regulations of following Games:
Kabaddi, Badminton, Judo, Kho-Kho Preparation of Score-Sheet of Kabaddi, Badminton, Judo & Kho-Kho

UNIT-IV

Suggesting Readings
2. Athletic training by Cliffs.

EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION (202)

Maximum Marks: 100
Internal Marks: 20
External Marks: 80
Time: 3 hours

COURSE OUTCOMES

CO 1: The students would be able to know the meaning and types of education and educative process and importance of methods of teaching,
CO 2: The students would be able to know about teaching techniques, personal and technical preparation in presentation technique.
CO 3: The students would be able to know about command and it types & teaching aids and Lesson planning.
CO 4: The students would be able to know Micro teaching & macro teaching.
CO 5: The students would be able to know the meaning, types and steps of stimulation teaching.

Course Contents

Unit – I Introduction
• 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 Teaching Technique
• Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
• Presentation Technique–Personal and technical preparation
• Command- Meaning, Types and its uses in different situations.
Unit – III Teaching Aids
- 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
- Team Teaching–Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.

Unit – IV 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.

References:

COMPUTER APPLICATION -203

Maximum Marks: 60
Time: 3 hours

COURSE OUTCOMES

CO 1: The students would be able to understand the basics & types of computer.
CO 2: The students would be able to aware about fundamentals of computer hardware and software.
CO 3: The students would be able to understand and able to use of different types of application software i.e. MS-word, MS-Excel etc.
CO 4: The students would be able to use computers for collection and dissemination of information throughout the world.

UNIT-I
Concept of Computer & its Basics History, Application, Characteristics, Classification of Computers
(Analog, Digital, Hybrid) Physical Structure of Computer Use of Computers Human vs. Computer
Role of Computer in Various Fields. Aspects and Need of Computers Education

UNIT-II
COMPONENTS OF COMPUTER SYSTEM: AN INTRODUCTION OF HARDWARE AND SOFTWARE Components of Computer System CPU, (CU, ALU, Main Memory) Input Devices
(Keyboard, Mouse and Track Ball, Touchpad, Joysticks, Touch-Sensitive Screens, Data Scanning Devices, Bar Code Readers) Output Devices (Monitor, Laser, LCD) Hard Copy Devices (Printers)
UPS and types of UPSs. Operating System Program Languages Translator Application Program,
UNIT-III
INTRODUCTION TO WINDOWS
Windows Features
Windows Accessories-Calculator, Notepad, Word-pad, Paint. Structure of Window Screen (Desktop, Wallpaper, Taskbar, Icons) Start Button
Programms, Documents, Setting Search, Help & Support, Run, Concept of file & folders, Shut down.
Operating System: Functions & Types
Function and type of Operating System. Virus:-
Types, Symptoms & Effects. Anti virus software.

UNIT-IV
MS OFFICE
Type of connections: Dial-up, Dedicated or Leased Lines, Wi-fi. Using Search Engine Downloading the information. Communication on the Internet: e-mail, Chatting, Internet Newsgroups.

COMPUTER PRACTICALS: (SEMESTER 1st)
I) Window operating system:- 10 marks
II) MS word :15 marks
III) Use of Internet: 15 marks
Total: 40 marks

Suggested Readings
3. Hussain: Computer technology & application 1996
6. ITL Edution Solution Limited (2012), Introduction to information Technology, Pearson, New
HEALTH EDUCATION AND ENVIRONMENTAL STUDIES (103)

Maximum Marks: 100
Internal Marks: 20
External Marks: 80
Time: 3 hours

COURSE OUTCOMES

CO1: The students would be able to know the meaning, importance of health education and its role in physical education.
CO 2: The students would be able to know care of personal hygiene and different aspects of school health programme.
CO 3: The students would be able to know the meaning, need and scope of environmental studies and environment conservation and sustainable development.
CO 4: The students would be able to know the meaning, effects and control measures of: air pollution, water pollution, soil pollution, noise pollution, thermal pollution.
CO 5: The students would be able to know the management of environment and govt. Policies, role of pollution control board.

UNIT-I - Health Education
- Concept of Health Education: Meaning, Definition Importance of Health Education in Physical Education & Sports, Role of Health Educator
- Aim, objective and Principles of Health Education
- Scope of Health Education in Physical Education & Sports
- Concept of Health in Sports, Factors affecting Health in Sports
- Care of Skin, Hair, Eyes, Ear, Nose, Teeth, Hands and Clothes.

UNIT-II - SCHOOL HEALTH PROGRAMME
Need and Importance of School Health Services
Health Supervision, Health Records of Students
Different Aspects of School Health Program
Personal and Environmental Hygiene for schools
Healthful school environment, first- aid and emergency care

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.
- Plastic recycling & prohibition of plastic bag / cover.
- Role of school in environmental conservation and sustainable development.

UNIT-IV Natural Resources and related environmental issues:
- Water resources, Food resources and Soil- resources
- Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- Management of environment and Govt. Policies, Role of pollution control board.

Suggested Readings
CO 1: The Students would be able to know the Meaning, Need and importance of Research in Physical Education and sports.
CO 2: The Students would be able to know and understand the concept of Research Problem, review of related literature
CO 3: The Students would be able to know the Need for surveying, Research Proposal & Research Report
CO 4: The Students would be able to know the Meaning, Definition, Nature and Importance of Statistics.
CO 5: The Students would be able to know about the Statistical Models in Physical Education and Sports.

Course Contents

Unit-I Introduction to Research
- Definition of Research
- Need and importance of Research in Physical Education and Sports.
- Scope of Research in Physical Education & Sports.
- Classification of Research
- Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-II Survey of Related Literature
- Need for surveying related literature.
- Literature Sources, Library Reading
- Preparation of Research proposal / project.
- Research Report: A group project is to be undertaken by a small batch of students under
  the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff
  and other stakeholders etc. and submit the report to the institution.

Unit-III Basics of Statistical Analysis
- Statistics: Meaning, Definition, Nature and Importance
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit- IV Statistical Models in Physical Education and Sports

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- Measures of Variability: Meaning, importance, computing from group and ungroup data
- Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

302 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Maximum Marks: 100
Internal Marks: 20
External Marks: 80
Time: 3 hours

COURSE OUTCOMES

CO 1: The Students would be able to know the Meaning, Need & Importance of Sports Medicine in Physical Education.
CO 2: The Students would be able to know and understand the concept of Athletes Care and Rehabilitation and sports injuries
CO 3: The Students would be able to know and understand the concept of first aid.
CO 4: The Students would be able to know and understand the importance and Guiding principles of physiotherapy.
CO 5: The Students would be able to know the Definition, Scope and Principles of Therapeutic Exercise & Physiological Effect of Massage.

Course Contents

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
- Prevention of injuries in sports–Common sports injuries–Diagnosis–

**Unit-II: Physiotherapy**
- Definition – Guiding principles of physiotherapy,
- Importance of physiotherapy,
- Introduction and demonstration of treatments - Electrotherapy – infrared rays –
- Introduction and demonstration of treatments -Ultraviolet rays –short wave diathermy – ultrasonic rays.

**Unit-III: Hydrotherapy**
- Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath,
- Introduction and demonstration of treatments of Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation –
- Massage: History of Massage – Classification of Manipulation (Swedish System) Physiological Effect of Massage.

**Unit-IV: 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:

**References:**
COURSE OUTCOMES

CO 1: The Students would be able know the Meaning, Need & Importance of Psychology in Physical Education.
CO 2: The Students would be able to know the Meaning, Definition & Nature and Types of Intelligence and personality.
CO 3: The Students would be able to know and understand the Nature of Human Growth and Development.
CO 4: The Students would be able to know the Concept of Learning
CO 5: The Students would be able to know and understand the Types and Nature of Individual Differences.

Course Contents
UNIT-I -INTRODUCTION
- Psychology its Meaning & Definition. Psychology as a Science
- Scope & Importance of Psychology in Physical Education
- Intelligence Concept of Intelligence: Meaning, Definition & Nature
- Types of Intelligence. Theories of Intelligence

UNIT-II -DEVELOPMENTAL PSYCHOLOGY
- Nature of Human Growth and Development
- General Characteristics of Physical, Intellect; Emotional and Social Development during Infancy, Childhood & Adolescence.
- PERSONALITY Concept of Personality: Meaning & Definition,
Classification of Personality, Dimension of personality

UNIT-III -INDIVIDUAL PSYCHOLOGY
- Individual Differences: Types and Nature
- LEARNING Concept of Learning: Meaning, Definition,
Nature Laws & Theories of Learning, Plateau in Learning
& Transfer of Learning

UNIT-IV
- Concept of Adjustment: Meaning & Definition, Personal & Social Adjustment, Causes of Maladjustment, Role of Physical Education in Preventing Maladjustment & Promoting Mental Health.

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REFERENCE BOOKS
2. J.Ross, Ground work of Education Psychology.
COURSE OUTCOMES

CO 1: The Students would be able to know the Meaning, definition, functions and importance of biomechanics in Physical Education and Sports.

CO 2: The Students would be able to know and understand the Fundamental Mechanical Concept of: Force, Pressure, Mass, Weight, Volume and Density.

CO 3: The Students would be able to know the Newton laws of motion, Force, levers and their application in sports.

CO 4: The Students would be able to know and understand the concept of Spin, Rebound and Swing and their application in Physical Education & Sports.

CO 5: The Students would be able to know and understand the Aerodynamic forces in Physical Education & Sports.

UNIT-I


UNIT-II

Linear Movement, Linear speed and velocity. Linear acceleration. Relationship of force, mass and linear acceleration, Linear momentum, Linear impulse Newton laws of motion and their application in sports Rotatory Movement: (a) Angular speed and velocity (b) Angular acceleration

UNIT-III

Spin, Rebound and Swing and their application in Physical Education & Sports

(A) Spin and its types,
(B) Effects of spin on speed of the ball on the surface.
(C) Effects of spin on speed and direction of the ball in flight
(D) The Magnus effect its application in Sports Meaning and Application of Following Aerodynamic forces in Physical Education & Sports: (a) Skin Friction (b) Profile Drag (c) Effects of Streamline on Drag (d) Terminal Velocity (Freefall)

UNIT-IV

A Definition description and application of levers in Physical Education and Sports
B Advantages of levers
C Classes of lever, Balance and Equilibrium :- a. Stable, unstable and neutral equilibrium
(b ) Balance in static position (c) Factors effecting stability

Reference Books:
COURSE OUTCOMES

CO 1: The Students would be able to know the Meaning and Definition of Sports Nutrition
CO2: The Students would be able to know the Role of carbohydrates, Fat and protein during exercise.
CO 3: The Students would be able to know and understand the Role of hydration during exercise.
CO 4: The Students would be able to know and understand the Concept of weight management in modern era.
CO 5: The Students would be able to know the Definition, meaning and types of obesity and planning of Weight Management

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), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
• Obesity–Definition, meaning and types of obesity,
• Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

Unit – IV Steps of planning of Weight Management
• Nutrition–Daily calorie intake and expenditure, Determination of desirable body weigh
• Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
• Weight management program for sporty child, Role of diet and exercise in weight management
• Design diet plan and exercise schedule for weight gain and loss

References:


(Semester- 4th)

401 MEASUREMENTS AND EVALUATION

Maximum Marks: 100
Internal Marks: 20
External Marks: 80
Time: 3 hours

COURSE OUTCOMES

CO 1: The Students would be able to know the Meaning, Need & Importance of Test, and Measurement & Evaluation in Physical Education
CO 2: The Students would be able to know and understand the concept of Administration of test.
CO 3: The Students would be able to know the Type and classification of Test
CO 4: The Students would be able to know and understand the different Physical and motor Fitness Tests.
CO 5: The Students would be able to know and understand the different Sports Skill Tests

Course Contents

**Unit- I**
- Introduction to Test, Measurement & Evaluation
- Meaning of Test, Measurement & Evaluation in Physical Education
- Need & Importance of Test, Measurement & Evaluation in Physical Education
- Principles of Evaluation

**Unit-II**
Criteria: Classification and Administration of test
- 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 and motor Fitness Tests
- AAHPER youth fitness test
- Indiana Motor Fitness Test
- JCR test

**Unit- IV**
Sports Skill Tests
- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I volleyball test
References:


### 402 KINESIOLOGY & BIO-MECHANICS

**Maximum Marks:** 100  
**Internal Marks:** 20  
**External Marks:** 80  
**Time:** 3 hours

**COURSE OUTCOMES**

CO 1: The Students would be able to know the Meaning, Definition, and Scope & Importance of kinesiology.

CO 2: The Students would be able to know the concept and Terminology of various types of Movements around Joints.

CO 3: The Students would be able to know and understand the Structural and functional Classification of Muscles and Postural Defects Injuries

CO 4: The Students would be able to know the Basic Concept of Force, Motion, Newton's Laws, Equilibrium and Centre of Gravity.

CO 5: The Students would be able to know and understand the Characteristics and Functions of Shoulder Joint & Shoulder Girdle Muscles and Hip Joint Muscles.

**Course Contents**

**UNIT-I**

INTRODUCTION Concept of Kinesiology: Meaning, Definition, Scope & Importance. 

Application of Kinesiology in Phy. Education & Sports Balanced Posture: Common Posture Deformities and their Treatment

**UNIT-II**

Terminology of various types of Movements Around Joints. (i) Body planes (ii) Body Axis and their Types (i) Spine (ii) Shoulder (iii) Shoulder Girdle (iv) Hips (v) Elbow (vi) Knee (vii) Ankle

**UNIT-III**

Structural Classification of Muscles on the basis of Attachment. Functional Classification of Muscles (iii) Technology of Muscular Attachment (iv) Method of Assessing a Joints Range of Motion (v)
Technique for Increasing Joint Flexibility (vi) Basic Concept of Force, Motion, Newton’s Laws, Equilibrium and Centre of Gravity.

UNIT-IV
Characteristics and Functions of Shoulder Joint & Shoulder Girdle Muscles: Deltoid, Latissmus Dorsi, Pectorals Major, Trepezius
Characteristics and Functions of Elbow Joint Muscles: Biceps Brachi, Brachialis and Triceps
Lower Extremity Characteristics and Functions of Hip Joint Muscles; Gluteous Maximum, Characteristics and Function of Knee Joint, Gastrocnemius, Hamstrings, Biceps Femoris, Rectos Femoris, Sartoris
Characteristics and Functions of Individual Muscles Rectos Abdorminus, Sterno-Cleidomastoid.

403 - OLYMPIC MOVEMENT

Maximum Marks: 100
Internal Marks: 20
External Marks: 80
Time: 3 hours

COURSE OUTCOMES

CO 1: The Students would be able to know about the Origin of Olympic Movement, Educational and cultural values of Olympic movement.
CO 2: The Students would be able to know the concept of Modern Olympic Games and Olympic code of Ethics, Para Olympic, Summer Olympics, Winter Olympics and Youth Olympic Games.
CO 3: The Students would be able to know and understand the -Structure and Functions of International Olympic Committee.
CO4: The Students would be able to understand the role of National Olympic committees in Olympic movement.

Course Contents

Unit – I Origin of Olympic Movement
Philosophy of Olympic movement
- The early history of the Olympic movement
The significant stages in the development of the modern Olympic movement
- Educational and cultural values of Olympic movement

Unit – II Modern Olympic Games
- Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- Olympic Protocol for member countries
- Olympic code of Ethics
- Olympism in action
- Sports for All

Unit – III Different Olympic Games
- Para Olympic Games
- Summer Olympics
- Winter Olympics
- Youth Olympic Games
Unit – IV Committees of Olympic Games

- International Olympic Committee - Structure and Functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

Reference:
COURSE OUTCOMES

CO 1: The Students would be able to know the concept, Meaning, Importance & Scope of Sports Management.
CO 2: The Students would be able to understand the concept of Factors Affecting Teaching and Various Methods of Teaching.
CO 3: The Students would be able to know the Meaning and Types of Class Management
CO 4: The Students would be able to know and understand the concept of Tournaments.
CO 5: The Students would be able to know the Meaning, Importance and Principles of Administration and Organization and management of sports equipment

Course Contents

UNIT-I

UNIT-II
Meaning and Types of Class Management. Salient Features of Good Class Management Factors Affecting Class Management, Meaning & Values of Lesson Plan- Games, Gymnastic, Athletic and Indigenous Activity, Classification of Exercises and Activities and its Importance, Meaning & Importance of Tournaments, Types of Tournament Knockout and League, their Advantages and Disadvantages.

UNIT-III

UNIT-IV
Need & Importance of Curriculum Planning. Time-Table, Factors Affecting Time-Table, Objectives, Principles and Precautions in Preparation of Time-Table. Intramural Objectives and Organization Budget Importance and Criteria for a Good Budget. Meaning & Importance, Types of Records and

RECOMMENDED BOOKS
1. P.M. Loseph, Organization of Physical Education.