

**Rashtra Sant Tukadoji Maharaj
Nagpur University, Nagpur**

**CBS : Bachelor of Physical
Education
(B.P.Ed.) CURRICULUM
(For Two Years)**

**Proposed Direction, Regulations
and CBS B.P.Ed. Curriculum
Semester - I to IV**

Effect From:- 2015-2017

Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
Direction No. 19 of 2015

Direction issued under section 14(8) of the Maharashtra Universities Act, 1994, relating to Bachelor of Physical Education, first to last semester in Credit based Semester Pattern for the award of Degree of Bachelor of Physical Education (Two years degree course), Full Time in the Faculty of Education.

Whereas, the Maharashtra Universities Act No. XXXV of 1994 has come into force with effect from 22nd July, 1994.

AND

Whereas, the National Council of Teacher Education (NCTE) vide its notification no.51-1/2014 dated 28/11/2014, issued (Recognition, Norms and Procedure) Regulation, 2014. The earlier notification (Recognition, Norms and Procedure) Regulation, 2009 (NCTE) has been repealed.

AND

WHEREAS, National Council of Teacher Education (NCTE) notification No. 51-1/2014 dated 28/11/2014 accepted by the Maharashtra State and the RTM Nagpur University and came into the force from 28/11/2014.

AND

Whereas, the Dean of the Faculty of Education has concurred with the recommendations of the Board of Studies in Physical Education in the Faculty of Education on 26th August 2015.

AND

Whereas, the Board of Studies in Physical Education and faculty of Education at its meeting held on 26th August 2015., have decided to make amendments related to B.P.Ed. first to last semester, in Credit based Semester Pattern for award of degree of **Bachelor of Physical Education(Two years degree course)**, of Full time in the Faculty of Education.

AND

Whereas, the Faculty of Education has consented to the draft direction for the award of B.P.Ed, degree in its meeting held on 26th August 2015..This Direction shall come into force from the date of its issuance.

Now, therefore, I, **Dr. Sidharthvinayak Kane Vice-chancellor of Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur** in exercise of powers vested in me under section 14(8) of the Maharashtra Universities Act, 1994, do hereby issue the following Direction pertaining to the amendment as made for B.P.Ed., first to last semester in Credit based Semester Pattern for award of B.P.Ed. degree in the Faculty of Education.

1. This Direction shall be called “Direction regarding Credit based Semester Pattern Scheme and Examination leading to B.P.Ed., first to last semester in Credit based Semester Pattern in the Faculty of Education, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.
2. Subject to the compliance with the provisions of this Direction and any other Ordinance which is in force from time to time shall be applicable.

R.B.P.Ed. 1.Eligibility

Intake, Eligibility and Admission Procedure as per the NCTE norms and standards

R. B.P.Ed. 2. Duration:

The B.P.Ed programme shall be 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.

R. B.P.Ed. 3. The CBCS System:

All Programmes shall run on Choice Based Credit System (CBCS). 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.

R. B.P.Ed 4. Course:

The term course usually referred to, as 'papers' is a component of a programme. All courses 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 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.

R. B.P.Ed. 5. Courses of Programme:

The B.P.Ed. Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed. Programme.

Theory:

Core Course:

Elective Course:

Practicum: Teaching

Practices:

R. B.P.Ed.6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

R. B.P.Ed.7. Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

R. B.P.Ed 8. 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. The total minimum credits, required for completing a B.P.Ed. Programme is 90 credits and for each semester 20 credits.

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	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

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

R.B.P.Ed. 9. Examinations:

- There shall be examinations at the end of each semester, for first semester in the month of November /December: for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or May / June.
- A candidate should get enrolled /registered for the first semester examination. If

enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

R. B.P.Ed 10 Condonation:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

R. B.P.Ed 11. Pattern of Question Papers:

Question Papers shall have five questions corresponding to four units of each theory course.

B.P.Ed.: Format of Question Paper for 4 Units.

Each question paper shall have five questions. The pattern will be as follows:

Question No.	Description	Marks
1	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 1)	15
2	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 2)	15
3	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 3)	15
4	Write short notes: any two out of four (Form Unit 4)	15
5	M.C.Q. Type Questions (10 out of 12 Que.) (3 Questions. from each unit)	10
Total		70

R. B.P.Ed. 12. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

R. B.P.Ed. 13. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for the practical courses.

R. B.P.Ed 14. Grading:

Once the marks of the CIA (Continuous 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 R. B.P.Ed. 17 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:

$$= \frac{\sum C_i G_i}{\sum C_i}$$

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;

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.

R. B.P.Ed. 15. Classification of Final Results:

1. 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.

2. If the student is unable to pass the final examinations of first semester, he/she will be allowed to join second semester but he/she has to reappear in failed subjects of first semester along with the final examinations of second Semester. If the student fails to pass in I and II semester still he/she can take admission in III semester but he/she has to reappear in the failed subjects of I and II semester alongwith the final exam of III semester. However, for the fourth semester final examination, a student will not be allowed to appear till the student passes all the courses of previous semesters i. e semester I to III .

3. The class of passing and grade obtained in examinations will be given by combining the marks obtained by the students in all the end semester final examinations (Semester I to IV) held by the university.

4. No class will be awarded in the mark sheet of semester I to III examination; however, SGPA shall be calculated for the same.

R. B.P.Ed.16. Award of the B.P.Ed. Degree:

A candidate shall be eligible for the award of the degree of the B.P.Ed. only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

R. B.P.Ed.17. Letter Grades and Grade Points:

- i. 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-off 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.

- ii. 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:

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

R. B.P.Ed.18. Grade Point Calculation

Calculation of Semester Grade Point Average (SGPA) and Credit Grade Point (CGP) and declaration of class for B. P. Ed. Programme.

The credit grade points are to be calculated on the following basis:

$$= \frac{\sum \text{Grade Point} \times \text{Credits}}{\sum \text{Credits}}$$

Example – I

Marks obtained by Student in course CC101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 04

Credits Grade Point (CGP) = 6.5 × 04 = 26

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

SEMESTER-1

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-101	4	65	A	6.5	26
CC-102	4	60	A	6	24
CC-103	4	62	A	6.2	24.8
EC-101/EC-102	4	57	B+	5.7	22.8
PC-101	4	55	B+	5.5	22
PC-102	4	72	A+	7.2	28.8
PC-103	4	66	A	6.6	26.4
PC - 104	4	72	A+	7.2	28.8
	32				203.6

Examples: Conversion of marks into grade points

$$\text{CC-101 } 65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$$

$$\text{CC-102 } 60 = 6.0$$

$$\text{CC-103 } 62 = 60 + 2 = 6.0 + 2 \times (0.99 / 9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$$

$$\text{EC-101/EC-102 } 57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$$

$$\text{PC-101 } 55 = 5.5$$

$$\text{PC-102 } 72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

$$\text{PC-103 } 66 = 60 + 6 = 6.0 + 6 \times (0.99 / 9.99) = 6.0 + 6 \times 0.1 = 6.0 + 0.6 = 6.6$$

$$\text{PC - 104 } 72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 =$$

$$7.2$$

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade

$$\text{Points} = 203.6 / 32 = 6.3625$$

$$\text{SGPA Sem. I} = 6.3625$$

At the end of Semester-1

$$\text{Total SGPA} = 6.3625$$

$$\text{Cumulative Grade Point Average (CGPA)} = 6.3625 / 1 = 6.3625$$

$$\text{CGPA} = 6.66875, \quad \text{Grade} = A, \quad \text{Class} = \text{First Class}$$

SEMESTER-2

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-201	4	76	A+	7.6	30.4
CC-202	4	64	A	6.4	25.6
CC-203	4	59	B+	5.9	23.6
EC-201/EC-202	4	80	A+	8	32
PC-201	4	49	C	4.9	19.6
PC-202	4	64	A	6.4	25.6
PC-203	4	55	B+	5.5	22
TP - 201	4	72	A+	7.2	28.8
	32				207.6

SGPA Sem. II = 6.4875

At the end of Semester-2

Total SGPA for two Semesters = 12.85

Cumulative Grade Point Average (CGPA) = $12.85/2 = 6.425$

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-3

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-301	4	64	A	6.4	25.6
CC-302	4	64	A	6.4	25.6
CC-303	4	59	B+	5.9	23.6
EC-301/EC-302	4	81	A+	8.1	32.4
PC-301	4	49	C	4.9	19.6
PC-302	4	64	A	6.4	25.6
PC-303	4	68	A	6.8	27.2
TP - 301	4	75	A+	7.5	30
	32				209.6

SGPA Sem. III = 6.55

At the end of Semester-3

Total SGPA for three Semesters = 19.4

Cumulative Grade Point Average (CGPA) = $19.4/3 = 6.466667$

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-4

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-401	4	83	A+	8.3	33.2
CC-402	4	76	A+	7.6	30.4
CC-403	4	59	B+	5.9	23.6
EC-401/EC-402	4	81	A+	8.1	32.4
PC-401	4	49	C	4.9	19.6
PC-402	4	78	A+	7.8	31.2
TP-401	4	81	A+	8.1	32.4
TP-402	4	75	A+	7.5	30
	32				232.8

SGPA Sem. IV = 7.275

At the end of Semester-4

Total SGPA for all the four semesters = 26.675

Cumulative Grade Point Average (CGPA) = $26.675 / 4 = 6.66875$

CGPA = 6.66875, Grade = A, Class = First Class

Note:

- i. SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- ii. CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4) For the award of the class, CGPA shall be calculated on the basis of:

Marks of each Semester End Assessment And

Marks of each Semester Continuous Internal Assessment for each course. The final Class for B.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from all the one to four semester examinations.

R. B.P.Ed.19. Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

R. B.P.Ed.20. Revision of Syllabi:

Syllabi of every course should be revised according to the NCTE.

Revised Syllabi of each semester should be implemented in a sequential way.

In courses, where units / topics related to governmental provisions, regulations or laws,

that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.

4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

Semester - I

PartA:TheoreticalCourse						
Course Code	TitleofthePapers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
CoreCourse						
CC-101	History, Principles and foundation of Physical Education	4	4	30	70	100
CC-102	Anatomy and Physiology	4	4	30	70	100
CC-103	Health Education and Environmental Studies	4	4	30	70	100
Elective Course (Anyone)						
EC-101	Olympic Movement	4	4	30	70	100
EC-102	Officiating and Coaching					
Part–B PracticalCourse						
PC-101	Track and Field (Running Events)	6	4	30	70	100
PC-102	Swimming/Gymnastics/ Shooting	6	4	30	70	100
PC-103	Indigenous Sports: Kabaddi / Malkhambh/ lezim / March past	6	4	30	70	100
PC - 104	Mass Demonstration Activities: Kho-Kho / dumbbells / tipri / wands / hoop /umbrella	6	4	30	70	100
Total		40	32	240	560	800

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - II

PartA:TheoreticalCourse						
Course Code	TitleofthePapers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
CoreCourse						
CC-201	Yoga Education	4	4	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
CC-203	Organization and Administration	4	4	30	70	100
Elective Course (Anyone)						
EC-201	Contemporary issues in physical education, fitness and wellness	4	4	30	70	100
EC-202	Sports Nutrition and Weight Management					
Part–B PracticalCourse						
PC-201	Track and Field (Jumping Events)	6	4	30	70	100
PC-202	Yoga/Aerobics/ Gymnastics/ Swimming	6	4	30	70	100
PC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis	6	4	30	70	100
Part – C Teaching Practices						
TP - 201	Teaching Practices (05lessons in class room teaching and 05 lessons in outdoor activities)	6	4	30	70	100
Total		40	32	240	560	800

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - III

PartA:TheoreticalCourse						
Course Code	TitleofthePapers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
CoreCourse						
CC-301	Sports Training	4	4	30	70	100
CC-302	Computer Applications in Physical Education	4	4	30	70	100
CC-303	Sports Psychology and Sociology	4	4	30	70	100
Elective Course (Anyone)						
EC-301	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
EC-302	Curriculum Design					
Part–B PracticalCourse						
PC-301	Track and Field (Throwing Events)	6	4	30	70	100
PC-302	Combative Sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling (Any two out of these)	6	4	30	70	100
PC-303	Team Games: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any two of these)	6	4	30	70	100
Part – C Teaching Practices						
TP - 301	Teaching Practice: (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports) (out of 10 lessons 5 internal and 5 external at practicing school)	6	4	30	70	100
Total		40	32	240	560	800

Note: Total Number of hours required to earn 4 credits foreach Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - IV

PartA:TheoreticalCourse						
Course Code	TitleofthePapers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
CoreCourse						
CC-401	Measurement and Evaluation in Physical Education	4	4	30	70	100
CC-402	Kinesiology and Biomechanics	4	4	30	70	100
CC-403	Research and Statistics in Physical Education	4	4	30	70	100
Elective Course (Anyone)						
EC-401	Theory of sports and game	4	4	30	70	100
EC-402	Sports Management					
Part–B PracticalCourse						
PC-401	Track and Field / Swimming / Gymnastics (Any one out of three)	6	4	30	70	100
PC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any Two of these)	6	4	30	70	100
Part – C Teaching Practices						
TP-401	Sports specialization: Coaching lessons Plans (One for Sports 5 lessons)	6	4	30	70	100
TP-402	Games specialization: Coaching lessons Plans (One for Games 5 lessons)	6	4	30	70	100
Total		40	32	240	560	800
		160	128	960	2240	3200

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

SCHEME OF EXAMINATION
SEMESTER - I

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-101	History, Principles and foundation of Physical Education	30	70	100
CC-102	Anatomy and Physiology	30	70	100
CC-103	Health Education and Environmental Studies	30	70	100
EC-101/102	Olympic Movement/Officiating and Coaching (Elective)	30	70	100
	<u>PRACTICAL (400)</u>			
PC-101	Track and Field (Running Events)	30	70	100
PC-102	Swimming/Gymnastics/Shooting	30	70	100
PC-103	Indigenous Sports: Kabaddi/ Malkhambh/ lezim / March past (Any of one out of these)	30	70	100
PC-104	Mass Demonstration Activities: Kho-Kho / dumbbells / tipri / wands / hoop /umbrella (Any one out of these)	30	70	100
	Total	240	560	800

SEMESTER -II

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-201	Yoga Education	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	30	70	100
CC-203	Organization and Administration	30	70	100
EC-201/202	Contemporary issues in physical education, fitness and wellness/ Sports Nutrition and Weight Management (Elective)	30	70	100
	<u>PRACTICAL (300)</u>			
PC-201	Track and Field (Jumping Events)	30	70	100
PC-202	Yoga/Aerobics / Swimming / Gymnastics (Any of the two out of these)	30	70	100
PC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these)	30	70	100
	<u>TEACHING PRACTICE (100)</u>			
TP-201	Teaching Practice (Classroom and outdoor)	30	70	100
	Total	240	560	800

SEMESTER –III

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-301	Sports Training	30	70	100
CC-302	Computer Applications in Physical Education	30	70	100
CC-303	Sports Psychology and Sociology	30	70	100
EC-301/302	Sports Medicine, Physiotherapy and Rehabilitation/Curriculum Design (Elective)	30	70	100
	<u>PRACTICAL (300)</u>			
PC-301	Track and Field (Throwing Events)	30	70	100
PC-302	Combative Sports : Martial Art, Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling (Any two out of these)	30	70	100
PC-303	Team Games: Baseball, Cricket, Football, Hockey, Softball, Volleyball, Handball, Basketball, Netball (Any two of these)	30	70	100
	<u>TEACHING PRACTICE (100)</u>			
TP-301	Teaching Practice (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports)	30	70	100
	Total	240	560	800

SEMESTER -IV

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-401	Measurement and Evaluation in Physical Education	30	70	100
CC-402	Kinesiology and Biomechanics	30	70	100
CC-403	Research and Statistics in Physical Education	30	70	100
EC-401/402	Theory of sports and games(Specifically sports and games specialization)/Sports Management (Elective)	30	70	100
	<u>PRACTICAL (200)</u>			
PC-401	Track and Field/Swimming /Gymnastics (Any of one out of these)	30	70	100
PC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	30	70	100
	<u>TEACHING PRACTICE (200)</u>			
TP-401	Sports Specialization: Coaching lessons Plans Track and Field/Swimming /Gymnastics (Any of one out of these)	30	70	100
TP-402	Game specialization Coaching lessons: Kabaddi/ Kho-	30	70	100

	Kho/ Baseball/ Cricket/Football/Hockey /Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)			
	Total	240	560	800

R.B.P.Ed. 21 Repealed: the Ordinance No. 79 which is existing at present is hereby repealed with immediate effect and all the students those who have taken the admission under this Ordinance are only to be allowed to appear in examination in the year 2015-16 and 2016-17 and after this, no student will be allowed to appear in this examination for any reasons whatsoever. He/She should take the admission afresh under this proposed direction No..19/2015 This is effective from the year 2015-16.

R.B.P.Ed. 22 As soon as possible after the examination, the board of examination shall publish a list of successful examinee and the degree shall be awarded on the basis of First to Fourth semester taken together and Degree of Bachelor of Physical Education to be awarded the student.

R.B.P.Ed. 23 I further direct that the aforesaid Direction shall come into force from the date of issuance and shall remain in force till the relevant Ordinance comes into force in accordance with the provisions of Maharashtra Universities Act, 1994 and the relevant provisions published by this Direction shall be repealed from the existing Directions.

Sd/-
Dr. Siddharth Vinayak Kane
Vice-Chancellor,

Nagpur
Dated : 8/9/2015

CURRICULUM FRAMEWORK TWO YEARS B.P.ED PROGRAMME

GUIDELINES OF REGULATIONS AND MODEL SYLLABUS STRUCTURE FOR B. P. ED. TWO YEARS PROGRAMME (FOUR SEMESTERS)(CBCS)

(If the University or affiliating body is following choice based credit system, (CBCS) as approved and Circulated by the UGC, the credit hours given in the following curriculum framework need to be considered along with the hours of teaching mentioned for each paper/ activity / course)

(If the University or affiliating body is yet to adopt CBCS, only the hours of teaching mentioned for each paper/ activity / course will be considered, the credit in teaching hours may be ignored)

Preamble: Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based 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.

R.B.P.Ed. 1.Eligibility

Intake, Eligibility and Admission Procedure as per the NCTE norms and standards

R. B.P.Ed. 2. Duration:

The B.P.Ed programme shall be 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.

R. B.P.Ed. 3. The CBCS System:

All Programmes shall run on Choice Based Credit System (CBCS). 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.

R. B.P.Ed 4. Course:

The term course usually referred to, as 'papers' is a component of a programme. All courses 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 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.

R. B.P.Ed. 5. Courses of Programme:

The B.P.Ed.Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed. Programme.

Theory:

Core Course:

Elective Course:

Practicum:

Teaching Practices:

R. B.P.Ed.6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/Decemberand even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week(five or six days a week).

R. B.P.Ed.7. Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

R. B.P.Ed 8. 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. The total minimum credits, required for completing a B.P.Ed. Programme is 90 credits and for each semester 20 credits.

Provision of Bonus CreditsMaximum 06 Credits in each Semester

Sr. No.	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	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

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

S. B.P.Ed. 9. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of November /December: for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or May / June.
- ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

R. B.P.Ed 10 Condonation:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for

condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

R. B.P.Ed 11. Pattern of Question Papers:

Question Papers shall have five questions corresponding to four units of each theory course.

B.P.Ed.: Format of Question Paper for 4 Units.

Each question paper shall have five questions. The pattern will be as follows:

Question No.	Description	Marks
1	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 1)	15
2	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 2)	15
3	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 3)	15
4	Write short notes: any two out of four (Form Unit 4)	15
5	M.C.Q. Type Questions (10 out of 12 Que.) (3 Questions. from each unit)	10
Total		70

R. B.P.Ed. 12. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

R. B.P.Ed. 13. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for the practical courses.

R. B.P.Ed 14. 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 R. B.P.Ed. 17 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:

$$= \frac{\sum C_i G_i}{\sum C_i}$$

$$= \frac{\sum C_i G_i}{\sum C_i}$$

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; 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.

R. B.P.Ed. 15. 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.

R. B.P.Ed.16. Award of the B.P.Ed. Degree:

A candidate shall be eligible for the award of the degree of the B.P.Ed. only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

S. B.P.Ed.17. Letter Grades and Grade Points:

- i. 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-off 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.
- ii. 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:

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

R. B.P.Ed.18. Grade Point Calculation

Calculation of Semester Grade Point Average (SGPA) and Credit Grade Point (CGP) and declaration of class for B. P. Ed. Programme.

The credit grade points are to be calculated on the following basis:

$$= \frac{\sum}{\sum}$$

Example – I

Marks obtained by Student in course CC101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

$$\text{Grade Point} = 6.0 + 5 (0.99/9.99)$$

$$= 6.0 + 5 \times 0.1$$

$$= 6.0 +$$

$$0.5 = 6.5$$

The Course Credits = 04

$$\text{Credits Grade Point (CGP)} = 6.5 \times 04 = 26$$

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

SEMESTER-1

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-101	4	65	A	6.5	26
CC-102	4	60	A	6	24
CC-103	4	62	A	6.2	24.8
EC-101/EC-102	4	57	B+	5.7	22.8
PC-101	4	55	B+	5.5	22
PC-102	4	72	A+	7.2	28.8
PC-103	4	66	A	6.6	26.4
PC - 104	4	72	A+	7.2	28.8
	32				203.6

Examples: Conversion of marks into grade points

$$\text{CC-101 } 65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$$

$$\text{CC-102 } 60 = 6.0$$

$$\text{CC-103 } 62 = 60 + 2 = 6.0 + 2 \times (0.99/9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$$

$$\text{EC-101/EC-102 } 57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$$

$$\text{PC-101 } 55 = 5.5$$

$$\text{PC-102 } 72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

$$\text{PC-103 } 66 = 60 + 6 = 6.0 + 6 \times (0.99 / 9.99) = 6.0 + 6 \times 0.1 = 6.0 + 0.6 = 6.6$$

$$\text{PC-104 } 72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade

$$\text{Points} = 203.6 / 32 = 6.3625$$

$$\text{SGPA Sem. I} = 6.3625$$

At the end of Semester-

$$1 \text{ Total SGPA} = 6.3625$$

$$\text{Cumulative Grade Point Average (CGPA)} = 6.3625/1 = 6.3625$$

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-2

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-201	4	76	A+	7.6	30.4
CC-202	4	64	A	6.4	25.6
CC-203	4	59	B+	5.9	23.6
EC-201/EC-202	4	80	A+	8	32
PC-201	4	49	C	4.9	19.6
PC-202	4	64	A	6.4	25.6
PC-203	4	55	B+	5.5	22
TP - 201	4	72	A+	7.2	28.8
	32				207.6

SGPA Sem. II = 6.4875

At the end of Semester-2

Total SGPA for two Semesters = 12.85

Cumulative Grade Point Average (CGPA) = $12.85/2 = 6.425$

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-3

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-301	4	64	A	6.4	25.6
CC-302	4	64	A	6.4	25.6
CC-303	4	59	B+	5.9	23.6
EC-301/EC-302	4	81	A+	8.1	32.4
PC-301	4	49	C	4.9	19.6
PC-302	4	64	A	6.4	25.6
PC-303	4	68	A	6.8	27.2
TP - 301	4	75	A+	7.5	30
	32				209.6

SGPA Sem. III = 6.55

At the end of Semester-3

Total SGPA for three Semesters = 19.4

Cumulative Grade Point Average (CGPA) = $19.4/3 = 6.466667$

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-4

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-401	4	83	A+	8.3	33.2
CC-402	4	76	A+	7.6	30.4
CC-403	4	59	B+	5.9	23.6
EC-401/EC-402	4	81	A+	8.1	32.4
PC-401	4	49	C	4.9	19.6
PC-402	4	78	A+	7.8	31.2
TP-401	4	81	A+	8.1	32.4
TP-402	4	75	A+	7.5	30
	32				232.8

SGPA Sem. IV = 7.275

At the end of Semester-4

Total SGPA for all the four semesters = 26.675

Cumulative Grade Point Average (CGPA) = 26.675 / 4 = 6.66875

CGPA = 6.66875, Grade = A, Class = First Class

Note:

iii. SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.

iv. CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4) For the award of the class, CGPA shall be calculated on the basis of:

Marks of each Semester End Assessment And

Marks of each Semester Continuous Internal Assessment for each course. The final Class for B.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from all the one to four semester examinations.

R. B.P.Ed.19. Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

R. B.P.Ed.20. Revision of Syllabi:

Syllabi of every course should be revised according to the NCTE.

Revised Syllabi of each semester should be implemented in a sequential way.

In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.

7. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
8. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
9. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

Semester - I

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-101	History, Principles and foundation of Physical Education	4	4	30	70	100
CC-102	Anatomy and Physiology	4	4	30	70	100
CC-103	Health Education and Environmental Studies	4	4	30	70	100
Elective Course (Anyone)						
EC-101	Olympic Movement	4	4	30	70	100
EC-102	Officiating and Coaching					
Part-B Practical Course						
PC-101	Track and Field (Running Events)	6	4	30	70	100
PC-102	Swimming/Gymnastics/ Shooting	6	4	30	70	100
PC-103	Indigenous Sports: Kabaddi / Malkhambh/ lezim / March past	6	4	30	70	100
PC - 104	Mass Demonstration Activities: Kho-Kho / dumbbells / tipri / wands / hoop /umbrella	6	4	30	70	100
Total		40	32	240	560	800

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - II

Part A:Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-201	Yoga Education	4	4	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
CC-203	Organization and Administration	4	4	30	70	100
Elective Course (Anyone)						
EC-201	Contemporary issues in physical education, fitness and wellness	4	4	30	70	100
EC-202	Sports Nutrition and Weight Management					
Part-B Practical Course						
PC-201	Track and Field (Jumping Events)	6	4	30	70	100
PC-202	Yoga/Aerobics/ Gymnastics/ Swimming	6	4	30	70	100
PC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis	6	4	30	70	100
Part – C Teaching Practices						
TP - 201	Teaching Practices (05lessons in class room teaching and 05 lessons in outdoor activities)	6	4	30	70	100
Total		40	32	240	560	800

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - III

Part A:Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-301	Sports Training	4	4	30	70	100
CC-302	Computer Applications in Physical Education	4	4	30	70	100
CC-303	Sports Psychology and Sociology	4	4	30	70	100
Elective Course (Anyone)						
EC-301	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
EC-302	Curriculum Design					
Part–B Practical Course						
PC-301	Track and Field (Throwing Events)	6	4	30	70	100
PC-302	Combative Sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling (Any two out of these)	6	4	30	70	100
PC-303	Team Games: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any two of these)	6	4	30	70	100
Part – C Teaching Practices						
TP - 301	Teaching Practice: (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports) (out of 10 lessons 5 internal and 5 external at practicing school)	6	4	30	70	100
Total		40	32	240	560	800

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - IV

Part A:Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-401	Measurement and Evaluation in Physical Education	4	4	30	70	100
CC-402	Kinesiology and Biomechanics	4	4	30	70	100
CC-403	Research and Statistics in Physical Education	4	4	30	70	100
Elective Course (Anyone)						
EC-401	Theory of sports and game	4	4	30	70	100
EC-402	Sports Management					
Part–B Practical Course						
PC-401	Track and Field / Swimming / Gymnastics (Any one out of three)	6	4	30	70	100
PC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any Two of these)	6	4	30	70	100
Part – C Teaching Practices						
TP-401	Sports specialization: Coaching lessons Plans (One for Sports 5 lessons)	6	4	30	70	100
TP-402	Games specialization: Coaching lessons Plans (One for Games 5 lessons)	6	4	30	70	100
Total		40	32	240	560	800
		160	128	960	2240	3200

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

SCHEME OF EXAMINATION

SEMESTER - I

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-101	History, Principles and foundation of Physical Education	30	70	100
CC-102	Anatomy and Physiology	30	70	100
CC-103	Health Education and Environmental Studies	30	70	100
EC-101/102	Olympic Movement/Officiating and Coaching (Elective)	30	70	100
	<u>PRACTICAL (400)</u>			
PC-101	Track and Field (Running Events)	30	70	100
PC-102	Swimming/Gymnastics/Shooting	30	70	100
PC-103	Indigenous Sports: Kabaddi/ Malkhambh/ lezim / March past (Any of one out of these)	30	70	100
PC-104	Mass Demonstration Activities: Kho-Kho / dumbbells / tipri / wands / hoop /umbrella (Any one out of these)	30	70	100
	Total	240	560	800

SEMESTER -II

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-201	Yoga Education	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	30	70	100
CC-203	Organization and Administration	30	70	100
EC-201/202	Contemporary issues in physical education, fitness and wellness/ Sports Nutrition and Weight Management (Elective)	30	70	100
	<u>PRACTICAL (300)</u>			
PC-201	Track and Field (Jumping Events)	30	70	100
PC-202	Yoga/Aerobics / Swimming / Gymnastics (Any of the two out of these)	30	70	100
PC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these)	30	70	100
	<u>TEACHING PRACTICE (100)</u>			
TP-201	Teaching Practice (Classroom and outdoor)	30	70	100
	Total	240	560	800

SEMESTER –III

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-301	Sports Training	30	70	100
CC-302	Computer Applications in Physical Education	30	70	100
CC-303	Sports Psychology and Sociology	30	70	100
EC-301/302	Sports Medicine, Physiotherapy and Rehabilitation/Curriculum Design (Elective)	30	70	100
	<u>PRACTICAL (300)</u>			
PC-301	Track and Field (Throwing Events)	30	70	100
PC-302	Combative Sports : Martial Art, Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling (Any two out of these)	30	70	100
PC-303	Team Games: Baseball, Cricket, Football, Hockey, Softball, Volleyball, Handball, Basketball, Netball (Any two of these)	30	70	100
	<u>TEACHING PRACTICE (100)</u>			
TP-301	Teaching Practice (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports)	30	70	100
	Total	240	560	800

SEMESTER -IV

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-401	Measurement and Evaluation in Physical Education	30	70	100
CC-402	Kinesiology and Biomechanics	30	70	100
CC-403	Research and Statistics in Physical Education	30	70	100
EC-401/402	Theory of sports and games(Specifically sports and games specialization)/Sports Management (Elective)	30	70	100
	<u>PRACTICAL (200)</u>			
PC-401	Track and Field/Swimming /Gymnastics (Any of one out of these)	30	70	100
PC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	30	70	100
	<u>TEACHING PRACTICE (200)</u>			
TP-401	Sports Specialization: Coaching lessons Plans Track and Field/Swimming /Gymnastics (Any of one out of these)	30	70	100
TP-402	Game specialization Coaching lessons: Kabaddi/ Kho-Kho/ Baseball/ Cricket/Football/Hockey /Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	30	70	100
	Total	240	560	800

B. P. Ed. – Outline of Syllabus

Semester – I

Theory Courses

CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Unit – 1: Introduction

- Meaning, Definition and Scope of Physical Education ○ Aims and Objective of Physical Education
- Importance of Physical Education in present era. ○ Misconceptions about Physical Education.
- Relationship of Physical Education with General Education.○ Physical Education as an Art and Science.

Unit- 2 – Historical Development of Physical Education in India

- Indus Valley Civilization Period. (3250 BC–2500 BC) ○ Vedic Period (2500 BC–600 BC)
- Early Hindu Period (600 BC–320 AD) and Later Hindu Period (320 AD–1000 AD) ○ Medieval Period (1000 AD–1757 AD)
- British Period (Before 1947)
- Physical Education in India (After 1947)
- Contribution of Akhadas and Vyayamshals ○ Y.M.C.A. and its contributions.

Unit- 3- Foundation of Physical Education

- Philosophical foundation:
- Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture.
- Fitness and wellness movement in the contemporary perspectives
- Sports for all and its role in the maintenance and promotion of fitness.

Unit-4- Principles of Physical Education

- Biological
 - Growth and development
 - Age and gender characteristics
 - Body Types
 - Anthropometric differences
- Psychological
 - Learning types, learning curve
 - Laws and principles of learning
 - Attitude, interest, cognition, emotions and sentiments

- Sociological
 - Society and culture
 - Social acceptance and recognition
 - Leadership
 - Social integration and cohesiveness

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 Physical education.

Kanwar, R.C. (2015) *History, Principles and Foundations of Physical Education*. Nagpur: Amit Brothers Publications

Budhe, A. (2013) *Principles and History of Physical Education*. Delhi; Sports Publications
 Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.

Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.

Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.

Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co.

William, J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.

Semester I

Theory Courses

CC-102 ANATOMY AND PHYSIOLOGY

UNIT-I

- 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

- 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, Lymph and Lymphatic circulation. Cardiac output.
- 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,
- 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-III

- 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-IV

- 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). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.
- Kanwar, R.C. (2015) *Anatomy and Physiology*. Nagpur: Amit Brothers Publications
- Budhe, A. ,Agrawal, K (2013) *Anatomy, Physiology & Health Education* .Delhi; Sports Publications
- Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co. Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd. Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.
- Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.

Semester I

Theory courses

CC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

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
- 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.
- Plastic recycling & probation 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 Land 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.

References:

- Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.
- Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
- Kanwar, R.C. (2015) *Health Education and Environmental Studies*. Nagpur: Amit Brothers Publications
- Nemir, A. (n.d.). *The school health education*. New York: Harber and Brothers.
- Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.

Semester – I

Theory courses

EC-101 OLYMPIC MOVEMENT (ELECTIVE)

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:

- Osborne, M. P. (2004). *Magic tree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.
- Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner
- Durge, R.R., Joshi, A.R. (2015) *Olympic Movement* : Nagpur : Amit Brothers Publications

Semester – I

Theory courses

EC-102 OFFICIATING AND COACHING

(Elective) Unit- I: Introduction of Officiating and coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators ○
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching

Unit- III: Duties of Official

- Duties of official in general, pre, during and post game. ○
- Philosophy of officiating
- Mechanics of officiating–position, singles and movement etc. ○ Ethics of officiating

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification of coach and official
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports

Reference Books:

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall. Bunn, J. W. (1972). *Scientific principles of coaching* Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London

Kanwar, R.C. (1991) *Officiating and Coaching*. Nagpur: Amit Brothers Publications

Press Ltd. Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd. Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.

Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.

Semester – II

Theory Courses

CC-201 YOGA EDUCATION

Unit – I: Introduction

- **Meaning and Definition of Yoga** ○
- 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**
- **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**
- **Influences of relaxative, 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**

References:

- Brown, F. Y.(2000). *How to use yoga*. Delhi: Sports Publication.**
- Gharote, M. L. &Ganguly, H. (1988).*Teaching methods for yogic practices*. Lonawala: Kaixydahmoe.**
- Rajjan, S. M. (1985). *Yoga strengthening 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.**

Semester – II

Theory Courses

CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

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.
- Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- 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.

Reference:

- Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons. Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House.
- Budhe, A. (2013) *Educational Methodology*. Delhi; Sports Publications.
- Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
- Kanwar, R.C. (2008) *Methods in Physical Education*. Nagpur: Amit Brothers Publications
- Kavishwar, D.P. *Methods in Physical Education*. Nagpur; S.M. Publisher
- Sampath, K., Pannirselvam, A. & 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.

Section II

Methodology of Special Subject

**(1) Sports Coaching (2) English (3) Marathi (4) Hindi (5) History (6) Geography
(7) Science (8) Economics**

The Syllabus for each is as given below

(1) Sports Coaching

- 1. Aims, Objectives and specifications of coaching sports, skills and techniques.**
- 2. Different methods of coaching sports skills.**
- 3. Class organization**
- 4. Stages of skill teaching**
- 5. Coaching aids and devices : Charts, Models, Film-strips, Posters, Motion Films, Gadgets, Flannelography, Epidiascope, Overhead Projector**
- 6. Principles of the selection and use of A.V. aids in coaching sports skills.**
- 7. Lead up games : Need and importance**
- 8. Preparation of sports coaching lesson**
 - (a) Various parts of lesson**
 - (b) Basic requirement for the lesson**

Books recommended

Bounder , J. B. : How to be a Successful Coach

Geoffrey Dyson : The Mechanics of Athletics

John Bunn : Scientific Principles of Coaching

J. P. Thomas : Physical Education Lessons

Kanwar R. C. (2008) Sports Coaching Amit Brothers Publications Nagpur

Kozman, Gassiy Jakson : Methods in Physical Education.

Lawther, J. D. : Psychology of Coaching

(2) English

(3)

1. The place of English in the curriculum of Secondary Schools.
2. Aims and objectives of teaching the subject as a compulsory language – The stage at which to begin study and the time to be devoted.
3. Different aspects of the Teaching of English –
 - a. Types of reading, oral and silent reading, their objective and how to improve reading.
 - b. Poetry, place of poetry teaching, choice of poems, methods of teaching, recitation, chorus reading.
 - c. Composition – Oral, Written, Comprehension – Methods of correction, teaching, spelling.
 - d. Grammar – Place of Grammar in the teaching of English, Method of teaching –
 - i. Grammar, formal and functional grammar.
 - ii. The difficulties of English : Word order, Sentence patterns, the usage, language exercise.
 - e. Supplementary reading. Intensive and extensive readers. Use of the Library.
 - f. Dictation : Its objectives, planning a dictation lesson.
 - g. Translation, paraphrase, précis writing.
4. Critical study of the English Syllabus at the higher and lower levels, essentials of a good text book.
5. Method of Teaching – The direct Method, Dr. West's Method. The Grammar translation method, New Direct (Structural) approach, the comprehensive method.
6. Lessons planning with reference to different types of lesson.
7. The teaching of handwriting.
8. Teaching aids and devices, Pictures, Charts Models, Film strips the Gramophone, Radio, Cinema, Tape Recorder, Linguaphone, Flash cards, Dictator, Dramatisation, Debates, Story telling. Pen-Friendship, Language games, B.B. work Dialogues, Celebration of Festivals.
9. Co-curricular activities, Excursions Class magazines.
10. Evaluation procedure in English, Preparation of New type tests in English.
11. The qualities and qualifications of the teaching of English.
12. Phonetics : English speech, accent and intonation. Difficulties of pronunciation.

Books recommended :

1. T.K.N. Menon & Patel : The Teaching of English as a Foreign Language, Acharaya Book Depot, Baroda.
2. Gurry : Teaching of English as a Foreign Language, Orient Longman.
3. Frisby : The Teaching of English, Oxford University Press.
4. French : Teaching of English Abroad.

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- 2- ekr`Hkk"ksP;k v/;kiukph oSf'k"V;s %
ek;/fed 'kkGkrwu ekr`Hkk"ksP;k v/;kiukph lkekU; /;s; o mfi"Vs o
Li"Vhdj.k] f'k{k.kkP;k jk"V^ah; mfi"V;kaph o ek;/fed Lrjkrhy
mfi"Vka'kh R;kapk laca/k
- 3- Hkk"kk O;ogkjkph fofo/k vaxs & Jo.k] dFku] okpu] ys[ku o
ikBkarj- R;kaps egRo o vU;ksU; laca/k] Hkk"kk}kjs vkdyu o
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- 4- ekr`Hkk"kspk vH;klØe
ek;/fed 'kkGsrhy ekr`Hkk"ksP;k vH;klØekpk ifjp;] vH;klØekps
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izokg] ekr`Hkk"ksP;k vH;klØe jpuslkBh R;kapk mi;ksx] vH;klpk
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- 5- v/;kiu i)rh o ra=s
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- 6- loZ xzaFkky;s o 'kkys; xzzaFkky;s] 'kkys; okpuky;s] gLrfyf[krs o
'kkys; fu;rdkfyds] laxzg iqfLrdk] vokarj okpu lkfgR;] fo|kFkhZ
okM+~e;-
- 7- vH;klkUrxZar miØe

vH;klkUrxZr miØe o lkoZHkkSe Hkk"kk fodkl] ek;/fed 'kkGkr
mi;qDr vl.kkjs Hkkf"kd o okM+~e;hu miØe] fofo/k eaMGs o R;kps
okM+~e;hu miØe o izdYi] O;fDrxr o lkeqfgd vH;kl lo;halkBh
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8- ekr`Hkk"ksP;k f'k{k.kkaps O;fDrRo

9- izxrhps ewY;ekiu

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lanHkkZlkBh iqLrds

1- Rybum, W.M. : Suggestion for the Teaching of Mother Tongue, Oxford
University Press

2- vdkSydj o ikV.kdj % ejkBhps v/;;u] Oghul izdk'ku]
iq.ks 2

3- QkVd] e- fo- % ejkBh dforsps v/;kiu] ekWMuZ cq d
Msiks] iq.ks 2

4- Mkaxs] panzdqekj % ekr`Hkk"ksps v/;kiu] izfrHkk
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(5) Hindi
fgUnh

- 1- Hkkjrh; thou eas fganh dk LFkku &
Hkkjrh; la?kjkT; dh fofo/k Hkk"kk,¡A lafo/kku esa fganh dks fn;k
gqvk LFkkuA fganh cuke vaxzsthA faganh dk lkaLÑfrd egRoA
Hkk"kk vkSj laLÑfrA
- 2- fganh f'k{kk dk mís'; %
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- 3- Hkk"kk f'k{kk dk euksfoKku &
Ckkyd Hkk"kk dSls lh[krs gSaA Jo.k dk egRo] vuqdj.k vkSj
mPpkj.k] vH;kl esa okrkoj.k dk LFkku-
- 4- ikB~;Øe vkSj ikB~;iqLrdsa &
ikB~;Øe dk Lo#i vkSj f'k{kk ds mís';ksa dh iwfrZ] vPNh ikB~;
iqLrdksa ds y{k.k
- 5- f'k{kk iz.kkfy;k¡&

laHkk"K.kkRed iz.kkyh] O;kdj.k & vuqokn iz.kkyh] laokn iz.kkyh]
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f'k{kk fo"K;d lkfgR; dk mi;ksx vkSj izdkj

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izkjafHkd ikB] ckrphr ds ikB] ikB~; lkfgR;] x] i] ikB jpuk] ikB vkSj
O;kdj.k] ikB jpuk ;k vkfo"dkjksa ds fofHkUu izdkj rFkk muesa
lacaf/kr ikB

8- lgk;d miØe &

laHkk"K.k lHkk] oDr`Ro lHkk] gLrfyf[kr if=dk] okpuky;] ukVd]
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9- fganH f'k{kk esa n`d~JkO; lk/kuksa dk LFkku vkSj mi;ksx
ewY;ekiu & ewY;ekiu ra= ds vuqikj dlkSfV;ka rS;kj djuk-

10- fganH v/;kid dk O;fDrRo

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1- yTtk'kadj >k % Hkk"kkf'k{k.k i)fr] feJca/kw dk;kZy;] tcyiqj

2- lkBs] x-u- % jk"V^aHkk"kk dk v/;;u] egkjk"V^a jkT; jk"V^aHkk"kk]
iq.ks

3- lhrkjke prqosZnh % v/;kiu dyk] uanfd'kksj ,W.M lUI] pkSd]
okjk.klh

4- lhrkjke prqosZnh % Hkk"kk dh f'k{kk] fganH lkfgR; dqVhj]
okjk.klh

5- HkkbZ ;ksxsUnzthr % fganH Hkk"kk f'k{k.k] fouksn iqLrd
eafnj] vkxjk

6- jtuhdkar ygjh % fganH f'k{k.k] jkepanz ,W.M lUI] vkxjk

(6) History

1. **Meaning and scope of History. The place of History in the school curriculum.**
2. **Times, objectives and specifications of teaching History.**
Criteria of good syllabus –
 - (a) Chronological
 - (b) Periodical
 - (c) Concentric
 - (d) Lines development
 - (e) Local History
 - (f) World History
 - (g) Current events –
3. **Essentials of a good Text Book in History Study of the prescribed course in History for High School classes in Maharashtra.**
4. **Different methods of teaching History –**
 - (a) Story telling method
 - (b) Discussion method
 - (c) Text Book method
 - (d) Lecture method
 - (e) Project method
 - (f) Dalton Plan
 - (g) Source method
 - (h) Problem method
 - (i) Biographical method
5. **Teaching aids and devices –**
Charts, Maps, Graphs, Models, Discussions, Questions, Poems, Novels, Ballads, Picture, Inscriptions, Historical documents and time line.
6. **Co-curricular activities**
Visit of places of historical importance, Lectures, Note making, note taking and parallel reading, Dramatisation.
7. **Correlation of History with other school subjects.**
8. **Education for National Integration and International understanding through teaching of History**
9. **Evaluation preparation of text items.**
10. **Qualities and qualification of the History Teacher.**

Books recommended :

1. **The Teaching of History : V.D. Ghatge, Oxford University Press**
2. **The Teaching of History : Johnson, Macmillan Co., Bombay**
3. **Creative Teaching of History : Ghose, K. D., Oxford University Press**
4. **Teaching of History : Kochhar, Sterling Publisher, Jallunder.**
5. **Teaching of History : V.D. Ghatge, Oxford University Press**
6. **Teaching of History : Johnson, Macmillan Co., Bombay**
7. **Teaching of History : Ghose, K. D., Oxford University Press**
8. **Teaching of History : Kochhar, Sterling Publisher, Jallunder.**

(7) Geography

1. **Meaning and scope of Geography. The place of Geography in school curriculum.**
2. **Aims, Objectives and Specification of teaching Geography with special emphasis on National Integration and International understanding.**
3. **Criteria of a good syllabus and text book in Geography. Grammar of Geography. Study of local and regional Geography. Study of the prescribed course in Geography in schools of Maharashtra State.**
4. **Different methods of teaching Geography –**
 - (a) **Observation method**
 - (b) **Story telling method**
 - (c) **Journey method**
 - (d) **Excursion method**
 - (e) **Laboratory method**
 - (f) **Regional method**
 - (g) **Project method**
5. **Map reading and map making.**
6. **Teaching aids and devices – Maps, Charts, Diagrams, Models, Globe, Epidiascope, Films, Pictures, Specimens, Atlases and Schools Broadcast.**
7. **Co-curricular activities – Excursions, Lectures, note making, note taking, parallel reading, preparing albums, stamp collecting and Geography clubs.**
8. **Correlation of Geography with other school subjects.**
9. **Evaluation – preparation of test items.**
10. **Qualities and qualifications of the Geography Teacher.**

Books recommended

1. **Principles and Practice of Geography Teaching : Barnard, University Tutorial Press Ltd., London**
2. **Teaching of Geography : Gospel, University Press, London**
3. **Teaching of Geography in India : Verma, University Publication, Jallunder**
4. **Suggestions for Teaching Geography : Maonee, Oxford University Press.**
5. **Source Book of Teaching Geography : UNESCO (UNESCO, Longman)**
6. **Hkwxsy v;/k;u vkf.k v;/kiu % ek- xks- ckiV] Oghul izdk'ku] iq.ks & 30**
7. **Hkwxsykps v;/kiu % ek- Ogh- ikV.kdj] ekWMuZ cqd Msiks] ckthjko jLrk] iq.ks-**

(8) Science

1. Importance and place of science in the School curriculum.
2. Aims, Objectives and specifications of teaching Science.
3. Criteria of good syllabus and text books in Science. Study of the prescribed Course in Science for High School classes in Maharashtra State.
4. Lesson planning in Science.
5. Method of teaching Science – Lecture, Historical, Demonstration, Laboratory, Heuristic and problem methods.
6. Contribution of the Dalton Plan and the Project method to the teaching of the Science –
 - a. Special problems and methods of Nature, Study and General Science.
 - b. Correlation of various branches of Science with one another and with other School Subjects.
7. Laboratory and its equipment, improvised apparatus.
8. Co-curricular Activities
 - a. Visits to Work-shops, Factories and other places of Scientific Interest.
 - b. School Museum
 - c. Science Clubs and Science Fairs
9. Aids to teaching Science – Charts, Models, Specimens, Film Projector, Epidiascope, Radio and Tape-Recorder.
10. Qualities and qualification of the Science Teacher
11. Evaluation – Preparation of test items.

Books recommended –

1. H. N. Sunder (UNESCO) : Teaching of General Science in Topical Secondary School, Oxford University.
2. Ghanshamdas : The Teaching of Physics and Chemistry in India, Oxford University Press, London.
3. T.S. Nagpal : The Teaching of Science, Krishna Brothers, Amritsar, Lundhiana.
4. D.R. Dawing : Introduction to Teaching of Science, Halt Rinchart Winston Terouts.
5. Sharma & Sharma : Teaching of Science, S.Chand, New Delhi

(9) Economics

Objectives :

- 1. To acquaint the student-teachers with the objectives of teaching Economics**
- 2. To develop necessary skills in the preparation and use of teaching aids**
- 3. To initiate the student-teachers to the various methods of Economics.**
- 4. To develop competence in the use of various tools of evaluation.**

Unit-wise Breakup of the Syllabus

Unit I :

- (a) The place of economics in education, aim and objectives of teaching Economics in Secondary School such as responsible citizenship, understanding, economic role of Governments, understanding economics, phenomenon, help to perform one's role as a producers or consumer to grasp the inter-dependence of man in modern times to think critically, to participate in the economic development of the country.**
- (b) Place of economics in Secondary School and relation of the same with other subjects.**
- (c) The presentation of economics at different stages in School as a Part of community living in Primary as a part of Social Studies in the Secondary, as a separate subject in the Higher Secondary. Approach to the teaching of economics in the Schools.**

Unit II :

Methods of teaching Economics, narration, text-book, survey, project, discussion, field trips, case study, preparation and interpretation of data through time series, graphs, pie and bar diagrams, pictographs, advantages, adaptation and scope of these methods.

Unit III :

Audio-visual aids used in Economics Teaching maps, charts, model, graphs, diagrams, films-films trips, radio.

Unit IV :

Economics room and museum, necessary equipment.

Unit V :

Qualities and qualifications of a good Economics, Teacher, his professional equipment.

Unit VI :

Preparation and criteria of framing Syllabus.

Preparation and criteria of framing syllabus in Economics at different levels, Criteria of a good Text-book in the subject, Study of present Syllabus and Text-book.

Unit VII :

Preparation of the year's plan, unit plans and daily lesson plan-objectives, learning experience, teaching points, methods used.

Unit VIII :

Evaluation and testing procedures in the teaching of Economics, knowledge of achievement test and preparation of unit tests.

Reference Books

1. Teaching of Economics : B.S. Kanwar
2. Organizing Social Studies in Secondary Schools, 'Binning & Other (McGraw Hill)
3. The Teaching of Economics in Secondary School : Assistant Masters Association (Cambridge University Press, 1971)
4. H.S.C. Syllabus of M. S. Board of Secondary Education, Shivaji Nagar, Poona – 10
5. **vFkZ'kkL= f'k{k.k % R;kxh] xq#pj.knkl**
6. **vFkZ'kkL= v/;kiu % izk- ok- xks- nkgkds**
7. **vFkZ'kkL= f'k{k.k % eggsanz 'kekZ**
8. **vFkZ'kkL= f'k{k.k % 'kkarkizlkn**
9. Hand Bill

Semester – II

Theory Courses

CC-203 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Unit – I: 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.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

Unit- II: Office Management, Record, Register & Budget

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making,
- Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-III: Facilities, & Time-Table Management

- 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-IV: 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 & Extramural Tournament planning

References:

- Broyles, F. J. & 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.
- Kavishwar, D.P. Fundamentals of Track and Field. Nagpur; S.M. Publisher
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
- Pandy, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depo.

- Sharma, V.M. &Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*.Amaravati: Shakti Publication.**
- Kanwar, R.C. (1995) Organisation, Administration and Sports Management. Nagpur: Amit Brothers Publications**
- Budhe, A. (2013) Organisation, Administration and Supervision in Physical Education.Delhi; Sports Publication.**
- Thomas, J. P.(1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.**
- Tirunarayanan, C. &Hariharan, S. (1969). *Methods in Physical Education*.Karaikudi: South India Press.**
- Voltmer, E. F. &Esslinger, A. A. (1979).*The organization and administration of Physical Education*.New York: Prentice Hall Inc.**

Semester – II

Theory Courses

EC-201 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS (ELECTIVE)

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**
- **Modern Lifestyle and Hypokinetic Diseases–Prevention and Management**
- **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**
- **Common Injuries and their Management**
- **Modern Life Style and Hypokinetic Disease–Prevention and Management**

References:

- Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black,.**
- Giam, C.K &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.**

Semester II

Theory courses

EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)

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 weight**
 - **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:**

Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab*.93(6), 2027-2034.

Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12), 3091-3096.

Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.

DeMaria, E. J. (2007).Bariatric surgery for morbid obesity.*N Engl J Med*,356(21), 2176-2183.

Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

Semester – III
Theory Courses
CC-301 SPORTS TRAINING

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

Reference:

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
- Harre, D. (1982). *Principles of sports training*. Berlin: Sporulated.
- Jensen, R. C. & Fisher, A. G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2nd Edn.
- Kanwar, R. C. (1999) *Scientific Methods of Training and Coaching*. Nagpur: Amit Brothers Publications
- Matvyew, L. P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.
- Singh, H. (1984). *Sports training, general theory and methods*. Patials: NSNIS. Uppal,
- A. K., (1999). *Sports Training*. New Delhi: Friends Publication.

Semester III

Theory Courses

CC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit – I: 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 – II: 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 – III: 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 – 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
- Preparation of Power point presentations

References:

Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.

Marilyn, M.& Roberta, B.(n.d.).*Computers in your future*. 2nd edition, India: Prentice Hall.

Milke, M.(2007). *Absolute beginner's guide to computer basics*.Pearson Education

Asia.Sinha, P. K. &Sinha, P. (n.d.).*Computer fundamentals*.4th edition, BPB Publication.

Semester – III
Theory Courses
CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY

Unit -I: introduction

○Meaning, Importance and scope of Educational and Sports

Psychology○General characteristics of Various Stages of growth and development

- Types and nature of individual differences; Factors responsible -Heredity And environment
- Psycho-sociological aspects of Human behavior in relation to physical education and sports

Unit-II: Sports Psychology

○Nature of learning, theories of learning, Laws of learning, ○

Plateau in Learning; & transfer of training

○Meaning and definition of personality, characteristics of personality, ○

Dimension of personality, Personality and Sports performance

- Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.

○Mental Preparation Strategies: Attention focus, Self- talk, Relaxation,

Imaginary.○Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety

- Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

Unit-III: Relation between Social Science and Physical Education.

○Orthodoxy, customs, Tradition and Physical Education.

○ Festivals and Physical Education.

○ Socialization through Physical Education.

○ Social Group life, Social conglomeration and Social group, Primary group and Remote group.

Unit- 4 Culture : Meaning and

Importance. ○Features of culture,

○ Importance of culture.

○ Effects of culture on people life style.

○ Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method

References:

Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.

Blair, J.& Simpson, R.(1962). *Educational psychology*, New York:McMillan Co. Cratty,

B. J.(1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.

- Kamlesh, M.L. (1998). *Psychology in physical education and sport*. New Delhi: Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and social system*. London: Addison Wesley Publishing Company Inc.
- Kanwar, R.C. (2014) *Sports Psychology*. Nagpur: Amit Brothers Publications
- Budhe, A. ,Agrawal, K (2013) *Educational and Sports Psychology*. Delhi; Sports Publications
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea & Febiger.
- Mathur, S.S., (1962). *Educational psychology*. Agra. Vinod Pustak Mandir. Skinner,
- C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.
- William, F. O. & Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Ltd.

Semester – III

Theory Courses

EC-301 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)

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–
- First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

Unit-II: Physiotherapy

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

Unit-III: 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-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: 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, & 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.
- Hunter, M. D. (1979). *A dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), *A Practical approach to measurement in Physical Education* (pp. 573-74). Philadelphia: Lea &Febiger.

Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi:Lucky Enterprises. Mathew, D.K. & Fox, E.L, (1971).*Physiological basis of physical education and athletics*. Philadelphia:W.B. Saunders Co.
Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub.
Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.

Semester – III

Theory Courses

EC-302 CURRICULUM DESIGN (Elective)

UNIT-I Modern concept of the curriculum

- Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development.
- Factors affecting curriculum - Social factors - Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours.
- National and Professional policies, Research finding

UNIT-II Basic Guide line for curriculum construction; contest (selection and expansion).

- Focalization
- Socialization
- Individualization
- Sequence and operation
- Steps in curriculum construction.

UNIT-III Curriculum-Old and new concepts, Mechanics of curriculum planning.

- Basic principles of curriculum construction.
- Curriculum Design, Meaning, Importance and factors affecting curriculum design.
- Principles of Curriculum design according to the needs of the students and state and national level policies.
- Role of Teachers

UNIT-IV Under-graduate preparation of professional preparation.

- Areas of Health education, Physical education and Recreation.
- Curriculum design-Experience of Education, Field and Laboratory.○Teaching practice.
- Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Reference:

- Barrow, H. M. (1983). *Man and movement: principles of physical education*. Philadelphia: Lea and Febiger.
- Bucher, C. A. (1986). *Foundation of physical education*: St. Louis: The C. V. Mosby & Company.
- Cassidy, R. (1986). *Curriculum development in physical education*. New York: Harper & Company.

- Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum designs in physical education*. Englewood Cliffs: N.J. prentice Hall Inc.
- Larson, L.A. (n.d.). *Curriculum foundation in physical education*. Englewood Cliffs: N.J. Prentice Hall Inc.
- Underwood, G. L. (1983). *The physical education curriculum in secondary school: planning and implementation*. England: Taylor and Francis Ltd.
- Willgoose, C.E. (1979). *Curriculum in physical education*. 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.

Semester – IV

Theory Courses

CC-401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

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 Fitness

Tests ○ AAHPER youth

fitness test

○ National physical Fitness

Test ○ Indiana Motor

Fitness Test

- JCR test
- U.S Army Physical Fitness Test

Unit- IV 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: Ho+Storm.

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

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

Awasare, Vivek G. & Joshi, A.R. (2015) Test, Measurement & Evaluation in Physical Education, Nagpur : Amit Brothers Publications

Charde, S.K., Hussain, Showkat & Kanwar, A.R. (2013) Test, Measurement and Evaluation in Physical Education, Nagpur: Amit Brothers Publications

Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.

Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B.SoundersCompnay.

Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.

Phillips, D. A., &Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and Sons.

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

Semester – IV
Theory Courses

CC-402 KINESIOLOGY AND BIOMECHANICS

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

Unit – II Fundamental Concept of Anatomy and

Physiology ○ Classification of Joints and Muscles

- Types of Muscle Contractions
- Posture–Meaning, Types and Importance of good posture.
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation

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.

Reference:

- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
- Hay, J. G. & Reid, J. G. (1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
- Madiwale, M.S. (2014) *Kinesiology*. Nagpur: Amit Brothers Publications
- Choudhary, S., Awasare, V., Datarkar, V., Bhadra, T. (2015) *Kinesiology/Biomechanics made Easy*. Sholapur (M.S.) Wizcraft Publications and Distribution Pvt. Ltd.
- Simonian, C. (1911). *Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.

Semester – IV
Theory Courses
CC-403 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

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
- Research Proposal, Meaning and Significance of Research Proposal.
- 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

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Semester – IV
Theory Courses

EC-401 THEORY OF SPORTS AND GAMES (ELECTIVE)

UNIT-I INTRODUCTION

General Introduction of specialized games and sports– ○

Athletics,

- Badminton,
- Basketball, ○

Cricket,

- Football,
- Gymnastic, ○

Hockey,

- Handball,
- Kabaddi,
- Kho-Kho,
- Tennis,
- Volleyball and
- Yoga.

Each game or sports to be dealt under the following heads

- History and development of the Game and Sports ○

Ground preparation, dimensions and marking

- Standard equipment and their specifications
- Ethics of sports and sportsmanship

UNIT-II Scientific Principles of coaching: (particular sports and game specific)

- Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
- Force–Friction, Centripetal and Centrifugal force, Principles of force.○ Equilibrium and its types
- Lever and its types
- Sports Training–Aims, Principles and characteristics.
- Training load–Components, Principles of load, Over Load (causes and symptoms).

UNIT-III Physical fitness components: (particular sports and game specific)

- Speed and its

types○ Strength and its types

- Endurance and its types
- Flexibility and its types

- Coordinative ability and its types
- Training methods: - Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training)

UNIT-IV Conditioning exercises and warming up.

- **Concept of Conditioning and warming up.**
- **Role of weight training in games and sports.**
- **Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).**
- **Recreational and Lead up games**
- **Strategy–Offence and defense, Principles of offence and defense.**

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Semester – IV

Theory Courses

EC-402 SPORTS MANAGEMENT

Unit-I

- **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.**

Unit-II

- **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 Management in Schools, colleges and Universities.**
- **Factors affecting planning**
- **Planning a school or college sports programme.**
- **Directing of school or college sports programme.**
- **Controlling a school, college and university sports programme.**
 - **Developing performance standard**
 - **Establishing a reporting system**
 - **Evaluation**
 - **The reward/punishment system**

Unit-IV

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

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Part – B
Practical Courses
Semester – I

PC - 101

Track and Field:

Running Event

- **Starting techniques:** 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:**
 - **Fundamental Skills-** Starting, Clearance and Landing Techniques.
 - **Types of Hurdles**
 - **Ground Marking and Officiating.**

Relays: Fundamental Skills

- **Various patterns of Baton Exchange** ○
- Understanding of Relay Zones**
- **Ground Marking**
- **Interpretation of Rules and Officiating.**

PC 102

Gymnastics: Floor Exercise

- **Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.**
- **Vaulting Horse**
- **Approach Run, Take off from the beat board, Cat Vault, Squat Vault.**

PC – 102

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.**
- **Introduction of various strokes**
- **Body Position, Leg, Kick, Arm pull, Breathing and Coordination.**
- **Start and turns of the concerned strokes.**
- **Introduction of Various Strokes.**
- **Water Treading and Simple Jumping.**

- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

PC – 102

Shooting Fundamental Skills

- Basic stance, grip, Holding rifle/ Pistol, aiming target
- Safety issues related to rifle shooting
- Rules and their interpretations and duties of officials

(Any one out of three)

PC – 103 Indigenous sports:

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

PC – 103

Malkhambh and Light Apparatus:

- Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.
- GhatiLezuim-AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chaupherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.
- Mass P.T. Exercises-Two count, four count and eight count exercises.
- Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, ChauRukh, Chaurukhbethak, Momiya.
- Drill and Marching
- Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soyodoro, Phirki, Padmasana, T.Balance, Pataka, Landing.
- Rope Malkhamb-Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing.

PC - 104

KhoKho:

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

PC – 104

Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri: Fundamentals skills

- Apparatus/ 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

Semester –

II PC – 201

Track and Field

Athletics: Jumping Events

- High Jump (Straddle Roll)
- Approach Run,
- Take off
- Clearance over the bar.
- Landing

PC – 202

Gymnastics:

- **Parallel Bar:**
- **Mount from one bar**
- **Straddle walking on parallel bars.**
- **Single and double step walk**
- **Perfect swing**
- **Shoulder stand on one bar and roll forward.**
- **Roll side**
- **Shoulder stand**
- **Front on back vault to the side(dismount)**
- **Horizontal /Single Bar:**

- **Grip**
- **Swings**
- **Fundamental Elements**
- **Dismount**
- **Uneven Parallal Bar:**
- **Grip**

- **Swings**
- **Fundamental Elements**
- **Dismount**

PC – 202

Yoga:

- **SuryaNamaskara,**
- **Pranayams**
- **CorrectiveAsanas**
- **Kriyas**
- **Asanas**
 - **Sitting**
 - **Standing**
 - **Laying Prone Position,**
 - **Laying Spine Position**

PC – 202

Swimming:

Introduction of water polo game

- **Fundamental skills** ○
- Swimm with the ball** ○
- Passing**
- **Catching**
- **Shooting**
- **Goal keeping**
- **Rules of the games and responsibility of officials**
Introduction of Diving sports.
- **Basic Diving Skills from spring boards**
- **Basic Diving Skills from platform**

PC – 202

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.**

PC - 203

Badminton: Fundamental Skills

- **Racket parts, Racket grips, Shuttle**
- Grips.**○ **The basic stances.**
- **The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm**
- **Drills and lead up games**
- **Types of games-Singles, doubles, including mixed**
- doubles.**○ **Rules and their interpretations and duties of officials.**

PC - 203

Table Tennis: Fundamental Skills

- 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.

PC – 203

Squash Fundamental Skills

- Service- Under hand and Over hand ○
- Service Reception**
- Shot- Down the line, Cross Court ○
- Drop**
- Half Volley
- Tactics–Defensive, attacking in game
- Rules and their interpretations and duties of officials.

PC – 203

Tennis: Fundamental Skills.

- 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.

Semester – III

PC – 301

Track and fields (Throwing Events)

- Discus Throw, Javelin, Hammer throw, shot-put
- Basic Skills and techniques of the Throwing events
- Ground Marking / Sector Marking
- Interpretation of Rules and Officiating.
- Grip
- Stance
- Release
- Reserve/ (Follow through action)
- Rules and their interpretations and duties of officials

PC – 302

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.

PC – 302

Martial Arts/Karate: Fundamental Skills

- Player Stances—walking, hand positions, front-leaning, side-fighting.
- Hand Techniques - Punches (form of a punch, straight punch, and reverse punch), Blocks (eight basic).
- Leg Techniques - Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house.
- Forms - The first cause Katas.
- Self Defense - against punches, grabs and strikes, against basic weapons (knife, club sticks).
- Sparring - One step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks).
- Rules and their interpretations and duties of officials.

PC – 302

Taekwondo Fundamental Skills

- Player Stances—walking, extending walking, L stance, cat stance.
- Fundamental Skills—Sitting stance punch, single punch, double punch, triple punch.
- Punching Skill from sparring position – front-fist punch, rear fist punch, double punch, and four combination punch.
- Foot Techniques (Balgisul) – standing kick (soseochagi), Front kick (AP chagi), Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaedollyoChagi), Jump kick (TwimyoChagi),
- Poomsae (Forms) – Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement – eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques)
- Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks), Free Sparring.
- Board Breaking (Kyokpa)—eye control, balance, power control, speed, point of attack.
- Rules and their interpretations and duties of officials.

PC – 302

Judo: Fundamental skills

- Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position)
- Kumi kata (Methods of holding judo costume) ○
- Shisei (Posture in Judo)
- Kuzushi (Act of disturbing the opponent posture) ○
- Tsukuri and kake (Preparatory action for attack)
- Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall)
- Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps).
- TaiSabaki (Management of the body)
- NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw).
- Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

PC – 302

Wrestling: Fundamental Skills

- Take downs, Leg tackles, Arm drag.
- Counters for take downs, Cross face, Whizzer series.
- Escapes from under-sit-out turn in tripped.
- Counters for escapes from under-Basic control back drop, Counters for stand up.
- Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- Escapes from pinning: Wing lock series, Double arm lock roll, Cridge.
- Standing Wrestling-Head under arm series, whizzer series
- Referees positions.

PC – 302

Fencing: Fundamental Skill

- Basic Stance - on-guard position (feet and legs) ○
- Footwork—advance, retire, lunge, Step-lunge
- Grip—hold a foil correctly, Etiquette—salute and handshake to coaches and partners ○
- Hit a target (glove, mask, person) at riposte distance
- Lunge from an on-guard position.
- Attack - simple attacks from sixte – direct, disengage, doublé attack, compound attacks high line – one-two and cut-over disengage, Cut-over attack, Low line attacks
- Semi circular parries—octave and septime ○
- Understand the layout of a piste.
- Compound or successive parries.
- Lateral parry and direct riposte
- Fence a bout—judges etc. salutes and handshakes
- Rules and their interpretations and duties of officials.

PC 303 Team Games

PC 303

Base Ball Fundamental Skills

- Player Stances—walking, extending walking, L stance, cat stance.
- Grip—standard grip, choke grip,
- Batting—swing and bunt.
- Pitching—

- **Baseball :** slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball,
- **Softball:** windmill, sling shot, ○
- starting position:** wind up,
- set.**○ **Fielding–**
 - **Catching:** basics to catch fly hits, rolling hits, ○
 - Throwing:** over arm, side arm.
- **Base running–**
 - **Base running:** single, double, triple, home run,
 - **Sliding:** bent leg slide, hook slide, head first slide.
- **Rules and their interpretations and duties of officials.**

PC 303

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**
- **Rules and their interpretations and duties of officials.**

PC – 303

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**

PC 303

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.

PC 303

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.

PC – 303

Softball Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.○Shooting: one hand; two hands; forward step shot; backward step shot.

- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass;
- shot.○The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials.

PC 303

Volleyball: Fundamental Skills

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

PC - 303

Hand Ball:

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

PC – 303

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-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.
 - Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound
- Organization.**○Individual Defensive-Guarding the man with the ball and without the ball.
- Pivoting.
 - Rules and their interpretations and duties of the officials.

- TP – 201 Teaching practices:**
10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.Ed course.
- TP – 301 Teaching practices:**
10 teaching lesson plans for Racket Sport/ Team Games/ Indigenous Sports out of which 5 lessons internal and 5 lessons external at school.
- TP – 401 Sports Specialization: Track and field / Gymnastics / Swimming**
(4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)
- TP- 402 Games Specialization: Kabaddi, Kho-kho, Base ball, cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis**

(4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.)

Note: Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities.

Table – 1: Semester wise distribution of hours per week

Semester	Theory	Practicum	Teaching practice	Total
I	16	24	00	40
II	16	18	6	40
III	16	18	6	40
IV	16	12	12	40
Total	64	72	24	160
Minimum of 36 teaching hours per week is required in five or six days in a week				

Table – 2: Number of credits per semester

Semester	Theory	Practicum	Teaching practice	Total
I	16	16	00	32
II	16	12	04	32
III	16	12	04	32
IV	16	08	08	32
Total	64	48	16	128
Minimum of 36 teaching hours per week is required in five or six days in a week				

**Rashtra Sant Tukadoji Maharaj
Nagpur University, Nagpur**

**CBCS: Bachelor of Physical
Education and Sports
(B.P.E.S.) CURRICULUM
(Three Years Degree Course)**

**Proposed Direction, Regulations and
CBCS B.P.E.S. Curriculum
Semester - I to VI**

Effect From:- 2022-2023

Following Direction shall be called “Direction regarding Credit based Semester Pattern Scheme and Examination leading to B.P.E.S., first to last semester in Credit based Semester Pattern in the Faculty of Interdisciplinary Studies, Board of Physical Education and Recreation, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.

1. Eligibility

A student who passed 12th Standard Examination of the Maharashtra State of Board Secondary and Higher Secondary Education with English as one of the subjects of passing or an Examination recognized as equivalent thereto from any Other Statutory Board.

Or

A student who passed 12th Standard Examination of the Maharashtra State of Board Secondary and Higher Secondary Education with English or any Indian Language or any examination recognized as equivalent thereto in such subject and with such standards of attainments as may be prescribed.

2. Duration:

The B.P.E.S. programme shall be of duration of three academic years, i.e. six semesters.

3. The CBCS System:

All Programmes shall run on Choice Based Credit System (CBCS). 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 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 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.

5. Courses of Programme:

The B.P.E.S. Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.P.E.S. Programme.

Theory: Core Course and Elective Course

Practical: Practical Course

6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 15 weeks of academic work equivalent to 90 actual teaching days. The odd semester may be scheduled from April/May to November/December and even semester from November / December to April/May. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

7. Working days:

There shall be at least 180 working days per year exclusive of admission and examination processes etc.

8. 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. The total minimum credits, required for completing a B.P.E.S. Programme is 144 credits and for each semester 24 credits.

9. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of November /December, for second semester in the month of April / May, for third semester in the month of November /December, for fourth semester in the month of April / May, for fifth semester in the month of November /December, for sixth semester in the month of April / May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or April / May.

- ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

10. Condonation :

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

11. **Pattern of Question Papers:** Question Papers shall have five questions corresponding to four units of each theory course.

B.P.E.S.: Format of Question Paper for 4 Units.

Each question paper shall have five questions. The pattern will be as follows:

Question No.	Description	Marks
1	Answer in detail (Long Question) (Form Unit 1) Or Answer in detail (Long Question) (Form Unit 1)	14 Marks
2	Answer in detail (Long Question) (Form Unit 2) Or Answer in detail (Long Question) (Form Unit 2)	14 Marks
3	Answer in detail (Long Question) (Form Unit 3) Or Answer in detail (Long Question) (Form Unit 3)	14 Marks
4	Write short notes: any two out of four (Form Unit 4)	14 Marks
5	M.C.Q. Type Questions (07 out of 12 Que.) (3 Questions from each unit)	14 Marks
TOTAL		70

12. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Assignments	10 Marks
Attendance	5 Marks
Total	30 Marks

- Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.
- The internal marks will be communicated to the University at the end of each semester, but before the semester end examinations / as instructed by the University. These marks will be considered for the declaration of the results.
- The record of the internal marks, evaluation and results should be maintained for a period of one year by the respective institute/college for verification by the competent authority.

13. Internship and its Evaluation

During the fifth semester, students opt for “Internship” will have to undergo an internship of minimum 3 weeks i.e. (minimum 70 hours) with any School, Sports Club, Association, College, University, Industry, Social Organization etc. A student has to complete internship in between period of after examination of second semester and before examination of fifth semester. Student has to take any one activity out of four activities (Teaching / Coaching / Training / Officiating). Student should submit an Internship

Completion Certificate issued by the above competent authority under which the internship is undertaken before examination of fifth semester. The respective college will assess and evaluate the same as per following table.

Internship (Any One)	Criterion	Total Hours	Marks
1. Teaching	Taking Assembly	-----	20
	Sports and Games Period	70 Hours	50
	Organization of any Sports Event	-----	30
	Total		100
2.Coaching	Coaching Camp at Club Level or Coaching to Club Team at Tournament	3 Weeks or 70 Hours	60
	Coaching Camp at District Level or Coaching to District Team at Tournament	3 Weeks or 70 Hours	70
	Coaching Camp at State Level/Inter-Collegiate level or Coaching to State Team/Inter-Collegiate Team at Tournament	3 Weeks or 70 Hours	80
	Coaching Camp at National/University / International Level or Coaching to National / University / International Team at Tournament	3 Weeks or 70 Hours	100
3.Training	Training Camp at Club Level or Trainer of Club Team at Tournament	3 Weeks or 70 Hours	60
	Training Camp at District Level or Trainer of District Team at Tournament	3 Weeks or 70 Hours	70
	Training Camp at State Level/ Inter-Collegiate level or Trainer of State Team/ Inter-Collegiate Team at Tournament	3 Weeks or 70 Hours	80
	Training Camp at National/University / International Level or Trainer of National /University / International Team at Tournament	3 Weeks or 70 Hours	100
4.Officiating	Officiating at Club Level (Two Tournament)	-----	60
	Officiating at District Level (Two Tournament)	-----	70
	Officiating at State Level/ Inter-Collegiate level (Two Tournament)	-----	80
	Officiating at National /Inter-University / International Level Tournament	-----	100

14. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses and practical courses.

15. Grading System:

The marks secured by a student from maximum 100 will be converted into letter grade. The grade points are the numerical equivalent of letter grade assigned to a student in 07 points scale as given below in table.

Range of Marks Obtained out of 100	Grade Point	Letter Grade	Description
90-100	10	A+	Outstanding
80-89	9	A	Excellent
70-79	8	B+	Very Good
60-69	7	B	Good
50-59	6	C+	Above Average
40-49	5	C	Average
Below 40	0	F	Fail/ Dropped
	0	AB	Absent

16. Calculation of Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA):

Once the marks of the CIA (Continuous 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 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:

$$SGPA = \frac{\sum_{i=1}^n CiGi}{\sum_{i=1}^n Ci}$$

$$CGPA = \frac{\sum_{j=1}^N SGPA_j}{N}$$

Where C_i is the Credit earned for the course 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 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.

- i. The SGPA and CGPA shall be rounded off 2 decimal points and reported in the transcript.
- ii. The CGPA will be calculated as the average of the SGPA of the six semesters.
- iii. Calculation of Percentage from CGPA.

$$\text{Percentage (\%)} = \text{CGPA} \times 10$$

Note:

- i. SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- ii. CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- iii. The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
- iv. For the award of the class, CGPA shall be calculated on the basis of:
 - Marks of each Semester End Assessment and
 - Marks of each Semester Continuous Internal Assessment for each course.
 The final Class for B.P.E.S. Degree shall be awarded on the basis of last CGPA (grade) from all the one to six semester examinations.

17. Classification of Final Results:

1. For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education and Sports 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, Elective Course and Practical Courses will be the criterion.

2. Promotion of the student from semester 1 to 2, 2 to 3, 3 to 4, 4 to 5, 5 to 6 shall be as per the provision of Ordinance No. 10 of university.

Or

However, for the second semester final examination to sixth semester final examination , a student will not be allowed to appear till the students passes 50% of all the courses (core courses, elective courses, practical courses) of previous semesters i.e. Semester I to Semester V.

3. The class of passing and grade obtained in examinations will be given by combining the marks obtained by the students in all the end semester final examinations (Semester I to VI) held by the university.

18. Promotion to Higher Semester (A.T.K.T.):

The unsuccessful candidate of any semester examination shall be ALLOWED TO KEEP THE TERM (ATKT) in accordance with the following table:

Admission to Semester	The Student Should Have Attended the Session Satisfactorily and Appeared for the Examination	Students Should Have Passed in at least 50% of the Passing Heads of the Examinations, Fraction, if any, to be Ignored (Theory and Practical being Separate Passing Heads
I st Semester	-----	-----
II nd Semester	I st Semester	50% Courses of I st Semester
III rd Semester	II nd Semester	50% Courses of I st Semester and 50% Courses of II nd Semester
IV th Semester	III rd Semester	50% Courses of III rd Semester
V th Semester	IV th Semester	a) Should Have Passed the Examinations of I st Semester and II nd Semester b) 50% Courses of III rd Semester and 50% Courses IV th Semester
VI th Semester	V th Semester	50% Courses of V th Semester

Note: * A Student admitted to Final Semester can appear for Final Semester Examination however the result of the Final Semester Examination will be withheld unless the student clears all the lower examinations of the B.P.E.S. Course.

19. Provision for Multiple Exit and Multiple Entry

The B.P.E.S. Program offered under this direction provides an opportunity to students for multiple exits from the program as per following conditions:

- a. A student can exit the program after successful completion of Ist and IInd semester courses and obtaining 48 credits. Such a student is eligible to be awarded “Certificate in Physical Education and Sports” by the University.
- b. If a student exit the program after successful completion of IIIrd semester and IVth semester courses and obtaining 96 credits. Such a student is eligible to be awarded “Diploma in Physical Education and Sports” by the University.
- c. The student who has completed the 3 years program and earned 144 credits will be considered eligible for award of “Bachelor of Physical Education and Sports” degree by the University.
- d. A student who wishes to exit the program before completion of 3 years is required to apply to the university through the Principal.
- e. A student who opted for exit from the program before completion of 3 years (a and b) above shall be eligible for admission to next year of the program in any subsequent academic session. However, if at the time of admission, if this scheme of examination is not in force, the student will have to complete the program according to the provisions made under the direction prevailing at the time of such admission.

20. Provision for Transfer of Credits:

- a. If a student is willing to take Elective Course i.e. from SWAYAM Online Learning Platform then, student have to mention this while submitting the examination form to the University for respective semester.
- b. A certificate of completion of such an Online Course shall be submitted by the student to the University through college before end term evaluation.
- c. Such a Certificate shall mandatorily have a number of credits, duration of the course and grades/marks obtained by the student and shall preferably have a QR code for verification.

- d. The college shall submit the grades and marks obtained by the student to the University along with Internal Assessment marks for the concerned examination.
- e. If a student has opted for an Online Course in a particular semester and failed to submit the certificate within prescribed time, the student will be marked for 'Absent' for a particular course in that examination. Such a student will required to fill in the examination form in the consecutive attempt and submit the passing certificate in order to get his/her corrected result.

21. Award of the B.P.E.S. Degree:

A candidate shall be eligible for the award of the degree of the B.P.E.S. only if he/she has earned the minimum required credit of the programme prescribed above.

22. Revision of Syllabi:

1. If needed syllabi of every course can be revised by the Board of Physical Education and Recreation, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.
 2. Revised Syllabi of each semester should be implemented in a sequential way.
- In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
 - All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
 - During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
 - In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

Semester – I

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-101	Language (English/ Hindi/ Marathi)	3	3	30	70	100
TC-102	Elements of Physical Education	3	3	30	70	100
TC-103	General Science	3	3	30	70	100
Elective Course (Any One)						
EC-101	Health Education	3	3	30	70	100
EC-102	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-101	Major Game: Kabaddi / Volleyball / Baseball / Netball (Any Two)	6	3	30	70	100
PC-102	Formal Activity : Dumbbells, Wands, Ring, Indian Club, Flag (Any Two)	6	3	30	70	100
PC-103	Lezim (Sadi) and Lathi Kathi	6	3	30	70	100
PC-104	Drill & Marching, Flag Hosting, Band	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

Semester – II

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-201	Anatomy and Physiology	3	3	30	70	100
TC-202	Educational Psychology	3	3	30	70	100
TC-203	Principal and History of Physical Education	3	3	30	70	100
Elective Course (Any One)						
EC-201	Recreation in Physical Education	3	3	30	70	100
EC-202	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-201	Major Game: Kho-Kho / Hockey / Throw ball / Handball (Any Two)	6	3	30	70	100
PC-202	Mass PT, Table Exercise, Suryanamaskar	6	3	30	70	100
PC-203	Ground Gymnastic	6	3	30	70	100
PC-204	Athletics: Running Event	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

Semester – III

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-301	Physiology of Exercise	3	3	30	70	100
TC-302	Method in Physical Education-I	3	3	30	70	100
TC-303	Adapted Physical Education	3	3	30	70	100
Elective Course (Any One)						
EC-301	Counselling and Guidance	3	3	30	70	100
EC-302	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-301	Major Game: Table Tennis / Badminton / Ball Badminton / Squash (Any Two)	6	3	30	70	100
PC-302	Lezim (Ghati and NFC)	6	3	30	70	100
PC-303	Athletics: Jumping Event	6	3	30	70	100
PC-304	General Lesson	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

Semester – IV

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-401	Kinesiology	3	3	30	70	100
TC-402	Yoga	3	3	30	70	100
TC-403	Method in Physical Education-II	3	3	30	70	100
Elective Course (Any One)						
EC-401	Remedial and Corrective Physical Education	3	3	30	70	100
EC-402	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-401	Major Game: Wrestling / Judo / Boxing / Taekwondo / Karate (Any Two)	6	3	30	70	100
PC-402	Parallel Bar and Vaulting Box (Boys) Balance Beam and Dance or Aerobics (Girls)	6	3	30	70	100
PC-403	Yoga (Yogasan,Pranayam,Yogic Kriyas)	6	3	30	70	100
PC-404	Lesson on Games and Sports	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

Semester – V

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-501	Test and Measurement in Physical Education	3	3	30	70	100
TC-502	Fundamentals of Computer in Physical Education	3	3	30	70	100
TC-503	Sports Sociology	3	3	30	70	100
Elective Course (Any One)						
EC-501	Management in Physical Education	3	3	30	70	100
EC-502	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-501	Major Game: Cricket / Basketball / Lawn Tennis / Softball / Korfball (Any Two)	6	3	30	70	100
PC-502	Internship (Teaching/ Coaching/ Training/ Officiating)	6	3	100	---	100
PC-503	Athletics: Throwing Event	6	3	30	70	100
PC-504	Lesson on Specialised Games or Sports	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

Semester – VI

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-601	Organisation and Administration in Physical Education	3	3	30	70	100
TC-602	Principles of Officiating and Coaching	3	3	30	70	100
TC-603	Sports Injuries and Rehabilitation	3	3	30	70	100
Elective Course (Any One)						
EC-601	Principles of Sports Training	3	3	30	70	100
EC-602	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-601	Officiating of Specialised Games or Sports	6	3	30	70	100
PC-602	Malkhamb (Boys) / Balance Beam (Girls)	6	3	30	70	100
PC-603	Massage and First Aid	6	3	30	70	100
PC-604	Lesson on Athletics	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

23: As soon as possible after the examination, the board of examination shall publish a list of successful examinee and the degree shall be awarded on the basis of First to Six semester taken together.

24. I further direct that the aforesaid Direction shall come into force from the date of issuance and shall remain in force till the relevant Ordinance comes into force in accordance with the provisions of Maharashtra Universities Act, 1994 and the relevant provisions published by this Direction shall be repealed from the existing Directions.

Nagpur

Dated: / /

Vice-Chancellor,
RTM, Nagpur University

Semester- I
Theory Courses
TC-101 Language
English

Unit I – Prose

1. The Thief – Ruskin Bond
2. Between the Mosque and the Temple – Boman Desai
3. A Letter by Hazlitt to His Son – William Hazlitt
4. Education Provides a Solid Foundation – A.P.J. Abdul Kalam

Unit - II - Personalities

1. Ramchandrarao Kirloskar and Laxmanrao Kirloskar
2. Sudha Murty
3. Muhammad Yunus

Unit – III – Poetry

1. In the Bazaars of Hyderabad – Sarojini Naidu
2. Daffodils – William Wordsworth
3. To Autumn – John Keats
4. The Highwayman – Alfred Noyes

Unit – IV – Grammar and Composition

1. Comprehension
2. Letter Writing (Application with Resume, Placement of Order, Complaint Letter)
3. Synonyms and Antonyms

References :

1. A Novel Beginning by Orient Black Swan

हिंदी

इकाई — I — निबंध

सामान्य विषय पर निबंध।

निबंध साहित्य : परिभाषा, स्वरूप, तत्व एवं प्रकार।

इकाई — II - गद्य विभाग

- | | | | |
|----|--|---|-------------------|
| 1. | संत साहित्य की ऐतिहासिक भूमिका (निबंध) | — | रामविलास शर्मा |
| 2. | सलाम (कहानी) | — | ओमप्रकाश वाल्मीकि |
| 3. | आवाज का नीलाम (एकांकी) | — | डॉ. धर्मवीर भारती |
| 4. | पहिला सफेद बाल (व्यंग्य) | — | हरिशंकर परसाई |

इकाई — III — पद्य विभाग

- | | | | |
|----|-----------------------|---|------------------|
| 1. | मनुष्यता | — | मैथिलीशरण गुप्त |
| 2. | जीवन नहीं मरा करता है | — | गोपालदास 'नीरज' |
| 3. | जो शिलाएँ तोड़ते हैं | — | केदारनाथ अग्रवाल |
| 4. | हँसो हँसो जल्दी हँसो | — | रघुवीर सहाय |

इकाई — IV दुत वाचन

- | | | | |
|----|------------------------------|---|------------------------|
| 1. | नमक का दारोगा (कहानी) | — | प्रेमचंद |
| 2. | चोरी और प्रायश्चित (आत्मकथा) | — | महात्मा गांधी |
| 3. | माँ पर नहीं लिख सकता कविता | — | डॉ. चन्द्रकांत देवताले |
| 4. | एक अजीब — सी मुश्किल | — | कुँवर नारायण |

Reference :

साहित्य सृजन — डॉ. मधुलता व्यास, डॉ. राजेंद्र मालोकर

मराठी

गद्य विभाग :

- | | | | |
|----|---|---|---------------------------|
| 1. | पाखाला बाळक पांगुरवणे | — | म्हाईभट |
| 2. | शिक्षण | — | महात्मा फुले |
| 3. | तरूणांनो निर्भय बना, शुर बना! | — | स्वामी विवेकानंद |
| 4. | कोकराची कथा | — | अरविंद गोखले |
| 5. | नववर्षाच्या उदयाचलावर उद्योगाचे ध्वजारोपण | — | राष्ट्रसंत तुकडोजी महाराज |

पद्य विभाग :

- | | | | |
|----|----------------------|---|----------------------------------|
| 1. | माय मराठी | — | मुकंदराज |
| 2. | ज्ञानेश्वरांचे अभंग | — | (अ) घनु वाजे घुणुघुणा (विराण्या) |
| | | — | (आ) पैल तो गे काउ कोंकताहे |
| 3. | दवाचे थेंब | — | केशवसुत |
| 4. | भंगू दे काठिण्य माझे | — | बा.सी.मर्ढेकर |
| 5. | चार शब्द | — | नारायण सुर्वे |

व्यावहारिक मराठी :

1. व्यावहारिक मराठी : स्वरूप आणि भूमिका
2. भाषिक संवादव्यवहाराची मूलतत्वे

Reference :

अभ्यास ग्रंथ — साहित्यरंग भाग १ — राघव पब्लिशर्स अँड डिस्ट्रीब्युटर्स

Semester- I
Theory Courses
TC-102 ELEMENTS OF PHYSICAL EDUCATION

•LEARNING OUTCOMES

After completing this course, the students will be able to

- Understand the Concept of Physical Education.
- Understand the various terms in Physical Education
- Understand the Development of Physical Education and sports in India
- Describe the Professional Organisations.
- Understand the Government Efforts in physical education and sports

Unit – 1

1) Physical Education:

- Definition.
- Meaning and Scope, Misconceptions about Physical Education.
- Aims and Objectives of Physical Education
- Principles of Physical Education

2) Meaning of various terms and general contents used in Physical Education:

Gymnastics, Athletics, Formal Activities, Indigenous Activities, Games, Minor Games, Aquatics, Rhythmic, Yoga, Hiking, Picnic, Camping

Unit – 2

A brief survey of Growth and Development of Physical Education and sports in India :

1) Contribution of Vyayamshala and Akhadas.

2) British Period :

- The British Influence-Gymkhana, Sports, Clubs, Military and Physical Training.
- Physical Education in Schools and Colleges
- Influence of Political forces on Physical Education in India,

3) Development of Physical Education in India after Independence

Unit – 3

1) Private Efforts

- Sports Federation and Associations.
- International, National and State level Tournaments.
- India's Participation in International Sports.

- Contribution of Institutions Promoting Yoga and Indian Physical Culture.

2) Training Institutes and Professional Organizations

- Growth and Development of Physical Education Colleges in India
- Various courses in teacher training programme
- Job opportunities

Unit – 4

Government Efforts

- Physical Education, Advisory Bodies and sports councils.
- National Physical Efficiency Drive.
- National Coaching Scheme.
- Physical Education Development Schemes.
- Honour and Incentives to Sportsman :
 - (i) Arjun Award.
 - (ii) National Award.
 - (iii) Chhatrapati Award and Abhimanyu Award
- National College of Physical Education
- National fitness Corps

Reference Books :

1. Sharirik Shiksha ke Tatva (Hindi Medium) : Dr. Ramesh Chand Kanwar
2. Foundation of Physical Education : Bucher.
3. Introduction to Physical Education : Sharman, J. R.
4. Manual of Physical Education : Wakharkar.
5. A History of-Physical Education : E. A. Khan.
6. An Analytical History of Physical Education ; S. Hariharan and C. Tirunarayan.
7. Principles of Physical Education : Surjan Singh.
8. Elements of Physical Education : Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)

Semester- I
Theory Courses
TC-103 GENERAL SCIENCE

•LEARNING OUTCOMES

After completing this course, the students will be able to

- Understand the Concept of general Physics
- Understand the Concept of general Chemistry
- Understand the Concept of general Biology
- Understand the Concept of Nutrition in Sports
- Understand the mechanism of metabolism

Unit – 1 : PHYSICS

- Importance of Science, Basic Science and Science required for Physical Education.
- **Mechanics and General Properties of Matter** : System of Units, Motion, Newton's Law of Motion and their applications, Velocity, Force, Centrifugal and centripetal with examples, centre of gravity, simple pendulum, levers, energy, Transformation of energy, friction. Angle of friction, Barometer, Boiler's Law, exhaust pump and ball inflator, Density and specific gravity (without measurements). Elasticity, Stress and Strain, Hooke's Law, Young Modulus (without determination).

Unit – 2 : CHEMISTRY

- Atom, molecule, elements and compounds. Symbols, formula, Physical and chemical changes. Introduction, to periodic classification. Ionic theory, solubility, crystallisation, Acid bases, salts, neutralization, hydrolysis.
- Atomic Structure : Protons, Neutrons, Electron
- Water: Purification hard and soft water, Removal of hard Demineralization.

Unit – 3 : BIOLOGY

- Difference between Living and Non-living objects
- Difference between plants and animals.

- Metabolism-Anabolism and Catabolism, Structure of Cell, Cell division. Different types of Cells, Tissues, Organs (Examples from Plants and animals).

Unit – 4 : Nutrition

- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Meaning , Classification and Functions of Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water
- The mechanism of nutrition food, its digestion and absorption. Metabolism.
- Role of Nutrition in Sports

Reference Books :

1. Samanya Vigyan (General Science) : Dr. Ramesh Chand Kanwar
2. Intermediate physics by Ray Choudhary and Sinha.
3. Intermediate Physics by Jog.
4. Inorganic chemistry by mitra.
5. Elementary Organic chemistry by Bahi and Tuli.
6. A Class book of Botany by Dutta.
7. Text- Book of zoology by Vidyarthi.
8. Intermediate Physics by Basu and Chaudhari.
9. Pre-University Physics, Parts I & II by C.H. Gupta.

Semester- I
Elective Courses
EC-101 HEALTH EDUCATION

•LEARNING OUTCOMES

After completing this course, the students will be able to

- Understand the Concept of Health Education.
- Understand the Personal Health, Hygiene and Sanitation
- Understand the Programmes of Health Education
- Understand the General Principles of Co-ordinated School Health Programme

Unit – 1

- Definition of Health Education, Meaning & Scope of Health Education.
- Concept of Health and fitness. Characteristics of healthy individual. The importance of individual, family, community and national health

Unit – 2

- Personal health- Care of eyes, ears, mouth, skin, hair, clothing, rest, exercise, relaxation and sleep, care of Surroundings, diet and nutrition, Air ventilation, Beverages, alcohol, narcotics, smoking-their effect on health.
- Hygiene and Sanitation- Problems of water Supply-Food stuffs, air and Ventilation, Disposal of refuse, Dumping-Conservancy and water carriage system.

Unit – 3

- Effect of Heredity and Environment on Health
- Evaluation of Health Programme
- World Health Organisation

Unit – 4

General Principles of Co-ordinated School Health Programme:

- Health Services
 - (i) Appraisal aspect
 - (ii) Preventive aspect.
 - (iii) Remedial aspect

- Health Instructions for different age groups
- Health Supervision

Reference Books :

1. Health Education by Dr. S. P. Chaube.
2. Health Education and Hygiene by B. C. Rai.
3. Health Hygiene and Health Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
4. Health Education by Mess and Others (National Education Association of U. S. A. 1964).
5. School Health and Health Education: Turner, et al St, Louis, The C. V. Mosby Co. 1970.
6. School Health Education: Caber Teuffer, D.: Harper & Bros., New York, 1966,
7. Hand-book of Hygiene and Public Health by V. P. Bedi
8. The School Hygiene Service by Leff Vera and Lett. S.
9. A Text-book of Health Education : Denis Prirries and A. J. Delzeltward.
10. Health Education and Health Hygiene : Dr. Ramesh Chand Kanwar
11. Health Education : Dr. S. P. Chaubey.
12. Health Education and Hygiene : B. C Rai
13. Health Education and Environmental Studies : Dr. A. A. Budhe & Dr. S.D.Bante, Nipun Prakashan

Semester- I
Elective Courses
EC-102 SWAYAM

- **Any one course**

Semester- I
Practical Courses

PC-101- Major Game: Kabaddi / Volleyball / Baseball / Netball (Any Two) - 70 Marks

• Production of game book (Any two game of candidate's choice). The game book shall include the following points:

- (i) History of the game.
 - (ii) Ground Measurement and Equipment's with diagram.
 - (iii) Player and their attire.
 - (iv) Rule and Regulations with interpretations
 - (v) Fundamental skills.
 - (vi) Lead up games.
 - (vii) Official signals and score shed.
- Students shall select two game as specialization for Annual Examination.

Distribution of marks for Annual Examination for the game of Specialization of one game	
Demonstration of fundamental skills of first game	15 Marks
Playing Efficiency of first game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of first game	10 Marks
Demonstration of fundamental skills of second game	15 Marks
Playing Efficiency of second game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of second game	10 Marks
Total	70 Marks

Note:- Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment.

PC-102- Formal Activities - 70 Marks

• Dumbbells, Wands, Ring, Indian Club, Flag (Any Two)

Distribution of marks for each Formal Activity	
Four Exercises of examiner's choice of first activity	20Marks
Three Exercises of candidate's choice of first activity	15 Marks
Four Exercises of examiner's choice of second activity	20Marks
Three Exercises of candidate's choice of second activity	15 Marks
Total	70 Marks

PC-103- Sadi Lezium and Lathi Kathi - 70 Marks

Char Awaj, Aath Awaj, Aadi Lagaos, Ek Jag he, Pavitra, Do Ruth, Chau Mukhi, Cbau Mukhi Baithak, Aage Phalang, Peeche Phalang.

Distribution of marks for each Formal Activity	
Four Exercises of examiner's choice	20 Marks
Four Exercises of candidate's choice	20 Marks
Mass Demonstration of Lezium	10 Marks
Exercises of Lathi Kathi	20 Marks
Total	70 Marks

PC-104- Drill and Marching – 40 Marks

Savdhan & Vishrasn, Aramse, Dahine Saj, Samne Dekh, Ginti Kar, Sajja, Quadam tal, Tham, Dahine Mur, Bahine Mur, Peeche Mur, Tej chal and tham, Samne siloot, Dahine and bahine Dekh (chalet chalet) Dhire Chal and Dhirre Chalse tej Chal , Dhire chalse Bahine Mur and Dahine Mur, Tej Chal se Bahine mur, Dahine mur and pechhe mur, Tej Chal se Dahine Ghum, Bahine Ghum, Quadam badal, Qudam Tal se age badh.

Distribution of marks for each Formal Activity	
Drill & Marching Movements under the leader	20 Marks
Drill & Marching Movements and word of commands by Individual student	20 Marks
Marching in a Scot	10 Marks
Flag Hosting	10 Marks
Band	10 Marks
Total	70 Marks

Semester- II
Theory Courses
TC-201 ANATOMY AND PHYSIOLOGY

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the different systems of human body.
- Identify and describe the different organs of the human body and its regulation.
- Understand function of the muscle
- Understand the mechanism of metabolism, nervous systems, ductless glands

Unit – 1

- The Body : A general study of the human body and its systems
- Bones of the Body : Form and general Structure and classification of Bones.
- Joints : Movable, slightly movable and immovable Joints.
- Classification of movable joints. Ligaments of knee and angle joint.

Unit – 2

- Muscular system : General structure of striated and unstriated muscles.
- Distribution of those two types of muscles in the body.
- Position, origin, insertion, Action, of the following skeletal muscle:
Trapezius. Rhomboids-Serratus Anterior, Pectorals, Deltoid, Supraspinatus, Lattissimus Dorsi. Bicepsbrachi, Brachioradialis, Brachialis, Triceps, Poses Major and Minor Sartorius Gluteus Maximus, Biceps Femoris, Rectus Femoris, Gastrocnemius, Soleus, Tibialis Posterior, Peroneus, Tibialis Anaticus, Rectus Abdominis, External Obliques, Internal Obliques

Unit – 3

Brief Account of the following systems of the Body :

- Circulatory System
- Respiratory System
- Nervous System

- Excretory System
- Digestive System
- Endocrine System Anatomy Practical

Unit – 4

Human Physiology

- Voluntary and involuntary muscles. Their nerve cell and nerve fibres.
- The blood and circulation including the physiology of heart and blood vessels. Lymph gland, Lymph, Tissue Fluids and Cerebro-Spinal Fluids.
- Respiration including knowledge of adaptation under different atmospheric conditions.
- Renal excretion.
- Nervous system and sensation :
 - (1) The Central Nervous System
 - (2) The Central Nervous System.
 - (3) The Autonomic Nervous System.
 - (4) The General Senses-Cutaneous senses, muscle sense, etc
 - (5) Special senses such as that of vision, hearing, voice and speech, smell and taste
- Ductless glands (endocrine organs)
- Skin and skin glands. The temperature of the body and its regulation

Reference Books :

1. Text Book of Anatomy by Holinshed
2. Applied Physiology by Samson Wright.
3. Physiology and Anatomy by Kimber and Gray.
4. Primary Caste Anatomy by Besmegine (Williams and WilKins Company, Baltimore).
5. Principles of Anatomy & Physiology by Dr. Jitendra Kumar Thakur & Dr. O. P. Aneja (Khel Sahitya Kendra)
6. Anatomy, Physiology, Kinesiology and Health Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)

7. Anatomy and Physiology by Smount and Macdonald (Edward Arnold)
8. An Introduction to Fundamental Anatomy by David Sinclair. (Blackwell Publications).
9. Kinesiology by Katherine Well (Saunders Company).
10. An Introduction to Fundamental Anatomy by David Sinclair .(Blackwell Publications).
11. Gray's Anatomy by D. V. Daviess (Longmans).
12. Cunningham's Manual of Practical Anatomy.
13. Kinesiology and, Applied Anatomy by Reasch-Burke (Lee and Febiger).
14. Text-book of Human Physiology by C. C. Chatterjee (Central Book Agency, Bankim Chatterjee Street, Culcutta-12).
15. Essentials of Human Physiology by S.M.Banerjee (S.Bhattacharya & Co.),
16. Essentials of Human Physiology by Benbridge and Manzi (Edited by Hartridge and D'Silva)
17. Anatomy and Physiology: Dr. Bhawe
18. The Living Body by Best and Taylor (Asian Publication)
19. Applied Physiology: Samson Wrights (Oxford Medical Publication).
20. Sharir Rachana Tatha Kriya Vigyan: Dr. Amit A. Budhe & Dr. Anil A. Budhe, New Delhi: Nipun Prakashan

Semester- II
Theory Courses
TC-202 EDUCATIONAL PSYCHOLOGY

LEARNING OUTCOME

After completing this course, the students will be able to

- Describe the role of sports psychology for athletes and in their performance.
- Describe the general characteristics of various stages of growth and development.
- Describe the Learning Process.
- Understand the psycho-sociological aspects of human behaviour in relation to physical education and sports
- Understand socialization through participation in Physical Education and sports activities
- Understand General Inmate Tendencies and Personality

Unit – 1

- Psychology as a Science, its meaning, its bearing on Education and Physical Education.
- Mental Process: Body mind relationship, Neuro-Muscular skills.
- 3. Stages in Development: The Nature of Growth and Development Characteristics at various stages of Development.

Unit – 2

- Heredity and Environment
- The Learning Process ; Nature laws of learning, Motivation in Learning, Attention and interest, Learning curves, Transfer of training.
- Intelligence : Its Nature, and Development.

Unit – 3

- Discipline and Behaviour.
- Individual Differences,
- The Psychology of the Group.

Unit – 4

- General Innate Tendencies: Motives, Needs, Drives, Sympathy, Imitation, Suggestion, Play, Play way in Education and sublimation of Innate Tendencies.
- Fatigue : Physiological and Psychological aspects of Fatigue.
- Personality: Meaning and Definition , Dimensions of Personality.

Reference Books :

1. Psychology of Adjustment by Shafer.
2. General Psychology by Garrett.
3. Educational Psychology by Gats.
4. Educational Psychology by Skinner.
5. Educational Psychology Guidance & Counselling by Dr. Ramesh Chand Kanwar
6. Solving Personal Problems. By Elliot.

Semester- II

Theory Courses

TC-203 PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION

• LEARNING OUTCOMES

After completing this course, the students will be able to

- Understand the Concept of Physical Education.
- Understand the Principles used in Physical Education
- Understand the Historical Development of Physical Education in India and Abroad.
- Describe the Different Olympic Games.
- Understand the Recent Developments in physical education

Unit – 1

- Meaning and Definition of Physical Education
- Scope of Physical Education
- Importance of Physical Education as Profession
- Qualities of Physical Education Teacher, opportunities for Physical Teacher in service and employment
- Importance of Principles, Application of Principles

Unit – 2

➤ Physiological Principles:

- Principle of use, disuse and overuse.
- Effect of Exercise, Optimum amount of exercise for healthful living
- Human energies and how they are spent.
- Fatigue, stress and its effect on Physical and Mental health Relaxation. Tension, Flexibility, Rhythm and Strength

➤ Psychological Principles:

- Personality, Transfer of training,
- Laws of learning, Habit, Reflexion, Conditioned Reflex,
- Effect of emotions on health,
- Instinct competition,
- Co-operation, Competitive sports, Age and sex characteristics.
- Theories of play, Adjustment.

Unit – 3

- Physical education in ancient civilizations
- Ancient India – Vedic and Epic period.
- Ancient Greece –Sparta and Athens
- Ancient Olympic Games
- Modern Olympic

Unit – 4

- Physical Education in modern India
- Physical education during British period (from 1825 to 1930 A.D.)
- Recent Developments in physical education & sports after independence
- Asian Games
- Youth movement including youth hostel, Cadet Corps

Reference Books :

1. Foundation of Physical Education by Charles A. Bucher
2. Introduction to Physical Education by J. P. Shaiman.
3. Physical Education by Oberteuffer, Delbert.
4. Modern Principles of Physical Education by J. R. Sharman
5. Principles of Physical Education by J.P. Williams
6. Physical Education, Interpretations and Objectives by Jay B. Nash.
7. Principles and History of Physical Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
8. History of Physical Education by Eraj Ahmed Khan.
9. Brief History of Physical Education by Emmel A. Rice
10. Physical Education in India. National Association of Physical Education and Recreation, Association of Physical Education and Recreation, India.
11. History of Physical Education by F. E. Leonard and George B. Affleck.
12. Sharirik Shiksha Ka Etahas. Dr. Amit A. Budhe & Dr. Sunil D. Bante, New Delhi: Nipun Prakashan

Semester- II
Elective Courses
EC-201 RECREATION IN PHYSICAL EDUCATION

- **LEARNING OUTCOMES**

After completing this course, the students will be able to

- Understand the Concept of Recreation.
- Understand the Principles of Recreation.
- Describe Recreational facilities
- Describe the Recreation at various levels.
- Understand the various programmes of Recreation.

Unit – 1

- Meaning and Definition of Recreation.
- History of Early and Modern Recreation and Leisure.
- Philosophy and Principles of Recreation.
- Objectives of Recreation.
- Scope and Significance of Recreation

Unit – 2

- Rural, Urban and Industrial Recreation.
- Agencies offering Recreation-Home, Government, Voluntary, Private and Commercial Agencies.
- Sources of funding of recreational activities
- Recreational facilities.

Unit – 3

- Recreation in Schools and Colleges
- Recreation for ill and disabled
- Recreation for the aged.

- Types and Functions of Recreation Leader
- Qualification, Qualities and Training of Recreation Leader

Unit – 4

- Programme Planning in major areas of Recreation.
- Aims, Objectives and Importance of Camping.
- Organization and types of Camp
- Selection and Layout of camp site
- Camp Programme and Activities - Audio-visual Aid, Art and Craft, Hiking, Map Reading, Dancing.

Reference Books :

1. Introduction to Community Recreation by G. D, Butler
2. Community Recreation— A Guide to its Organization. by M. D Meyer and C K. Bright bill.
3. Camping by Drought.
4. Methods of Physical Education by Bucher
5. Recreation by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)

Semester- II
Elective Courses
EC-202 SWAYAM

- **Any one course**

Semester- II Practical Courses

PC-201- Major Game: Kho-Kho/Hockey/ Throwball / Handball (Any Two) – 70 Marks

- Production of game book (Any two game of candidate's choice). The game book shall include the following points:
 - (i) History of the game.
 - (ii) Ground Measurement and Equipment's with diagram.
 - (iii) Player and their attire.
 - (iv) Rule and Regulations with interpretations
 - (v) Fundamental skills.
 - (vi) Lead up games.
 - (vii) Official signals and score shed.
- Students shall select two games as specialization for Annual Examination.

Distribution of marks for Annual Examination for the game of Specialization of one game	
Demonstration of fundamental skills of first game	15 Marks
Playing Efficiency of first game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of first game	10 Marks
Demonstration of fundamental skills of second game	15 Marks
Playing Efficiency of second game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of second game	10 Marks
Total	70 Marks

Note:- Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment.

PC-202- Formal Activities - 70 Marks

- Mass PT, Table Exercise and Suryanamaskar - Mass Demonstration
(Tables Exercise shall be taught as per prescribed in N. F. C. syllabus for Vth to Xth classes. Suryanamaskar shall be taught in 10 counts.)

Distribution of marks	
Mass PT and Table Exercise under the command of Leader	30 Marks
Suryanamaskar	40 Marks
Total	70 Marks

PC-203- Ground Gymnastics - 70 Marks

- Ground Gymnastic : Forward Roll (Sitting and Standing Position), Straddle Forward Roll, Sitting Backward Roll, Astride Backward Roll, Frog Balance and Roll, No Hand Forward Roll, Head Spring, Hand Spring, Dive (Long and High), Fly Spring Cartwheel, Double Roll Somersault.

Distribution of marks	
Five Exercises of examiner's choice on Ground Gymnastic	35 Marks
Seven exercises of candidate's choice on Ground Gymnastic	35 Marks
Total	70 Marks

PC-204- Athletics: Running Event - 70 Marks

Performance in Track event 100mts/ 200mts	20 Marks
Performance in Track event 400mts/800mts	20 Marks
Running Style Demonstration of technique and style	20 Marks
Viva on Rules and Regulations for Officiating	10 Marks
Total	70 Marks

- Candidate shall maintain Athletic Book on Running Events i.e Sprints Middle Distance Running and Long Distance Running only This Athletics book will be assessed internally .
- The athletic book shall include the following:
 - (i) Marking and Diagram of running track with start and finish lines of different races.
 - (ii) Apparatus and their measurements and weights.
 - (iii) Rules and regulations.
 - (iv) Style and Techniques.
 - (v) Officials and their duties.
 - (vi) Score sheets and records.

Semester- III
Theory Courses
TC-301 PHYSIOLOGY OF EXERCISES

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Physiology of Exercise.
- Understand types of exercises and its classification
- Understand the functions of different systems during exercise
- Understand energy consumption during training
- Understand Role of Muscular System in Exercise

Unit – 1

- Physiological concept of Health and Fitness
- Hygienic and aesthetic value of exercise.
- Exercise and its Classification: Passive, assistive, time resistive-isometric-isotonic, static, concentric eccentric.

Unit – 2

- Functioning of different systems of the body during exercise.
- Difference between secondary and active individuals,
- Effects of training on. Following systems :
 - i) Cardio respiratory
 - ii) Muscular
 - iii) Excretory

Unit – 3

- Physiological study of warming-up and cooling down
- Conditioning and training
- Effect of altitude on training
- Energy consumption and its measurement.

Unit – 4

Role of Muscular System in Exercise:-

- Microscopic structures of striated muscle.
- Contractile elements in muscle and the changes in muscle during Contraction:
i) Physical, ii) Chemical.
- Nerve Control of muscle contraction, Agonist and Antagonistic muscle groups.
Reciprocal innervations.
- Glycogen cycle and Fuel for Work.
- O₂ utilization, O₂ debt, Aerobic and Anaerobic phase of exercise, Second wind, Lactic acid formation and disposal.
- Fatigue and staleness.
- Relaxation and Rest
- Muscle Stitch, cramp, pull, tear, strain
- Aging changes in muscle

Reference Books:

1. Physiology of Exercises by Macurdy and Mekenzie.
2. Muscular Exercise by Eggleton M. Grace
3. Efficiency of Human Movements by N. B. Jauneler.
4. Physiology of Exercises & Kinesiology by Dr. Maya S. Madiwale (Amit Brothers Publications, Nagpur)
5. Kinesiology and the Anatomy Motion by E. N. Dural.
6. Psychology of Coaching by W. D. Lawther
7. Scientific Basis of Athletic- Training by Morehous and Rasch.
8. Efficiency of Human Movement by Brown (W. B. Saunders Co.).
9. Kinesiology and Applied Anatomy by Rasch, Burke Lee and Febiger.

Semester- III
Theory Courses
TC-302 METHOD IN PHYSICAL EDUCATION-I

• **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the concept of methods of teaching.
- Describe and use various teaching methods according to suitability construct the lesson plans for various physical education activities.
- Classify the types of presentation, techniques and technical preparations required for physical education lessons.
- Understand the principles of class management and factors affecting class management.
- Effectively utilize various teaching aids for conduct of physical education program.

Unit – 1

- Aim and Importance of Methods in Physical Education
- Methods of teaching in Physical Education
- Types of Method
 - i) Orientation
 - ii) Lecture
 - iii) Demonstration
 - iv) Exploration
 - v) Practice
 - vi) Discussion
 - vii) Part and Whole Method
 - viii) Observation
- Principles of Methods

Unit – 2

- Presentation Technique: Importance, The Basis of Educational Methods:
 - i) Personal Preparation

- ii) Technical Preparation
- iii) Organizing Subject Matter
- iv) Presentation of Subject Matter
- v) Class Management
 - Foundation of Methods, Maxims of Methods
 - Principles of Unit

Unit – 3

Lesson Planning in Physical Education

- Advantages of Lesson Planning
- Steps of General Lesson Plan
- Steps of Specific Lesson Plan
- Modal of Lesson Plan
- Teaching Aids- Importance and Advantages in Physical Education, Kinds of Teaching Aid

Unit – 4

- Lesson Planning
 - i) Types of Lesson
 - ii) Parts of Lesson
 - iii) Preparation of Lesson
 - iv) Plans of Lessons
- Types of Lesson
 - i) Knowledge Lesson
 - ii) Skill Lesson
 - iii) Drill Lesson
 - iv) Review Lesson
- v) Appreciation Lesson

Reference Books :

1. Methods in Physical Education by Dambach J. C. Williams J. F. N. Schwendener
2. Methods in Physical Education by Dr. Deepak Kavishwar (S. M. Publisher) 3.
- Methods in Physical Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
4. Physical Education Lesson by Dr. J. P. Thomas.
5. The Sports Organizers Hand Book by Dr. Walthana (Weeks and H. A. Winkles.)
6. Methods in Physical Education by Kosman Cassidy Jackson.

Semester- III
Theory Courses
TC-303 ADAPTED PHYSICAL EDUCATION

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the modern concept of adapted physical education.
- Apply the Guiding Principles for Adapted Physical Education Programme.
- Evaluate and develop programmes for differently abled.
- Comprehend the changing concept of differently abled people.
- Identify the various disabilities.
- Explain Provisions of special rights and privileges for differently abled through legislations.

UNIT- 1

- Meaning, definitions of Adapted Physical Education.
- Aims and objectives of Adapted Physical Education
- Need and importance of Adapted Physical Education.
- Brief historical review of adapted physical education.

UNIT- 2

- Classification of differently abled
Physically challenged, Mentally challenged, Speech and Hearing challenged and Visually challenged.
- Other Differently abled Condition problems
- Behavioural Problems - Adjustment Problem, learning disabilities, Emotional Problem
- Social Problem - Social Determination, Social Rejection

UNIT- 3

- Guiding principles for adapted physical education programme (AAPHER Principles)
- Physical Education program for disabled for Elementary school, Middle school, High School, College & University level

- Special adapted programme for various types and categories of physical disability.
- Regular physical activity Informal games and special activity, Informal and formal competitions.

UNIT- 4

- Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme.
- Creative development and hobby & culture development programme.
- Aquatic activity programme for disabled Importance of activity for disabled.

References:

- 1) Anoop Jain, “Adapted Physical Education” Sports Publications
- 2) Arthur G. Miller & James, “Teaching Physical Activities to impaired youth” John Wilag& Sons Inc. Canada.
- 3) Arthur S. Daniels & Euilya , “Adapted Physical Education”, Harpet& Row Publisher- New York.
- 4) Auxter, Byler, Howtting, “Adapted Physical Education and reactions”
- 5) Morbey-St. Louis Missouri. K. Park, “Preventive Social Medicine M/s BanaridasBhanot Publishers Prem Nagar Jabalpur.
- 6) Ronald W. French, & Paul J., “Special Physical Education”, Charles E. Merrics Publishing Co. Edinburgh
- 7) Ohio. Shekar KC, Adapted Physical Education(KhelSahitya Kendra: New Delhi)2005
- 8) Winnick JP, Adapted Physical Education and sport Human Kinetics USA, 2005

Semester- III
Elective Courses
EC-301 COUNSELLING AND GUIDANCE

• **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the concept of Counselling.
- Understand the concept of Guidance.
- Understand the concept of Counsellor, Leader.
- Understand the Stages of Behavioural Counselling
- Understand the principles of Group Dynamics
- Effectively utilize Theories of Counselling.

Unit – 1

- Meaning, importance and scope of the subject.
- Basic concepts of Counselling and Guidance
- Psychological basis of guidance and counselling, individual differences, Psychological Testing.

Unit – 2

- Objectives of guidance.
- Qualities and Qualification of a Counsellor.
- Responsibilities and qualities of a leader.
- Behavioural Counselling
- Stages of Behavioural Counselling

Unit – 3

- Meaning of Group Work
- Nature and Objective of group work.
- Group dynamics : Some general principles.
- The role of the leader in. the group.

Unit – 4

- Theories of Counselling
- Rational Emotive Theory
- Client Centred Theory or Person Centred Theory
- Psychodynamic Approach to Counselling
- Humanistic Counselling
- Client Centred Counselling
- Implication of Super's Theory for Career Counselling

Reference Books :

1. Psychology of Adjustment by Shafer.
2. General Psychology by Garrett.
3. Educational Psychology by Gats.
4. Educational Psychology by Skinner.
5. Educational Psychology Guidance & Counselling by Dr. Ramesh Chand Kanwar
6. Solving Personal Problems. By Elliot.
7. Guidance and Counselling in Physical Education by Dr. R.K. Banerjee

Semester- III
Elective Courses
EC-302 SWAYAM

- **Any one course**

Semester- III
Practical Courses

PC-301- Major Game: Table Tennis/ Badminton / Ball Badminton / Squash (Any Two) - 70 Marks

- Production of game book (Any two game of candidate's choice). The game book shall include the following points:
 - (i) History of the game.
 - (ii) Ground Measurement and Equipment's with diagram.
 - (iii) Player and their attire.
 - (iv) Rule and Regulations with interpretations
 - (v) Fundamental skills.
 - (vi) Lead up games.
 - (vii) Official signals and score shed.
- Students shall select two games as specialization for Annual Examination.

Distribution of marks for Annual Examination for the game of Specialization of one game	
Demonstration of fundamental skills of first game	15 Marks
Playing Efficiency of first game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of first game	10 Marks
Demonstration of fundamental skills of second game	15 Marks
Playing Efficiency of second game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of second game	10 Marks
Total	70 Marks

Note:- Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment.

PC-302- Lezim (Ghati) and Lezim (NFC) - 40 Marks

- Lezim (Ghati) - Aatha Awaj, Aage Paon, Pichhe paon, Chaupher, Adha Chakkar, Tal se Kadam, Baithak Aadhi & Poori, Baitha Chakkar, Pavitra, Ghoom Jao.
- Lezim (NFC) - Dahine Bayeu Hath Ki Harkat, Dahine Bayen Paunki Harkat, Ageki Harkat, Zukna Harkat, Ageki Zukna Harkat, Harkat Bharat Mata, Mochal, Ageki, Mochal Daheni Aur Bayne Chaumukhi for Mor chal, Chakkar Baithak.

Distribution of marks for each Formal Activity	
Three Exercises of examiner's choice of Lezim (Ghati)	15 Marks
Three Exercises of candidate's choice of Lezim (Ghati)	15 Marks
Three Exercises of examiner's choice of Lezim (NFC)	15 Marks
Three Exercises of candidate's choice of Lezim (NFC)	15 Marks
Mass Demonstration of Lezim (Ghati) and Lezim (NFC)	10 Marks
Total	70 Marks

PC-303- Athletics: Jumping Event - 70 Marks

Performance of Jumping event Long Jump/ Triple Jump	20 Marks
Performance in Track event High Jump/ Pole Vault	20 Marks
Running Style Demonstration of technique and style	20 Marks
Viva on Rules and Regulations for Officiating	10 Marks
Total	70 Marks

- Candidate shall maintain Athletic Book on Jumping Events. This Athletics book will be assessed internally.
- The athletic book shall include the following:
 - (i) Marking and Diagram of running track with start and finish lines of different races.
 - (ii) Apparatus and their measurements and weights.
 - (iii) Rules and regulations.
 - (iv) Style and Techniques.
 - (v) Officials and their duties.
 - (vi) Score sheets and records.

PC-304- General Lesson - 70 Marks

- Ten supervised lessons taken throughout the session
- One lesson on any formal activity to be given, at the Final Examination

- Preparation of the Teacher and his positions:
 - (1) Plan of the lesson.
 - (2) Suitability of equipment and formation of the class.
 - (3) Teacher's personal turn-out and demonstrations.
 - (4) Report (Approach and Relationship).
 - (5) Leadership and teaching ability
 - (6) Self-confidence and self-responsibility. .
 - (7) Self Development and Initiative.
 - (8) Command and Control of the class
 - (9) Instructional techniques, i.e. Sequence of Teaching.
 - (10) Maintenance of the interest and spirit of the lesson and total impression, impact and effect of the lesson
 - (11) Activity, Enthusiasm
 - (12) Knowledge about the subject and maturity.

Semester- IV
Theory Courses
TC-401 KINESIOLOGY

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the concept of Kinesiology.
- Understand various Anatomic Fundamentals Terminology
- Understand the functions of different muscles, locations and actions
- Understand Application of Kinesiology
- Understand principles of movement and motion

Unit – 1

- Kinesiology - Definition, Aims and objectives, brief story, scope and limitations, importance in coaching and physical medicine.
- Anatomic Fundamentals Terminology of various types of movement, lever and its Kinds- importance in mechanical action, bony levers in the body, Muscle and bone relationship, Joints, their kinds and movements, planes and axes of body.

Unit – 2

- Structural and Functional classification of Muscles, Direction of muscle fibers and relation to muscle action, angle of pull.
- Location and Actions of the muscles acting on following points in their corresponding movements:-
 - i) Shoulder girdle and joint
 - ii) Neck joint
 - iii) Trunk joint
 - iv) Hip joint
 - v) Knee joint
 - vi) Ankle joint
 - vii) Elbow joint
 - viii) Wrist joint

Unit – 3

- Body positioning in sport especially in running, throwing, jumping, walking, ascending and descending movements, Importance of posture
- Application of Kinesiology:-
 - (i) Technique of analysis and evaluation of human motion in sport activities.
 - (ii) Application of kinesiology to the teaching of sport movement.

Unit – 4

- Movement and its patterns :- Efficient movement, factors causing efficient movements, Rhythm Co-ordination, Practice, body positioning Factors affecting the efficient movement-friction, density of water and air, resistance, body surface force of gravity.
- Physical principles concerning motion
 - i) Principle of inertia
 - ii) Principle of equilibrium
 - iii) Principle of giving - impetus to external objects
 - iv) Principle of receiving the forceful object
 - v) Principle of moving one's own body in the air, water and on the ground.
 - vi) Principle of pulling, pushing and lifting the heavy objects.

Reference Books:

1. Physiology of Exercises by Macurdy and Mekenzie.
2. Muscular Exercise by Eggleton M. Grace
3. Efficiency of Human Movements by N. B. Jauneler.
4. Physiology of Exercises & Kinesiology by Dr. Maya S. Madiwale (Amit Brothers Publications, Nagpur)
5. Kinesiology and the Anatomy Motion by E. N. Dural.
6. Psychology of Coaching by W. D. Lawther,
7. Scientific Basis of Athletic- Training by Morehous and Rasch.
8. Efficiency of Human Movement by Brown (W. B. Saunders Co.).
9. Kinesiology and Applied Anatomy by Rasch, Burke Lee and Febiger.
10. Kinesiology/ Biomechanics Made Easy by Dr. Sanjay Choudhari, Dr.Vivek Awsare, Dr. Vijay Datarkar, Dr. Tapan Bhadra.

Semester- IV
Theory Courses
TC-402 YOGA

• **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Yoga and its historical development.
- Differentiate between various stages of Astanga Yoga.
- Demonstrate different Asanas, Pranayamas and Kriyas.
- Apply and demonstrate various benefits of Yoga to be applied in the field of sports.
- Relate Yoga with Health and Wellness.
- Develop Yogic Programs/schedules.

Unit – 1

- Yoga— Meaning, concept, mis-conceptions about Yoga-Relationship with Physical Education
- Historical Background of Yoga-Yogic Practices.

Unit – 2

- Yoga as a discipline of life Mode of living. Cults of Yoga
 - (i) Raj Yoga
 - (ii) Bhakti Yoga
 - (iii) Karma Yoga
 - (iv) Gyan Yoga.
- Hatha Yoga Philosophy

Unit – 3

- Astanga Yoga with special reference to :
 - i) Yama
 - ii) Niyama
 - iii) Asan
 - iv) Pranayama
- Types of Asanas and Pranayamas.
- Shat armas-Personal hygiene of Yoga: Six purifactory Methods of Yoga-Neti, Dhauti, Basti, Nauli, Gajkarni, Kunjal.

Unit – 4

- Bandhas, Mudras and Chakras of Yoga
- Recent advances in Yoga education. Yoga as a Science.
- The therapeutic values of Yogic Practices.
- Corrective values of Yogic Practices.

Reference Books :

1. Asanas: & Pranayam—Swami Kuvalayanand.
2. Yoga Personal Hygiene—Sri Yogendra.
3. Yogic Exercises by the Fit and the Ailing- S. Mazumdar.
4. Yoga by Dr. Anil Karwande
5. Yogic Asanas for Health and Vigour - Dr. Role.
6. Hatha Yoga—Go swami, S. S.
7. Practical Yoga : Ancient and Modern Wood, E,
8. Raj Yoga—Swami Vivekananda.
9. Bhakti Yoga—Swami Vivekananda

Semester- IV
Theory Courses

TC-403 METHOD IN PHYSICAL EDUCATION-II

• **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the methods, types of classification.
- Understand the various types of competition and tournaments.
- Understand Construction and Marking of Standard Track and Play-fields for various games.
- Understand Public Relation in Physical Education.
- Understand How to organise sports meet.

Unit – 1

- Classification: Classification of pupils for routine Physical Education activities and competitions-various methods of Classifications; Their advantages and disadvantages.
- Types of Classification
 - i) Macloy Classification
 - ii) Nelson and Kozen Classification
 - iii) Y.M.C.A. Classification
 - iv) Tirunarayanan and Harihar Classification
- Factors of Classification

Unit – 2

Competition and Tournament

- Meaning and Importance of Competition
- Guiding Principles of Tournament Organization
- Types of Competition
 - i) Knock out Method
 - ii) League Method
 - iii) Combination Method
 - iv) Challenge Method
- Method of Drawing Fixtures

Unit – 3

- Construction and Marking of Play-fields for various games:- Kabaddi, Kho-Kho, Volleyball, Cricket, Football, Handball, Hockey, Basketball, Badminton, Ball Badminton, Lawn Tennis.
- Planning Layout and Marking of the Standard Running Track and Fields.
- Types of Track, Characteristics of Standard Track

Unit – 4

- Public Relation in Physical Education
 - i) Importance of Public Relation in Physical Education
 - ii) Method and Means of Public Relations
- Picnic and Hikes
 - i) Importance of Picnic
 - ii) Organisation of Picnic
 - iii) Principles of Picnic
- Intramural Competitions
- Extramural Competitions
- Organisation of Sports Meet

Reference Books :

1. Methods in Physical Education by Dambach J. C. Williams J. F. N. Schwendener
2. Methods in Physical Education by Dr. Deepak Kavishwar (S. M. Publisher)
3. Methods in Physical Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
4. Physical Education Lesson by Dr. J. P. Thomas.
5. The Sports Organizers Hand Book by Dr. Walthana (Weeks and H. A. Winkles.)
6. Methods in Physical Education by Kosman Cassidy Jackson.

Semester- IV
Elective Courses
EC-401 REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Concept and Classification of Posture.
- Understand the various Postural Deformities.
- Understand different posture test and therapeutic exercise.
- Understand what Massage is.
- Understand different types of Massage.

Unit – 1

- Meaning, importance and scope of Posture.
- Concept and Classification of Posture
 - (i) Correct and Incorrect Posture
 - (ii) Static and dynamic Posture
 - (iii) Body type and Posture

Unit – 2

- Postural Deformities and Corrective Exercise
 - a) Kyphosis
 - b) Lordosis
 - c) Scoliosis
 - d) Flat foot
 - e) Bowed Legs,
 - f) Knocked knees

Unit – 3

1. Assessment of Posture-Posture Test
2. Therapeutic Exercise and their Classification
3. Principals of the Planning of the Programme of Corrective Physical Education in School

Unit – 4

1. A brief History of Massage
2. Principles of application of Massage.
3. A Classification of the Manipulations used in Massage and the effects of each such type on different systems of human body.
 - a) Stroking Manipulation
 - b) Pressure Manipulation
 - c) Percussion Manipulation
 - d) Shaking Manipulation.

4. Indications and Contraindications of Massage movements.
5. Massage in sport.

Reference Books :

1. Corrective Physical Education by Rathbone (J. I. H. B. Saunders and. Co)
2. Manual of Massage and Movement by Prof. E. M. Nero (Faber),
3. Therapeutic Exercises for Body Alignment and Function by William Maclimond. Catherine Worthinghaw (W. B. Saunders & Co.).
4. Massage and Medical Gymnastics by M. V, Lace (J. & A, Churchill Ltd.)
5. Preventive and Corrective Physical Education by Stafford and Kelly (Ronald Press Co. New York).
6. Tests and Measurements by McCoy and Young.
7. Principles of Exercise Therapy by Dana Garkinar (G. Bell & Son).
8. D. Tidy's Massage and Remedial Exercises for Medical and Surgical Conditions by Wale (Bristol, John Wright and Sons, Ltd.)

Semester- IV
Elective Courses
EC-402 SWAYAM

- **Any one course**

Semester- IV
Practical Courses

PC-401- Major Game: Wrestling/ Judo / Boxing / Taekwondo/ Karate
(Any Two) - 70 Marks

- Production of game book (Any two game of candidate's choice). The game book shall include the following points:
 - (i) History of the game.
 - (ii) Ground Measurement and Equipment's with diagram.
 - (iii) Player and their attire.
 - (iv) Rule and Regulations with interpretations
 - (v) Fundamental skills.
 - (vi) Lead up games.
 - (vii) Official signals and score shed.
- Students shall select two game as specialization for Annual Examination.

Distribution of marks for Annual Examination for the game of Specialization of one game	
Demonstration of fundamental skills of first game	15 Marks
Playing Efficiency of first game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of first game	10 Marks
Demonstration of fundamental skills of second game	15 Marks
Playing Efficiency of second game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of second game	10 Marks
Total	70 Marks

Note:- Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment.

PC-402- Parallel Bar and Vaulting Box / Vaulting Horse (Boys)
Balance Beam and Dance/Aerobics (Girls) - 70 Marks

- Parallel Bars : Single March with straight Arms (Forward and Backward) Double March with straight Arras (Forward & Backward) Shoulder balance, Chest balance forward roll screw, Frog balance, Straddles Sit, Tiger balance, Backward roll, short. And Long Arm Balance, Hammock Hang, Dips, Rabbit chasing.
- Vaulting Box / Vaulting Horse: Star vault, wolf vault, between vaults, thorough vault. thief vault, straddle flank vault, squat vault, Front vault, head spring hand spring, dive over the box
- Beam Practices : Mounting and dismounting, Basic walk, run skip Turns, Pivot Turn, Squat Turn Swing Turn, Leg Squat Pose, Arabesque, Kneeling back ward pose, V-sit, Lung Pose.

- Dance/Aerobics : College shall provide the facilities to teach two folk dances to women students; the candidate will select one dance for Annual examination.

Distribution of marks		
Parallel Bar	Four practices of Examiner's choice	20 Marks
	Three practices of candidate's choice	15 Marks
Vaulting Box	Four practices of Examiner's choice	20 Marks
	Three practices of candidate's choice	15 Marks
Total		70 Marks
Balance Beam	Four practices of Examiner's choice	20 Marks
	Three practices of candidate's choice	15 Marks
Dance/Aerobics	Folk dance- 1	20 Marks
	Folk dance- 2	15 Marks
Total		70 Marks

PC-403- Yoga - 70 Marks

1. Yogasanas - Padmasana, Mats asana, Pashchimottanasana, Shalabhasana, Akarna Dhanurasana, Gomukhasana, Mayurasana, Hansasana, Padahasthasana, Lshtrasana, Naukasana, Vrik-shasana, Trikonasana, Janushirasana, Sarvangasana, Halasana, Kukkutasana
2. Pranayam – Chandrabhedan, Suryabhedan, Anulom-Vilom, Bhastrika, Ujjayi, Sheetali, Sheetkari, Bhramri
3. Kriyas:- Dhauti, Bhasti, Neti, Tratak, Nauli, Kapal Bhati

Distribution of marks	
Three Asanas of Examiner's choice	15 Marks
Three Asanas of candidate's choice	10 Marks
Three Pranayam of Examiner's choice	15 Marks
Three Pranayam of candidate's choice	10 Marks
One Kriya of Examiner's choice	10 Marks
One Kriya of candidate's choice	10 Marks
Total	70 Marks

PC-404- Lesson on Games and Sports (Specific Lesson)- 70 Marks

- Ten supervised lessons taken throughout the session
- One lesson on any major game to be given, at the Final Examination

- Preparation of the Teacher and his positions:
 - (1) Plan of the lesson.
 - (2) Suitability of equipment and formation of the .class.
 - (3) Teacher's personal turn-out and demonstrations. ,
 - (4) Report (Approach and Relationship).
 - (5) Leadership and teaching ability
 - (6) Self-confidence and self-responsibility. .
 - (7) Self Development and Initiative.
 - (8) Command and Control of the class
 - (9) Instructional techniques, i.e. Sequence of Teaching.
 - (10) Maintenance of the interest and spirit of the lesson and total impression, impact and effect of the lesson
 - (11) Activity, Enthusiasm
 - (12) Knowledge about the subject and maturity.

Semester- V
Theory Courses
TC-501 TEST AND MEASUREMENT IN PHYSICAL EDUCATION

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Concept of Test and Measurement.
- Understand the various uses of Test and Measurement.
- Understand Validity, Reliability and Objectivity.
- Understand different Physical Fitness Test
- Understand different Sports Fitness Test

Unit – 1

- Meaning of Test and Measurement
- Need of Test in Physical Education
- Need of Measurement in Physical Education
- Use of Test and Measurement in Physical Education

Unit – 2

- Criteria of Test
- Validity, Reliability, Objectivity
- Norms and Standard
- Administration of Test- Advance Preparation, Duties during Testing, Duties after Testing

Unit – 3

Physical Fitness Test

- AAHPER youth fitness test
- National physical fitness test
- J.C.R. test
- Harward's Step test

Unit – 4

Sports Skill Test

- Lockhart and McPherson Badminton Test
- Johnson Basketball Ability Test
- McDonald Soccer Test
- Rustle Lange Volleyball Test
- SAI Hockey Test

Reference Books:

1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: HoStorm.
2. Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
3. Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger. 57
4. Awasare, Vivek G. & Joshi, A.R. (2015) Test, Measurement & Evaluation in Physical Education, Nagpur : Amit Brothers Publications
5. Charde, S.K., Hussain, Showkat & Kanwar, A.R. (2013) Test, Measurement and Evaluation in Physical Education, Nagpur: Amit Brothers Publications
6. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
7. Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B. Saunders Company.
8. Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York. Phillips.
9. D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Wiley and Sons.
10. Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.
11. Awasare, V. & Joshi, A. (2017). Sharirik Shiksha Me Parikshan, Mapan Avm Mulyankan. Nagpur: Amit Brothers Publication.

Semester- V
Theory Courses

TC-502 FUNDAMENTALS OF COMPUTER IN PHYSICAL EDUCATION

• **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the importance of computers in Physical Education.
- Understand the Uses of computers in Physical Education.
- Understand various storage devices of computer.
- Understand basic concept of MS Office
- Understand concept of networking, search engine

Unit – 1

- What is a computer
- Need and Importance of computers literacy in Physical Education
- Characteristics of computers and Evolution of computers
- Types of computers, limitations of computer
- Uses of computers in Physical Education

Unit – 2

- RAM, ROM, PROM & EPROM, CACHE Memory
- Memory storage devices, Mass storage devices
- Types, Uses, Advantages and Limitations of Various storage devices.

Unit – 3

- Basic Concepts of Ms. Office
- Introduction to Ms. Word
- Introduction to Ms. Excel.
- Introduction to Ms. Powerpoint.

Unit – 4

- Basic concepts of Networking
- Network types(LAN, WAN, MAN), LAN components
- Electronic mail, file transfer protocol, Telnet, Usenet
- The world wide web, WWW browsers
- Uses of the internet
- Search engines

Reference Books :

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

Semester- V
Theory Courses
TC-503 SPORTS SOCIOLOGY

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Concept of Sports Sociology
- Understand the importance of Sports Sociology in Physical Education and Sports.
- Understand the meaning of socialisation.
- Understand concept of Sports for All.
- Understand relation between Sports and Social System

Unit – 1

- Meaning and Scope of Sports Sociology
- Sports Sociology as a discipline
- Need and Importance of Sports Sociology in Physical Education and Sports
- Sports as a social occurrence
- Effect of Appearance, Sociability and Specialisation on Sports Participation

Unit – 2

- Socialisation through Games and Sports
- Sports as an element of Society
- Sports as an element of Cultural Development
- Sports as an art

Unit – 3

- Social Stratification in Sports
- Demonstration in Sports
- Sports and Women
- Sports and Children
- Sports and other Adults

Unit – 4

Sports and Social System

- Competition and Co-operation
- Sports and Politics
- Sports and Economy
- Sports and National / International Brotherhood

Reference Books :

1. Sharma, S.R., Sociological Foundation in Physical Education and Sports, Friends Publication, New Delhi.
2. Singh, Kawaljeet, Sociology of Sports, Friends Publication, New Delhi.
3. Sing, Bhupinder, Sports Sociology- An Indian Perspective, Friends Publication, New Delhi.
4. Yobu, A. – Sociology of Sports, Friends Publication, New Delhi.

Semester- V
Elective Courses
EC-501 MANAGEMENT IN PHYSICAL EDUCATION

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Concept of Sports Management
- Understand the importance of Sports Management in Physical Education and Sports.
- Understand the Principles Management
- Understand the Sports Management in Schools, Colleges and Universities.
- Understand concept of Budget
- Understand concept of Leadership, Forms of Leadership

Unit – 1

- Meaning, Importance and Scope of Management in Physical Education and Sports.
- Principles of Management
- Elements of Management- Planning, Organising, Staffing, Directing and Co-ordination, Supervision, Improvement / Follow-up

Unit – 2

- 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.
 - i) Developing performance standard
 - ii) Establishing a reporting system
 - iii) Evaluation
 - iv) The reward/punishment system

Unit – 3

- Meaning and Importance of Budget in physical education
- Budget Making (Steps, Areas of Income and Expenditure)
- Criteria of good Budget
- Principles of Budgeting

Unit – 4

- Meaning and Definition of leadership
- Leadership style and method.
- Elements of leadership.
- Forms of Leadership
 - i) Autocratic

- ii) Laissez-faire
 - iii) Democratic
 - iv) Benevolent Dictator
- Qualities of administrative leader

Reference Books :

1. Ashton, D. (1968).Administration of physical education for women.New York: The Ronal Press Cl.
2. Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The C.V. Mosby Co.
3. Daughtrey, G. & Woods, J.B. (1976).Physical education and intramural programmes,organisation and administration.Philadelphia U.S.A. : W.B. Sounders Cp.
4. Earl, F. Z, & Gary, W. B. (1963).Management competency development in sports and physicaleducation. Philadelphia: W. Lea and Febiger.
5. Mudliar, A. & Sonare, S.(2018). Sports Management.New Delhi:Angel Publication.

Semester- V
Elective Courses
EC-502 SWAYAM

- **Any one course**

Semester- V
Practical Courses

PC-501- Major Game: Cricket /Basketball /Lawn Tennis/Softball/Korfball
(Any Two) - 70 Marks

- Production of game book (Any two game of candidate's choice). The game book shall include the following points:
 - (i) History of the game.
 - (ii) Ground Measurement and Equipment's with diagram.
 - (iii) Player and their attire.
 - (iv) Rules and Regulations with interpretations
 - (v) Fundamental skills.
 - (vi) Lead up games.
 - (vii) Official signals and score shed.
- Students shall select two games as specialization for Annual Examination.

Distribution of marks for Annual Examination for the game of Specialization of one game	
Demonstration of fundamental skills of first game	15 Marks
Playing Efficiency of first game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of first game	10 Marks
Demonstration of fundamental skills of second game	15 Marks
Playing Efficiency of second game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of second game	10 Marks
Total	70 Marks

Note:- Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment.

PC-502- Internship (Internal Assessment) - 100 Marks

Internship (Any One)	Criterion	Total Hours	Marks
1. Teaching	Taking Assembly	-----	20
	Sports and Games Period	70 Hours	50
	Organization of any Sports Event	-----	30
	Total		100
2.Coaching	Coaching Camp at Club Level or Coaching to Club Team at Tournament	3 Weeks or 70 Hours	60
	Coaching Camp at District Level or Coaching to District Team at Tournament	3 Weeks or 70 Hours	70
	Coaching Camp at State Level or Coaching to State Team at Tournament	3 Weeks or 70 Hours	80
	Coaching Camp at National / International Level or Coaching to National / International Team at Tournament	3 Weeks or 70 Hours	100
3.Training	Training Camp at Club Level or Trainer of Club Team at Tournament	3 Weeks or 70 Hours	60
	Training Camp at District Level or Trainer of District Team at Tournament	3 Weeks or 70 Hours	70
	Training Camp at State Level or Trainer of State Team at Tournament	3 Weeks or 70 Hours	80
	Training Camp at National / International Level or Trainer of National / International Team at Tournament	3 Weeks or 70 Hours	100
4.Officiating	Officiating at Club Level (Two Tournament)	-----	60
	Officiating at District Level (Two Tournament)	-----	70
	Officiating at State Level (Two Tournament)	-----	80
	Officiating at National / International Level Tournament	-----	100

PC-503- Athletics: Throwing Event - 70 Marks

Performance in Throwing Event Shot-Put / Hammer	20 Marks
Performance in Throwing Event Discus / Javelin	20 Marks
Throwing Style Demonstration of technique and style	20 Marks
Viva on Rules and Regulations for Officiating	10 Marks
Total	70 Marks

- Candidate shall maintain Athletic Book on Throwing Events. This Athletic book will be assessed internally .
- The athletic book shall include the following:
 - (i) Marking and Diagram of running track with start and finish lines of different races.
 - (ii) Apparatus and their measurements and weights.
 - (iii) Rules and regulations.
 - (iv) Style and Techniques.
 - (v) Officials and their duties.
 - (vi) Score sheets and records.

PC-504- Lesson on Specialised Games and Sports (Specific Lesson) – 70 Marks

- Ten supervised lessons taken throughout the session
- One lesson on any major game to be given, at the Final Examination
- Preparation of the Teacher and his positions:
 - (1) Plan of the lesson.
 - (2) Suitability of equipment and formation of the class.
 - (3) Teacher's personal turn-out and demonstrations. ,
 - (4) Report (Approach and Relationship).
 - (5) Leadership and teaching ability
 - (6) Self-confidence and self-responsibility. .
 - (7) Self Development and Initiative.
 - (8) Command and Control of the class
 - (9) Instructional techniques, i.e. Sequence of Teaching.
 - (10) Maintenance of the interest and spirit of the lesson and total impression, impact and effect of the lesson
 - (11) Activity, Enthusiasm
 - (12) Knowledge about the subject and maturity.

Semester- VI

Theory Courses

TC-601 ORGANISATION AND ADMINISTRATION IN PHYSICAL EDUCATION

• LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the Concept of Organisation and Administration
- Understand the Professional Preparation
- Understand the Various Facilities, Equipment
- Understand the concept of Programme Planning
- Understand concept of Budget
- Understand concept of Camping

Unit – 1

- Introduction:-Definition of Terms, Importance, objection, Guiding Principles of Organisation and Administration
- Schemes of Organization:- N. F.C, N.C.C, School Sport.
- Professional Preparation:- Qualities of a Teacher Training, Problems facing the Teacher, Students Leadership.

Unit – 2

- Facilities:- Construction and care of Gymnasia, Swimming Pools, Playing Fields, Playing Grounds.
- Equipment:- Need, purchase, maintenance issue and disposal.
- Evaluation.
- Supervision –definition, types and methods of supervision

Unit – 3

- Programme Planning: Principles and Factors affecting the time-table, preparing time-tables, Scheduling School Sports, Problems of School Sports, Intra-murals, Extra-murals, Inter-Institutional.
- Records and Registers; Attendance, Tests, Health and Character, Extra-Curricular Activities.

Unit – 4

- Budget and Finance : Preparation of Budget, Administration, Rules of Expenditure, Forms and Routine of Payments and entries. Accounting and Auditing.
- Organizations working in the field of Physical Education in India.
- Camping: Meaning, Educational Value and types of Camps Leadership, Location of Camps, Health and Safety, Food and Programme.

Reference Books:

1. Voltmer and Hsslinger : Organization and Administration.
2. Joseph, P. M. : Organization of Physical Education
3. Organisation, Administration and Supervision (Hindi Medium) : Dr. Jitendra Kumar Thakur (Amrut Prakashan)
4. Organisation, Administration & Supervision : Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
5. Hughes and French : Administration of Physical Education.
6. Thomas, J. P. : Organization of Physical Education.
7. Bucher : Administration of School Health and Physical Education,
8. Forsythe and Duncan : Administration of Physical Education.
9. Dhatrak, S., Barokar, V., Awsare, V. (2019). Sharirik Shiksha Me Sangathan Tatha Prashasan, New Delhi: Nipun Prakashan
10. Thakur, J. Sangathan, Prashasan Aur Paryavekshan, Nagpur:Amrut Prakashan

Semester- VI
Theory Courses
TC-602 PRINCIPLES OF OFFICIATING AND COACHING

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Concept of Coaching, Teaching and Training
- Understand the Concept of Conditioning
- Understand the Various types of Training
- Understand the concept of player selection
- Understand concept of Officiating

Unit – 1

- Coaching, Teaching and Training
- Principles of Coaching
- Personality of a Coach.
- Methods of Presenting Skills.

Unit – 2

- Principles of Conditioning
- Methodical Principles of Weight Training, Isometric Training, Circuit Training, Cross-Country, Fartlek Training, Pressure Training and Sprint Training.
- Basic Principles and Planning of Training Schedule
- Maintenance of Fitness.

Unit – 3

- Selection of Players
- Measures for maintaining and stimulating the interest of students in Games and Sports
- Analysis of individual and Learn Performance
- Sports hygiene.

Unit – 4

- Official - his qualities -and duties
- Factors influencing Officiating
- Record sheets, Facilities, Techniques, Strategies and Rules and their Interpretations of the following:
- Athletics, Foot-Ball, Hockey, Volley-Ball, Basket-Ball, Cricket, Kabaddi, Kho-Kho, Gymnastics and Wrestling, Also for girls Net-ball, Throw-ball, Badminton, Table-Tennis etc.

Reference Books :

1. Harold, Abraham, and Jack Crumps; Athletics (The Naldrett Press, London).
2. Doherty: Modern Track and Field,
3. Miller: Fundamentals of Track and Field.
4. D, B. Cromwell ; Championship Technique in Track and Field.
5. Breshnam and Tuttle : Track and Field.
6. Officiating and Coaching : Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
7. Meeley : Test and Measurements.
8. Webster : Scientific Principles of Coaching
9. Abraham C. C. , : Basket-Ball for Women (Y. M. C.A, Publishing House Calcutta).
10. Allen C. Forrest : Better Basket-Ball, technique, Tactics
11. Bee Clair : The Service Coaching
12. Toby Dave : Basket-Ball Officiating
13. John Buna : Basket-Ball Methods.
14. Sir Pelham Warner : The Book of Cricket
15. H. S. Althaw and E, W. Swention : History of Cricket
16. Reg. Simpson : Cricket.
17. Dhanraj Hubert : Volley-Ball Hand Book
18. C. P. Emery : Modern Volley- Ball
19. Laneaga Robert : Volley-Ball
20. Figon & Holard : Hockey
21. Milford ; Hockey Practice and Tactics
22. Norwan F. Bonnet : Improving Your Hockey
23. Dhyanchand : Gopal Sports and Pastime
24. Casewell, E. : Soccer for Junior and Senior High Schools
25. Coyen Herbert, E. : Coaching, of Soccer
26. The Foot-Ball Association : Reference Chart
27. The Foot-Ball Association : How to Become a Referee
28. The Foot-Ball Association : Coaching Manual
29. John W.-Bunn : The Art of Officiating Sports
30. E. C. Callaghev & Rex Perry : Wrestling
31. Encyclopedia of Indian Physical Culture, Baroda
32. S. S. Naval Institute : Wrestling.
33. Rathod, H.D., Kaur, H. Nirnayan Tatha Adhishiksha, New Delhi:Nipun Prakashan
34. Thakur, J. Nirnayan Tatha Adhishiksha, New Delhi:Sports Publication
35. Budhe, A. and Budhe, A. Nirnayan Tatha Adhishiksha, New Delhi:Nipun Prakashan

Semester- VI
Theory Courses
TC-603 SPORTS INJURIES AND REHABILITATION

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Concept of Rehabilitation
- Understand the Effects and uses of the Various Therapeutic modalities
- Understand the Concept of Physiotherapy
- Understand Sports Injuries

Unit – 1

- Rehabilitation: Definition, Objectives and Scope
- Contribution of Physical Education Teacher and coaches in rehabilitation
- Need and importance of the study of sports injuries in the field of physical education

Unit – 2

- Effects and uses of the Therapeutic modalities in
 - i) Cold Therapy
 - ii) Hydrotherapy
 - iii) Infra-red
 - iv) Contrast Bath
 - v) Wax Bath Therapy

Unit – 3

- Physiotherapy:- Definition, Guiding Principles and Importance
- Introduction and demonstration of treatments
 - i) Electrotherapy
 - ii) Ultraviolet Rays
 - iii) Short Wave Diathermy
 - iv) Ultrasonic Rays

Unit – 4

- Common sports injuries and their Treatment, First aid:
Sprain, Strain, Contusion, Abrasion, Dislocation
- Types of Fractures and their Treatment, First aid
- Various types of wounds and haemorrhages with general rules of treatment.

Reference Books :

1. Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
2. Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90).
3. Champaign, IL: Human Kinetics. David, R. M. (2005).
4. Drugs in sports, (4th Ed). Routledge Taylor and Francis Group. Hunter, M. D. (1979).
5. A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea & Febiger.
6. Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003. Khanna, G.L., (1990).
7. Exercise physiology & sports medicine. Delhi: Lucky Enterprises. Mathew, D.K. & Fox, E.L, (1971).
8. Physiological basis of physical education and athletics. Philadelphia: W.B. Saunders Co. Pandey, P.K., (1987).
9. Outline of sports medicine, New Delhi: J.P. Brothers Pub. Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

Semester- VI
Elective Courses
EC-601 PRINCIPLES OF SPORTS TRAINING

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Concept of Sports Training
- Understand the Principles of Sports Training
- Understand the Components of Physical Fitness and their Development
- Understand Concept of Training Plan
- Understand Concept of Doping

Unit – 1

- 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 – 2

- Training Load - Definition and Types of Training Load, Factors of Training Load
- Over Load - Meaning and Types of Over Load, Causes of Over Load, Symptoms of Over Load
- Strength - Means and Methods of Strength Development
- Speed - Means and Methods of Speed Development
- Endurance - Means and Methods of Endurance Development
- Flexibility - Means and Methods of Flexibility Development

Unit – 3

- Concept of Training Plan
- Types of Training Plan
- Meaning and Importance of Periodization
- Content of Periodization – Preparatory, Competition, Transitional
- Types of Periodization

Unit – 4

- Definition of Doping
- Side effects of Drugs
- Dietary Supplements
- IOC list of Doping Classes and Methods
- Blood Doping

Reference Books :

1. Dick, W. F. (1980).Sports training principles.London: Lepus Books.
2. Harre, D.(1982).Principles of sports training.Berlin: Sporulated.
3. Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn.
4. Kanwar, R.C. (1999) Scientific Methods of Training and Coaching. Nagpur: Amit Brothers Publications
5. Matvyew, L.P. (1981).Fundamental of sports training. Moscow: Progress Publishers.
6. Singh, H. (1984).Sports training, general theory and methods.Patials: NSNIS.
7. Uppal, A.K., (1999).Sports Training.New Delhi: Friends Publication.
8. Barokar, V., Dhatrak, S. & Awsare, V. (2019). Khel Prashikshan. New Delhi: Nipun Prakashan

Semester- VI
Elective Courses
EC-602 SWAYAM

- **Any one course**

Semester- VI
Practical Courses

PC-601- Officiating on Specialised Game and Sports - 70 Marks

Demonstration and Viva in officiating in First game	35 Marks
Demonstration and Viva in officiating in Second game	35 Marks
Total	70 Marks

PC-602- Malkhamb (Boys) / Balance Beam (Girls) – 70 Marks

1. Malkhamb Practices (Boys) : Sada Dasrang, Hathki and Pairkl, Firki, Guru Pakad, Doao Pairka Suidora, Bagli, Farara, Bagli, Tedhi, Jhap, Asanas onb, Malkhamb Machhali chain, Mayoorkpankhi, Eil Hathi, wel, Bajrang farara, Khanda Ud-Ek Hati Dasrang.
2. Beam Practices (Girls): Mounting and dismounting, Basic walk, run skip Turns, Pivot Turn, Squat Turn Swing Turn, Leg Squat Pose, Arabesque, Kneeling back ward pose, V-sit, Lung Pose.

Distribution of marks	
Five Practices of examiner's choice	35 Marks
Five Practices of candidate's choice	35 Marks
Total	70 Marks

PC-603- Massage and First Aid – 70 Marks

Skills in Massage and First Aid:

- Massage: Types of Massage and effects of massage on body system.
- First Aid: (a) Bleeding wounds, fracture, dislocation, drowning.
(b) Types of bandages, carrying injured players.

Distribution of marks	
Four types of Massage of Examiner's choice (Demonstration)	40 Marks
Viva on First aid for any two Injuries	15 Marks
Viva on Types of Bandages or carrying the injured players	15 Marks
Total	70 Marks

PC-604- Lesson on Athletics (Specific Lesson)- 70 Marks

- Ten supervised lessons taken throughout the session
- One lesson on running or jumping or throwing event to be given, at the Final Examination
- Preparation of the Teacher and his positions:
 - (1) Plan of the lesson.
 - (2) Suitability of equipment and formation of the .class.
 - (3) Teacher's personal turn-out and demonstrations. ,
 - (4) Report (Approach and Relationship).
 - (5) Leadership and teaching ability
 - (6) Self-confidence and self-responsibility. .
 - (7) Self Development and Initiative.
 - (8) Command and Control of the class
 - (9) Instructional techniques, i.e. Sequence of Teaching.
 - (10) Maintenance of the interest and spirit of the lesson and total impression, impact and effect of the lesson
 - (11) Activity, Enthusiasm
 - (12) Knowledge about the subject and maturity.