

PROGRAMME GUIDE

BACHELOR OF PHYSICAL EDUCATION & SPORTS (B.P.E.S)

***Scheme of Examination (CBCS/ELECTIVE)**

***Detailed Structure of Syllabus**



DR. C.V.RAMAN UNIVERSITY

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w.e.f. July 2020-21

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

Duration: 36 Months (3 Years) Eligibility: 12th Pass

COURSE STRUCTURE OF BPES SEMESTER Ist

Course Details				External assessment		Internal assessment				Credit Distribution			Allotted Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional ***		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
Theory Group													
3BCA201	Ability Enhancement	Basic Information Computer Technology - I	50	25	08	10	04	15	06	1	-	1	2
3HBHL101	Ability Enhancement	हिन्दीभाषाऔरसंरचना	50	25	08	10	04	15	06	2	-	-	2
3EBPE101	Core Course	Foundation of Physical Education	100	50	17	20	08	30	12	3	1	-	4
3EBPE102	Core Course	Anatomy & Health Education	100	50	17	20	08	30	12	3	1	-	4
Practical Group				Term End Practical Exam				Sessional					
3EBPE103	Practical	Practical (Athletics, PT, Marching)	100	50	17	20	08	30	12			4	4
	Grand Total		400							09	2	5	16

Minimum Passing Marks are equivalent to Grade D L- Lectures T- Tutorials P- Practical

Major- Term End Theory / Practical Exam

Minor- Pre University Test

Sessional weightage – Attendance 50%, Three Class Tests/Assignments 50%

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BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

Duration: 36 Months (3 Years) Eligibility: 12th Pass

COURSE STRUCTURE OF BPES SEMESTERIIInd													
Course Details				External assessment		Internal assessment				Credit Distribution			Allotted Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
Theory Group													
3HBEL201	Ability Enhancement	English Language and Indian Culture	50	25	08	10	04	15	06	2	-	-	2
3MBFE101	Ability Enhancement	Fundamental of Entrepreneurship	50	25	08	10	04	15	06	2	-	-	2
3EBPE201	Core Course	Applied Psychology in Physical Education	100	50	17	20	08	30	12	3	1	-	4
3EBPE202	Core Course	Principle & History of Physical Education	100	50	17	20	08	30	12	3	1	-	4
Practical Group				Term End Practical Exam				Sessional					
3EBPE203	Practical	Practical (Sports Skill)	100	50	17	20	08	30	12	-	-	4	4
Skill Courses								Sessional					
***	Skill Enhancement	Skill Enhancement Elective Course-I	50	-	-	-	-	50	20	1	-	1	2
	Grand Total		450	-	-	-	-	-	-	11	2	5	18

Minimum Passing Marks are equivalent to Graded D L- Lectures T- Tutorials P- Practical Major- Term End Theory / Practical Exam

Minor- Pre University Test

Sessional weightage – Attendance 50%, Three Class Tests/Assignments 50%

Skill Elective-I Any other course being offered in this semester as per the list given at the end of course structure

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BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

Duration: 36 Months (3 Years) Eligibility: 12th Pass

COURSE STRUCTURE OF BPES SEMESTERIIIrd													
Course Details				External assessment		Internal assessment				Credit Distribution			Allotted Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
Theory Group													
3HBHL302	Ability Enhancement	हिन्दीभाषासंवेदना एवंसंचारसाधन	50	25	08	10	04	15	06	2	-	-	2
3CBCA502	Ability Enhancement	Basic Information Computer Technology - II	50	25	08	10	04	15	06	1	-	1	2
3EBPE301	Core Course	Organization and Administration of Physical Education	100	50	17	20	08	30	12	3	1	-	4
3EBPE302	Core Course	Test and Measurement	100	50	17	20	08	30	12	3	1	-	4
Practical Group				End Practical Exam				Sessional					
3EBPE303	Practical	Practical (Sports Skill, Asnas)	100	50	17	20	08	30	12	-	-	4	4
Skill Courses								Sessional					
*	Skill Enhancement	Skill Enhancement Elective Course-II	50	-	-	-	-	50	20	1	-	1	2
	Grand Total		450	-	-	-	-	-	-	16	6	6	18

Minimum Passing Marks are equivalent to Grade D

L- Lectures T- Tutorials P- Practical

Major- Term End Theory / Practical Exam

Minor- Pre University Test

Sessional weightage – Attendance 50%, Three Class Tests/Assignments 50%

Skill Elective-II Any other course being offered in this semester as per the list given at the end of course structure

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BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

Duration: 36 Months (3 Years) Eligibility: 12th Pass

COURSE STRUCTURE OF BPES SEMESTERIV th													
Course Details				External Assessment		Internal Assessment				Credit Distribution			Allotted Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
Theory Group													
3HBEL402	Ability Enhancement	English Language and Scientific Temper	50	25	08	10	04	15	06	2	-	-	2
3HBHP401	Ability Enhancement	Human Values & Ethics	50	25	08	10	04	15	06	2	-	-	2
3EBPE401	Core Course	Fundamentals of Sports Bio Mechanics	100	50	17	20	08	30	12	3	1	-	4
3EBPE402	Core Course	Recreation & Leisure Activity	100	50	17	20	08	30	12	3	1	-	4
Practical Group				Term End Practical Exam				Sessional					
3EBPE403	Practical	Practical (Sports Skill)	100	50	17	20	08	30	12	-	-	4	4
	Grand Total		400	-	-	-	-	-	-	10	2	4	16

Minimum Passing Marks are equivalent to Grade D L- Lectures T- Tutorials P- Practical

Major- Term End Theory Exam

Minor- Pre University Test

Sessional weightage – Attendance 50%, Three Class Tests/Assignments 50%


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BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

Duration: 36 Months (3 Years) Eligibility: 12th Pass

COURSE STRUCTURE OF BPESSEMESTER Vth													
Course Details				External Assessment		Internal Assessment				Credit Distribution			Allotted Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
Theory Group													
3SBES501	Ability Enhancement	Environmental Studies	50	25	8	10	4	15	6	2	-	-	2
3HBEL501	Ability Enhancement	Introduction to soft skill & Team Building	50	25	8	10	4	15	6	2	-	-	2
3EBPE501	Core Course	Sports Management	100	50	17	20	08	30	12	3	1	-	4
***	Discipline Specific Elective	Elective -I	100	50	17	20	08	30	12	3	1	-	4
Practical Group				Term End Practical Exam				Sessional					
3EBPE505	Practical	Practical (School Internship, Officiating of Games)	100	50	17	20	08	30	12	-	-	4	4
Skill Courses								Sessional					
**	Skill Enhancement	Skill Enhancement Elective Course-III	50	-	-	-	-	50	20	1	-	1	2
Grand Total			450							11	2	5	18

Minimum Passing Marks are equivalent to Grade D

Minor- Pre University Test

Sessional weightage – Attendance 50%, Three Class Tests/Assignments 50%

Skill Elective III– Any other course being offered in this semester as per the list given at the end of course structure.

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BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

Duration: 36 Months (3 Years) Eligibility: 12th Pass

COURSE STRUCTURE OF BPES SEMESTER VIth

Course Details				External Assessment		Internal Assessment				Credit Distribution			Allotted Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional ***		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
Theory Group													
3EBPE601	Core Course	Professional Preparation in Physical Education	100	50	17	20	08	30	12	3	1	-	4
***	Discipline Specific Elective/ Project	Elective-II	100	50	17	20	08	30	12	3	1	-	4
Practical Group				Term End Practical Exam				Sessional					
3EBPE605	Practical	Practical Specialization (Practical Skills & Report)	100	50	17	20	08	30	12	-	-	4	4
3PRPE601	Project/Dissertation	Project & Viva Voce	100	50	17	-	-	50	20	-	-	4	4
	Grand Total		400							06	2	8	16

Minimum Passing Marks are equivalent to Grade D L- Lectures T- Tutorials P- Practical Major- Term End Theory / Practical Exam

Minor- Pre University Test

Sessional weightage – Attendance 50%, Three Class Tests/Assignments 50%

Compulsory Project/Dissertation with choice in any Disciplinary specific elective. Compulsory one paper presentation certificate in related discipline.

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LIST OF ELECTIVES

***Note** - Students need to choose any one elective subject for fifth and sixth semester.

Electives for Fifth Semester			Electives for Sixth Semester		
Codes	Nature of the Course	List of Electives	Codes	Nature of the Course	List of Electives
3EBPE502	Discipline Specific	Methods of Physical Education	3EBPE602	Discipline Specific	Physical fitness
3EBPE503	Discipline Specific	Introduction to Yoga	3EBPE603	Discipline Specific	Kinesiology
3EBPE504	Discipline Specific	Fundamentals of Sports training	3EBPE604	Discipline Specific	Sports Journalism


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SKILL ENHANCEMENT ELECTIVE COURSES

Non-Technical			
Elective No.	Department/ Faculty Name		
	Faculty of Information Technology		
I	SCIT 201	Data Entry Operation	2(1+0+1)
II	SCIT 301	Multimedia	2(1+0+1)
III	SCIT 501	Web Designing with HTML	2(1+0+1)
IV	SCMIT 201	Web Development	2(1+0+1)
V	SCMIT 301	LINUX	2(1+0+1)
	Faculty of Management		
I	SMGT 201	Briefing and Presentation Skills	2(1+0+1)
II	SMGT 301	Resolving Conflicts and Negotiation Skills	2(1+0+1)
III	SMGT 802	Entrepreneurship Development	2(1+0+1)
	Faculty of Commerce		
I	SCOM 201	Tally ERP 9	2(1+0+1)
II	SCOM 302	Multimedia	2(1+0+1)
III	SCOM 803	Data Analyst	2(1+0+1)
	Faculty of Humanities		
I	SHBA 301	Pursuing Happiness	2(1+0+1)
II	SHBA302	Communication Skill and Personality Development	2(1+0+1)
III	SHMA301	Tourism in M.P	2(1+0+1)
	Faculty of Science		
I	SSBI 301	Mushroom Cultivation	2(1+0+1)
II	SSPH 301	House Hold Wiring	2(1+0+1)
III	SSPH 301	Basic Instrumentation	2(1+0+1)
IV	SSPH 301	DTP Operator	2(1+0+1)
V	SSCH 301	Graphic Designing	2(1+0+1)
	Faculty of Education		
I	SCBE 403	Understanding of ICTC (Information Communication Technology)	2(1+0+1)
II	SCPE 201	Yoga Education	2(1+0+1)

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SEMESTER- 1st

Course: BPES

SUBJECT:- Basic information Computer technology-1

Subject Code: 3CBCA201

Theory Max. Marks: 25

Theory Min. Marks: 08

- **OBJECTIVE:** This subject provides the basic and fundamental understanding of the working of computers.
- The subject allow student to become productive by acquiring basic understanding of MS-Office know to share data between MS-Office applications and also provides knowledge about concepts related to internet.

Unit wise course content	Methodology Adopted
Unit I INTRODUCTION TO COMPUTER ORGANIZATION –II basic components of a computer system Control Unit, ALU. Input/Output function and Characteristics, memory RAM, ROM, EPROM, PROM	ICT based class room teaching, Group Discussion
Unit II I/O and STORAGE DEVICES Input Devices : Keyboard, Mouse, Trackball. Joystick, Digitizing tablet, Scanners, MICR, OCR, OMR, Light pen, Touch Screen. Output Devices: Monitors Characteristics and types of monitor.	ICT based class room teaching, Case Analysis, Individual Presentation
Unit III WORD PROCESSING : Word, Introduction to word Processing.: MS Word: features, Creating, Saving and Operating Multi document windows, Editing Text selecting, Inserting, deleting moving text. Previewing documents, Printing document to file page.	ICT based class room teaching, Case Analysis Individual Presentation.

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<p align="center">Unit IV</p> <p>INTRODUCTION TO EXCEL. EXCEL & WORKSHEET : Worksheet basic. Creating worksheet, entering data into worksheet, heading information, data text, dates, alphanumeric, values, saving & quitting worksheet. Opening and moving around in an existing worksheet. Toolbars and Menus, keyboard shortcuts</p>	<p>ICT based class room teaching, Case Analysis, Individual Presentation</p>
<p align="center">Unit V</p> <p>INTRODUCTION TO POWER POINT: Features and various versions. Creating presentation using Slide master and template in various colour scheme. Working with slides make new slide move, copy, delete, duplicate, lay outing of slide, zoom in or out of a slide. Editing and formatting text: Alignment, editing, inserting, deleting, selecting, formatting of text, find and replace text. Bullets, footer, paragraph formatting, spell checking. Printing presentation Print slides, notes, handouts and outline</p>	<p>ICT based class room teaching, Case Analysis, Group Presentation</p>

OUTCOMES:-

After learning this course students will able to demonstrate the basic mechanics of creating Word documents, presentation and excel calculation for office use along with introductory formatting techniques and presentation styles. Also they learn the other office usage and functions of Microsoft programs.

TEXT BOOK:-

- MS office 2004 Saxena, S. New Delhi Vikas Pub.
- MS office 2006 Saxena, S. New Delhi Vikas Pub.
- MS office XP for Everyone, Saxena Sanjay, New Delhi Vikas Publication
- MS office 2000 Resource Kit, Ericson, Gary.. 1st Edition, N. Delhi prentice Hall Pub

Job Opportunities	Employability Skill Developed	Local/National/Global/UNDP Goal Achieved	Entrepreneurship Opportunity

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SEMESTER- 1st

Course: BPES

**SUBJECT:- Foundation Course
Hindi Bhasha Aur Sanrachana**

Subject Code: 3HBHL101

Theory Max. Marks: 25

Theory Min. Marks: 08

बी. ए., बी.कॉम., बी. एस. सी., बी.बी.ए. सभी में एक साथ लागू ।

उद्देश्य :-

प्रस्तुत पाठ्यक्रम के माध्यम से विद्यार्थियों में पत्राचार, कम्प्यूटर, मुहावरे, लोकोक्ति, सम्बंधी जानकारीयाँ भारतीय संस्कृति के विविध आयामों से परिचित कराना है ।

Unit wise course content		Methodology Adopted
ईकाई-01	पल्लवन, पत्राचार, कम्प्यूटर एवं आधुनिक जीवन में उसकी उपयोगिता और रेडियो ।	व्याख्यान एवं नाट्य मंचन
ईकाई-02	अनुवाद परिभाषिक शब्दावली संचार साधन संपर्क के नये क्षितिज ।	श्यामपट्ट
ईकाई-03	मुहावरे, लोकोक्तियाँ शब्द शुद्धि, शब्द ज्ञान, दूरभाष विज्ञान की सौगात ।	व्याख्यान
ईकाई-04	पर्यायवाची, विलोम शब्द, अनेकार्थी शब्द, समश्रुत, समाचार पत्र, सिनेमा, रंगमंच (समानोचरित) ।	सत्रीय कार्य
ईकाई-05	देवनागरी लिपि की विशेषता, संगीत, चित्रमूर्ति, स्थापत्य, कला, शिल्पकला ।	प्रश्न मंच

परिणाम :-

वर्तमान परिवेश में विद्यार्थियों को हिन्दी भाषा के प्रति गहन रुचि एवं भाषिक संरचना एवं संस्कृति की दृष्टिकोण से प्रस्तुत पाठ्यक्रम उपयोगी सिद्ध होगा ।

पाठ्यक्रम के लिए पुस्तक :-

1. भारतीयता के स्वर साधना – जय वर्मा मध्यप्रदेश ग्रंथ एकादमी ।
2. नगरी लिपि और हिन्दी – ग्रंथ अनंत चौधरी ग्रंथ एकादमी पटना ।

Job Opportunities	Employability Skill Developed	Local/National/Global/UNDP Goal Achieved	Entrepreneurship Opportunity
शिक्षक, उद्घोषक	उच्च गुणवत्ता	साहित्य के क्षेत्र में रुचि	

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SEMESTAR- First

Course- Bachelor of Physical education & Sports (BPES)

Subject- Foundation of Physical Education

Subject Code :3EBPE101

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE : This course offers an introduction of Physical Education and Olympic Movement. It aims to develop understanding about physical education, its aim and objectives, philosophical foundation.

Class Room Based Teaching		Methodology Adopted
UNIT - I	Meaning aims, scope, nature of education, Types of education : Agencies of education., scope, nature of physical education, Relationship between aims and objectives of physical education with education objectives of physical education at different educational levels.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	<u>Philosophical Principles</u> Philosophy, its meaning and nature , Educational philosophies as applied to physical education. Naturalism, Idealism, Pragmatism, Relation, Existentialism ,curriculum, role of philosophy in educational and physical education;	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop .as per requirement of the topic
UNIT - III	<u>Biological Principles</u> Individual differences : heredity and environment education	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic
UNIT - IV	<u>Sociological Principles</u> Physical activities (Games an Sports Leadership. Physical education as a factoring socialization of individuals and groups ; role in national integration;	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic

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UNIT - V	Brief description of theories of play Role of physical education in context to social problems- unemployment, youth unrest, health related problems, mechanization, introduction to social stratification and sports. Psychological Principles	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic
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OUTCOME : Understand the concept of physical education and the various principles of Physical Education.

REFERENCE:

- Bhatia and Bhatia, Theory and Principles of Education, Delhi, Daba House, Book Sellers and Publishers , 1986.
- Walia J.S. Principles and Methods of education. Jallander, Paul Publishers, 1985.
- Agarwal J.C. Theory and Principles of Education, Philosophical and Sociological Bases of education: New Delhi, Vikas Publishing House,Pvt.Ltd. 1987.
- Kamlesh. M.L. Physical Education Facts and Foundation Faridabad P.R. Publication Pvt.Ltd. 1988.
- Bucher Charles. A . And Wuest Deborah, Foundations of Physical Education and Sports. 10th Edn. St. Louis, Times Mirror Mosby College Publishing ,1987.
- Barrow Harold M, Man and Movement: Principles of Physical Education. Third Edn: Philadelphia, Lea and Febiger, 1983

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Physical Education Teacher	Introduction to employability Developing employability skill	Quality education	-

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SEMESTAR- First

Course - Bachelor of Physical education & Sports (BPES)
Subject- Anatomy & Health Education

Subject Code : 3EBPE102

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE :

This course will enable students to understand the structural and functional aspect of human body. This course will enable students to understand the concept, dimensions, spectrum and determinants of Health and Health Education. It aims to understanding of Health problems in India,

Class Room Based Teaching		Methodology Adopted
UNIT - I	Brief Introduction of Anatomy in the field of Physical Education and Sports. Introduction of Cell and Tissue. Muscular system - Types, characteristics and functions of muscles- Structure of a typical voluntary muscle. Characteristics.	Usage of ICT (PowerPoint, Pdf and video lectures), diagram , Chart, task seminar and black board (traditional) as per requirement of the topic
UNIT - II	Skeleton system - The arrangement of the skeleton - Function of the skeleton - Ribs and vertebral column and the extremities – Joints of the body and their types.	Usage of ICT (PowerPoint, Pdf and video lectures), diagram , Chart, task seminar and black board (traditional) as per requirement of the topic
UNIT - III	Circulatory system - Structure of heart, Function of heart, Heart, beat, heart rate, Cardiac Cycle, Cardiac Output, Heart sounds. Structure of Arteries, Veins, Capillaries. Digestive system - Structure and function of digestive system, Digestive organs, Metabolism. of Alimentary Excretory – Structure and function of the kidneys and skin.	Usage of ICT (PowerPoint, Pdf and video lectures), diagram , Chart, task seminar and black board (traditional) as per requirement of the topic

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UNIT - IV	Health Education Definition of Health, Health Education, Health Instruction, Health Supervision. Aims Objective and Principles of Health Education Health service and guidance instruction in personal hygiene.	Usage of ICT (PowerPoint, Pdf and video lectures), diagram , Chart, task seminar and black board (traditional) as per requirement of the topic
UNIT - V	Nutrition Classification of food, Proximate principles of diet – Carbohydrates, Fats, Proteins, Important sources and functions of Vitamins, Minerals, Balanced diet, Communicable disease.	Usage of ICT (PowerPoint, Pdf and video lectures), diagram , Chart, task seminar and black board (traditional) as per requirement of the topic

OUTCOME

- understand the different systems of human body, Identify and describe the different organs of the human body and its regulation, measure the bodily functions such as blood pressure, pulse/heart rate, different lung volume, gaseous exchange, capacity, amount of lactic acid etc. , Understand the concept of health Education,
Students will able to understand about hygiene and nutrition.

REFERENCE

- Pearce Evelyn C. Anatomy and Physiology for Nurses 15th edition, Oxford University Press, 978.
- Wilson Kathleen. J.W. Anatomy and Physiology in Health and illness. 6th ed. Churchill Livingstone Edinburgh, 1987
- Tartarinov V-Human Anatomy and Physiology. 2ndedn MIR publishers. Moscow. 1971. Translated from Russian by David A. Myshne
- Chaurasia A.D. Human Anatomy 3 volumes. Published by SATish Kumar jain New Delhi 1979.
- Winwood R.S. Smith J.L Sear's Anatomy and Physilogy for Nurses. 6thedn. London. WCIB 3 DQ Edward Arnold 1985
- J.E.Park, K. park – Text book of preventive and social medicine, BanasidasBhanot publishers, Jabalpur, Jabalpur ,1985
- J.E. Park, K. Park, Text book of CommUNIT y Health for Nurses, Asrani Publishers, Jabalpur, 1982

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Physical instructor	Developing employability skill	Quality education	Nutritional advisor

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SEMESTAR- First

course Bachelor of Physical education & Sports (BPES)

Subject-Practical (Athletics, PT, Marching)

Practical – Part A - (PT, Marching)

Subject Code : 3EBPE103

PracticalMax. Marks : 50

PracticalMin. Marks : 17

(Marks – 100)

Lessons on any one of the following General Lesson activities:-

1. Marching
2. Calisthenics
3. Dumb- Bell
4. Band & Flute
5. Mass PT

Part B – (Athletics , Running)

(Marks – 50)

ATHLETICS LESSON

Lessons on any one of the following athletic events:-

- a) Teaching Lesson 20 Marks
 - b) Marking of Track Events 10 Marks
 - c) Officiating and Specifications 10 Marks
 - d) Note Book 10 Marks
1. Sprints
 2. Walking
 3. Middle Distance

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in athletics and general lesson activities (5 lessons each in athletics and general lesson). In addition each trainee shall complete 1 assignment each in athletics and general lesson.
2. For the purpose of examination in practicals, one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the university.

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SEMESTAR- SECOND**Course- Bachelor of Physical education & Sports (BPES)****Subject- English Language & Indian Culture****Subject Code : 3HBEL201****Theory Max. Marks :25****Theory Min. Marks : 08****OBJECTIVE : Demonstrate the use of strategies that increase the efficiency and speed of reading and writing.**

	Course content	Methodology Adopted
Unit-I	1. Amalkanti : Narendranath Chakrabarti 2. Sita : Toru Dutt 3. Tryst with Destiny : Jawaharlal Nehru 4. Delhi in 1857 : Mirza Ghalib 5. Preface to the Mahabharata : C. Rajagopalachari 6. Where the Mind is Without Fear : Rabindranath Tagore 7. A Song of Kabir : Translated by Tagore 8. Satyagraha : M.K. Gandhi 9. Toasted English : R. K. Narayan 10. The Portrait of a Lady : Khushwant Singh 11. Discovering Babasaheb : Ashok Mahadevan	Usage of ICT(Power point, PDF, and video lectures) and black board.
Unit-II	Comprehension of an unseen passage.	Usage of ICT(Power point, PDF, and video lectures) and black board.
Unit-III	Composition and Paragraph Writing (Based on expansion of an idea)	Usage of ICT(Power point, PDF, and video lectures) and black board.
Unit-IV	Basic Language Skills : Vocabulary – Synonyms, Antonyms, Word Formation, Prefixes and Suffixes, Words likely to be confused and Misused, Words similar in Meaning or Form, Distinction between Similar Expressions, Speech Skills.	Usage of ICT(Power point, PDF, and video lectures) and black board.
Unit-V	Basic Language Skills: Grammar and usage – The Tense Forms, Prepositions, Determiners and Countable/Uncountable Nouns, Verb, Articles, Adverbs, Adjectives.	Usage of ICT(Power point, PDF, and video lectures) and black board.

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Course Outcome: Created opportunities for our student to engage actively in reading and writing.

Text /Reference Book:

1. English Language and Indian Culture, published by M. P. Hindi Granth Academy
2. Candid English Grammar & Composition, B.B. Gakhar and R.K. Chopra, Evergreen Publications
3. Essentials of English Grammar by Sultan Chand & Sons
4. English Grammar and Composition by Wren & Martin
5. Modern English: A Book of Grammar, Usage and Composition by M. Krishnaswamy
6. Learner's English Grammar and Composition by N.D.V.Prasada Rao (S. Chand & Company Ltd.)

Job Opportunities	Employability Skill developed	UNDP Goal Achieved	Entrepreneurship Opportunity
Poet/poetess Lyric writer Language Teacher	Command on language Develop LSRW skills	Quality education Goal achieved	Composer publish self made poetry


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SEMESTER- IInd

Course: B.P.E.S

SUBJECT: Foundation Course
ENTREPRENEURSHIP DEVELOPMENT-I

SubjectCode:3MBFE101

Theory Max. Marks: 25

Theory Min. Marks: 08

COURSEOBJECTIVE:

- Understanding basic concepts of entrepreneurship and key steps in the elaboration of business ideas, Developing personal creativity and entrepreneurial initiative.

Unit wise course content		Methodology Adopted
UNIT – I	Entrepreneurship-Definition, Characteristics and importance, Types and functions of an entrepreneur, merits of a good entrepreneur motivational factors of entrepreneurship.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT –II	Motivation to achieve targets and establishment of ideas. Setting targets and facing challenges. Resolving problems and creativity. Sequenced planning and guidi capacity, Development of self confidence. Communication skills, Capacity to influence, leadership	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT –III	Project Report- Evaluation of selected process. Detailed project report - Preparation of main part of project report pointing out necessary and viability.Selecting the form of Organization: Meaning and characteristics of sole Proprietorship, Partnership andcooperative committees, elements affecting selection of a form of an organizationEconomic management -Role of banks and financial institutions banking, financial plans, working capital-evaluation and management, Cost and Price determination, Calculation of Profits,	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of

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	keeping of accounts	the topic
UNIT – IV	Production management - Methods of purchase. Management of movable assets/goods. Quality management. Employee management. Packing. Marketing management Sales and the art of selling. Understanding the market and market policy. Consumer management. Time management.	
UNIT – V	Role of regulatory institutions - district industry centre, pollution control board, food and drug administration, special study of electricity development and municipal corporation. Role of development organizations, khadi & village Commission/ Board, State Finance Corporation, scheduled banks, MP Women's Economics Development Corporation. Self-employment-oriented schemes, Prime Minister's Employment schemes, Golden Jubilee Urban environment scheme, Rani Durgavati Self-Employment scheme, Pt. Deendayal Self-employment scheme. Various grant schemes - Cost-of- Capital grant, interest grant, exemption from entry tax, project report, reimbursement grant, etc. Special incentives for women entrepreneurs, prospects & possibilities. Schemes of Tribal Finance Development Corporation, schemes of Antyavasai Corporation, schemes of Backward Class and Minorities Finance Development Corporation	


Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic

COURSE OUTCOME-

Understanding basic concepts in the area of entrepreneurship, understanding the stages of the entrepreneurial process, adopting of the key steps in the elaboration of business ideas,
Developing personal creativity and entrepreneurial initiative


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Reference Books-

1. "ENTREPRENEURSHIP DEVELOPMENT" G.P. PRASAIN(2003) JAIN BOOK AGENCY. DELHI
2. ENTREPRENEURSHIP DEVELOPMENT" S. ANIL KUMAR (2003) JAIN BOOK AGENCY. DELHI
3. "DEVELOPMENT OF ENTREPRENEURSHIP" DR.G.S. BATRA (2002)JAIN BOOK AGENCY. DELHI
4. ENTREPRENEURSHIP DEVELOPMENT AND MANAGEMENT DR. A.K. SINGH (2006) JAIN BOOK AGENCY. DELHI

Job Opportunities	Employability Skill Developed	Local/National/UNDP Goal Achieved	Entrepreneurship Opportunity
Museum curator Political Teacher Archivist	Able to understand and manage competition Knowing our past	Goal 04 (Quality Education)	Archeological service Civil services


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SEMESTAR- SECOND

Course- Bachelor of Physical education & Sports (BPES)

Subject- Applied Psychology in Physical Education

Subject Code : 3EBPE201

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE : This course will enable students to understand the psycho-sociological aspects of human behavior in relation to physical education and sports. It aims to develop understanding about the general characteristics of various stages of growth and development, types and nature of individual differences, nature of learning, theories of learning, laws of learning, personality, orthodoxy, customs, tradition and socialization through physical education.

Class Room Based Teaching		Methodology Adopted
UNIT - I	Introduction Definition, Meaning and Nature of Psychology: psychology as a Science Branches of psychology ; Sport Psychology an emerging discipline. Role of Psychology in building up theory and practices in education, physical Education and sports; <u>Important methods of Psychology(Observation, Introspection ,Experimentation,</u>	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	The concept of Mind (Cognition, Affection and Conation); A brief description of the characteristics and powers of mind. Conscious unconscious , sub conscious and super conscious , stages of Mind Psychological unity of the human organism.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop .as per requirement of the topic
UNIT - III	Growth and Development : General Principles; Factors affecting growth; stages of growth and development (Infancy, childhood, adolescence), cognitive, motor, moral, physical, social and emotional characteristics; <u>Maximizing development effects through exercise and support.</u>	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic

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UNIT - IV	Learning : Meaning ,Nature and principles of learning, Traditional theories of learning rning by Insight Learning by Imitation(; Laws of Learning (Readiness Effect, Exercise); Learning curve and its characteristics; Transfer of learning and training, its types conditions of transfer of training.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic
UNIT - V	Motivation and performance : Meaning of Motivation; Motives unlearned(innate) and learned (acquired) motives, Drive, Need, Motive ; Incentive and achievement motivation; sustaining motivation in exercise and sport. Personality; Meaning and of personality, influence of and environmental factors in personality development. Personality traits of sports persons. Individual differences and their impact of learning and performance. Guidance and Group Work :Definition, Need and purpose of guidance; Counseling ,Team Cohesion, Leadership in group work.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic

OUTCOME : Describe the role of sports psychology for athletes and in their performance, apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance among athletes.

REFERENCES :

1. Gratty, B.J. Psychology in Contemporary Sport. (Third Edititon); PrenticeHall, NJ (1969)
2. Kamlesh, M.L. psychology in Physical Education and sports (secondEdition), New Delhi Metropolitan Book Co. (1989)
3. Mangal, S.K. : Psychology An Introduction to Human Behavior New Delhi, Sterling Publishers Pvt. Ltd
4. Bhatia, K.K. and andPurohit, Trinath : Educational Psychology and Methods of teaching (Second Edition) New Delhi;Kalyani Publishers, (1985)
5. Crow, L.D. and Crow, A: Introduction to Guidance New Delhi :EuroasiaPublishing House.
6. Jones A.J. Principles of guidance ,Newyork (fifth Edition) MC

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Psychological trainer Mentor	Developing employability skill	Quality education	Psychological counseling service

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SEMESTAR- SECOND

Course- Bachelor of Physical education & Sports (BPES)

Subject- Principle & History of Physical Education

Subject Code : 3MBFE101

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE : To enable the student to understand the theoretical and practical aspect of entrepreneurship development with a major focus on development of small scale Industries.

Class Room Based Teaching		Methodology Adopted
UNIT - I	Meaning the terms – Physical culture, Physical training, Physical Education, Drill, . Objectives and aims of Physical Education. Physical Education and Education. Relationship of Physical Education to Health Education and Recreation	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	Physical education in ancient India – Vedic period, Epic period, Buddhist period. development of indigenous activities especially Yogic physical exercises. and moral education – The circus Gladiatorial combats.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop as per requirement of the topic
UNIT - III	Contribution to the growth of Physical Education by leaders and movements in the following countries - Germany (Johan Basedow, JohnFrederic, Guts MuthsFredrichLudwingJahn Adolph Species Phylanthroponium, Turnverein Movement and the BarschenSchaftu, Sweedon (per Henric Ling) Denmark (FrannzNachtegal, Nieis Burke Swedish Medical Gymnastic). U.S. (Dr. Dio Lewis, Dr. Dudley Alen Sargent). Toe	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic

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	oTurnverine Movement in erica Training of Physical Education teachers. (YMCA, and its Contributions). War IIFamous Sports of Japan).	
UNIT - IV	Modern Olympic games. Survey of Modern Physical Education in India.. Teacher Training Institutions in Physical Education.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic
UNIT - V	Survey of Modern Physical Education in India (Continue) a. Indian Olympic Associations, National Sports Federations and State Associations. b Youth Welfare Programmes – N.C.C., N.S.S., N.S.O., Scouting and Guiding, Youth Hostels, Youth Festivals, Camping, Mountaineering. National fitness corps, programme in Secondary Education. Schemes for promotion of Physical education Preparation of Popular Literature. Research in Health, National Physical Fitness Programme, Arjuna Awards, NA and State Councils of Sports, National Institute of Sports, Regional Coaching Centers	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic

OUTCOME : Students understand the ancient and modern development, various agencies related to Physical Education and Sports, different terminology of Physical Education and Sport.

REFERENCE :

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Physical Education teacher	Developing employability skill	Quality Education	

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SEMESTAR- SECOND

Course- Bachelor of Physical education & Sports (BPES)
Subject-Practical (Sports Skill)

Subject Code : 3EBPE203
Practical Max. Marks :100
Practical Min. Marks : 50

PRACTICALS

GAMES LESSON

Lesson on any one of the following games:-

(Marks – 50)

1. Volley Ball
2. Kabaddi
3. Hockey
4. Badminton

ATHLETICS

(Marks – 50)

1. Long Jump
2. High Jump
3. Triple Jump

1. Game/Athletics –

The contents of teaching for each activity are as follows:-

1. History of game
2. Measurement of the field.
3. Equipment and specifications of equipments.
4. Fundamental skills and lead up games.
5. Techniques, strategies and system of play.
6. Rules and regulations of the game/activity.
7. Tournaments at national and international level.
8. Records (world, Olympic, Asian games and National Games).

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9. Awards in the game.
10. Related books and magazines.
11. Officiating: -
 - a. Duties of official.
 - b. Knowledge of score sheets.
 - c. Signals officiating.
 - d. Technical equipment for officiating

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games activities (5 lessons each in games and Athletics). In addition each trainee shall complete 1 assignment each in games and athletics .
2. For the purpose of examination in practical one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the university.


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SEMESTER-III

Course: BPES

SUBJECT: FOUNDATION COURSE

HINDI BHASHA AVAM SAMVEDANA

बी. ए., बी.कॉम., बी. एस. सी., बी.बी.ए. सभी में एक साथ लागू ।
उद्देश्य :-

प्रस्तुत पाठ्यक्रम द्वारा रचित निबंध तथा साथ ही मीडिया की भाषा एवं मशीनी भाषा से सम्बंधित महत्वपूर्ण जानकारी प्रदान करना है।

Subject Code: 3HBHL302

Theory Max Marks: 25

THEORY MIN MARKS: 08

Unit wise course content		Methodology Adopted
इकाई - 1	(क) आचार्य नरेन्द्र देव- युवको का समाज में स्थान । (ख) हरि ठाकुर - डॉ. खूबचंद बघेल	व्याख्यान एवं नाट्य मंचन
इकाई - 2	(क) महात्मा गांधी - सत्य और अहिंसा (ख) विनोबा भावे - ग्राम सेवा	श्यामपट्ट
इकाई - 3	(क) वासुदेव शरण अग्रवाल - मातृभूमि (ख) भगवत शरण उपाध्याय - हिमालय की व्युत्पत्ति	व्याख्यान
इकाई - 4	कार्यालयीन भाषा - मीडिया की भाषा ।	सत्रीय कार्य
इकाई - 5	वित्त एवं वाणिज्य की भाषा-मशीनी भाषा ।	प्रश्न मंच

परिणाम :- विद्यार्थिगण लेखको के निबंधों के माध्यम से उनके महत्वपूर्ण विचारों से अवगत हो पाएंगे। साथ ही कार्यालयीन भाषा एवं वित्त वाणिज्य की भाषा की सम्पूर्ण जानकारी प्राप्त हो जाएगी।
संदर्भ ग्रंथ-

1. मध्यप्रदेश हिन्दी ग्रंथ एकादमी भोपाल से प्रकाशित पाठ्य पुस्तक ।
2. विश्वविद्यालय प्रकाशन(रजि.) ग्वालियर मध्यप्रदेश ।

Job Opportunities	Employability Skill Developed	Local/National/Global/UNDP Goal Achieved	Entrepreneurship Opportunity
शिक्षक, उद्घोषक	प्रतियोगी परीक्षा में लाभकारी	उच्च गुणवत्ता	साहित्य के क्षेत्र में रुचि

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SEMESTER- IIIrd

Subject Code: 3BCA502

Course: B.P.E.S.

Theory Max. Marks: 25

SUBJECT: BASIC INFORMATION COMPUTER TECHNOLOGY-II Theory Min. Marks: 08

COURSE OBJECTIVE:-

To educate students to analyze , design , integrate & manage information systems using information technology.

Unit	Course Content	Methodology Adopted
Unit – I	Word Processing: Word Introduction to word Processing. MS Word: features, Creating, Saving and Operating Multi document windows, Editing Text selecting, Inserting, deleting moving text. Previewing documents, Printing document to file page. Reduce the number of pages by one. Formatting Documents: paragraph formats, aligning Text and Paragraph, Borders and shading, Headers and Footers, Multiple Columns.	ICT based class room teaching, Group Discussion, Case Analysis, Individual Presentations
Unit – II	Introduction to Excel Excel & Worksheet : Worksheet basic. Creating worksheet, entering data into worksheet, heading information, data text, dates, alphanumeric, values, saving & quitting worksheet. Opening and moving around in an existing worksheet. Toolbars and Menus, keyboard shortcuts. Working with single and multiple workbook coping, renaming, moving, adding and deleting. coping entries and moving between workbooks.	ICT based class room teaching, Case Analysis, Individual Presentation, Visit to Venture Capitalists

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	Working with formulas & cell referencing. Autosum. Coping formulas Absolute & Relative addressing.	
Unit – III	INTRODUCTION TO POWER POINT Features and various versions. Creating presentation using Slide master and template in various colour scheme. Working with slides make new slide move, copy, delete, duplicate, lay outing of slide, zoom in or out of a slide. Editing and formatting text: Alignment, editing, inserting, deleting, selecting, formatting of text, find and replace text.	ICT based class room teaching, Case Analysis, Group Presentation
Unit – IV	POWER POINT – II Bullets , footer, paragraph formatting, spell checking. Printing presentation Print slides, notes, handouts and outlines. Inserting objects Drawing and Inserting objects using Clip Arts picture and charts. Slide sorter, slide transition effect and animation effects. Presenting the show making stand alone presentation, Pack and go wizards.	ICT based class room teaching, Case Analysis, Individual Presentation
Unit – V	INTRODUCTION OF INTERNET Evolution, Protocol, concept, Internet, Dial-up connectivity, leased line, VSAT, Broad band, URLs, Domain names, Portals. E-mail, Pop & web based Email. Basic of sending and receiving Emails, Email & Internet Ethics, Computer virus, Antivirus software wage, Web Browers.	ICT based class room teaching, Case Analysis, Group Presentation

PRACTICALS:-**MS- Power Point:**

Creating new slide, formatting slide layout, slide show & sorter, Inserting new slide, slide no., date, time, chart, formatting slide, tool operation.

List of suggested practical work:

- Under standing of a dial up connection through modern.
- Configuring a computer for an e-mail and using outlook Express or Netscape Messenger.
- Registration an e-mail address.

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- Understanding of e-mail drafting.
- Understanding of address book maintenance for e-mail.
- Understanding of different mail program tools.
- Send and receive functions of e-mail.


Note- Minimum laboratory timing of six hours in a week.

COURSE OUTCOME:-

Student will be able to use computer system easily and they will get knowledge about how to use different type of operating system.

Job opportunity	Employability skill developed	Local/National/UNDP Goal Achieved	Entrepreneurship Opportunity
Computer Operator, Office Assistant, Training and Support in Institutions/universities, Research and Academics, System Analyst in State and Central Research organization, Consultant in Software firms, Quality Assurance and Testing in Public and Private sectors, Application Customization and Development, Start own venture	Learn basic's of MS-word improve their skills with advanced features	No Poverty, Quality Education, Industry Innovation and Infrastructure.	Can start own Computer Assistance services.


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SEMESTAR-THIRD

Course- Bachelor of Physical education & Sports (BPES)

Subject-Organization and Administration of Physical Education

Subject Code :3EBPE301

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE: This course enable the students to learn about organization & administration in Physical Education .

Class Room Based Teaching		Methodology Adopted
UNIT - I	Organisation and Administration <ol style="list-style-type: none"> 1. Introduction : definition of terms ,importance 2. ,objective , principals. 3. Scheme of organisation : N.F.C., N.C.C. ,School sports . 4. Facilities :construction and care of Gymnasia ,swimming ,Pools ,playing , Fields , Play grounds. 5. Equipment :Need ,Purchase , maintenance , Issue and disposal . <p>ProgrammePlanning :Principles and factors affecting the time</p> <p>Table preparing time tables ,scheduling s school sports , problems of school sports intramurals , inter institutional .</p>	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	<ol style="list-style-type: none"> 1. Records and registers :Attendance , Tests ,Health , and Character , Extra –curricular Activates. 2. Budgets & Finance : Preparation of Budget ,. 3. OrganisationWorking the field of physical Education in India. 5.Evaluation 	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop .as per requirement of the topic
UNIT - III	<p>Public Relation :-</p> <p>Definition –Need of public relation in physical education</p> <p>.Principles of public relation in physical education</p> <p>.Techniques and media of relation with the public ,parents ,pupils and Evolution.</p> <p>Need and importance – Method of evaluation in terms of objectives ,detection of deficiencies examination in physical education –follow up action for improvement .</p>	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic

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UNIT - IV	Camping 1 Location of camps : Principals, Plans. 2 Health and Safety : Facilities , Medical care Precautions . 3 Programme : Daily and weekly Time – tables , Selection	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic
UNIT - V	1. Importance of Tournament . 2. Types of Tournament and its Organization Structure – Knock- out- Tournament s, League or Round Robin Tournament , combination Tournament and challenge Tournament.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic

OUTCOME : Understand the how organize Physical education programe, competition, how prepare and maintain budget and records etc.

REFERENCE

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- Administration of Physical Education and Athletic Programme. St. Lolis.:The C.V.Hosby.Co.
- Kozman, H.C. Cassidly, R.& Jackson, C. (1960). Methods in Physical Education . London: W.B. saunders Co. Pandey, L.K. (1977) Methods in Physical Education. Delhe: Metopolitan Book Depo. Sharma, V.M. & Tiwari, P.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication . Thomas, J.P. (1967) . Organization & administration of Physical Education. Madars: Gyanodayal Prass.
- 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.

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Physical Education teacher School Administrator	Introduction to employability Developing employability skill	Quality Education	Play field making & maintenance service

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SEMESTAR-THIRD

Course- Bachelor of Physical education & Sports (BPES)

Subject-Test and Measurement

Subject Code 3EBPE302

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE ; This course will enable students to understand the concept of test, measurement & evaluation in Physical Education, Criteria of selection, classification and administration of test, physical fitness tests and sports skill tests.

Class Room Based Teaching		Methodology Adopted
UNIT - I	Introduction - Meaning and definition of Measurement and Evaluation - Nature and scope of evaluation programme . - Need and importance of evaluation in the field of Physical Education.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	Selection and Construction of Tests - Criteria of Test Selection. - Factors affecting Scientific Authenticity.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop .as per requirement of the topic
UNIT - III	Measurement of Physical Performance Organic Functions: - Harvard step test and its modifications (High School and College level (Men and Motor Fitness: - JCR Test - AAHPERD Youth Fitness Test. Strength Test - Kraus-Weber Muscular test. - Roger's Strength Test General Motor Ability - Mc Cloy's General Motor Ability - Barrow General Motor Ability Test	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic

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UNIT - IV	Sports Skill Test - Miller Wall Volley Test - Johnson Basketball Ability test - Leilich Basketball Skill Test	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic
UNIT - V	Measurement of Posture and Anthropometry - Measures of Posture-IOWA Posture Test (Curelon's) Measurement of Social Efficiency : - Neilson Sports Leadership Questionnaire.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic

OUTCOME : Understand the need & importance of test, measurement and evaluation in physical education, describe the criteria, classification and administration of test, develop concepts related to test, measurement & evaluation, construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education, explain different physical fitness and skill tests.

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- Bosco S. James and Gustafson F. William, Measremet and Evaluation in Physical Fitness and Sports .(New Jersey: Englewood Cliffs, Prentic Hall 1983) .
- Clarks, H. David and Clarke Hanson. H. Application of Measurement to Physical Education(Englewood Cliffs. Prentice Hall Inc., 1987)Edn.6
- Hubbard W. Alfred (D.) Research Method in Health, Physical Eduction and Recreation 3rd revised edition (Washington: D.C. American, Association of Health Physical Education and Recreation.
- Johnson L. Barry ;and Nelson K. Jack, Practical Measurement for Evaluation in Physical Education 1st Indian Reprint, (Delhi:SUIjeet Publication, 1982 ed.3rd.
- Larson L.A. and Yown R.C. Measurement and Evaluation in Physical Health and Recreation Education (St. Louis L.C.V. Mosby Com 1957).
- Larson, L.A. Encyclopedia of Sport of Sports Sciences and Medicine Education and Recreation 3rd Revised Edn. (Washinton D.C. American (Association ot Health, Physical Education and Recreation, 1973).
- Mathews, Donald K. Measurement in Physical Education (London W.B. Saunders Co.1973) Edn. 5
- Phillips D. Allen and Honark E. James Measurement and Evaluation in Physical Education

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Trainer	Developing employability skill	Quality education Good health and well being	Physical fitness testing service Motor fitness testing service Skill testing service

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SEMESTAR- THIRD

Course- Bachelor of Physical education & Sports (BPES)
Subject-Practical (Sports Skill)

Subject Code : 3EBPE303

Theory Max. Marks : 100

Theory Min. Marks : 50

PRACTICALS

GAMES LESSON

Lesson on any one of the following games:-

(Marks –50)

1. Kho-Kho
2. Football
3. Netball
4. Judo

2. Athletics – Throwing - (Shot Put, Javelin, Discus, Hammer)

(Marks –50)

The contents of teaching for each activity are as follows:-

1. History of game/ gymnastic.
2. Measurement of the field.
3. Equipment and specifications of equipments.
4. Fundamental skills and lead up games.
5. Techniques, strategies and system of play.
6. Rules and regulations of the game/activity.
7. Tournaments at national and international level.
8. Records (world, Olympic, Asian games and National Games).
9. Awards in the game.
10. Related books and magazines.

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11. Officiating: -

- a. Duties of official.
- b. Knowledge of score sheets.
- c. Signals officiating.
- d. Technical equipment for officiating.

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games activities (5 lessons each in games and athletics). In addition each trainee shall complete 1 assignment each in games.
2. For the purpose of examination in practical one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the university.


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SEMESTAR-FOURTH

Course- Bachelor of Physical education & Sports (BPES)

Subject- English Language and Scientific Temper

Subject Code : 3HBEL402

Theory Max. Marks : 25

Theory Min. Marks : 08

OBJECTIVE : Use a task –based interactive approach to enhance student's understanding of the reading and writing process.

	Course content	Methodology Adopted
Unit-I	1. Tina Morris: Tree 2. Nissim Ezekiel: Night of the Scorpion 3. C. P. Snow: Ramanujan 4. Roger Rosenblatt: The Power of WE 5. George Orwell: What is Science? 6. C. Rajagopalachari: Three Questions 7. Desmond Morris: A short extract from <i>The Naked Ape</i> 8. A. G. Gardiner: On The Rule of the Road	Usage of ICT(Power point, PDF, and video lectures) and black board.
Unit-II	Comprehension of an unseen passage.	Usage of ICT(Power point, PDF, and video lectures) and black board.
Unit-III	Letter Writing: Formal Letters, Informal letters, Applications.	Usage of ICT(Power point, PDF, and video lectures) and black board.
Unit-IV	Report Writing.	Usage of ICT(Power point, PDF, and video lectures) and black board.
Unit-V	Language skills: Correction of common errors in sentence structure: usage of nouns/ pronouns, subject/ verb agreement, word order, gender; compound nouns, collective nouns, possessives, articles and prepositions (advanced).	Usage of ICT(Power point, PDF, and video lectures) and black board.

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Course Outcome: The students will know about reading and writing in proper ways.

Text /Reference Book:

1. Essentials of English Grammar by Sultan Chand & Sons
2. Candid English Grammar & Composition, B.B. Gakhar and R.K. Chopra, Evergreen Publications.
3. English Grammar and Composition by Wren & Martin
4. Modern English: A Book of Grammar, Usage and Composition by M. Krishnaswamy
5. Scholar's Senior English Grammar and Composition, T.R. Bhanot, H. Martin, Scholar Publishing House (P) Ltd.
6. Learner's English Grammar and Composition by N.D.V.Prasada Rao (S. Chand & Company Ltd.)
7. Strengthen your Writing by V.R Narayana Swami (Orient Longman)

Job Opportunities	Employability Skill developed	UNDP Goal Achieved	Entrepreneurship Opportunity
Language Teacher Writer	Command on language Develop LSRW skills	Quality education Goal achieved	Composer publish self made poetry

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SEMESTER- IVth

Subject Code: 3HBHP401

COURSE: B.P.E.S.

THEORY MAX. MARKS: 25

SUBJECT:-

Theory Min. Marks: 08

PAPER TITLE- HUMAN VALUES AND ETHICS

COURSE OBJECTIVES:

- To help students understand the basic guidelines, content and process of Human value and value crisis in contemporary Indian Society
- To help students understand the meaning of happiness and prosperity for a human being.
- To help students reflect critically on gender violence .
- To facilitate the students to understand harmony at all the levels of human living, and live accordingly

	Unit wise course content	Methodology Adopted
UNIT-I	<i>Concept of value and value crisis in contemporary Indian Society.</i> 1. Concept of value 2. Value crisis at- individual level 3. Value crisis at- Cultural level 4. Value crisis at- Societal level 5. The Indian concept of value. 6. Modern Approach to the study of Values.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT-II	<i>Moral and Ethical Human values.</i> 1. Bases for Moral Judgment 2. Some Canons of Ethics 3. Ethics of Duty 4. Ethics of Responsibility 5. Factors to be considered in making Ethical Judgments. Continuous Happiness and Prosperity- A look at basic Human Aspirations	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT-III	<i>Moral Values in Profession.</i> 1. What is Profession? 2. Professional Ethos 3. Code of Professional Ethics 4. Corporate social Responsibility	Usage of ICT (PowerPoint, Pdf and video


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UNIT-IV	Gender sensitization. <ol style="list-style-type: none"> 1. Socialization of Women 2. Demographic consequences 3. Domestic Violence 4. Women's work, its politics and economics, fact and fiction, Unrecognized and unaccounted work. 	lectures) and black board (traditional) as per requirement of the topic
UNIT-V	<i>Co- Curricular Activities and value Education.</i> <ol style="list-style-type: none"> 1. Games and sports 2. Literary and cultural Activities 3. NSS, NCC activities 4. A New Approach to Human Value Freedom, Creativity Love & Wisdom 	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic

COURSE OUTCOMES:

1. On completion of this course, the students will be able to:
2. Understand the significance of value inputs in a classroom and start applying them in their life and profession.
3. Understand the value of harmonious relationship based on trust and respect in their life and profession.
4. Students will develop a sense of appreciation of women in all walks of life.
5. Understand the role of a human being in ensuring harmony in society

Text Books-

- | | | |
|--|--------------|------------------------------|
| • <i>Human Values,</i> | Tripathy | International Publishers |
| • मूल्य, पर्यावरण और मानव अधिकार की शिक्षा | A.N. | New Age |
| • Human Values in Education company | बी.एल. शर्मा | आर. लाल बुक डिपो मेरठ |
| | N.L. Gupta | Concept Publishing New Delhi |

References

- A foundation course in Human Values Gaur R.R, Sangal R, Bagaria G P, Excel books, New Delhi and Professional Ethics
- *Indian Ethos and Modern Management* Bajpai B L, New Royal BoLucknow
- Human values Mishra Dr. RajanLaxmi PublicatiPVT Delhi
- Professional Ethics and Human values S. Dinesh BabuLaxmi Publications PVT.LTD Delhi
- Business Ethics and Communication Rathore, P.S., S. Chand Publishing Co. New Delhi

Jeevan Vidya ek Parichay Nagraj, A, Divya Path Sansthan, Amarkantak

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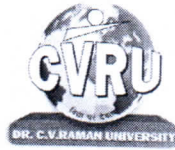
RECOMMENDED BOOKS -

Job Opportunities	Employability Skill Developed	Local/National/UNDP Goal Achieved	Entrepreneurship Opportunity
	Action planning human value skills gender sensitization	Goal 04 (Quality Education Decent work economic growth achieved	Consultant for human values


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SEMESTAR-FOURTH

Course- Bachelor of Physical education & Sports (BPES)
Subject-Fundamentals of Sports Bio mechanics

Subject Code : 3EBPE401

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE : Knowledge of Biomechanics and Kinesiology is important for understanding the human movement, including those involved in sports and games. This course begins with an overview of Biomechanics and Sports Kinesiology followed by fundamental concepts, mechanical concepts, kinematics and kinetics of human movement.

Class Room Based Teaching		Methodology Adopted
UNIT - I	Introduction - Meaning of Biomechanics - Biomechanics in Physical Education, Sports and Research - Fundamental Skills - Basic and I of Sports Movement Analysis - Kinesiological Analysis, - Mechanical Analysis	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	Linear, Angular and General Motion - Distance and Displacement (Linear and Angular) - Speed and Velocity (Linear and Angular) - Relationship of Linear and Angular Motion Newton's Lawsof Motion as applicable to Linear and Angular motion.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop .as per requirement of the topic
UNIT - III	Force - Meaning, UNIT of force, effect of force, Source of force, Components and resultant of Force - Friction - Pressure - Work, power and Energy - Levers Moment of Inertia Moment of force	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic
UNIT - IV	- Freely falling bodies, Projectiles, momentum and Impulse - Stability (Static and Dynamic), Initiating Rotation in the Air - Spin, Impact and Elasticity - Fluid Mechanics, Air resistance and Water resistance	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic

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UNIT - V	Analysis of Following Fundamental Skills: <ul style="list-style-type: none"> - Walking - Running - Throwing - Pushing - Catching Analysis of Skills of the Following Games/Sports: <ul style="list-style-type: none"> - Athletics - Football - Handball - Cricket - Volley Ball - Kabbadi& Kho-Kho 	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic
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OUTCOME : Define and describe the term kinesiology and biomechanics, explain mechanical concepts (force, lever, Newton's laws of motion and Projectile), develop an understanding of the fundamental connection between structure and basic functions for muscles and joint, analyse sport movements and design movement-oriented exercise prescriptions

REFERENCES :

- Dunn, Hohn W. Science, Principles of Coaching (Englewood cliffs, N.J. Prentice Hall Ints.1972).
- Simonian Charies, Fundamentals of Sport Biomechanics (Englewood Cliffs, N.J. PrenticeHall Int., 1911).
- Hay, James, G The Biomechanics of Sports Techniques (Englewood Cliffs N.J. PrenticeHall, Inc., 1970).
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- Hay, James G. and Ried J. Gavid , The Anatomical ad Mechanical Basis of Human Motion(Englewood Cliffs, N.J. Prentice Hall, Inc. 1982).
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- M.C. Ginnis M. Peter, Biomechanics of Sports and Exercise, (Human Kinetics, 1999).
- Hall J. Susan Basic Bio-mechanics (Mc graw-Hill companies Inc. 1995). Uppal A.K. Kumar Gray Lawrence V. and Panda ManjariMamata Biomechanics in Physical Education &
- Exercise Science. (Friends Publiscations (India) 2004).

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- Kreighbaum Ellen; and Barthels M. Kathareine, (Mac millan publishing company, Newyork,1990).

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Biomechanics analyst	Developed employability skill	Quality education	Sports biomechanical analysis service

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SEMESTAR- FOURTH

Course- Bachelor of Physical education & Sports (BPES)

Subject-Recreation and leisure activity

Subject Code : 3EBPE402

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE : Main objective of this course is to students understand about recreational institutions, planning recreational programme.

Class Room Based Teaching		Methodology Adopted
UNIT - I	1.Introduction to Recreation- 2.Meaning definition and characteristics of recreation. 3.Importance of recreation. 4.Misconceptions about recreation. 5.Scope of recreation.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	Influence of recreation in social institutions. 1. Family. 2. Educational institutions. 3.Community/ cultural. 4.Religious organizations.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop .as per requirement of the topic
UNIT - III	Planning criteria and objectives of recreation facilities. Different types of indoor and outdoor recreation for urban and rural population. Operation and maintenance of different recreation area and facilities. Sources of funding of recreational activities.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic
UNIT - IV	Programmes in recreation. 1.Criteria and principles of selecting a programme. 2.Classification of recreational activities. 3.Indoor and outdoor activities. 4.Water activities. 5.Cultural activities. 6.Literary activities. 7.Nature and outing 8.Social events. 9.Adventure activities. 10. Hobbies – introduction to hobbies and types of hobbies. 11. Agencies providing recreation.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic

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UNIT - V	Camping and leadership	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic
	<ol style="list-style-type: none"> 1. Aim objectives and importance of camping. 2. Organization and types of camp. <ol style="list-style-type: none"> a. Selection and layout of camp site. b. Camping leadership. 3. Types and functions of recreation leaders 4. Qualification qualities and training & recreation leaders. 	

OUTCOME : Students are understand the recreation planning criteria. Recreational institutions etc.

REFERENCES :

- .Bright Charles k. and herold c. meyer . “recreational test and readings” Eaglewood cliff, new .jersey prentice hall, Inc. 1953.
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- Planning facilities for health physical education and recreation Chicago the Athletic institute, 1936.
- Recreation areas: their design and equipments, new York :ronal press 1958,
- KRAN,R.G. Recreation and the schools, new York: mac melon company.
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- Marrow GS therapeutic Recreation reston publishing, company 1976,
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Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
PTI	Developed employability skill	Quality education	Recreation club

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SEMESTAR-FOURTH

Course- Bachelor of Physical education & Sports (BPES)
Subject-Practical (Sports Skill)

Subject Code : 3EBPE403
Practical Max. Marks : 100
Practical Min. Marks : 50

PRACTICALS

GAMES LESSON

Lesson on any one of the following games:-(120 Hours)

(Marks – 50)

1. Cricket
2. Basketball
3. Handball
4. Softball

3. Athletics – Relay Race

(Marks – 50)

The contents of teaching for each activity are as follows:-

1. History of game/ athletics.
2. Measurement of the field.
3. Equipment and specifications of equipments.
4. Fundamental skills and lead up games.
5. Techniques, strategies and system of play.
6. Rules and regulations of the game/activity.
7. Tournaments at national and international level.
8. Records (world, Olympic, Asian games and National Games).
9. Awards in the game.
10. Related books and magazines.
11. Officiating: -
 - a. Duties of official.
 - b. Knowledge of score sheets.

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- c. Signals officiating.
- d. Technical equipment for officiating.

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games activities (5 lessons each in games). In addition each trainee shall complete 1 assignment each in games and athletics.
2. For the purpose of examination in practical one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the university.


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SEMESTER- Vth

COURSE: B.P.E.S

Subject: ENVIRONMENTAL STUDIES

Subject Code: 3SBES501

THEORY MAX. MARKS: 25

Theory Min. Marks: 08

COURSE OBJECTIVE: Student will be able to become proficient in the natural and physical sciences, as well as to be aware of social and cultural influences upon environmental problems facing society today.

Unit	Course Content	Methodology Adopted
UNIT I	Scope and importance of environmental studies. Natural resources: Renewable and non-renewable resources, Natural resources and associated problems. Forest, Water, Food, energy and land resources.	Usage of ICT(Power point, PDF, Video) and black board (traditional) as per requirement of the topic.
UNIT II	Ecosystems: Definition, concept, structure and functions. Producers, consumers and decomposers of an ecosystem. Energy flow in the ecosystem. Types of ecosystems. Biodiversity: Definition, classification, threats to biodiversity and its conservation.	Usage of ICT(Power point, PDF) and black board (traditional) as per requirement of the
UNIT III	Environmental pollution: Causes, effects and control of air, water, soil, thermal, noise and marine pollution. Causes, effects and management of soil nuclear hazards. Solid waste management: Causes, effects and Control measures of urban industrial waste.	topic. Usage of ICT(Power point, PDF) and black board (traditional) as per requirement of the topic.
UNIT IV	The Environment Protection Act, The Air Act, The water Act, The Wildlife Protection Act and Forest Conservation Act. Woman and child welfare, HIV/AIDS and Role of information technology on environment and human health.	Usage of ICT(Power point, PDF) and black board (traditional) as per requirement of the topic
UNIT V	Social issues and the environment, unsustainable to sustainable development. Urban problem related to energy, water conservation, rain water harvesting, watershed management Disaster types and Disaster management, Floods, earthquakes, cyclones and land slides.	Lecture, Group Discussion

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COURSE OUTCOME :-The Environmental Studies minor supplements other majors to facilitate students' understanding of complex environmental issues from a problem-oriented, interdisciplinary perspective. Enable the student to acquire basic ideas about environment and emerging issues about environment problems.

Aware about the need and importance of Natural Resources.

Develop knowledge and understanding of the environment and enable the students to contribute towards maintaining and improving the quality of the environment.


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SEMESTER- Vth

COURSE: BPES

SUBJECT: INT. TO SOFT SKILL & TEAM BUILDING:

Subject Code 3HBEL501

THEORY MAX. MARKS: 25

THEORY MIN. MARKS: 08

COUSE OBJECTIVES :

By the end of the soft skills training program, the students should be able to

Unit	Course Content	Methodology Adopted
UNIT I	General Introduction of self by students, Importance of the Training sessions, Importance of Presentation Skills, Public Speaking, Basic English Grammar Vocabulary, Kinds of Sentences, Verb, Adverb, Tenses, Preposition, Conjunction, Formation of Sentences, Sentence Making, Translation, Communication Skills Communication meaning, Function, Process, Types of communication, Barriers of communication, Guidelines for effective communication, Purpose of Good communication, Importance of right Pronunciation	Usage of ICT(Power point, PDF, Video) and black board (traditional) as per requirement of the topic.
UNIT II	Listening and Writing Skills Importance of effective listening, Importance of effective writing skills, Conversation Practice, Guidelines for Effective writing, skills Team Management, Time Management, Stress Management, Decision Making, Positive Thinking Attitude, self actualization, Working style	Usage of ICT(Power point, PDF) and black board (traditional) as per requirement of the topic.
UNIT III	Email Skills Email Etiquette, Email Drafting, Creating a Resume/ Resume writing tips Format and Content Resume, Fresher's Resume, Helpful Tips For Resume Writing, Things to avoid in Resume, Group Discussion Introduction "what is GD", Ability to Influence, Importance of Active Listening, Key Steps to succeed in GD Do's and Don'ts of GD	Usage of ICT(Power point, PDF) and black board (traditional) as per requirement of the topic.
UNIT IV	Interview Skills/ Tips Groundwork before the Interview, Greeting Etiquettes, Self Introduction, Tips to answer "questions" Do's and Don'ts of Interview, Preparing a day before the interview, Things to remember during the Interview.	Usage of ICT(Power point, PDF) and black board (traditional) as per requirement of the topic
UNIT V	Corporate Etiquette Professional Attitude at work, Punctuality, Meeting etiquettes, Professional Dressing sense, Cordial Relation with Fellow workers	Lecture, Group Discussion

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- ☐ Develop effective communication skills (spoken and written).
- ☐ Develop effective presentation skills.
- ☐ Conduct effective business correspondence and prepare business reports which produce results.
- ☐ Become self-confident individuals by mastering inter-personal skills, team management skills, and leadership skills.
- ☐ Develop all-round personalities with a mature outlook to function effectively in different circumstances.
- ☐ Develop broad career plans, evaluate the employment market, identify the organizations to get good placement, match the job requirements and skill sets.

COURSE OUTCOME:

The teaching methods in the soft skills training include lectures, projects, role plays, quizzes, and various other participatory sessions. The emphasis will be on learning by doing.

Since the method of training is experiential and highly interactive, the students imbibe the skills and attributes in a gradual and subtle way over the duration of the program. The students will not only learn the skills and attributes but also internalize them over a period of time.

Internalization ensures that the skills and attributes become part of the students' nature. Subtle changes are bound to occur in their behavior and outlook, and these will make them more self-assured and confident. Moreover, the behavior changes will be gradual and natural and will not appear artificial or put on. Thus, the changes in them will be genuine and positive.

The Soft Skills training program is a credit course and the evaluation of the students takes place on a continuous basis. Active participation in activities, interest displayed by the students in acquiring the necessary attributes and skills and the commitment shown by them to improve in terms of attitudes are the main criteria for evaluation.

Text Books:

- Business Communication, Universal Pub. Agra – Dr. Ramesh Mangal

Reference Books:

- English Grammar- Wren & Martin
- Putting your best foot forward- Lt. Co. (Dr.) Pramod Deogirikar

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SEMESTAR-FIFTH

Course- Bachelor of Physical education & Sports (BPES)

Subject-Sports Management Theory

Subject Code : 3EBPE501

Theory Max. Marks : 50

Min. Marks : 17

OBJECTIVE: This course will enable students to understand the management of organization, Sports competition and public relation.

Class Room Based Teaching		Methodology Adopted
UNIT - I	1. Management and Organizational Structure: 1.1 Meaning and Definition of the Terms – Administration and Management. 1.2 Elements/Phases of Management (Planning; Organizing; staffing; Directing and Coordination; Supervision and Control/Evaluation; Re-adjustments and Improvement/Follow-up) 1.3 Importance/Significance of the Subject- Management in Physical Education and Sports. 1.4 Principles of Management. 1.5 Schemes of Organization- Meaning. 1.6 Procedure for Working-out an effective Scheme of Organization. 1.7 Organizational Structure in Schools, Colleges and Universities. 1.8 Organizational Structure in District and State Education Departments.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	2. Facilities and Equipments: 2.1 The Need for Out-door Facilities: Principles for their Location and the Recommended Area. 2.2 Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking. 2.3 Guidelines/Principles for the Lay-out of Out-door Facilities. 2.4 Care and Maintenance of Out-door Facilities. 2.5 Gymnasium: The need, Location, Dimensions, Sample Floor Plans. 2.6 Swimming Pool: The Need, Construction, Maintenance	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop as per requirement of the topic

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	<p>and Supervision.</p> <p>2.7 The Need for Equipments and their Types.</p> <p>2.8 Procedure for the Purchase of Equipments</p> <p>2.9 Principles to be followed for the Purchase.</p> <p>2.10 Store Room Management: Need, Location, Fixtures, Handing of equipments, Issuing Procedure and Periodical Stock-Checking.</p> <p>2.11 Stocking of Leather Equipments, Rubber Equipments, Wooden Equipments, Cloth Uniform Shuttle Cocks, Mattresses, Swimming and Track Equipments.</p> <p>2.12 Repairs and Disposal of Damaged Equipments.</p>	
UNIT - III	<p>3. Staff and Leadership</p> <p>3.1 Head of the Institute/Department and his Role in Imbibing the Spirit of Discipline among his Staff and Students.</p> <p>3.2 Qualifications of Physical Educators for Different Level Assignments.</p> <p>3.3 Qualities of a Good Physical Education Teacher.</p> <p>3.4 Staff Co-operation and its Significance.</p> <p>3.5 Involvement/Development of Voluntary Services of Other Teachers for physical Education Programs.</p> <p>3.6 Student Leadership: Meaning, Elements, and Values/Significance.</p> <p>3.7 Selection, Training and Recognition of Student Leaders.</p>	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic
UNIT - IV	<p>4. Intramurals, Extramural and Public Relations</p> <p>4.1 Meaning and Values of Intramural Program.</p> <p>4.2 UNIT s, Events and Points System for Competition.</p> <p>4.3 Sample Rules to be followed for Intramurals.</p> <p>4.4 Rewards and Incentives for Winners.</p> <p>4.5 Meaning and Educational Outcomes of Extramural.</p> <p>4.6 Evil Practices in Extramural.</p> <p>4.7 Limitations on Participation.</p> <p>4.8 Team Management: Selection & Training (Coaching Camps etc.)</p> <p>4.9 Tour Management (Physical Education Teacher as manager of the Team)</p> <p>4.10 Tournament Management, Opening and Closing Ceremonies; various Committees and their Responsibilities.</p> <p>4.11 Definition and meaning of Public Relations.</p> <p>4.12 Need for a Public Relation Program in Physical Education.</p> <p>4.13 Principles to be followed for a good Public relation</p>	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic

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	Program. 4.14 Techniques of Public Relation. 4.15 Relation of the physical Education Teacher with the Students, Parents, Colleagues, Principal and Supervisor etc.	
UNIT - V	5. Class management, Office Management and Physical Education Budget. 5.1 Teacher's Preparation before Class (Lesson Plan, Markings of the Courts, Necessary Equipments Suitable Uniform). 5.2 Students Preparation. 5.3 Handling and Controlling the Class. 5.4 Attendance System. 5.5 Grading the Student. 5.6 Preparing Reports. 5.7 The Need for Office, its Location and Set-up. 5.8 Office Function and Practices. 5.9 Meaning and Importance of 'Budget' in Physical Education. 5.10 Budget Making (Steps, Areas of Income and Expenditure). 5.11 Account Keeping. 5.12 Petty Cash Fund/Imp rest.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic

OUTCOMES: Understand the managerial function of sports management, understand the importance of Management in Physical Education and Sports, describe the public relation and media management.

REFERENCE:

- Joseph P.M. Organization of Physical Education , The Old Students Association, IPE, Rober L. Mathis & John H. Jackson Human Resource Management (Ninth Edition) South Western College Publishing, 2000.
- Jackquelyn Cuneed & M. Joy Sidwell, Sports Management Field Experiences, 1994, Fitnson Information Technology ;Inc.
- P. Gerg Compert, Directory of Undergraduate Programms is Sports Management, Fitness Information Technology 2005.
- Joy T. Desensi & Danny Roserrberg, Ethics and Morality in Sports Management. Fitness.
- Rechard M. Hodgetts, Management-Theory, Process & practice (IV Editional, Harcourt Brace
- Jovanovich, Publishers-1985

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Sports manager	Self progress file Developing employability skill	Quality education	Sports event management service Competition manager

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SEMESTAR- FIFTH^h (Elective – I)

Course- Bachelor of Physical education & Sports (BPES)

Subject-Methods of Physical Education

Subject Code : 3EBPE502

Theory Max. Marks : 100

Theory Min. Marks : 50

OBJECTIVE: This course will enable students to understand the Various teaching methods , presentation technique, class formation etc.

Class Room Based Teaching		Methodology Adopted
UNIT - I	1. Meaning, scope and importance of teaching methods in physical education. 2. Basic types of teaching methods. 3. Factors affecting teaching methods. 4. Command and types of command: a. For beginners b. For advance groups c. For large groups d. For complicated exercises 5. Techniques of commanding: a. Counting b. Continuous counting c. Counting the beat d. Rhythmic counting e. Counting aloud f. Use of whistle g. Procession instruments and music	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	1. Preliminary preparation: a. Personal preparation b. Technical preparation c. Steps of preparation 2. Presentation Techniques: a. Orientation b. Verbal explanation c. Demonstration d. Explanation e. Discussion f. Supervision g. Evaluation 3. Teaching aids and types of teaching aids a. Motion pictures b. Charts & diagrams c. Models and exhibitions d. Musical instruments and recording	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop .as per requirement of the topic
UNIT - III	1. Lesson planning and objectives of lesson planning. 2. Parts of lesson planning and their order: a. Introductory part b. Fundamental or main body part c. Concluding part 3. Types of lesson planning: a. General lesson plan b. Specific lesson plan 4. Principles of lesson planning. 5. Lesson plan evaluation and re-planning.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic

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UNIT - IV	1. Class formation, its values and types of class formation: a. Single line b. Double line c. File formation d. Semi-circle e. Circle formation f. Spoke g. Horse shoe h. L- shape i. Triangular j. Rectangular k. Double sided 1. Three sided m. Free formation 2. Supervision and inspection of teaching methods. 3. Methods of supervision and qualities of a supervisor. 4. Evaluation of teaching methods. 5. Need and importance of evaluation.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic
UNIT - V	Construction and Marking of Track and Play field. Award, Letter, Crest, Honors board, Trophies and Certificate.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic

OUTCOME:

After completing this course, the students will be able to understand the methods related to physical education, construction and making play field and track etc.

REFERENCE:

- Kamalesh M.L. and Sangral M.S., "Methods in Physical Education" Parkash Brothers, 5,6 Books Market Ludhinana 1986. Tirunarayan and Hariharan, "Methods in Physical Education." M/S C.T. and S.H. Allagappa College of Physical Education Karaikudi-4. Kazmer, H.C. and Cassidy, R., "Methods in Physical Education" W.B. Saunders and Co. Philadelphia, London 1958. Charrles, E. Forrythe and Irrn A. Keller, "Administration of High School Athletics." Prentice Hall Inc. Englewood, N.J. 1979.

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
PTI	Self progress file Developing employability skill	Quality education	

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SEMESTAR- FIFTH

Course- Bachelor of Physical education & Sports (BPES)

Subject-Practical (School Internship)

Subject Code : 3EBPE505

Practical Max. Marks : 100

Practical Min. Marks : 50

OBJECTIVE

This course will enable students to realise theory and practicum courses into practice and help them to use their previously acquired knowledge and practices in systematized and structured manner to teach effectively. It aims to provide the student (intern) with the opportunity of undergoing a meaningful experience as a practitioner.

School Internship

School Internship would be a part of the board curricula area of “Engagement with the Field” and shall be designed to lead to development of a broad repertoire of perspectives, professional capacities, teacher sensibilities and skills. The curriculum of BPES shall provide for sustained engagement with learners and the school (including engaging in continuous and comprehensive assessment form learning), hereby creating a synergy with schools in the neighbourhood throughout the year. Students-teacher shall be equipped to cater to diverse needs of learners in schools. Students are to be actively engaged in teaching for 4 weeks in the final year of the course.

OUTCOME :

Develop teaching proficiency for outdoor and indoor activities, organize and execute mass demonstration / displays, conduct physical education program for various age groups.

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SEMESTAR-FIFTH (Elective)

Course- Bachelor of Physical education & Sports (BPES)

Subject-Introduction to Yoga

Subject Code :3EBPE503

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE : This course will enable students to understand the concept of yoga. It aims to develop understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle.

Class Room Based Teaching		Methodology Adopted
UNIT - I	Introduction Meaning and Definition of Yoga oAims and Objectives of Yoga oYoga in Early Upanisads oThe Yoga Sutra: General Consideration oNeed and Importance of Yoga in Physical Education and Sports	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	Foundation of Yoga oThe Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi oYoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop .as per requirement of the topic
UNIT - III	Traditional Yoga - Vital points of the body & Panchikaranaprakriya - Limbs of Yoga - Kumbhkas:- Meaning & types - Asthang Yoga (awakening of the Kundalini, Nada, chakra, Pratyahara, Dharna, Dhyana, Samadhi) - Satkarma& Siddhis	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic
UNIT - IV	Asanas oEffect of Asanas and Pranayama on various system of the body oClassification of asanas with special reference to	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per

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	physical education and sports oInfluences of relaxative, meditative posture on various system of the body oTypes of Bandhas and mudras oType of kriyas	requirement of the topic
UNIT - V	oBasic, applied and action research in Yoga oDifference between yogic practices and physical exercises oYoga education centers in India and abroad oCompetitions in Yogasanas	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic

OUTCOME : 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.

REFERENCE:

- B. K. Aayenger, Yoga Deepika, Orient Longman Pvt. Ltd. Mumbai
- Swami S. S., Asana, Pranayam, Mudra Bandha, BhargvaBhushan Press, Varanasi
- Gore M. M. Anatomy & Physiology of Yogic Practices, Kanchan Prakashan
- Ross K., TheMannual of Yoga, Rupa& Co.
- Swami Kuvalayananda, Yogic Therapy - Its basic Principles and Methods, CHEB New Delhi

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Yoga instructor	Self progress file Developing employability skill	Quality education	Yoga training service

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SEMESTAR- SIXTH

Course- Bachelor of Physical education & Sports (BPES)

Subject-Professional Preparation in Physical Education

Subject Code 3EBPE601

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE : The main objective of this course is to enable the students regarding professional preparation and curriculum design.

Class Room Based Teaching		Methodology Adopted
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 – Personal factors – Climatic consideration – Equipment and facilities National and Professional policies, Research findings.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	Developmental Characteristics of the Learner - Psychomotor Development - Cognitive Development. - Affective Development. Implications for Physical Education, Co-education in Physical Education - Integrating Programmer's for Boys and Girls. - Activities suitable for Co-education. - Levels at which co-education is Desirable. Physical Education-Programme for Special Group.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop .as per requirement of the topic
UNIT - III	Definition, Meaning of term Curriculum - Curriculum Organization - Curriculum Models - Role of Teachers in Curriculum Development Curriculum Development Approaches to Curriculum Development, Curriculum Committee - Models of Curriculum Development - Steps in curriculum Construction	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic

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UNIT - IV	Curriculum old and new concept, Mechanics of curriculum planning Basic principle 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 policies.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic
UNIT - V	Curriculum old and new concept, Mechanics of curriculum planning Basic principle 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 policies.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic

OUTCOME : After study this course students are learn how to prepare as a profession in the field of physical education and how develop curriculum.

REFERENCE:

- Synder Albert Raymond & Scott, Professional Preparation in Health, Physical Education & Recreation (Greenwood press publisher, 1954).
- Well Jenifer, Murray Kanij Children & Movement: Physical Education in Elementary School (W.M.C. Brown publishers, Dubvgve, 1990).
- Cowell C. Charles, Hazelton W.Hler, Curriculum Designs in Physical Education (Englewood
- Cliffs N.J. Prentice Hall, Inc. 1995.
- Wessel A. Janet, Kelly Zuke Achievement Based Curriculum Development in Physical Education
- (Leas Febiger, Philldelphia, 1986) Gupta Rakesh, Sharma Akhilesh and Sharma Santosh, Professional preparation and Curriculum
- Designs in Physical Education & Sports, (Fiends Publications (India) 2004).
- Sandhu Kiran Professional Preparation & Lureer Development in Physical Education & Sports (Friends Publication (India)

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Physical education teacher	Self progress file Developing employability skill	Quality education	

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SEMESTAR- SIXTH (Elective)

Course- Bachelor of Physical education & Sports (BPES)

Subject- Sports Journalism

Subject Code : 3EBPE603

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE: This course will enable students to understand the mass media, growth of sports communication Journalistic technique, ethics of writing, roll of public relation etc.

Class Room Based Teaching		Methodology Adopted
UNIT - I	1. Introduction to Mass Media. 2. Purpose of Mass Media for the propagation/promotion of sports. 3. Growth of sports communication. 4. Coverage of sports: a. In daily newspapers. b. General magazines and sports magazines. c. Radio and Television.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) as per requirement of the topic
UNIT - II	1. Space allocation for sports sections in a daily news paper. 2. News agency. 3. Magazine office. 4. Sports personalities, their pictures and thumbnail sketches in news papers.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop .as per requirement of the topic
UNIT - III	1. Journalistic techniques: a. News writing and news story. b. Reporting various schemes. c. Editing and headings of news. d. Picture section and editing sports page makeup 2. Characteristics of News 3. Writing a sports features: a. Types of sports features. b. Exclusive picture features.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task, as per requirement of the topic
UNIT - IV	1. Ethics of sports writing. 2. Sportsman's gratuities. 3. Amateurism V/s Professionalism 4. Invasion of private life.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional), Seminar, Projects, Workshop, Task as per requirement of the topic

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UNIT - V	1. Sports for charity. 2. Writing a weekly or fortnightly common. 3. Writing sports editorials.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) Seminar, Projects, Workshop, Task as per requirement of the topic
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OUTCOMES: Student are able to know about mass media, Journalistic techniques, ethics of sports writing , Public relation etc.

REFERENCE:

- Health. Jr. Gelfand: How to cover, write and edit sports, Ames Lowe USA, 1951
- Woodward, S: Sports page Simon a and Schuster, New York, 1949.
- Juries, John R: This writing game, New York, Columbia University, Press, 1969
- "Sports" by Bhola Singh Thakur (pp 1124) in the Indain reports Guide by Richard Critchfield, Allied Pacific Pvt. Ltd. Bombay, 1962.
- Nea, Robest," News Gathering and new writing, New York, Prentice Hall, inc., 1949.

Job Opportunities	Employability Skill Developed	Local/National/Global/ UNDP Goal Achieved	Entrepreneurship Opportunity
Sports journalist Sports reporter	Introduction to Employability Skill needed for different press/media job	Quality education	News agencies Reporting agencies

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DR. C. V. RAMAN UNIVERSITY
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SEMESTAR_SIXTH

Course- Bachelor of Physical education & Sports (BPES)

Subject- Practical

SPECIALISATION IN KABADDI

Subject Code : 3EBPE605


Practical Max. Marks : 50

Practical Min. Marks : 17

Class Room Based Teaching		Methodology Adopted
UNIT - I	<ol style="list-style-type: none">1. Origin and brief history of Kabaddi.2. Development of Kabaddi in India and worldwide.3. Establishment of national and international federations/associations of Kabaddi.4. Major tournaments of Kabaddi.5. Awards associated with Kabaddi.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - II	<ol style="list-style-type: none">1. Measurements and marking of Kabaddi court.2. Preparation and maintenance of Kabaddi court.3. Officials, no. of officials and duties of officials in the game of Kabaddi.4. Technical equipments for officiating.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - III	<ol style="list-style-type: none">1. Fundamental skills of Kabaddi:<ol style="list-style-type: none">a) Holdingb) Dodgingc) Kickingd) Chain formatione) Raiding2. Lead-up games.3. AAHPERD Youth Fitness Test.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic


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UNIT - IV	1. Major rules and regulations of Kabaddi. 2. Important Signals in Kabaddi. 3. Knowledge of score sheet. 4. Related sports terminologies. 5. Eminent sports personalities associated with Kabaddi.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
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REFERENCE:

- “Training Manual of Kabaddi”, NSNIS, Patiala.
- Mishra S.C. (2007), “Teach Yourself Kabaddi”, Sports Publishers, New Delhi.
- Rao, C.V. (1983), “Kabaddi : Native Indian Sports”, NSNIS, Patiala Publishers, Patiala.
- Rao, E.P. (1994), “Modern Coaching in Kabaddi”, DVS Publishers, New Delhi.
- “Official Rule Book of Kabaddi”, International Kabaddi Federation.

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SPECIALISATION IN BADMINTON

Class Room Based Teaching		Methodology Adopted
UNIT - I	1. Origin and brief history of Badminton. 2. Development of Badminton in India and worldwide. 3. Establishment of national and international federations/associations of Badminton. 4. Major tournaments of Badminton. 5. Awards associated with Badminton.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - II	1. Measurements and marking of Badminton court. 2. Specifications of equipments related to Badminton. 3. Preparation and maintenance of Badminton court. 4. Officials, no. of officials and duties of officials in the game of Badminton. 5. Technical equipments for officiating.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - III	1. Fundamental skills of Badminton: a) Holding (Grip) of the racket b) Service c) Smash d) Drop 2. Lead-up games. 3. AAHPERD Youth Fitness Test.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - IV	1. Major rules and regulations of Badminton. 2. Important Signals in Badminton. 3. Knowledge of score sheet. 4. Related sports terminologies. 5. Eminent sports personalities associated with Badminton.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic

REFERENCE:

- “Training Manual of Badminton”, NSNIS, Patiala.
- Grice, T. (2007), “Badminton : Steps to Success”, 2nd Ed., Human Kinetics, USA.
- Singh, M.K.(2006), “A to Z Badminton”, Friends Publication, New Delhi.
- Jain, D. (2001), “Teaching and Coaching Badminton”, Khel Sahitya Kendra, New Delhi.
- “Official Rule Book of Badminton”, International Badminton Federation

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SPECIALISATION IN KHO-KHO

Class Room Based Teaching		Methodology Adopted
UNIT - I	1. Origin and brief history of Kho-Kho. 2. Development of Kho-Kho in India and worldwide. 3. Establishment of national and international federations/associations of Kho-Kho. 4. Major tournaments of Kho-Kho. 5. Awards associated with Kho-Kho.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - II	1. Measurements and marking of Kho-Kho playfield.2. Preparation and maintenance of Kho-Kho playfield.3. Officials, no. of officials and duties of officials in the game of Kho-Kho.4. Technical equipments for officiating.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - III	1. Fundamental skills of Kho-Kho : a. Offensive skills : i. Giving Kho ii. Covering iii. Tapping iv. Diving b. Defensive skills : i. Running ii. Chain iii. Ring 2. Lead-up games. 3. Scott Motor Ability Test.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - IV	1. Major rules and regulations of Kho-Kho. 2. Important Signals in Kho-Kho. 3. Knowledge of score sheet. 4. Related sports terminologies. 5. Eminent sports personalities associated with Kho-Kho.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic

REFERENCE:

- “Training Manual of Kho-Kho”, NSNIS, Patiala.
- Chakaraborty, G.(2002), “Kho-Kho Avlokan”, Khel Sahitya Kendra, New Delhi.
- Pandey, L. (1982), “Kho-Kho Sarvaswa”, Metropolis, New Delhi.
- “Official Rule Book of Kho-Kho”, International Kho-Kho Federation.

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SPECIALISATION IN CRICKET

Class Room Based Teaching		Methodology Adopted
UNIT - I	1. Origin and brief history of Cricket. 2. Development of Cricket in India and worldwide. 3. Establishment of national and international federations/associations of Cricket. 4. Major tournaments of Cricket. 5. Awards associated with Cricket.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - II	1. Measurements and marking of Cricket ground. 2. Specifications of equipments related to Cricket. 3. Preparation and maintenance of Cricket ground. 4. Officials, no. of officials and duties of officials in the game of Cricket. 5. Technical equipments for officiating.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - III	1. Fundamental skills of Cricket : a. Batting b. Bowling c. Fielding d. Catching e. Throwing 2. Lead-up games. 3. Barrow motor ability test.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - IV	1. Major rules and regulations of Cricket. 2. Important Signals in Cricket. 3. Knowledge of score sheet. 4. Related sports terminologies. 5. Eminent sports personalities associated with Cricket.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic

REFERENCE:

- “Training Manual of Cricket”, NSNIS, Patiala.
- Boycott, G.(2010), “Play Cricket The Right Way”, Great Northern Books Ltd., UK.
- Thani, V.(1998), “Coaching Cricket ”, Khel Sahitya Kendra, New Delhi.
- Amarnath, M. (1996), “Learn To Play Good Cricket ”, UBS Publishers, New Delhi.
- “Official Rule Book of Cricket”, International Cricket Council

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SPECIALISATION IN HANDBALL

Class Room Based Teaching		Methodology Adopted
UNIT - I	1. Origin and brief history of Handball. 2. Development of Handball in India and worldwide. 3. Establishment of national and international federations/associations of Handball. 4. Major tournaments of Handball. 5. Awards associated with Handball.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - II	1. Measurements and marking of Handball court. 2. Specifications of Handball. 3. Preparation and maintenance of Handball court. 4. Officials, no. of officials and duties of officials in the game of Handball. 5. Technical equipments for officiating.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - III	1. Fundamental skills of Handball : a. Dribbling b. Passing c. Shooting d. Defense 2. Lead-up games. 3. Barrow motor ability test.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - IV	1. Major rules and regulations of Handball. 2. Important Signals in Handball. 3. Knowledge of score sheet. 4. Related sports terminologies. 5. Eminent sports personalities associated with Handball.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic

REFERENCE :

- Training Manual of Handball”, NSNIS, Patiala.
- Phillips, B. E. (2009), “Fundamental Handball”, Kessinger Publishers, USA.
- Jain, D. (2003), “Play and Learn Handball”, Khel Sahitya Kendra, New Delhi.
- Surbone, L.M. et. al. (2010), “Team Handball”, Betascript Publishing Co., USA.
- “Official Rule Book of Handball”, International Handball Federa

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SPECIALISATION IN VOLLEYBALL

Class Room Based Teaching		Methodology Adopted
UNIT - I	1. Origin and brief history of VolleyBall. 2. Development of VolleyBall in India and worldwide. 3. Establishment of national and international federations/associations of VolleyBall. 4. Major tournaments of VolleyBall. 5. Awards associated with VolleyBall.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - II	1. Measurements and marking of VolleyBall court. 2. Specifications of VolleyBall. 3. Preparation and maintenance of VolleyBall court. 4. Officials, no. of officials and duties of officials in the game of VolleyBall. 5. Technical equipments for officiating.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - III	1. Fundamental skills of VolleyBall : a. Service b. Pass c. Smash d. Blocking 2. Lead-up games. 3. Barrow motor ability test.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - IV	1. Major rules and regulations of VolleyBall. 2. Important Signals in VolleyBall. 3. Knowledge of score sheet. 4. Related sports terminologies. 5. Eminent sports personalities associated with VolleyBall.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic

REFERENCE :

- Training Manual of Volleyball”, NSNIS, Patiala.
- American Volleyball Coaches Association (2005), “Volleyball : Skills and Drills”, Human Kinetic, USA.
- Scates, A.E.(1993), “Winning Volleyball”, W. C. Brown, USA.
- Sagar, S. K.(1994), “Cosco skill Tactics -Volleyball ”, Sports publication, Delhi.
- “Official Rule Book of Volleyball”, International Volleyball Federation

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SPECIALISATION IN FOOTBALL

Class Room Based Teaching		Methodology Adopted
UNIT - I	1. Origin and brief history of Football. 2. Development of Football in India and worldwide. 3. Establishment of national and international federations/associations of Football. 4. Major tournaments of Football. 5. Awards associated with Football.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - II	2. Specifications of Football. 3. Preparation and maintenance of Football ground. 4. Officials, no. of officials and duties of officials in the game of Football. 5. Technical equipments for officiating	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - III	1. Fundamental skills of Football : a. Passing b. Kicking c. Trapping d. Heading e. Throw in 2. Lead-up games. 3. Barrow motor ability test.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic
UNIT - IV	1. Major rules and regulations of Football. 2. Important Signals in Football. 3. Knowledge of score sheet. 4. Related sports terminologies. 5. Eminent sports personalities associated with Football.	Usage of ICT (PowerPoint, Pdf and video lectures) and black board (traditional) , practical, assignment, field work as per requirement of the topic

REFERENCE :

- Training Manual of Football”, NSNIS, Patiala.
- American Football Coaches Association (2002), “The Football Coaching Bible”, 1st edition, Human Kinetic, USA.
- Sharma, O.P.(2001), “Teaching and Coaching Football”, Khel Sahitya Kendra, New Delhi.
- Thani, Yograj (2002), “Coaching Successfully Football ”, Khel Sahitya Kendra, New Delhi.
- 5. “Official Rule Book of Football”, Federation International Football Association.

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MARKING & OFFICIATING IN ATHLETICS

Lessons on marking and officiating on any two events (one track and one field event) of athletics covered in the practical's course content of B.P.E. course (Semester I to V).

Instructions:-


1. Each student shall take a minimum of 10 supervised lessons on marking & officiating in athletics and games (5 lessons each in athletics & games). In addition each trainee shall complete 1 assignment each in marking & officiating in athletics & games.
2. For the purpose of examination in practical's one lesson each in marking and officiating of respective games & athletic events is compulsory for each candidate which will be assessed by external examiner appointed by the university.
3. Each group of practical examination will be of three hours duration irrespective of its weight age.

The contents of teaching for each activity are as follows:-

1. Measurements & marking of track & field events and play fields of games.
2. Equipments & specification of equipments.
3. Rules & regulations of athletic events and games.
4. Related books & magazines.
5. Officiating :
 - a). Duties of official
 - b). Knowledge of score sheets
 - c). Officiating signals
 - d). Technical equipment for officiating
 - e). No. and types of officials.


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