

UNDERGRADUATE DEPARTMENT OF PHYSICAL EDUCATION (SF)
Programme for B.Sc. Physical Education (SF) from 2017 batch onwards

Sem	Part		Code	Title	Hr/ Wk	Cr.	Marks
I	Part I		TAM/FRS/HIS		3	2	30
	Part II		ENS 1201	Conversational Skills	3	2	30
	Part III Major	Core	BPE 1401	Foundation of Physical Education & Sports	4	4	60
			BPE 1403	Practical I – Track & Field Marking	4	4	60
			BPE 1505	Theory - Track & Field Event - I	5	5	75
		Supportive	BPE 1407	Practical II – Track & Field Events - I	5	4	60
	Part IV	Non-Maj. Elect.	XXXX	-	3	2	30
		<i>Life Skill I</i>	XXXX	-	3	2	30
	Part V	<i>Extension</i>		(PED/NSS/SLP)	-	-	-
				Total	30	25	375
II	Part I		TAM/FRS/HIS		3	2	30
	Part II		ENS 1202	Reading & Writing Skills	3	2	30
	Part III Major	Core	BPE 1402	Game of Specialization - I	4	4	60
			BPE 1404	Practical III – First Aid, Human Physiology	4	4	60
			BPE 1506	Human Anatomy & Physiology	5	5	75
		Supportive	BPE 1408	Practical IV – Game of Specialization - I	5	4	60
	Part IV	Non-Maj. Elect.	XXXX	-	3	2	30
		<i>Life Skill II</i>	XXXX	-	3	2	30
	Part V	Extension	XXXX	(PED/NSS/SLP)	2	1	30
				Total	30+2	25+1	375+30
III	Part I		TAM/FRS/HIS		3	2	30
	Part II		ENS 2201	Study Skills	3	2	30
	Part III Major	Core	BPE 2501	Health Education, Safety Education, & First Aid	5	5	75
			BPE 2503	Theory – Track & Field - II	5	5	75
			BPE 2505	Theories of Yoga	5	5	75
			BPE 2407	Practical V –Track & Field -II	4	4	60
		Supportive	BPE 2409	Practical VI - Yoga	5	4	60
	Part V	Extension	XXXX	(PED/NSS/SLP)	-	-	-
				Total	30	27	405

Sem.	Part		Code	Title	Hr/ Wk	Cr.	Marks
IV	Part I		TAM/FRS/HIS		3	2	30
	Part II		ENS2202	Career Skills	3	2	30
		Core	BPE 2502	Methods in Physical Education	5	5	75
			BPE 2404	Physical fitness & wellness	4	4	60
			BPE 2506	Game of Specialization -II	5	5	75
			BPE 2508	Practical VII – General Fitness	5	4	60
		Supportive	BPE 2410	Practical VIII – Game of Specialization -II	5	5	75
	Part V	Extension	XXXX	(PED/NSS/SLP)	2	1	30
				Total	30+2	27+1	405+30
V	Part III Major	Core	BPE 3501	Test, Measurement & Evaluation in Physical Education	5	5	75
			BPE 3603	Theories of Sports Training	6	6	90
			BPE 3605	Practical IX – Test and Measurement	6	6	90
		Innovative	BPE 3607	Practical - X Sports Training	6	6	90
	Part IV	Life Skill Course	XXXX	-	3	2	30
	Part IV	EVS	BPE 3200	Environmental Studies	4	2	30
				Total	30	27	405
VI	Part III Major	Core	BPE 3502	Psychology and Sociology of Physical Education & Sports	5	5	75
			BPE 3604	Fundamentals of Kinesiology	6	6	90
			BPE 3606	Practical XI – Track & Field III	6	6	90
		Innovative	BPE 3608	Practical XII – Game of Specialization –III	6	6	90
	Part IV	Life Skill Courses	XXXX	-	3	2	30
		HVS	HVS	Human Values	4	2	30
				Total	30	27	405
Grand Total for semesters I-VI					180+4	158+2	2370+60

BPE 1401 FOUNDATION OF PHYSICAL EDUCATION AND SPORTS 4Hr/4Cr**OBJECTIVES**

Enable students to

understand the meaning, nature, need and scope of physical education and sports. study about the scientific principles from various allied subjects in the field of physical education and sports.

describe the national programmes of physical education and sports and youth welfare programmes in the field of physical education and sports; and analyse the historical review of physical education and sports activities of Indian heritage.

THEORY**UNIT I**

Meaning and nature of physical education and sports. Aims and objectives of Physical Education and Sports.

Physical Development
Mental Development
Social Development
Emotional Development
Development of neuro-muscular co-ordination
Development of good citizenship
Worthy use of Leisure

UNIT II

Scientific basis of physical education and sports, contribution of allied sciences, Anatomy, Physiology, kinesiology, psychology, sociology, Bio-mechanics, and Anthropometry.

UNIT III

National Programmes Of Physical Education And Sports

Sports Authority of India, National coaching schemes, sports talent search scholarship, Rural sports, women sports festival, National awards and honours to outstanding sportsman and coaches,

UNIT IV

Olympic movement and its impact on physical education and sports. The contribution of Olympic movement towards international understanding.

UNIT V

Youth welfare programme N.C.C, N.S.S, youth hostels, youth festivals. Sports Development Authority of Tamilnadu.

History of Physical Education in Ancient Greece

TEXT BOOK

Charles, B.A., 1988, Foundation Of Physical Education, The C.V. Mosby company, St. Louis.

REFERENCE BOOKS

- John, H.L., 1969, A brief history of Physical Education . The Ronald press company, New York.
- Kamlesh, M.L., 1988, Physical Education facts and Foundations. Choushan Printing press. New Delhi.
- Kamlesh, M.L., 1997. Foundations of Physical Education. Metropolitan Book pvt. Ltd. New Delhi.
- Thiru Narayanan, C., and Harriharasarma. S., 1985, An Analytical history of physical education , The south India press, Karaikudi.
- Willgoose, C., 1984, Curriculum physical Education, Prentice-Hall, New Jersey.

BPE 1403 PRACTICAL I TRACK AND FIELD MARKING 4Hr/4Cr

OBJECTIVE

Enables students to

be familiar with the procedure of Track Events marking

Marking:

Track Marking:

Planning and construction of a standard Track Marking of the starting lines – calculation of Staggers – Calculation – Diagonal excess distance – curved start – split start – 4 x 100 M relay marking - 4 x 400M relay marking

Jump Events:

Long Jump – Triple Jump

Throw Events:

Shot Put – Javelin – Discus – Hammer Throw

TEXT BOOK

Lamine, D., Athletic Federation of India “Competition Rules Hand Book”, New Delhi, 2010.

REFERENCE BOOKS

- Bosen, K., “Athletics”, NIS Publication, Patiala, 1996.
- Sharma, N.P., “Fundamentals of Track and Field”, Khel Sahitya Kendra, New Delhi, 2005.

3..Vijayalakshmi. V., “Principles of Athletic Training” Khel Sahitya Kendra, New Delhi,2004.

BPE 1505

THEORY- TRACK AND FIELD EVENTS I

5Hr/5Cr

OBJECTIVES

Enable students to

trace the history of sports and games in India
 learn the strategy and tactics in sports
 learn various skills in track and field
 be familiar with rules and regulations, and learn the method of officiating for
 all track and field events and gymnastics.

THEORY

(a) TRACK AND FIELD EVENTS

UNIT I

Layout and maintenance of track.

Sprint & Middle Distance:-

Sprinting forms- Techniques in sprint running-Crouch start-Fixing the block-
 Techniques at finish-curve running-Specific exercises.

Middle distance running:

Arm action-Foot placement- Body position – Techniques in middle distance running-
 Practice of standing start.

UNIT II

Jumps & Long Distance Running

1.High Jump:

Approach run for different styles - Take off - Bar clearance – Landing - Specific
 exercises.

Long Jump:

Approach run-Take off-Flying phase-Landing-Specific exercises

Long Distance Running

Rules and interpretations

Arm action - foot placement - body position - running tactics -specific
 exercises

UNIT III**Throw Events & Relay Race:****1. . Shotput:**

Holding the shot – initial stance – Placement of the shot – Glide – Delivery – Reverse
 – Specific exercises

Relay races

Rules and interpretations

Style of baton exchange - fixing up of runners for different relay races - exchange zone marking-strategy in running relay races -specific drills.

UNIT V**1 Walking:**

Arm action-Foot placement- Hip movements - Body position - Strategy in walking-
 Specific exercises.

TEXT BOOK

Pintu Modak.. 1996,Gymnastics a scientific approach, Runthala Publishers,Pilani.

REFERENCE BOOKS

- 1.Gambetta.VV..1981,Track and field coaching manual, Leisure press ,Illinois.
- 2.Howard.P..1985,Athletics in Action,British library.
- 3.Paish.W..1975,Introdution to Athletics,Faber and Faber,London.
- 4.Tankmilan.C.. 1982 Teaching Gymnastics & skills to men and women, surjet Publications, New Delhi.
- 5.While, J.J.. 1989 , Gymnastics in action, stanly paul, London.

BPE 1407 PRACTICAL - II TRACK AND FIELD EVENTS – I 5Hr/4Cr

OBJECTIVES

To enable the students to

- learn the strategy and tactics in sports
- learn various skills in track and field and gymnastics.
- be familiar with rules and regulations, and learn the method of officiating for all track and field events and gymnastics.

PRACTICAL I

TRACK AND FIELD EVENTS-I

A part of the practical period shall be devoted to warming up and conditioning exercises for the concerned events shall be introduced.

Sprints

Correct running style emphasizing on proper body position.
Crouch start- fixing of the starting blocks getting off the block.
Practice of starts with blocks using proper command.
Curve running.

Middle distance running

Correct running style emphasizing on proper body position and feet placement.
Practice of standing start.

Long Jump

Approach run
Take off
Flying Phase
Landing.

Shot-put

Hand hold
Placement of shot
Initial Stance
Glide
Delivery stance
Delivery action
Reverse.

TEXT BOOKS

Goel, R.C., 1992. Encyclopaedia of Sports and Games, Trange paper, Delhi.
Pintu modak., 1996, Gymnastics a scientific approach.
Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).

REFERENCE BOOKS

A.A.F.I., 1994, Competitive Rules Hand Book, Ashok Printers, Kanpur.
Federation International De Gymnastics, 1993, Code of Points, Switzerland.
Gambetta, V., 1981, Track and Field Coaching Manual, Leisure Press
Champaign, Illidis.
Thirunarayan, C., and Hariharan, S., 1970, Track and Field the South Indian
Press, Karaikudi.

BPE 1402

GAME OF SPECIALISATION I **(Football – Hockey - Badminton – Tennis).**

4Hr/4Cr

OBJECTIVES

Enable students to

trace the history and working federations
develop the fundamental skills and techniques
acquire the physiological training, warming-up and motor qualities
become familiar with the rules and regulations and their interpretations.

THEORY

The following games are included in the syllabus of the course.

Football – Hockey - Badminton – Tennis.

The general format for covering the aspect for each of the above game is given below.

UNIT I**Content for topics**

History of games and working federations.

Play field

Layout and maintenance of play field.

Equipment and their specification.

UNIT II**Officiating**

Rules and their interpretation.

Method of officiating.

UNIT III**FOOT BALL****Elements of Game Skill**

Pass and passing techniques, passing techniques, passing drills

Trapping-receiving and ball control techniques.

Dribbling and running with the ball-dribbling drills.

Types of kicks:

1.Low drive.

2.Lifted kicks.

3.Half volleys.

4.Punt kicks and Volleys.

Kicking and shooting practices, heading techniques, heading drills.

Goal keeping techniques, goal keeping drills.

HOCKEY

Fundamentals of techniques and basic skills:

a) Grip.

b) Hitting.

c) Stopping.

d) Dribbling.

e) Push.

f) Scoop.

g) Hitting on the wrong foot

h) Dodging and tackling

i) Reverse hit

j) Flick.

SET PLAYS:

Corners, penalty corners, Hit-in, Push-in, penalty stroke.

UNIT IV
BADMINTON
Fundamental skills

Holding the racket

Forehand grip.
Backhand grip.

Holding the shuttle

i. Mid grip.

Base grip.
Top grip.

Foot work for various strokes

Forehand strokes.
Backhand strokes.
Overhead stroke.
Round and Head stroke.

Basic shots

Smash.
Lob, toss or clear.
Netshot.
Drive.

Singles service

High Lob service.
Low service.
Medium service.

Doubles service

Low or long service.
Drive or shuttling service.
High flick service (High and Low).

UNIT V
TENNIS

Fundamentals of techniques and Basic Skills:

Forehand-grip, ready position, foot work, back-swing point of impact, follow through

Back hand – as above.

Service – grip, stance, back swing, point of impact follow through.

Volleys – grip, ready position.

Lobs – offensive, defensive.

Smash.

Drop shot.

Variations in

- | | |
|-------------------|-------------|
| i) Ground strokes | ii) Service |
| iii) Volleys | iv) Lobs |

TEXT BOOK

1. Goel, R.G., 1975, Encyclopaedia Of Sports And Games, Vikaas publishing house Pvt., Ltd., Delhi.

REFERENCE BOOKS

- F.I.F.A., 1986, Referee's charge and players guide to Laws of Association Football, Pan Books Ltd., Caraya place, London.
- Hayleft, J. and Evelians, 1989, The Illustrated Encyclopedia of World Tennis, Exter Books, New York.
- Jones, C.M. 1973, Improving Your Tennis, Faber and Faber Publications, London.
- Singh, G. 1978, Olympic Hockey on Astroturf, Services Publishing House, Delhi.
- Ashok kalra, A.P., 1993, Badminton, Surjeet Printing Press, Jalandher – 8.
- Baddy, S., 1982, Badminton In Action, Cox and Woman Ltd., London.
- Ballok, R., 1988, Teaching Badminton, Surjeet Publication, Delhi.
- Bob Swope., 2011, *“Youth Filed Hockey Drills, Strategies, Plays & Games Handbook”*, St. Louis

BPE 1404 PRACTICAL III FIRST AID, HUMAN PHYSIOLOGY 4Hr/4Cr

OBJECTIVES

Enables Students to

- treat different types of Fractures
- apply different types of Bandages
- treat Snake bite, Dog bite, Burns and Poison
- understand the practical knowledge on visual and auditory reaction time
- measure vital capacity and Blood pressure

FIRST AID:

1. Methods to treat different types of Fractures

Methods to apply different types of Bandages

Methods to treat Snake bite, Dog bite, Burns and Poison

HUMAN PHYSIOLOGY:

- Methods to find out the visual and auditory reaction time.
- Methods to find out the co-ordination.
- Methods to find out the body fat.
- Measurement of heart rate by means of pulse rate.
- Measurement of vital capacity and blood pressure.

TEXT BOOKS:

Sivaramakrishnan.S., 2006 “ Anatomy and Physiology for Physical Education”,
First Edition,
Friends Publication, Chennai.

REFERENCE BOOKS

1. Marieb.N., 2006 “ Human Anatomy and Physiology”, Benjamin Publication, New Delhi.
- Sivaramakrishnan.S., 2006 “ Anatomy and Physiology for Physical Education”, First Edition, Friends Publication, Chennai
- Budhe,A.A. 2013, “Exercise Physiology”, Sports Publications, New Delhi.
- Rajeev,K.,2011, “Sports Medicine and Exercise Physiology”, Sports Publications,New Delhi.
- Blaisdall,A.2006,”Human Physiology”,First Edition, sports Publications,New Delhi.

BPE 1506**HUMAN ANATOMY & PHYSIOLOGY****5Hr/5Cr****OBJECTIVE:**

To provide knowledge on various parts of the human body and their movements.

UNIT – I:

Bone – Classification of Bone – Long Bone – Short Bone – Flat Bone – Irregular Bone – Sesamoid Bone. Joints – Define – Classification of Joints – Fibrous Joints – Cartilaginous Joints – Synovial Joints.

UNIT – II:

Respiratory System: Structure and Function of lungs – Mechanism of Respiration. Circulatory System: Structure and functions of Heart – Cardiac output & cycle - Blood – Blood pressure – Blood group – Blood clotting.

UNIT – III:

Muscular System: Voluntary muscle - Involuntary muscle – Cardiac Muscle
Digestive System: Structure and Functions of Stomach – Small Intestine – Large Intestine.

UNIT – IV:

Nervous System: Structure and Functions of Brain – Cerebellum – Cerebrum – Medulla oblongata – Spinal cord – Reflex Action. Endocrine Glands – Its types – Functions of Pituitary, Thyroid, Adrenal, Pancreas and gonads.

UNIT – V:

Skeleton System :Axial Skeleton - Skull – Vertebral Column – Sternum - Ribs and Xiphoid - Appendicular Skeleton – Upper Extremities - Lower Extremities. Excretory System: Structure and Function of Skin – Kidney.

BOOKS FOR REFERENCE:

- Essentials of Human Anatomy & Physiology Laboratory Manual by Elaine Nicpon Marieb (Jan 20, 2008)
- Human Anatomy & Physiology with MasteringA&P™ (8th Edition) by Elaine N. Marieb and Katja N. Hoehn (Jul 2, 2010)
- Human Anatomy & Physiology Lab Manual, Fetal Pig Version (10th Edition) by Elaine N. Marieb and Susan J. Mitchell (Feb 8, 2010)
- Human Anatomy & Physiology Laboratory Manual with MasteringA&P®, Main Version, Update (9th Edition) by Elaine N. Marieb and Susan J. Mitchell (Jul 10, 2011)

BPE 1408 PRACTICAL IV GAME OF SPECIALISATION I 5Hr/4Cr

OBJECTIVES

To enable the students to

- learn the strategy and tactics in the game concerned
- be familiar with rules and regulations and
- learn the method of officiating in the game of specialisation

PRACTICAL IV

GAME OF SPECIALISATION

The students can choose any one of the following games- fundamental skills and playing ability.

Football
Hockey
Badminton

The same fundamental skills in the theory may be taught in the practical also.

TEXT BOOK

Goel.R.S., 1975, Encyclopaedia of sports and games, Vikas Publication House pvt., Ltd., New Delhi.

REFERENCE BOOKS

- F.I.F.A. Referee's chart and players guide to law of Association, 1986, Football pan Books ltd., Caraya Place, London.
- Gian, S, 1976, Olympic Hockey on Astrotes and services publishing House, Delhi.
- 3. Hayleft, J., and Evelians, 1989, The Illustrated Encyclopaedia of World Tennis , ExterBooks, New York.

BPE 2501 HEALTH EDUCATION AND SAFETY EDUCATION & FIRST AID

5Hr/5Cr

OBJECTIVES

Enable students to

- understand the meaning of health and relationships among the various aspects of health;
- analyse the principles and characteristics of health education;
- understand the importance of the hygiene and practices related to maintenance and promotions of health;
- prepare obligatory measures to prevent the contemporary health problems which are related to the community ; and
- understand the importance of safety education for preventing accidents and its general principles.

THEORY

HEALTH EDUCATION

UNIT I

Health:

Meaning of health: Brief description of physical, mental, emotional and social health; Interrelationships among these aspects of health.
Importance of health for an individual, family, community and nation.

Health Education:

Meaning of health education , its need, scope for college students, aims and objectives of health education.
Characteristics of a health education person.

UNIT II

Hygiene

Need and importance of personal hygiene. Environmental hygiene and food hygiene, associated practice related to maintenance and promotion of health.
Food poisoning, food allergies and their prevention, food adulteration and its harmful effect on health.

Mental Health

Meaning of mental health, foundation factors for mental health, mental health problems of college students. Characteristics of a healthy personality, principles of mental health.
Adjustment process: adjustive reactions: guidelines for making adjustments – development of interests, attitudes and habits: development and control of emotions, guidelines for controlling emotions.

UNIT III

Community Health

1.Environmental health conditions in rural, metropolitan, urban –marginal and industrial areas.

Environmental pollution-water, air, soil and land, radiation, noise, pesticides, occupational hazards, efforts at individual, community and government level to reduce ill effects of environmental health.

Communicable and non communicable diseases Distinction between communicable and non communicable diseases: communicable diseases by mode of spread and their preventions. Non-communicable diseases diabetes, heart problems, cancer, renal diseases, respiratory diseases.

World health organization (WHO)-organisational structure, activities, co-operation with the other international agencies.

.Use of tobacco:(Chewing, Snuffing and Smoking): alcohol and drugs and their harmful effects; premarital sex, sexuality transmitted diseases and their prevention.

UNIT IV

First Aid

First aid – Definition –Aim and Objectives of First Aid - Scope of First Aid - Bandages – Types of Bandages - Wound – Types of Wounds- Fractures – Types of Fractures - Shock-Burns - Poison - Snake bite - Dog bite.

UNIT V**Safety Education**

Importance of safety education for preventing accidents and its general principles.

A. Safety in physical education and sports, principles of safety with respect of buildings and playfields.

Principles of safety with respect to equipments, dress, etc., principles of safety with respect to organization of classes, demonstration and matches.

Accident reporting and maintenance of records.

- 3.) Safety in roads, camps, picnic and tours.
- 4.) Safety in water, fire, floods, hurricane, thunder and lightening
- 5.) Resuscitation measures in life saving emergencies like drowning, asphyxia, head injuries etc.

TEXT BOOK

Basu, D.S.M., Kamal,R.,1989, Introduction To Health Education,
A.P.Publishers, Jalandhar.

REFERENCE BOOKS

Anonymous,1990, First Aid,St.John Ambulance Association Head quarters New
Delhi.

Atwal and Kawsal 1983, A text book of I.C.S.E Health Physical
Education and sports,A.P. publishers, Jalandhar.

Raur,M.,1987,An introduction to health and physical education
T.A.N.D.O.N Publications, Ludhiana.

Swaminathan,M.,1986, Principles of Nutrition and Diabetics, The Bangalore
printing and publishing co.,Ltd., Bangalore.

John Severs, 2012 “Safety and Risk in Primary School Physical Education”
London.

Cathie Robertson, 2010 “Safety, Nutrition and Health in Early Education”, 4th
Ed.,

USA

Melinda J. Flegel, 2010 “Sports First Aid : A Coach’s Guide to the
care and prevention of Athletic Injuries” 4th Ed., USA.

Lyan R. Marotz, 2008 “Health, Safety and Nutrition for the Young Child”
Seventh Edition, USA.

Catwalk and Kawsal.1983 “A Text Book on Health, Physical and
sports”, A.P. Publishers., Jalandhar.

BPE 2503**THEORY - TRACK AND FIELD EVENTS - II****5Hr/5Cr****OBJECTIVES**

To enable the students to

- trace the history of sports and games in India
- learn the strategy and tactics in sports
- learn various skills in track and field events.
- be familiar with rules and regulations and learn the method of officiating for all track and field events.

THEORY**UNIT I**

1. History- Equipments and their specification

2. Triple jump:

Rules and interpretations

Approach run - take off and landing for hop - step and jump - flying phase - landing - tactics in jumping - specific exercises.

3. Discus throw:

Rules and interpretations

Hand hold - initial stance - preliminary swings – turns - delivery stance - delivery action - reverse - tactics in throw - specific exercises.

(15 Hours)

UNIT IIHurdles

Rules and interpretations

Approach - take off - clearance of the hurdle - lead leg action - trailing leg action - body position - between the hurdles - last hurdle to finishing line - specific drills.

(15 Hours)

UNIT IIIPole vault

Rules and interpretations

Pole grip - carry and run - pole plant - take off - rock back - pull up - push up - bar clearance – landing - specific drills.

(15 Hours)

UNIT IV

1. Javelin throw

Rules and interpretations

Grip - carry - approach run (preparatory and transition period) - impulse stride - delivery stride - delivery action – reverse - specific drills

2. Hammer throw

Rules and interpretations

Grip - initial stance - preliminary swings – entry – turns - delivery stance - delivery action - reverse - specific drills.

(15 Hours)

UNIT VOfficiating:

Various committees and officials to conduct a sports meet. Duties of following officials.

Management officials.
Jury of appeal
Judges for Track events
Judges for field events
Judges for walking events
Time keeper
Starter and assistant starter
Other officials
(15 Hours)

TEXT BOOK

A.A.F.I..1999.Competitive Rules Hand Book, Asoka Printers, Kanpur.

REFERENCE BOOKS

Bosen,K.O..1993.Athelitics, SAINSNIS publication, Patiala, India.
Carr Gerry, A.. 1982, fundamentals of track and field, University of Victoria,
British
– Columbia.
Edmundson Joseph, M.C..1958, Athletics for girls and boys, Gbells & sons,
London
Steban Ralph, E and Sam Bell.,1978,Track and Field, John Wiley &
Sons, Inc Canada.

SELF STUDY AREAS

Specific exercises for all track and field events

BPE 2505**THEORIES OF YOGA****5Hr/5Cr****OBJECTIVES:**

Enable students to
develop the muscles and the body, mainly to the internal organs and glands
develops agility, balance, endurance and greater vitality
helps to develop sound health and eternal peace of mind

UNIT I

History of Yoga – Meaning and Definition of Yoga – Aims and Objectives of Yoga –
Concept of Yoga – Ashtanga Yoga – Patanjali Eight limbs of Yoga – Principles of practicing
Asana and Pranayama.

UNIT II**Asanas :**

Relative Asanas : Shanthiasana / Savasana, Makarasana

Meditative Asanas : Sukhasana, Padmasana, Vajrasana

Methods and Benefits

UNIT III

Yogic Techniques – Methods and benefits,

Asanas:

Cultural Asanas : Bhujangasana, Salabhasana, Dhanurasana, Pascimottanasana, Vakrasana, Ardha Matsyendrasana, Yogamudra, Sarvangasana, Halasana, Mayurasana, Sirshasana, Chakarasana, Parvatasana, Trikonasana, Ardha kati Chakarasana

UNIT IV

Pranayama: Methods and Benefits, Naddi Suddhi – Nadi Shodhana – Kaphalabhathi, Ujjayi, Sitali, Sitkari.

UNIT V

Meaning of Kriya – Types of Kriyas: Kaphalabhathi, Trataka, Neti, Dhauthi, Nauli, Basti

Neti: Jala Neti – Sutra Neti – Methods of Practicing Neti and its benefits.

Dhauthi: Vamana Dhauthi, Vastra Dhauthi – Methods of Practicing Dhauthi and its benefits,

Trataka : Practicing Method – Benefits

REFERENCE BOOKS

Swami Kuvalayananda, Asanas, Kaivalyadhama, Lonavala, Pune, 1991.

B.K.S. Iyengar, Light on Yoga Harper Collins Publications, Delhi, 2002

Mariyiah. P., Asanas, Sports Publishers, Raja Street, Coimbatore-1, 1995.

Mariyiah. P., Suriyanamaskar Jaya Publishing House, Erode, 1997

Chandrasekaran. K., Sound Health Through Yoga, Prem Kalyan

Publications, Sedapatti, Madurai, 1999.

Jeyaveera Pandian. V. Yoga and Sports, UVN-Publications-Sivakasi, Tamilnadu 2009

BPE 2407 PRACTICAL V TRACK AND FIELD II 4Hr/4Cr

OBJECTIVES

Enable students to

learn the strategy and tactics in sports

learn various skills in track and field and gymnastics.

be familiar with rules and regulations, and learn the method of officiating for all track and field events and gymnastics.

TRACK AND FIELD EVENTS-II

A part of the practical period shall be devoted to warming up and conditioning exercises. Both general and specific conditioning exercises for the concerned events shall be introduced.

1. RELAYS

Styles of baton exchange

Fixing up runners for different relay races

2. TRIPLE JUMP

Approach run
 Take off and landing for hop and jump
 Flying phase
 Landing

HIGH JUMP

Approach run
 Take off
 Flying Phase
 Landing.

4. LONG DISTANCE RUNNING

Correct running style emphasizing on proper body position and foot placement.
 Proper arm and leg action
 Running tactics

TEXT BOOKS

Thirunarayan, C., and Hariharan, S., 1970, Track and Field the South
 Indian Press, Karaikudi
 Pintu modak., 1996, Gymnastics a scientific approach.
 Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).

REFERENCE BOOKS

Bosen, K.O., 1993. Athletics, SAINSNIS publication, Patiala, India.
 White, J., 1989, Gymnastics in Action Stanly Paul, London.
 Gambetta, V., 1981, Track and Field Coaching Manual, Leisure Press Champaign,
 Illidis.

BPE 2409**PRACTICAL VI****YOGA****5Hr/4Cr**

PRACTICAL VI
YOGA

Practical work should include the following *asanas* and yogic practices:

1. ASANAS

- | | |
|----------------------------|--------------------------------|
| a. <i>Swastikasana</i> | k. <i>Yogamudra</i> |
| b. <i>Padmasana</i> | l. <i>Vakrasana</i> |
| c. <i>Vajrasana</i> | m. <i>Ardha-matsyendrasana</i> |
| d. <i>Samasana</i> | n. <i>Vipareetakarani</i> |
| e. <i>Bhujangasana</i> | o. <i>Sarvangasana</i> |
| f. <i>Dhanurasana</i> | p. <i>Shirsasana</i> |
| g. <i>Matsyasana</i> | q. <i>Mayurasana</i> |
| h. <i>Shalabasana</i> | r. <i>Vrikshasana</i> |
| i. <i>Halasana</i> | s. <i>Tadasana</i> |
| j. <i>Patchimotanasana</i> | t. <i>Makarasana</i> |
| | u. <i>Shavasana</i> |

Bandha and Kriyas

Jalaneti, Uddyan and Nauli, Kapala Bhati

Pranayam

Suryabedhan

Ujjayi

Bhastrika

Nadishodhana

Sheetali

Shitkari

TEXT BOOK

Goel.R.G,1975, Encyclopaedia Of Sports And Games,Vikaas publishing house Pvt.,Ltd., Delhi.

Iyenkar,B.K.S., 1989, *Light On Yoga*, George Allen and Unwin Ltd., London.

5. Chandrasekaran.K, Sound Health Through Yoga, Prem Kalyan Publications,Sedapatti, Madurai,1999.

6. Jeyaveera Pandian.V.Yoga and Sports, UVN-Publications-Sivakasi,Tamilnadu 2009

BPE 2502

METHODS IN PHYSICAL EDUCATION

5Hr/5Cr

OBJECTIVES

Enable students to
understand the techniques of Presentation
understand class Management
understand how to draw fixtures
helps to know the methods of deciding winners in League matches

UNIT I

Meaning – Factors influencing Methods – Presentation Techniques.

Class Management – Principles of Class Management

Teaching Aids.

UNIT II

Explain various physical activities in the field of Physical education – Calisthenics – Marching – Minor games – Indigenous activities – Rhythmic activities – Gymnastics – Defensive arts and Swimming

UNIT III

Meaning of Tournaments – Merits and Demerits of Knock-out and League Tournaments – Drawing Fixtures for Knock-out and League Tournaments – Methods of deciding winner in the League tournament and Tie breaking league tournaments

UNIT IV

Intramural Competition : Objectives – Methods of Organizing and Conducting – Units of competition – Intramural Committee

External Competition : Benefits – Drawbacks – Methods of organizing and Conducting

UNIT V

Sports Meet – Standard and Non-Standard – Methods of organizing and conducting sports Meet
Plays Day – Methods of organization and conduct

REFERENCE BOOKS

Colin A. Hardy, Mick Mawer, Learning and Teaching in Physical Education, Falmer Press, Great Britain, 1999.
 James Michael Lee Principles and Methods of Secondary Education, McGraw-Hill, 1963
 Susan Capel Learning to Teach Physical Education in the Secondary School: A Companion to School Experience, RoutledgeFalmer, 2004.

BPE 2404**PHYSICAL FITNESS, AND WELLNESS,****4Hr/4Cr****OBJECTIVES:**

Enable students to

Understand the essentials of lifelong wellness
 Overcome fitness barriers and involve in physical movement pursuits
 Learn and excel in Track and Field sports events

UNIT I**Awareness of Physical fitness and Wellness:**

Definition – Meaning – Concept of Fitness and Wellness – Need and importance of Fitness and Wellness

UNIT II

Age of Automation – Technological developments – Healthy aging – Wellness
 – Sports as a hobby and de-stressing agent

UNIT III**Types of Fitness and Wellness:**

Chronological fitness – Physiological fitness - Functional fitness – Mental fitness

UNIT: IV

Social fitness – Sports and socialization – Performance related fitness

UNIT: V

Tools to assess fitness – Spiritual fitness and wellness

BOOKS FOR REFERENCE:

Hoeger Werner W.K. and Hoeger Sharon A. **Fitness and Wellness**, Englewood: Morton publishing Company, 1990.
 Hazedine, **Fitness for Sports**, Ramsburg: The Crowood Ress Ltd., 1985.
 James and Leona Hart. **100% Fitness**, New Delhi: Goodwill Publishing House, 1983.
Wellness-Concepts and applications – David J. Anspaugh, Michael H. Hamrick and Frank D. Rosato II edition Masby publishing house – Chicago. 1991.
International Encyclopedia of sports and games- Ashok Kumar, Mittal Publications, New Delhi 110059 Vol. I to IV.
Books of rules of games and sports: Y.M.C.A. Publication House, Jaisingh Road, New Delhi 110007.

BPE 2506

GAME OF SPECIALIZATION – II
(Basket Ball, Kabaddi, Volley Ball. Handball and Kho – Kho)

5Hr/5Cr**OBJECTIVES**

To enable the students to

- trace the history and working federations,
- develop the fundamental skills and techniques,
- acquire the physiological training, warming – up and motor qualities,
- become familiar with the rules and regulations and their interpretations

THEORY

The following games are included in the syllabus of the course.

Basket Ball, Kabaddi, Volley Ball. Handball and Kho – Kho

The general format for covering the aspect for each of the above game is given below.

UNIT I

Content for topics

History of games and working of federations.

Play field

Layout and maintenance of play field

Equipment and their specification.

UNIT II

Officiating

Rules and their interpretation.

Method of officiating.

Duties of various officials.

System of play.

UNIT III**BASKETBALL**

Players stance and ball handling, passing and receiving techniques:

PASSING

Two hand chest pass.

Two hand bounce pass.

One hand baseball pass.

Side arm pass.

Overhead pass.

Hook pass.

RECEIVING

Two hand receiving.

One hand receiving

Receiving in stationary.

Receiving while running.

iii Receiving while jumping.

DRIBBLING

How to start dribble.

How to stop dribble.

High dribble.

Low dribble.

Reverse dribble.

SHOOTING

Lay-up shot and its variations.

One hand set shot.

One hand jump shot.

Hook shot.

Free throw

REBOUNDING

Offensive rebound

Defensive rebound

Rock out

Rebound

INDIVIDUAL DEFENCE

Guarding the man with the ball

Guarding the man without the ball

UNIT IV**KABADDI****OFFENSIVE SKILLS**

- | | |
|----------------------------|-------------------|
| a) Touching with the hand. | b) Leg thrust. |
| c) Front kick. | d) Side Kick. |
| e) Mule kick. | f) Aero kick. |
| g) Roll kick. | h) Jump &Counter. |
| i) Drive and Counter. | |

DEFENSIVE SKILLS

- | | |
|---------------------|----------------------|
| a) Wrist catch. | b) Ankle catch. |
| c) Knee catch. | d) Thigh catch. |
| e) Trunk catch. | f) Washer man catch. |
| g) Chain formation. | |

1. Normal grip.
2. Crocodile grip.

VOLLEY BALL

Fundamentals of techniques and basic skills:

Players stance-receiving the ball and passing to team mates.

Foot work.

Service: under-arm, side- arm, overhead and floating

Pass - the volley and dig.

Spike - straight arm, round arm.

Block - Individual and group block.

Dives and rolls.

UNIT V

HANDBALL

Basic skills

Holding the ball.
 Receiving – stationary, walking, running.
 Dribbling and stopping.
 Progression with ball.
 Passing.
 Throws – Throw in – Throw out – Free throw.
 Shooting – Penalty throw, single hand shooting, both hand shooting.
 Goal keeping.

KHO – KHO

Fundamentals skills.

Chasing and touching

Chaser's stance - foot work
 Sitting
 Proper way of giving kho
 Proper way of getting up.
 Turning around the pole.
 Touching at the post
 Judgement kho
 Diving
 Tapping
 Trapping

Chasing Tactics

Chaser's footwork
 Dodging and pointing movements
 Taking runner to the pole

Running Tactics

Selection of batches for running
 Single chain
 Double chain
 Ring formation

TEXT BOOK

Goel, R.C., 1992, Encyclopaedia of sports and games, Trang paper backs, Delhi.

REFERENCE BOOKS:

Lokesh Thane, 1996, Handball Skills and Tactics, Sports Publications, Hindustan Offset Press, Delhi.
 Yogesh Yadav, Kho – kho, Maharashtra Kho – kho Association, 1969.
 Ashok.K,1983, Kabaddi, A.P. Publishers, Sartaj Printing Press, Jalanthar.
 Core,R.H.,1988, Teaching Volleyball, Surjeet Publications, Delhi.
 Fox,A.R.1960,Basketball,Pretince Hall, Engle Wood Cliffs, New Jersey

BPE 2508 PRACTICAL VII GENERAL FITNESS 5Hr/4Cr

OBJECTIVE

Sound mind leads a sound body.

PRACTICALS

GENERAL CONDITIONING

Warming up Exercises
Warm down Exercises
Stretching Exercises

STRENGTHENING TRAINING

Weight training exercises

UPPER BODY:

Abdominal conditioning
Lower and Upper Abdominal
Shoulder Fitness
Back Strengthening Exercises

LOWER BODY:

Thigh Muscle Strengthening
Calf Muscle Strengthening
Ankle Strengthening
Knee Strengthening

REFERENCE BOOKS

K.O.Bosen. 1997, "Teaching in Athletics" NSNIS,Patiala.
L. Matreyer. 1992. "Fundamentals of Sports Training".
Hardayal Sing.1992,:"Sports Training"-NSNIS,Patiala

BPE 2410 PRACTICAL VIII GAME OF SPECIALIZATION 5Hr/5Cr

GAME OF SPECILISATION

Advanced skills and playing ability.

BASKET BALL, KABADDI, AND VOLLEY BALL

TEXT BOOK

Goel.R.G, 1975, Encyclopaedia Of Sports And Games,Vikaas publishing house
Pvt.,Ltd., Delhi.

Ashok.K, 1983, Kabaddi, A.P Publishers, Sartaj Printing Press, Jalanthar.
Core, R.H., 1988, Teaching Volleyball, Surjeet Publications, Delhi.
Fox, A.R.1960, Basketball, Pretince Hall, Engle Wood Cliffs, New Jersey.

BPE 3501 TEST, MEASUREMENTS AND EVALUATION IN PHYSICAL EDUCATION

5Hr/5Cr

OBJECTIVES

To teach the testing procedure to find the performance of the sports persons

UNIT I

Meaning of Test, Measurement and Evaluation – Need and Importance of test, Measurement and Evaluation, Classification of Test – Standardized and Teacher Made Test – Objective and Subjective Tests – contribution of Knowledge Test and Skill Test

UNIT II

Criteria of Good test – Validity – Reliability – Objectivity – Norms – Administration Feasibility – Educational Application

UNIT III

Physical Fitness Components – Test for Speed, Strength, Endurance, Agility and Flexibility.

UNIT IV

- | | |
|---|--------------------------------------|
| 1. New York State Physical Fitness Test | 2. Barrow Motor Ability Test |
| 3. Kraus Weber Test | 4. Cooper 12 Minutes Run / Walk Test |
| 5. JCR test | 6. Harvard Step Test |

UNIT V

SKILL TESTS

- | | |
|--|-----------------------------------|
| 1. AAPHERD Basketball Test | 2. Mc Donald Soccer Test |
| 3. Russel Lange Volleyball Test | 4. Harban Singh Hockey Skill Test |
| 5. French Short Service Test (Badminton) | |

REFERENCE BOOKS

- Clarke, II Application of Measurement in Health and Physical Education, Prentice Hall, Inc 1976
- Mathew K Donald, Measurement in Physical Education London WS Saunders Company 1973.
- Bosco. James. S. measurement and Evaluation in Physical Education and Sports, New Jersey, Prentic Hall Inc. 1988
- Matheuss k Donald, Measurement in Physical Education. London: W.S. sounders Company 1973.
- Safrit, Margaat, J., Measurement in Physical Education and Exercise Science, St. Louis Times Mirror Mosby College Publications, 1986.

BPE 3603

THEORIES OF SPORT TRAINING

6Hr/6Cr

OBJECTIVES

Enable students to

- understand the importance of warm up and warm down exercises
- understand the importance of Training load
- understand the basic types of Training

UNIT I

Meaning and Definition – Aims – Tasks and characteristics of sports training – Principles of sports training – importance of warm-up and warm-down

UNIT II

Important features of Training Load – Intensity Density and Volume – Types of Training Load – Training and Adaption – Over Load – Causes Symptoms and Remedies

UNIT III

Means and methods of developing : Strength – Endurance – Speed – Flexibility

UNIT IV

Basic types of Training – Weight training – Circuit training – Plyometric training – Fartlek training – Interval training – Continuous training

UNIT V

Training Plan – Types of Cycles – Periodisation – Definitions of Techniques and Tactics

REFERENCE BOOKS

Singh, Hardhayal, Sports training General theory and methods, NIS Patiala, 1984.

Williams, J.L.L Athletic Training and Physical Fitness. Allyn and Bacon Inc. Sydney. 1977.

Singh, Hardhayal, Science of sports Training, 1987.

Dick Frank., Sports Training Principles, Times Mirror Mosby publishing, 1982.

Mathew, L.P. Fundamental sports Training, Publication Prentice Hall In., 1993.

BPE 3605 PRACTICAL IX TEST AND MEASUREMENT 6Hr/6Cr

OBJECTIVES

Enable students to
have knowledge of sports skill test
learn about administration of various test and procedures

List of Practicals:**Test and Measurement**

Anthropometric tests

Sports skill tests:

French Badminton test

Knox Basketball test

Sutcliffe Cricket skill test

Schmithals Frence Field Hockey test

AAHPER Football test

AAHPER Volleyball test

Cornish Handball test

viii. Broer-Miller forehand and backhand drive test

TEXT BOOK:

Verma, H., 2013, "Test and Measurement in Physical Education", Sports Publications, New Delhi.

REFERENCE BOOKS:

Krishnan, J., 2005, "Evaluation of Physical Education and Sports." First Edition, Sports Publication, New Delhi.
 Srivastava.A.K., 2013, " Evaluation in Test and Measurement" Sports Publications, New Delhi.

BPE 3607**PRACTICAL X****SPORTS TRAINING****6Hr/6Cr****OBJECTIVE**

To know various methods of physical training to enhance sports performance

METHODS OF SPORTS TRAINING

Training of Motor Qualities
 Strength Training
 Endurance Training
 Training Plans
 Interval Training
 Circuit Training
 Plyometric Training
 Weight Training

REFERENCE BOOKS

K.O.Bosen teaching in Athletics, NSNIS, Patiala
 Stephen Ralph, E&S Bell, 1978, Track and Field, John Wiley & Sons, INC, Canada
 Scientific Principles of Coaching - J. Bunn
 Fundamentals of Sports Training – L. Matreya
 Sports Training – Hardayal Sing

BPE 3200**ENVIRONMENTAL STUDIES****4Hr/2Cr****OBJECTIVES**

Enable students to
 understand How the variations in the Environment helps him to adapt and perform

UNIT I

Introduction – Variation in Temperature – Exercise in the Heat

UNIT II

Dehydration - Acclimatization

UNIT III

Exercise in the Cold - Humidity

UNIT IV

Altitude – Altitude Acclimatization – Physiological Changes that take place during Acclimatization to Altitude

UNIT V

Physical performance at Altitude – Main effects of High Altitude on Physical Performance – Physiological function at Altitude

TEXT BOOK

Ajmer Singh, Jagdish Bains, Jagtar Singh Gill, Rachhpal Singh Brar, „Essentials of Physical Education“ Fifth Revised Edition, Kalyani Publishers, New Delhi, 2016.

REFERENCE BOOKS

1. Mathews, Donald K. and Fox Edward I.. “The Physiological Basis of Physical Education and Athletics”. Third Edition Saunders College Publishing, Holt. Saunders Japan. 1985.
 2. Marley, William, “Health and Physical Fitness”. CBS College Publishing, United States of America. 1982.
- Shephard, R.J. „The Fit Athlete“. Oxford University Press. 1978.
- Shaver, Larry G. “Essential of Exercise Physiology” Surjeet Publications. Delhi, First Indian Print. 1982.
- Wilmore, Jack H. “Athletic Training and Physical Fitness” 1977. Allyn and Bacon. Inc. Atlantic Avenue, Boston. Massachusetts. 1977.

**BPE 3502 PSYCHOLOGY AND SOCIOLOGY OF PHYSICAL EDUCATION
& SPORTS**

5Hr/5Cr

OBJECTIVES

Enable students to

- understand the meaning, scope and nature of psychology and sociology of physical education and sports.
- analyse the factors which affect the learning process, role of perception in physical education and sports.
- analyse the role of motivation in physical education and sports and
- interpret the sports and social problem, behaviour of sportsmen and spectators and leadership through physical education and sports.

THEORY**PSYCHOLOGY****UNIT I**

Meaning, Scope and nature of psychology and psychology of physical education and sports, Motor learning, Stages, theories and law of learning process, role of perception in physical and sports.

UNIT II

Personality-nature of personality, various traits of personality and its relation to performance in physical education and sports. Personality development.

UNIT III

Emotion and their role in physical education and sports.

Motivation - Meaning and its role in physical education and sports.

Main tasks in psychological preparation, psychological aspects of short term and long term training.

SOCIOLOGY**UNIT IV**

Meaning, nature and scope of sociology and sociology of physical education and sports. Physical Education and Sports as a special phenomena and product of culture and its relationship with other elements of culture- sports for better international understanding co-operation.

UNIT V

Sports as regulating institution of society. Sports and social problems. Behaviour of sportsmen and spectators, leadership through physical education and sports.

TEXT BOOKS

Kamalesh, M.L. 1988, Psychology in physical education and sports, Renu Printers, Delhi.

Kumar, R. 1991, Principles of sociology, Agarwal Ltd, Agra.

REFERENCE BOOKS

Bucher, C.A. 1987, Foundations of physical education, St. Louis, C.V. Mosby company, Missouri, America.

Gita, M., 1997, Sports Psychology, Shaju and Shaju Brothers Publication, Karaikudi.

Mukhi, K.R. 1985, Rural sociology, R.B Publications, Delhi.

Swinn, R.M. 1989, Psychology in sports, Methods and Applications, Surjeet Publications, Delhi.

BPE 3604**FUNDAMENTALS OF KINESIOLOGY****6Hr/6Cr****OBJECTIVES**

Enable students to

understand the meaning, aim and objectives and importance of kinesiology and

bio mechanics for Physical Education and Sports

acquire the fundamental concepts of kinesiology for Physical Education and Sports

acquire knowledge of various types of motions and application of motion in games and sports and

interpret the principles of Biomechanics with suitable examples

UNIT I**KINESIOLOGY**

Introduction: meaning, history, aim and objectives of kinesiology for physical education and sports.

UNIT II

Joints: meaning. Classification of joints: Shape – Movement.

Fundamental movements of joints: Flexion – Extension – Adduction – Abduction –
Elevation – Depression – Circumduction – Rotation – Inversion – Eversion – Dorsi
flexion – Plantar flexion – Pronation - Supination

UNIT III

Fundamental concepts: centre of gravity, area and planes of motion, fundamental
starting positions, and classification of muscles.

UNIT IV

Location and action of muscles at various joints

Upper extremity – Pectoralis major, Pectoralis minor, deltoid, biceps brachii, triceps,
teres major, latissimus dorsi and trapezius muscles

Lower extremity – Rectus femoris, sartorius, biceps femoris, semimembranosus,
semitendinosus, gluteus maximus, vastus group and gastrocnemius muscles

UNIT V

Muscular analysis of Fundamental movements walking, running, and throwing Structure of
motor action: Structure of cyclic and acyclic motor action and movement condition.

TEXT BOOK

Cooper and classgow., 1976, Kinesiology C.V., Mosby Company Saint Louis.

REFERENCE BOOKS

Bunn.J.W., 1969, Scientific Principles Of Coaching, Prentice Hall, New Jersey.

Hay, J.G., 1978, The Biomechanics Of Sports Techniques, Prentice Hall, New Jersey.

Katharine, F.W,1966, Kinesiology, W.B.Saundas,London.

BPE 3606 PRACTICAL XI TRACK AND FIELD III 6Hr/6Cr

OBJECTIVES

Enable students to

learn the strategy and tactics in sports

learn various skills in track and field

be familiar with rules and regulations, and learn the method of officiating for all
track and field events and gymnastics.

TRACK AND FIELD EVENTS-III

A part of the practical period shall be devoted to warming up and conditioning
exercises. Both general and specific conditioning exercises for the concerned events shall be
introduced.

1. HURDLES Approach
run

Take off or attack phase.

Clearance of the hurdle or interphase:

Lead leg action

Trailing leg action

Body position
Landing or escape
Inbetween the hurdles.
Techniques at finish.

POLE VAULT Pole grip
Carry and run Pole plant
Take off Rock back Pull
up Push up

Bar clearance
Landing

JAVELIN THROW Grip
Carry Approach run
Last five strides rhythm including impulse
stride Delivery stance
Delivery
Reverse

HAMMER THROW
Grip
Initial stance
Preliminary swings
Entry (or) Transition from swings to turn
Turns
Delivery Stance
Delivery action
Reverse

TEXT BOOKS

Thirunarayan, C., and Hariharan, S., 1970, Track and Field the South
Indian Press, Karaikudi
Pintu modak., 1996, Gymnastics a scientific approach.
Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).

BPE 3608 PRACTICAL VIII GAME OF SPECIALIZATION 6Hr/6Cr**GAME OF SPECILISATION**

Advanced skills and playing ability.

HAND BALL , KHO-KHO, AND TENNIS**TEXT BOOK**

Goel.R.G,1975, Encyclopaedia Of Sports And Games,Vikaas publishing house Pvt.,Ltd., Delhi.

REFERENCE BOOKS

Hayleft, J. and Evelians,1989,The Illustrated Encyclopedia of World Tennis,Exter Books, New York.

Jones,C.M.1973,Improving Your Tennis, Faber and Faber Publications, London.

Vincent, T., 1973,Why You Lose At Tennis?, Barnes & Noble Books, London.

Lokesh Thane, 1996, Handball Skills and Tactics, Sports Publications, Hindustan Offset Press, Delhi.

Yogesh Yadav, Kho – kho, Maharashtra Kho – kho Association, 1969.

DEPARTMENT OF PHYSICAL EDUCATION

w.e.f. 2020-2021

Sem	Part		Course Code	Title	Hr/ Wk	Cr.	Marks
I	Part I		TAS/FRS/HIS		3	2	30
	Part II		ENS 1201	Conversational Skills	3	2	30
	Part III Major	Core	BPE 1421	Foundation of Physical Education & Sports	4	4	60
			BPE 1523	Application of Sports Training Modalities	5	5	75
		Supportive	BPE 1425	Practical – I – Track & Field Marking	5	4	60
			BPE 1427	Practical – II – Gymnastics	4	4	60
	Part IV	Non-Maj. Elect.	BPE 1201	NME – Diet and Food Awareness	3	2	30
		<i>Life Skill I</i>	BPE 1203	LS 1 – Remedial Yoga	3	2	30
	Part V	<i>Extension</i>	PED 1212	PED	-	-	-
				Total	30	25	375
II	Part I		TAS/FRS/HIS		3	2	30
	Part II		ENS 1202	Reading & Writing Skills	3	2	30
	Part III Major	Core	BPE 1422	Theories of Sports & Games – 1	4	4	60
			BPE 1424	Practical III – Track and Field – 1	4	4	60
			BPE 1528	Theory – Human Anatomy	5	5	75
		Supportive	BPE 1420	Practical IV – Game of Specialization - 1	5	4	60
	Part IV	Non-Maj. Elect.	BPE 1202	NME – Recreation and Leisure Time Management through Sports	3	2	30
		<i>Life Skill II</i>	BPE 1204	LS 2 – Fitness in Sports	3	2	30

	Part V	Extension	PED 1212	PED	2	1	30
				Total	30+2	25+1	375+30
III	Part I		TAS/FRS/HIS		3	2	30
	Part II		ENS 2201	Study Skills	3	2	
	Part III Major	Core	BPE 2521	Health Education, Safety Education, & First Aid	5	5	75
			BPE 2523	Theory – Track & Field	5	5	75
			BPE 2525	Theories of Yoga	5	5	75
			BPE 2427	Practical V –Track & Field - 2	4	4	60
		Supportive	BPE 2429	Practical VI - Yoga	5	4	60
	Part V	Extension	PED 2212	PED	-	-	-
			Total		30	27	405

Sem.	Part		Course Code	Title	Hr/ Wk	Cr.	Marks
IV	Part I		TAS/FRS/HIS		3	2	30
	Part II		ENS2202	Career Skills	3	2	30
		Core	BPE 2522	Theory – Sports Injuries	5	5	75
			BPE 2424	Theory – Methods in Physical Education	4	4	60
			BPE 2526	Theories of Sports & Games – 2	5	5	75
			BPE 2428	Practical VII – Massage Physiotherapy and Therapeutic Exercises	5	4	60
		Supportive	BPE 2530	Practical VIII – Game of Specialization – 2	5	5	75
	Part V	Extension	PED 2212	PED	2	1	30
				Total	30+2	27+1	405+30
V	Part III Major	Core	BPE 3521	Theory – Test, Measurement & Evaluation and Computer Applications in Physical Education	5	5	75
			BPE 3623	Theory – Exercise Physiology	6	6	90
			BPE 3625	Practical IX – Test and Measurement	6	6	90
		Innovative	BPE 3627	Practical X – Track & Field – 3	6	6	90
	Part IV	Life Skill Course	BPE 3229	Theory – Indigenous Martial Arts	3	2	30
	Part IV	EVS	BPE 3209	Environmental Factors & Sports Performance	4	2	30
					Total	30	27
VI	Part III Major	Core	BPE 3522	Theory – Psychology and Sociology of Physical Education & Sports	5	5	75
			BPE 3624	Theory – Fundamentals of Kinesiology & Biomechanics	6	6	90
			BPE 3626	Practical XI – Track & Field – 4	6	6	90
		Innovative	BPE 3628	Practical XII – Game of Specialization –3	6	6	90
	Part IV	Life Skill Courses	BPE 3230	Infrastructure in Sports & Games	3	2	30
		HVS	HVS	Human Values	4	2	30
				Total	30	27	405
Grand Total for semesters I-VI					180+4	158+2	2370+60

Programme specific outcomes (PSOs) for B.Sc., Physical Education

On completion of the programme graduates will be able to

1. Understand the Physical, Mental, Moral, Social and spiritual values to shape themselves up as a physically strong intellectually informed personality.
2. Apply the knowledge of this science to evaluate the health status of an individual at normal and emergency situations to develop safety measures to be implemented as a strategy for first aid according to the need.
3. Use the experience gained in the study as equivalent to that in any other science course that they would be able to sit for competitive exams and pursue carrier as administrators and professionals.
4. Plan and organize the competitions intramural and extramural in order to look for raw talents at grass root level and train their wards into sports personalities of national and international level.
5. Analyze the human movement by way of applying kinesiology and biomechanics and visualize the importance of movement education to recognize and deal with unpredictable and hidden deformities to recommend for corrections or for medical interventions.
6. Use the knowledge of test and measurements as valuable tools to build infrastructure facilities and amenities as gym and fitness centre to motivate the rural and deprived to develop their sport talents
7. Analyze facts of Yogic principles and concept of yoga practice to impart values and spiritual ethics to men and women in the community that they may be relieved of their emotional stress and relationship constrains.
8. Advocate sports psychology and sociology a special endeavor highlighting its merits and demerits to the pupil and public cordiality and friendship that can be fostered among individual and groups to provide good citizenship value
9. To hire the sports scientific training modalities and experiment creating and sharing resources to install shared public amenities
10. To ensure that with their presence as physical education teacher, organizer and guide with social and ethical values that they can act as change agents and create strong human resource for this nation.

Mapping of Course Outcomes (COs) With Programme Specific Outcomes (PSOs)

Courses	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
BPE 1421	✓	✓	✓					✓	✓	✓
BPE 1523		✓	✓	✓		✓			✓	✓
BPE 1425		✓	✓	✓	✓	✓		✓	✓	✓
BPE 1427	✓	✓	✓	✓	✓	✓		✓	✓	✓
BPE 1201	✓	✓		✓				✓	✓	✓
BPE 1203	✓	✓	✓	✓	✓		✓	✓	✓	✓
BPE 1422	✓	✓	✓	✓	✓	✓		✓	✓	✓
BPE 1424	✓	✓	✓	✓	✓	✓		✓	✓	✓
BPE 1528	✓	✓	✓		✓			✓	✓	✓
BPE 1420		✓	✓	✓		✓			✓	✓
BPE 1202	✓	✓	✓	✓		✓			✓	✓
BPE 1204	✓	✓		✓		✓			✓	✓

SEMESTER I

BPE 1421**Foundation of Physical Education and Sports****4Hr/4Cr**

The course aims at

1. Utilize wholesome development of the human nature is right absorbed along with the scientific principle enveloped in the subject matter.
2. Apprehend most of the sports and youth welfare programmes imbedded in the field is explored to the students in an effective manner.
3. Utilize the value of Olympic movement, N.S.S, N.C.C as a whole and comprehend the nature of Arjuna, Dronacharya and Rajiv Gandhi Khel Ratna awards.

At the end of the course, the students will be able to:

- i. To imbibe the nature of good citizenship among the public with this knowledge.
- ii. Inter personal relationship can be enriched among the young ones in the school through the sciences and scientific principles.
- iii. National program of Physical Education and the awards and scholarship shall be introduced to the public
- iv. Endorsement of Olympic motto to the rural folk
- v. Make others understand the relationship among N.C.C., N.S.S, youth festival and youth hostels etc.

THEORY

Unit 1 - Introduction

Meaning and nature of Physical Education and Sports – Aims and objectives of Physical Education and Sports – Physical Development – Mental Development – Social Development – Moral Development – Emotional Development – Spiritual Development – Development of Neuro-Muscular Co-ordination – Development of good citizenship – Worthy use of Leisure

[

Unit 2 – Physical Education as Science

Scientific basis of Physical Education and Sports – contribution of allied sciences – Anatomy Physiology –Kinesiology – Sports Psychology –Sociology – Bio-mechanics – Anthropometry

Unit 3 – Organization in Physical Education

National Programmes of Physical Education and Sports – Sports Authority of India – National coaching schemes –Sports talent search scholarship –Women sports festival – National awards (Arjuna Award – Dronacharya Award – Rajiv Gandhi Khel Ratna Award – Lifetime Achievement award)

Unit 4 – Olympic Movement

Olympic movement –Motto (Citius – Faster, Altius – Higher, Fortius – Stronger) – Olympic Flag & Ring (Blue – Europe, Black – Africa, Red – America, Yellow – Asia and Green – Australia) – Olympic Oath – its impact on Physical Education and Sports – the contribution of Olympic movement towards international understanding

Unit 5 – Youth Activities in India

Youth Welfare Programme –N.C.C – N.S.S – Youth hostels –SGFI – RDS – BDS – Sports Development Authority of Tamilnadu

Textbook

1. Charles,B.A.,1988, **Foundation of Physical Education**, The C.V. Mosby company, St.Louis.

References

1. Kamlesh,M.L.,1997. **Foundations of Physical Education**. Metropolitan Book pvt. Ltd. New Delhi.
2. John,H.L.,1969,**A brief history of Physical Education**. The Ronald press company, New York.
3. Kamlesh,M.L.,1988,**Physical Education facts and Foundations**.Choushan Printing press. New Delhi.
4. Thiru. Narayanan,C., and Hariharasarma. S., 1985, **An Analytical history of Physical Education**,The South India press, Karaikudi.
5. Willgoose,C.,1984,**Curriculum Physical Education**, Prentice-Hall, New Jersey.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2			3			
CO3						6
CO4		2, 2				
CO5					5	

Mean: 4

BPE 1523**Applications of Sports Training Modalities****5Hr/5Cr****Course Objective****The course aims at**

1. Basics of sports training and its characteristics handling brought to the reach of the students.
2. All the basic principles of sports training were utilized in the preparations of young sports man.
3. Fitness factors or components were totally incorporated into the athletes performance development
4. Modern training programmes facilities and contributions shot listed through the syllabus.
5. Workout schedule, periodisation, types of cycles decorated through the subject matter.

Course Outcome**At the end of the course, students will be able to:**

- i. Explain the basics of training and produce casual results in the professional competition.
- ii. Give examples of the principles of training and solve the problem.
- iii. Differentiate the fitness factors can be scientifically rescheduled in their work place.
- iv. Compare the training programme can be effectively incorporated in their training schedule.
- v. Evaluate the training plans and cycles which will be very effective due to their technical empowerment.

Unit 1 – Introduction

Meaning and Definition (Performance Enhancing) – Aims (Goal Setting) – Tasks (Enriching Performance) and Characteristics of Sports Training – Importance of warm-up and Limbering down

Unit 2 – Training Programme

Meaning of Training load – Components of training load (Intensity – Density – Frequency – Volume – Load – Rest and Recovery) – Training – Detraining – Retraining – Training Graph – Plateau & Peak Performance – Load (Constant Resistance – Progressive Resistance – Variable Resistance) – Important features of Training Load – Types of Training Load – Training and Adaption

Unit 3 – Physical Components (Strength and Endurance) in Training

Meaning of Strength – forms of Strength – factor determining strength – methods to development of strength
 Meaning of Endurance – Forms of Endurance – Factor determining Endurance – Methods to development of Endurance

Unit 4 – Physical Components (Speed, Agility & Coordination) in Training

Speed (Running Speed – stride length, Frequency – Moving Speed (Agility) – Displacement, Disposition) – Flexibility (Active – Ballistic) – Coordination (Balance & poise)

Unit 5 – Training Schedule

Training Plan – Types of Cycles (Micro – Meso – Macro) – Training workout schedule – Training in high altitude and sea level

Textbook

1. Singh, Hardhayal, 1984, **Sports Training General Theory and Methods**, NIS Patiala,

References

1. Tudor O. Bumpa, 1999, **Periodization Training for Sports**, ISBN: 978-1-4504-6943-2.
2. Williams, J.L.L. 1977, **Athletic Training and Physical Fitness**. Allyn and Bacon Inc. Sydney.
3. Dick Frank., 1982, **Sports Training Principles**, Times Mirror Mosby publishing.
4. Mathew, L.P. 1993, **Fundamental Sports Training**, Publication Prentice Hall

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2		2	3			
CO3				4		
CO4					5	
CO5					5	6

Mean: 5.4

BPE 1425**Practical – I – Track and Field Markings 5Hr/4Cr****Course Objective****The course aims at**

Enables students to be familiar with the procedure of Track Events marking

Course Outcome**At the end of the course, students will be able to:**

- i. Classify and compare the planning and construction of standard track marking.
- ii. Apply Stagger distance marking for half and full stagger for the convenience of conducting track and field events
- iii. Plan to construction the long jump and triple jump pits and apply the rules.
- iv. Recommend to prepare and construct shot put sector.
- v. Assess the discus and hammer throw circle and sector and prepare the cage.

Markings:**Track Marking:**

Planning and construction of a Standard Track Marking of the starting lines – calculation of Staggers – Calculation – Diagonal excess distance – curved start – split start – 4 x100 M relay marking - 4 x 400M relay marking

Jump Events:

Long Jump – Triple Jump

Throw Events:

Shot Put – Javelin – Discus – Hammer Throw

Textbook

1. Lamine.D., Athletic Federation of India “Competition Rules Hand Book:, New Delhi,2010.

References

1. Bosen,K., “Athletics”, NIS Publication, Patiala,1996.
2. Sharma.N.P.,”Fundamentals of Track and Field”, Khel Sahitya Kendra, New Delhi,2005.
3. Vijayalakshmi. V., “Principles of Athletic Training” Khel Sahitya Kendra, New Delhi,2004.

Mapping Course Outcome with Bloom’s Taxonomy

Bloom’s Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			6
CO2			3			
CO3			3			6
CO4			3			
CO5			3		5	

Mean: 6.4

BPE 1427**Practical – II Gymnastics****4Hr/4Cr****Course Objective****The course aims at**

- To enable the students to involve in Gymnastic activities for developing multiple skills
- To get rid of slight injuries from falling and sliding due to Gymnastics practices

Course Outcome**At the end of the course, students will be able to:**

- i. Examine the importance of Gymnastics
- ii. Explain the qualities of Gymnastics by practicing all exercises to solve the problem.
- iii. Knowledge of Gymnastics exercise prepares them to get rid of severe accidents, judge associate.
- iv. Plan gymnastics exercise to get success and discriminate.
- v. Diagnose the best quality through gymnastics exposure.

Floor Exercises

- Forward Roll
- Backward Roll
- Leg Split Forward Roll
- Leg Split Backward Roll
- Jump and Roll

Textbook

1. Claës J. Enebuske, 2018 **The Gymnastic Progression**, Franklin Classic Trade Press, ISBN: 9780344456442

References

1. William Albin Stecher, 2018 **Theory and Practice of Educational Gymnastics for Boys**, Franklin Classic Trade Press, ISBN: 9780343981280

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2		2	3			
CO3			3		5	
CO4				4		6
CO5				4		

Mean: 6.2

BPE 1201**NME – Diet and Food Awareness****3Hr/2Cr****Course Objectives****The course aims at**

Enable students to

1. Evaluate the qualities of Diet and Food
2. Understand the worthiness of Nutrition as Medicine
3. To get rid of Mental and Physical ailments through Balanced Diet

Course Outcome**At the end of the course, students will be able to:**

- i. Name the main process to deal with growth and development may enable their effective understanding of importance of food.
- ii. Knowledge of Diet and balance diet will help them to alter diet for everyone obese, youth & young aged and sick and criticize.
- iii. Make them understand the classifications of nutrients and requirement of nutrients for aged and sports persons
- iv. Evaluate the measurements of nutrients, calories;joule will help them prescribe food for everyone. BMI, basal metabolic index will provide the required level of diet.
- v. Effective energy expenditure and diet choice to provide them a tool to plan a food chart for the needed person.

Unit 1 - Introduction

Meaning of food – Classification of Food (Vegetarian & Non vegetarian)

Unit 2 – Diet Programme

Meaning of Diet – Classification of Diet (Seasonal – Regional) – Control Diet (Fasting) – Balanced Diet – Athletics Diet

Unit 3 –Awareness of Food & Diet

Awareness of food & diet – Avoid Junk food – Obesity – Food poison

Unit 4 – Meal Plan

Calorie values – Pre competition meal plan – On competition meal plan – Transition meal plan

Unit 5 – Components of Food & Diet

Water – Minerals – Dehydration – Calcium – Phosphorous

Textbook

1. V. Satyanarayana, 2019, "Sports Nutrition and Weight Management" Sports Publication, ISBN: 9788178798998

References

1. Clark Nancy, 2018, "Sports Nutrition Guidebook" Human Kinetics Publishers, ISBN: 9780736074155
2. Wolfe J. Kevin, 1999, "Fat Free Junk Food" Random House USA Inc, ISBN: 9780517887264

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1	1	2				
CO2		2			5	
CO3			3			
CO4					5	
CO5				4		6

Mean: 5.6

BPE 1203**Remedial Asana****3Hr/2Cr****Course Objectives****The course aims at**

Enable students to

1. Realized the value of the pranayama procedure
2. Important features of asanas and kriyas will be well nourished
3. Mode of relaxation can be understood in the modern world.

Course Outcome**At the end of the course, students will be able to:**

- i. Enhance cardiovascular respiratory functions cite through practices and explain.
- ii. Better Digestion system and to avoid the digestive problem through predictions.
- iii. Relate to improved Nervous functioning mental aptitude developed through this diagnose.
- iv. All the chakras functions are better known for balance life style - distinguish
- v. Better able to understand stress management through relaxation technique and apply in the suitable situation – evaluate the level.

Unit 1 – Pranayama for Cardio vascular Respiratory system

1. Puraka – Inhalation
2. Kumbhaka– Retention of breath
3. Rechaka- Exhalation

Unit 2 – Asanas for Digestive System

1. Paschimottanasana
2. Vajrasana
3. Halasana

Unit 3 – Asana for Nervous system

1. Kapalabhati
2. Padmasana
3. Sarvangasana

Unit 4 - Asana for Endocrine and Exocrine Glands

1. Sirasana
2. Bhujangasana
3. Chakrasana

Unit 5 - Asana for Relaxation

1. Shantanasana

Textbook

1. B.K.S.Iyengar, **Light on Yoga** Harper Collins Publications, Delhi, 2002

References

1. Swami Kuvalayananda, **Asanas**, Kaivalyadhama, Lonavala, Pune, 1991.
2. Mariyiah.P, Asanas, Sports Publishers, Raja Street, Coimbatore-1, 1995.
3. Mariyiah.P, Suriyanamaskar Jaya Publishing House, Erode, 1997
4. Chandrasekaran.K, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
5. Jeyaveera Pandian.V. Yoga and Sports, UVN-Publications-Sivakasi, Tamilnadu 2009

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1	1	2				
CO2			3			
CO3			3	4		
CO4			3	4	5	
CO5						

Mean: 5

BPE 1422

**Theories of Sports and Games – 1 4Hr/4Cr
(Football – Hockey – Badminton – Tennis)**

Course Objectives

The course aims at

Enable students to

1. Trace the history and working federations.
2. Develop the fundamental skills and techniques.
3. Acquire the physiological training, warming-up and motor qualities.
4. Become familiar with the rules and regulations and their interpretations.

Course Outcome

At the end of the course, students will be able to:

- i. Prepare the unique history of each game namely Football, Hockey, Badminton and Tennis.
- ii. Establish the rules and interpretation of the game and officiating to become a professional.
- iii. Apply the fundamental skills and its techniques in Football, Hockey in order to prepare the match.
- iv. Criticize the rules while learning the fundamentals in Badminton.
- v. Plan the technical learning and judge the outcome of performance.

THEORY

The following games are included in the syllabus of the course.

- Football – Hockey – Badminton – Tennis and the general format for covering the aspect for each of the above game is given below.

Unit 1 –History and Layout of Games

1. History of games and working federations.
2. Play fields a) Layout and maintenance of play field. b) Equipment and their specification.

Unit 2 – Officiating

- a) Rules and their interpretation.
- b) Method of officiating.

Unit 3 – Game Skills in Football and Hockey

Elements of Game Skill

- a) Pass and passing techniques, passing techniques, passing drills
- b) Trapping-receiving and ball control techniques.
- c) Dribbling and running with the ball-dribbling drills.
- d) Types of kicks:
 1. Low drive. 2. Lifted kicks. 3. Half volleys. 4. Punt kicks and Volleys.
- e) Kicking and shooting practices, heading techniques, heading drills.
- f) Goal keeping techniques, goal keeping drills.

HOCKEY

Fundamentals of techniques and basic skills:

- a) Grip. b) Hitting. c) Stopping. d) Dribbling. e) Push. f) Scoop.
g) Hitting on the wrong foot h) Dodging and tackling i) Reverse hit j) Flick.

Set Plays

Corners, penalty corners, Hit-in, Push-in, penalty stroke

Unit 4– Game Skills in Badminton (Fundamental skills)

Holding the racket

- i. Forehand grip ii. Backhand grip.

Holding the shuttle

- i. Mid grip ii. Base grip iii. Top grip

Foot work for various strokes

- i. Forehand strokes ii. Backhand strokes. iii. Overhead stroke iv. Round and Head stroke

Basic shots

- i. Smash ii. Lob, toss or clear. iii. Netshot iv. Drive.

Singles service

- i. High Lob service ii. Low service iii. Medium service

Doubles service

- i. Low or long service ii. Drive or shuttling service iii. High flick service (High and Low)

Unit 5 – Game Skills in Tennis

Fundamentals of techniques and Basic Skills:

1. Forehand-grip, ready position, foot work, back-swing point of impact, Follow through
2. Back hand – as above.
3. Service – grip, stance, back swing, point of impact follow through.
4. Volleys – grip, ready position.
5. Lobs – offensive, defensive. 6. Smash. 7. Drop shot.

Variations in

- i) Ground strokes ii) Service iii) Volleys iv) Lobs

Textbook

1. Goel.R.G, 1975, Encyclopedia of Sports And Games, Vikaas publishing house ,Pvt., Ltd., Delhi.

References

1. F.I.F.A.,1986,Referee's charge and players guide to Laws of Association Football, Pan Books Ltd., Caraya place, London.
2. Hayleft, J. and Evelians,1989,The Illustrated Encyclopedia of World Tennis,Exter Books, New York.
3. Jones,C.M.1973,Improving Your Tennis, Faber and Faber Publications, London.
4. Singh,G.1978, Olympic Hockey on Astroturf, Services Publishing House, Delhi.
5. Ashok kalra, A.P., 1993, Badminton, Surjeet Printing Press, Jalandher – 8.
6. Baddy, S., 1982, Badminton In Action, Cox and Woman Ltd., London.
7. Ballok, R., 1988, Teaching Badminton, Surjeet Publication, Delhi.
8. Bob Swope., 2011, *“Youth Filed Hockey Drills, Strategies, Plays & Games Handbook”*, St. Louis

Mapping Course Outcome with Bloom’s Taxonomy

Bloom’s Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2					5	
CO3				4		
CO4						6
CO5						6

Mean: 4.6

BPE 1424 Practical – III Track and Field Events – 1 4Hr/4Cr**Course Objectives****The course aims at**

To enable the students to

1. Make them learn the mode of practice and techniques in sports & learn various skills in track and field.
2. Be familiar with rules and regulations, and learn the method of officiating track and field events.

Course Outcome**At the end of the course, students will be able to:**

- i. Explain the warm up and conditioning procedures and determine to prescribe exercises.
- ii. Prepare the sprinting technique for the competition status and judge the effect of it.
- iii. Analyze the importance of techniques and corrections in coaching.
- iv. The scientific principle in throw techniques was intensely judged.
- v. Prepare athletic training and reorganize the schedule to be evaluated.

Unit 1 –Sprints

- a. Number of Sprint Events.
- b. Skills in running sprint event – High knee action – Leg Beat – Leg kick – Arm action for sprint.
- c. Technique – Bunch starting 3 types – Bullet start, Medium start & Elongated start.
- d. Fixing the block – Measurement – Athletes on the block – fixing the rear and front leg.
- e. Finishing technique – Photo finish, Run through & Torque twist

Unit 2 – Middle Distance Running

- a. Method of starting b. Form of running c. Technique of running at the end of the events.

Unit 3 – Long Jump

- a. Stages of jumping technique – types b. Runway and take off c. Flying Phase d. Landing.

Unit 4 - Shot-put – two types of shot techniques and the styles

- a. O'Berion style b. Disco put
- Stages of throw: Holding, Initial Stance, Glide, Rotation, Release and follow through and reverse

Unit 5 – warming up and conditioning exercises

A part of the practical period shall be devoted to warming up and conditioning exercises for the concerned events shall be introduced.

Textbook

1. Goel, R.C., 1992. Encyclopedia of Sports and Games, Trange paper, Delhi.

References

1. Pintumodak., 1996, Gymnastics a scientific approach.
2. Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).
3. A.A.F.I., 1994, Competitive Rules Hand Book, Ashok Printers, Kanpur.
4. Federation International De Gymnastics, 1993, Code of Points, Switzerland.
5. Gambetta, V., 1981, Track and Field Coaching Manual, Leisure Press Champaign, Illidis.
6. Thirunarayan, C., and Hariharan, S., 1970, Track and Field the South Indian Press, Karaikudi.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			
CO2			3			
CO3			3			
CO4					5	
CO5						6

Mean: 4

BPE 1528**Theory –Human Anatomy****5Hr/5Cr****Course Objectives****The course aims at**

Enable students to

1. Facilitate the students with the knowledge of Human Anatomy.
2. Understand the structure and functional characteristics which help them to design the programme.

Course Outcome**At the end of the course, students will be able to:**

- i. Understand the scientific bases of Human physique through cell, Bone and joints to observe the difference.
- ii. Draw the nomenclature of the cardiovascular system and its functional capacities and drawbacks with a diagram.
- iii. Identify various types of muscles and its purposes-based on Anatomy and Physiology.
- iv. Evaluate the importance of nervous system and Endocrine system.
- v. Express the position of axial and appendicular skeleton and structure and function of kidney and skin.

Unit 1 – Introduction

Introduction – Structure of Cell - Cell Wall – Nucleous – Chromatin threads – Mitochondria – Cytoplasm – Centrosomes – Endoplasmic reticulum – Lysosomes – Centrioles Cell division – Mitosis - Meiosis - Interphase - Prophase – Metaphase – Anaphase – Telophase.

Bone – Classification of Bone – Long Bone – Short Bone – Flat Bone – Irregular Bone – Sesamoid Bone. Joints – Define – Classification of Joints – Fibrous Joints – Cartilaginous Joints – Synovial Joints.

Unit 2 – Body Systems (Respiratory & Circulatory) in Humans

Respiratory System: Structure and Function of lungs – Mechanism of Respiration. Circulatory System: Structure and functions of Heart – Cardiac output & cycle - Blood – Blood pressure – Blood group – Blood clotting.

Unit 3 - Muscular Systems in Humans

Muscular System: Voluntary muscle - Involuntary muscle – Cardiac Muscle Digestive System: Structure and Functions of Stomach – Small Intestine – Large Intestine.

Unit 4 – Nervous System

Nervous System: Structure and Functions of Brain – Cerebellum – Cerebrum – Medulla oblongata – Spinal cord – Reflex Action. Endocrine Glands – Its types – Functions of Pituitary, Thyroid, Adrenal, Pancreas and gonads.

Unit 5 – Skeleton Systems in Humans

Skeleton System: Axial Skeleton - Skull – Vertebral Column – Sternum - Ribs and Xiphoid - Appendicular Skeleton – Upper Extremities - Lower Extremities. Excretory System: Structure and Function of Skin – Kidney.

Textbook

1. Essentials of Human Anatomy & Physiology Laboratory Manual by Elaine Nicpon Marieb (Jan 20, 2008)

References

2. Human Anatomy & Physiology with MasteringA&P™ (8th Edition) by Elaine N. Marieb and Katja N. Hoehn (Jul 2, 2010)
3. Human Anatomy & Physiology Lab Manual, Fetal Pig Version (10th Edition) by Elaine N. Marieb and Susan J. Mitchell (Feb 8, 2010)
4. Human Anatomy & Physiology Laboratory Manual with MasteringA&P®, Main Version, Update (9th Edition) by Elaine N. Marieb and Susan J. Mitchell (Jul 10, 2011)

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			
CO2			3			
CO3			3			
CO4					5	
CO5						6

Mean: 4

BPE 1420 Practical – IV Game of Specialisation – 1 5Hr/4Cr
Course Objectives

The course aims at

To enable the students to

1. Be familiar with rules and regulations and application.
2. Learn the method of officiating in the game of specialization.
3. Learn the strategy and tactics in the game concerned.

Course Outcome

At the end of the course, students will be able to:

- i. Label the unique history of each game namely Football, Hockey, Badminton and Tennis.
- ii. Describe the rules and interpretation of the game and officiating to become a professional
- iii. Plan to practice the fundamental skills and its techniques in Football, Hockey in order to assess the match
- iv. Evaluate the rules while learning the fundamentals in Badminton.
- v. Integrate the minute aspects of the basic skill for better execution of the game Tennis and predict the results.

GAME OF SPECIALISATION

The students can choose any one of the following games- fundamental skills and playing ability.

1. Football
2. Hockey
3. Badminton

Textbook

1. Goel.R.S., 1975, Encyclopaedia of sports and games, Vikas Publication House pvt., Ltd., New Delhi.

References

1. F.I.F.A. Referee's charch and players guide to law of Association, 1986, Football pan Books ltd., Caraya Place, London.
2. Gian, S, 1976, Olympic Hockey on Astroturf and services publishing House, Delhi.
3. Haylett, J., and Evelians, 1989, The Illustrated Encyclopaedia of World Tennis, Exter Books, New York.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2			3			
CO3				4		
CO4					5	
CO5						6

Mean: 4.4

Course Objectives**The course aims at**

Enable students to

1. Refresh the mind and physique.
2. Avoid the stress.
3. Utilizing the leisure time productively.

Course Outcome**At the end of the course, students will be able to:**

- i. Recreation provided mental relaxation and Physical freshness explain.
- ii. Recreation is avoiding the stress and getting the enthusiasm in physic and peace in mind distinguish.
- iii. Determine the different types of relaxation.
- iv. Recreation is a means and methods ascertain better mental and physical wellness.
- v. Recreation is a suitable plan to relax the physique and mind.

Unit 1 - Introduction

Meaning and definition – Aims and objectives of recreation

Unit 2 – Recreation Types

Types of recreation (Physical – Mental – Social group)

Unit 3 – Recreation for Different Age Category

Recreation for children (Seesaw – Sliding – Swing) – Recreation for Adult (Cultural activities – Racing – Martial arts) – Recreation for Senior (Elders) (Walking – Cycling – Swimming – Drama – Listening Music – Reading) etc

Unit 4 – Recreation Build for Mind Relaxation

Benefits of recreation (Stress – Enjoying life – building fellowship – relieves mental strain and physical pain) – mind refreshing

Unit 5 – Recreation Games for Different Age Category

Recreation games (Torching Ball, Musical chair, Lucky corner, Tunnel ball (Passing under the knee) – cat and mouse – Lock and key

Textbook

1. Lía Rodriguez de la Vega, 2018, **Handbook of Leisure, Physical Activity, Sports, Recreation and Quality of Life**. Digitally watermarked, DRM-free, ISBN 978-3-319-75529-8

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2				4		
CO3				4		
CO4					5	
CO5						6

Mean: 4.2

BPE 1204**Life Skill 2 – Fitness in Sports****3Hr/2Cr****Course Objectives**

The course aims at

Enable students to

1. Understand the essentials of lifelong wellness.
2. Overcome fitness barriers and involve in physical movement pursuits

On completion of the course, students will be able to:

- i. Fitness is being associated with freedom from disease and wellness that also include positive components (Wellness) that is associated with the quality of life and positive wellbeing judges.
- ii. Illustrate the bodily movement that is physical activity produced by the contraction of skeleton muscles and that substantially increases energy expenditure.
- iii. Exercise is leisure time physical activity conducted with means of developing physical fitness, critically.
- iv. Physical activity is healthy lifestyle judge expand the most importance for promoting physical fitness, health and Wellness.
- v. A Fit person is in a position to work efficiently to put up better performance as compared to a person who is unfit judge.
- vi. Physical fitness increases body resistance, compare with examples.

Unit 1 – Introduction

Meaning – Definition – Concept of fitness – Warm up – Limbering down exercises

Unit 2 – Physical Fitness Concepts

Meaning – Definition – Concept of Physical Fitness – General fitness – Specific fitness

Unit 3 – Physical Conditions

Importance of Physical Fitness – General condition& General exercises (Stretching)

Unit 4 – Fitness Types

Type of Fitness (Mental –Social – Spiritual)

Unit 5 – Factor Determining Fitness

Physiologicalfactor influencing Fitness – Psychological factor influencing Fitness

Textbook

1. Hoeger Werner W.K. and Hoeger Sharon A. **Fitness and Wellness**, Englewood: Morton publishing Company, 1990.

References

1. Hazedine, **Fitness for Sports**, Ramsburg: The CrowoodRess Ltd., 1985.
2. James and Leona Hart. **100% Fitness**, New Delhi: Goodwill Publishing House, 1983.
3. **Wellness-Concepts and applications** – David J. Anspaugh, Michael H. Hamrick and Frank D. Rosato II edition Masby publishing house – Chicago.1991.
4. **International Encyclopedia of sports and games-** Ashok Kumar, Mittal Publications, New Delhi 110059 Vol. I to IV.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1					5	
CO2		2				
CO3					5	
CO4					5	
CO5					5	

Mean: 4.4

Value Added Courses

Sem	Course Code	Course name	Hours	Credits
1.	BPE 121V	Studies on Morphology	2	2
2.	BPE 122V	Sports Management	2	2
3.	BPE 221V	Exercise Therapy and Massage	2	2
4.	BPE 222V	Organization and Administration in Physical Education	2	2
5.	BPE 321V	Physical Fitness Training	2	2
6.	BPE 322V	Human Anatomy & First Aid (Practical)	2	2

Mapping of Course Outcomes (COs) With Programme Specific Outcomes (PSOs)

Courses	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
BPE 121V	✓	✓	✓	✓	✓					
BPE 122V		✓	✓	✓	✓	✓				

BPE 121V**STUDY ON MORPHOLOGY****2Hr/2Cr****COURSE OBJECTIVE**

- ❖ Measure the morphology and compare the merits.
- ❖ Evaluate the morphological disorders and apply corrective exercises.

COURSE OUTCOME

At the end of the course, the students will be able to:

- i. By understanding about morphology, they can guide people or pupil to get rid of unnecessary medical expenditure.
- ii. Explain the words to easily evaluate the defects in morphologically and follow preventive measure.
- iii. Classify the morphological defects and prepare alternate methods to rectify
- iv. Follow suitable exercises and administer in a right situation and ascertain quick benefits
- v. Judge the causes and defects through diagnosis or experiments.

UNIT 1

Meaning of Morphology – its types – Aesthetic, Athletic, Pykinic – Skeletal, muscular and functional nervous.

UNIT 2

Study about Human Physical Ailments – Scoliosis – Lordosis – Lumbarasis - Kyphosis

UNIT 3

Sheldon and Krishmer Classification - Endomorph - Mesomorph - Ectomorph

UNIT 4

Selecting corrective exercise, therapeutic exercises – Knock knee, hyper extension, lumbar displacement

UNIT 5

Reasons for improper or defective morphology

References:

Joel A. Nevis and John T. Stonham 1999, "Learning Morphology: What Makes a Good Textbook", Published By: Linguistic Society of America, Vol. 75, No. 4

Jenny Audring and Francesca Masini, 2018, "Theory and Theories in Morphology", Print Publication

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1	2					
CO2		2				
CO3			3			
CO4				4, 4		
CO5					5	

Mean: 4

BPE 122V**SPORTS MANAGEMENT****2Hr/2Cr****COURSE OBJECTIVE**

- ❖ Learn and execute Management skills
- ❖ Build the qualities of Management, right plan, organize and conduct the events with management procedure

COURSE OUTCOME

At the end of the course, the students will be able to:

- i. Describe the real meaning and nature of management to vitalize the conduct of event.
- ii. Different type of management skills will prepare the person to take bold decisions.
- iii. Discriminate the merits and demerits to find out proper solution for better outcomes.
- iv. Different levels of sports management shall be evaluated.
- v. Compile the contribution of management in Physical Education

UNIT 1

Meaning of Management in Sports – planning, organization and conducting Events

UNIT 2

Classification of Management – Equipment, ground and personal management

UNIT 3

Purpose of Sports Management – successful conduct of the event (Merits and demerits analysis) – Long term and short term – Prepare Sports Budget

UNIT 4

Classification of sports management officials in schools, colleges, district and state institutes

UNIT 5

Effective contribution of management to Physical Education Profession – Event Management (Public, School, Colleges and others)

References:

Russell Hoyer, Aaron C.T. Smith, Matthew Nicholson, Bob Stewart 2018 **“Sport Management: Principles and Applications”** (Sport Management Series) Paperback – Unabridged.

Danny O'Brien, Milena M. Parent, Lesley Ferkins, Lisa Gowthorp 2019 **“Strategic Management in Sport”**

Frank Supovitz 2014 “The Sports Event Management and Marketing” Playbook: 72 (The Wiley Event Management Series) Hardcover – Illustrated,

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1	2					
CO2		2				
CO3			4, 3			
CO4				5		
CO5					6	

Mean: 4.4

BPE 221V**EXERCISE THERAPY AND MASSAGE****2Hr/2Cr****Course Objective**

- ❖ To enhance Physical and Psychological wellbeing.
- ❖ To utilize the techniques for better health.
- ❖ To prepare the athlete for ensuring the competition.
- ❖ To get rid of ailments through natural perspective.

At the end of the course, the students will be able to:

- i. Plan to get better chances in the public as Professional.
- ii. Gain natural benefits of therapy and introduce to the general folk.
- iii. Compile to start a Therapeutic Centre.
- iv. Appraise others to realize the values by improving life expectancy
- v. Evaluate others (Public) rest, sleep and recovery (relaxation)

UNIT 1

Meaning of Exercise Therapy – Main goals of Treatment through exercise – Types of Therapy – General rules of exercise

UNIT 2

Classification of Therapeutic exercise (Techniques, Effects & Benefits)– Assisted Exercise (Techniques, Effects & Benefits) – Resisted Exercises (Techniques, Effects & Benefits)

UNIT 3

Reflex Movement – Types (Arc reflex – Righting Reflex – Postural Reflex) – Effect and Benefits of Reflex Movement – Passive Movement (Classification – Effects & Benefits)

UNIT 4

Massage – Meaning – Aims & Objectives – Guidelines for Massage - Types of Massage (Stream – Water – Oil – General) – Techniques (Stroking – Pressure Therapy – Kneading – Taping – Vibration)

UNIT 5

Principles of Massage – Effects of Massage on Skin - Effects of Massage on Circulation of Blood – Effects of Massage on Nervous System – Effects of Massage on Muscles

References

Margaret Hollis 1987 “Massage for Therapists” Elisabeth Jones Vol. 75, No. 4
 Carolyn Kisner 2017 “Therapeutic Exercise Foundations and Techniques” W. Ross
 MacDonald School Resource Services Library

Mapping Course Outcome with Bloom’s Taxonomy

Bloom’s Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2			3			
CO3						6

CO4					5	
CO5		2				

Mean: 4.4

SEMESTER V

BPE 321V

PHYSICAL FITNESS TRAINING

2Hr/2Cr

Course Objective

- ❖ To understand the importance of physical fitness training.
- ❖ To utilize the modes of physical fitness training.
- ❖ To develop the physical components through applying the suitable fitness training.
- ❖ To well equip with different application of training.

At the end of the course, the students will be able to:

- i. Integrate the Gymnasium facilities for health and happiness.
- ii. Compare the fitness progress and training.
- iii. Suit as a personal trainer for very important personalities.
- iv. Understand the importance of fitness to avoid ailments
- v. Describe the fitness training methods and evaluate the qualities improve through Physical Fitness training

Unit – 1

Training – Meaning of physical fitness training – Need and important of physical fitness training.

Unit – 2

Improvement of physical fitness or components through training – Components endurance, strength
(Power), speed, flexibility, agility, co- ordination, balance, poise

Unit – 3

Types of fitness training, health related fitness, performance related fitness training.

Unit – 4

Aerobic training – Long distance, running, cycling, swimming, weight training

Anaerobic training – Weight training.

Unit – 5

Advantage and disadvantage of fitness training - Scientific base of fitness

training - Better ventilation & circulation, reaction and movement improvement.

REFERENCE:

2. Hoeger Werner W.K. and Hoeger Sharon A. **Fitness and Wellness**, Englewood:Morton publishing Company, 1990.
3. Hazedine, **Fitness for Sports**, Ramsburg: The Crowood Ress Ltd., 1985.
4. James and Leona Hart. **100% Fitness**, New Delhi: Goodwill Publishing House, 1983.
5. **Wellness-Concepts and applications** – David J. Anspaugh, Michael H. Hamrick and Frank D. Rosato II edition Masby publishing house – Chicago.1991.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2					5	
CO3		2				
CO4		2				
CO5					5	

Mean: 4.0