I. ELIGIBILITY:
1. Candidate who has passed +2 Examination of H.P. Board of School Education or any other examination as equivalent thereto.
2. Preference will be given to those candidates who are sportsman or had participated in Co-curricular Activities.

II. AGE:
i) No student who has crossed the age of 23 years as on 1st July of the relevant year will be allowed admission to B.P.E. (Bachelor of Physical Education 3 Years Course) However, the vice-chancellor, H.P. University, has the power to relax the upper age limit by 6 months on the recommendation of the Head of the Institution.
ii) The upper age limit can be relaxed by 3 years in the case of SC and ST candidates.

III. PHYSICAL EFFICIENCY TEST:
The candidate for admission to B.P.E. shall have to qualify the physical efficiency test conducted by the concerned college through the Principal.
The details of the test are given as under:

<table>
<thead>
<tr>
<th>ITEM</th>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>10'</td>
<td>8'</td>
</tr>
<tr>
<td>Vaulting horse</td>
<td>5'</td>
<td>4'</td>
</tr>
<tr>
<td>Trench (7 Times)</td>
<td>5'</td>
<td>4'</td>
</tr>
<tr>
<td>Hurdle</td>
<td>3'</td>
<td>2'</td>
</tr>
<tr>
<td>Mat (1-Front Roll)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Report against the end line within 35 seconds. Carrying weight equal to half of his/her own body weight in buckets.

# The candidate will start running from the starting line, cover the distance/obstacles as per the requirements of the chart. In case the candidate does not cover the required distance/obstacles within 35 seconds, he will be declared unfit for qualifying the Physical Efficiency Test. Not more than two chances will be given to clear Physical Efficiency Test.
Note:- i) Any candidate who has appeared in qualifying examination can appear in the Physical Efficiency Test but his/her candidature for admission will be considered only if the candidate produces the qualifying examination original certificate at the time of personal interview in addition to other Academic/Sports Certificates authenticated by the concerned state agencies/authorities.

ii) The physical efficiency test is only qualifying test for the admission in BPE No marks will be awarded for this test.

IV. ADMISSION PROCEDURE:

After qualifying physical efficiency test being conducted by concerned college through it’s Principal.

The admission will be made on merit to be determined on the basis of total percentage of marks in qualifying examination + the weightage of the overall achievement in different sports/games given as under:

1. Senior National:
   1st Position      50 Points
   2nd Position      45 Points
   3rd Position      40 Points
   Participation     30 Points

2. Junior National/School National:
   1st Position      35 Points
   2nd Position      30 Points
   3rd Position      25 Points
   Participation     20 Points
3. **State Level:**
   
<table>
<thead>
<tr>
<th>Position</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>25</td>
</tr>
<tr>
<td>2nd</td>
<td>20</td>
</tr>
<tr>
<td>3rd</td>
<td>15</td>
</tr>
<tr>
<td>Participation</td>
<td>10</td>
</tr>
</tbody>
</table>

4. **District/School Level:**

<table>
<thead>
<tr>
<th>Position</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>20</td>
</tr>
<tr>
<td>2nd</td>
<td>15</td>
</tr>
<tr>
<td>3rd</td>
<td>10</td>
</tr>
<tr>
<td>Participation</td>
<td>5</td>
</tr>
</tbody>
</table>

**Note:** The weightage of achievement in sports/games shall be given to only those sports/games which are approved and recognized by H.P. University Sports and Co-Curricular Activity Council.

V. **EXAMINATION**

1. **Duration (Time Frame):**

   The UG (TDC) programme for a regular student shall be for a minimum period of three years and a maximum of five years from the date of admission of the candidate. Each academic year shall comprise of two semesters, viz. Odd and Even semesters. Odd Semesters shall be from June / July to October / November and the Even Semester shall be from November / December to April / May on the dates to be notified by the Controller of Examinations.

2. **Evaluation**

   Evaluation system has the following two components:-

   A. **Continuous Comprehensive Assessment (CCA)** accounting for 50% of the final grade that a student gets in a course; and

   B. **End-Semester Examination (ESE)** accounting for the remaining 50% of the final grade that the student gets in a course.
A. Continuous Comprehensive Assessment (CCA): This would have the following components:

(i) Classroom Attendance – Each student will have to attend a minimum of 75% Lectures / Tutorials / Practicals. A student having less than 75% attendance will not be allowed to appear in the End-Semester Examination (ESE).

- Provided that those having between 74% and 65% attendance will apply for exemption in a prescribed form accompanied by clear reason(s) for absence to the authorized functionaries.
- Provided that those having between 64% and 50% attendance will apply for exemption in a prescribed form accompanied by a Medical Certificate from a Government Hospital.
- Provided that exemption from 75% attendance will be given to those participating in prescribed co-curricular activities (e.g. NCC, NSS, Youth Festivals, Sports etc.) to the extent of 25% (making the necessary attendance as 50% in these cases). However, the claim for this exemption should be supported by authenticated certificate from the concerned college authorities.
- Provided further that those getting the exemptions, except for those getting exemptions for co-curricular activities, will not be entitled for getting the CCA marks for classroom attendance as given below.

(ii) Classroom Attendance Incentive: Those having greater than 75% attendance (for those participating in Co-curricular activities, 25% will be added to per cent attendance) will be awarded CCA marks as follows:-

\[
\begin{align*}
& \geq 75\% \text{ but } < 80\% & 1 \text{ marks} \\
& \geq 80\% \text{ but } < 85\% & 2 \text{ marks} \\
& \geq 85\% \text{ but } < 90\% & 3 \text{ marks} \\
& \geq 90\% \text{ but } < 95\% & 4 \text{ marks} \\
& \geq 95\% & 5 \text{ marks}
\end{align*}
\]

(iii) Mid-Term (Minor) Tests – There will be two mid-term tests, first after 48 teaching days (8 weeks) covering the syllabus covered so far, and second after 90 teaching days.
days (15 weeks) covering the syllabus after the first minor test. **Each of these mid-term tests will be for 15 marks.**

(iv) **Seminar / Assignment / Term Paper** – The remaining 15 marks of the CCA will be awarded on the basis of seminar / assignment / term paper etc. that the course teacher might give to the students.

(v) **End-Semester Examination (ESE):** The remaining 50% of the final grade of the student in a course will be on the basis of an end-semester examination (ESE) that will be for three hours duration and will be covering the whole syllabus of the course.

- For the Odd Semesters the ESE will be in the month of October / November and for Even Semesters it will be in the month of April / May.
- A candidate who does not pass the examination (ESE) in any course(s) (or due to some reason is not able to appear in the ESE, other conditions being fulfilled, and so is considered as ‘Fail’), shall be permitted to appear in such failed course(s)’ ESE in the subsequent ESE to be held in the following October / November or April / May as the case may be.
- The registration for the ESE will be done at the time of the enrollment for the course at the beginning of the semester. The fee for the ESE will also be collected at that time as decided by the university from time to time.
- If a student is not permitted to appear in the ESE due to shortage of attendance beyond the exemption limit (< 50% attendance) shall be deemed to have ‘dropped’ the course. However such candidate, on his / her written request to be made immediately, can be permitted to redo the missed semester after completing the rest of the programme or whenever the course is offered subsequently. This redoing would mean complete course including CCA and ESE.

The question paper for the ESE will have the following pattern:

- **Part A**
  Compulsory of 18 marks consisting of 10 objective type questions (in MCQ/True False/Fill in the blanks or such type) and four short answer questions of 2 marks each covering whole of the syllabus.
• Part B (UNIT I)
  One question out of two questions each of 8 marks. Each of these questions may contain sub parts and will be long type

• Part C (UNIT II)
  One question out of two questions each of 8 marks. Each of these questions may contain sub parts and will be long type

• Part D (UNIT III)
  One question out of two questions each of 8 marks. Each of these questions may contain sub parts and will be long type

• Part E (UNIT IV)
  One question out of two questions each of 8 marks. Each of these questions may contain sub parts and will be of long type

Total marks (A + B + C + D+E) \[18 + 8 + 8 + 8 + 8 = 50\] marks.
## OUTLINES OF SEMESTER WISE COURSES

### SEMESTER-I

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Course</th>
<th>Course Name</th>
<th>Course Code</th>
<th>Credit</th>
<th>Cumulated Credits</th>
<th>Category wise</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Compulsory Course I</td>
<td>Compulsory Course Hindi</td>
<td></td>
<td>3</td>
<td>Compulsory – 3</td>
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<tr>
<td>2.</td>
<td>Major Core Course I</td>
<td>Human Anatomy and Physiology-I</td>
<td>BPE0101</td>
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<td>Major Core – 8</td>
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<tr>
<td>3.</td>
<td>Major Core Course II</td>
<td>History of Physical Education and Sports</td>
<td>BPE0102</td>
<td>4</td>
<td>Elective – 11</td>
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<tr>
<td>4.</td>
<td>Elective Course I</td>
<td>(i) Philosophy &amp; Administration of Recreation</td>
<td>BPE0103</td>
<td>4</td>
<td>Total = 3 +8 + 11 = 22</td>
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<td></td>
<td></td>
<td>Or Sports Journalism</td>
<td>BPE0104</td>
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<td>5.</td>
<td>Elective Ground Course I</td>
<td>Games Practicals :</td>
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<tr>
<td></td>
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<td>(on any one of the following games)</td>
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<td></td>
<td></td>
<td>1. Volleyball</td>
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<td></td>
<td></td>
<td>2. Kabaddi</td>
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<td></td>
<td></td>
<td>3. Hockey</td>
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<td></td>
<td></td>
<td>4. Badminton</td>
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<tr>
<td>6.</td>
<td>Elective Ground Course II</td>
<td>Gymnastics Practicals :</td>
<td>BPE-P-0106</td>
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<td>(on any one of the following activity)</td>
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<tr>
<td></td>
<td></td>
<td>1. Floor Exercises</td>
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<td></td>
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<td>2. Vaulting Horse</td>
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<td>3. Parallel Bar</td>
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<td>4. Balancing Beam</td>
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<tr>
<td>7.</td>
<td>Minor Elective Lab Course I</td>
<td>Human Anatomy and Physiology-I (Practicals)</td>
<td>BPE-P-0107</td>
<td>1</td>
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<tr>
<td>S.N.</td>
<td>Course</td>
<td>Course Name</td>
<td>Course Code</td>
<td>Credit</td>
<td>Cumulated Credits Category wise</td>
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<td>1.</td>
<td>Compulsory Course II</td>
<td>Compulsory Course English</td>
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<td>3</td>
<td>Compulsory – 3</td>
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<tr>
<td>2.</td>
<td>Major Core Course III</td>
<td>Human Anatomy and Physiology-II</td>
<td>BPE0201</td>
<td>4</td>
<td>Major Core – 8</td>
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<tr>
<td>3.</td>
<td>Major Core Course IV</td>
<td>Introduction to Physical Education</td>
<td>BPE0202</td>
<td>4</td>
<td>Elective – 11</td>
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</tr>
<tr>
<td>4.</td>
<td>Elective Course II</td>
<td>(i) Health Education and Nutrition Or Any One Or (ii) Exercise Physiology</td>
<td>BPE0203  BPE0204</td>
<td>4</td>
<td>Total = 3 +8 +11 = 22</td>
<td></td>
</tr>
</tbody>
</table>
| 5.   | Elective Ground Course III    | General Lessons Practicals: (on any one of the following activities)  
  1. Marching  
  2. Calisthenics  
  3. Dumb-Bell  
  4. Band & Flute | BPE-P-0205 | 2      |        |
| 6.   | Elective Ground Course IV     | Athletics Practicals: (on any one of the following athletic events)  
  1. Sprints  
  2. Long Jump  
  3. Shot put  
  4. Relay | BPE-P-0206 | 4      |        |
<p>| 7.   | Minor Elective Lab Course II  | Human Anatomy and Physiology-II (Practicals)     | BPE-P-0207 | 1      |        |</p>
<table>
<thead>
<tr>
<th>S.N.</th>
<th>Course</th>
<th>Course Name</th>
<th>Course Code</th>
<th>Credit</th>
<th>Cumulated Credits Category wise</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Compulsory Course III</td>
<td>Environmental Science (Self Study Mode)</td>
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<td>Compulsory – 3</td>
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<td>2.</td>
<td>Major Core Course V</td>
<td>Fundamentals of Biomechanics in Sports</td>
<td>BPE0301</td>
<td>4</td>
<td>Major Core – 8</td>
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<tr>
<td>3.</td>
<td>Major Core Course VI</td>
<td>Methods in Physical Education</td>
<td>BPE0302</td>
<td>4</td>
<td>Elective – 11</td>
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<tr>
<td>4.</td>
<td>Elective Course III</td>
<td>(i) Yoga</td>
<td>BPE0303</td>
<td>4</td>
<td>Total = 3 +8 + 11= 22</td>
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<tr>
<td></td>
<td>Or</td>
<td>(ii) Adapted Physical Education</td>
<td>BPE0304</td>
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<td>5.</td>
<td>Elective Ground Course V</td>
<td>Games Practicals : (on any one of the following games)</td>
<td>BPE-P-0305</td>
<td>4</td>
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<tr>
<td></td>
<td></td>
<td>1. Kho-Kho</td>
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<td></td>
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<td>2. Basketball</td>
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<td>3. Judo</td>
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<td></td>
<td>4. Boxing</td>
<td></td>
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<td></td>
<td></td>
<td>5. Table Tennis</td>
<td></td>
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<tr>
<td>6.</td>
<td>Elective Ground Course VI</td>
<td>Gymnastics Practicals : (on any one of the following activity)</td>
<td>BPE-P-0306</td>
<td>2</td>
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<tr>
<td></td>
<td></td>
<td>1. Uneven Bar (for women)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>2. Rhythmic Gymnastics (for women)</td>
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<tr>
<td></td>
<td></td>
<td>3. Horizontal Bar (for men)</td>
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<td></td>
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<td>4. Pomell Horse (for men)</td>
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<tr>
<td></td>
<td></td>
<td>5. Roman Rings (for men)</td>
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<tr>
<td>7.</td>
<td>Minor Elective Lab Course III</td>
<td>Yoga Practicals</td>
<td>BPE-P-0307</td>
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<tr>
<td>S.N.</td>
<td>Course</td>
<td>Course Name</td>
<td>Course Code</td>
<td>Credit</td>
<td>Cumulated Credits Category wise</td>
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<tr>
<td>1.</td>
<td>Major Core Course VII</td>
<td>Remedial and Massage</td>
<td>BPE0401</td>
<td>4</td>
<td>Major Core – 8</td>
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<tr>
<td>3.</td>
<td>Elective Course IV</td>
<td>(i) Fundamentals of Sports Training Or (ii) Officiating and Coaching</td>
<td>BPE0403, BPE0404</td>
<td>4</td>
<td>G.I. &amp; H. - 1</td>
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<tr>
<td>4.</td>
<td>Elective Course V</td>
<td>Specialization in the Games:</td>
<td>BPE0405, BPE0406, BPE0407, BPE0408</td>
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<td>Total = 8 + 15 +1 = 24</td>
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<tr>
<td>5.</td>
<td>Elective Ground Course VII</td>
<td>General Lessons Practicals:</td>
<td>BPE-P0409</td>
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<td>6.</td>
<td>Elective Ground Course VIII</td>
<td>Athletics Practicals:</td>
<td>BPE-P0410</td>
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<td>7.</td>
<td>Minor Elective Lab Course IV</td>
<td>Remedial and Massage Practicals</td>
<td>BPE-P0411</td>
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<td>8.</td>
<td>G.I. &amp; H Course</td>
<td>Any one of the G.I. and H Course offered by the</td>
<td></td>
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<tr>
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<td>concerned college administration</td>
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<tr>
<td>S.N.</td>
<td>Course</td>
<td>Course Name</td>
<td>Course Code</td>
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<td>Cumulated Credits</td>
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<tr>
<td></td>
<td>Major Core Course IX</td>
<td>Kinesiology</td>
<td>BPE0501</td>
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<tr>
<td>1</td>
<td>Major Core Course X</td>
<td>Sports Sociology</td>
<td>BPE0502</td>
<td>4</td>
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<td>2</td>
<td>Major Core Course XI</td>
<td>Common Sports Enjuries Prevention and Cure</td>
<td>BPE0503</td>
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<td>3</td>
<td>Elective Course VI</td>
<td>Specialization in the Game : (on any one of the following games)</td>
<td>BPE0504, BPE0505, BPE0506, BPE0507</td>
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<td>Total = 12 + 13 = 25</td>
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<td>4</td>
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<td>Games Practicals : (on any one of the following games)</td>
<td>BPE-P-0508</td>
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<td>5</td>
<td>Elective Ground Course X</td>
<td>Athletics Practicals : (on any one of the following athletic events)</td>
<td>BPE-P-0509</td>
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<td>6</td>
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<td>Kinesiology Practicals</td>
<td>BPE-P-0510</td>
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<td>7</td>
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<tr>
<td>S.N.</td>
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<td>Course Name</td>
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<td>1.</td>
<td>Major Core Course XII</td>
<td>Fundamental of Computer Application in Physical Education</td>
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<td>Major Core Course XIV</td>
<td>Test, Measurement &amp; Evaluation</td>
<td>BPE0603</td>
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<tr>
<td>4.</td>
<td>Elective Course VII</td>
<td>Specialization in the Games: (on any one of the following games)</td>
<td>BPE0604, BPE0605, BPE0606, BPE0607</td>
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<td>1. Cricket</td>
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<td>2. Hand Ball</td>
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<td>4. Foot Ball</td>
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<td>5.</td>
<td>Elective Ground Course XI</td>
<td>Marking &amp; Officiating in any Two Games</td>
<td>BPE-P-0608</td>
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<td>(Covered in course contents of Semester I-V)</td>
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<td>6.</td>
<td>Elective Ground Course XII</td>
<td>Marking &amp; Officiating in Athletics</td>
<td>BPE-P-0609</td>
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<td>(i.e. one track event &amp; one field event covered in course contents of Semester I-V)</td>
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<td>7.</td>
<td>Minor Elective Lab Course VI</td>
<td>Fundamental of Computer Application in Physical Education Practical</td>
<td>BPE-P-0610</td>
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COURSE CONTENTS IN DETAIL

SEMESTER-1

COURSE CODE: BPE0101 (MAJOR COURSE-I)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

HUMAN ANATOMY AND PHYSIOLOGY– I

Unit-I Introduction: (14 Hours)
1. Meaning and Concept of Anatomy & Physiology.
2. Its importance in the field of physical education and sports.
3. Meaning and definition of cell, tissue, organ and system.
4. Microscopic structure and functions of cell.
5. Properties of living cell.

Unit-II Skeletal System: (16 Hours)
1. General structure of bone, classification of bones and functions of the bones.
2. Location of various bones in skeleton.
3. Joints, their structure and classification.

Unit-III Muscular System: (15 Hours)
1. Meaning of muscle.
2. Various types of muscle, their structure and functions.

Unit-IV Cardiovascular System: (15 Hours)
1. Heart, its location, structure and function.
2. Major blood vessels of the body.
4. Systemic, pulmonary and coronary circulatory.
5. Blood pressure, cardiac output, cardiac cycle, heart rate, pulse rate and athletes heart.
Reference Books:


5. Grays Anatomy.


Unit-I History of Physical Education in India in Ancient Period: (13 Hours)
2. Physical Education in Vedic Period (2500 BC – 600 BC).
3. Physical Education in Early Hindu Period (600 BC – 320 AD).
4. Physical Education in Later Hindu Period (320 AD – 1000 AD).
5. Physical Education in Medieval Period (100 AD – 1757 AD).

Unit-II History of Physical Education in Pre & Post Independence Era in India: (15 Hours)
1. Physical Education during British Period (till 1947).
2. Physical Education in India after independence.
5. Role of the following organization in promoting Physical Education and Sports:
   a. Y.M.C.A.
   b. S.N.I.P.E.S.
   c. L.N.I.P.E.
   d. N.S.N.I.S.
   e. S.A.I.

Unit-III Historical Perspective of Physical Education World Wide: (15 Hours)
1. Physical Education in Rome.
2. Physical Education in Germany.
3. Physical Education in USA.
4. Physical Education IN English.
5. Physical Education in Japan.
6. Physical Education in China.
Unit-IV Historical Perspective of Physical Education with special reference to Greece

(17 Hours)

1. Physical Education in Athens.
2. Ancient Olympic Movement.
3. Modern Olympic Games.
   a. Olympic Motto
   b. Governing body
   c. Olympic torch and flag
   d. Opening ceremony
   e. Awards
   f. Closing ceremony

Reference Books:
SEMESTER-I

COURSE CODE: BPE0103 (ELECTIVE COURSE-I)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

PHILOSOPHY AND ADMINISTRATION OF RECREATION

Unit-I  Introduction:  (12 Hours)
1. Meaning, Aim and Objective of recreation.
2. Types of recreation, its scopes and significance.
3. Development of recreational activities in India since 1947.

Unit-II  Administration of Recreation:  (14 Hours)
1. Meaning of Recreation administration.
2. Importance of recreation administration.
3. Organization of recreation at different levels.
4. Agencies promoting recreation in India.

Unit-III  Need of Recreation:  (17 Hours)
1. Factors Responsible for the need of recreation:
   a. The growth of cities.
   b. Changing home conditions.
   c. Increase in leisure time.
   d. Specialization and automation in Industry.
   e. Population changes.
   f. Rising economy.
   g. Technological Development, etc.

2. Recreational activities for different age groups.
   a. Recreation for handicaps
   b. Facilities required for community recreation, industrial recreation, institutional recreation, family recreation and commercial recreation.
Unit-IV  Programmes and methods of recreation:  (17 Hours)

1. **Camping:**
   a. Importance and principles of camping
   b. Organization of camping
   c. Selection layout of camping
   d. Facilities required for camping
   e. Different types of camping
   f. Staff needed for camping
   g. Activities for the camping

2. **Leadership in Recreation:**
   a. Professional leadership
   b. Voluntary leadership
   c. Training to leadership

3. **Evaluation of Recreation programmes**

Reference Books:

SEMESTER I

COURSE CODE: BPE0104 (ELECTIVE COURSE-I)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPORTS JOURNALISM

Unit-I (15 Hours)
1. Introduction to Mass Media.
2. Purpose of Mass Media for the propagation/promotion of sports.
4. Coverage of sports:
   a. In daily newspapers.
   b. General magazines and sports magazines.
   c. Radio and Television.

Unit-II (12 Hours)
1. Space allocation for sports sections in a daily news paper.
2. News agency.
4. Sports personalities, their pictures and thumbnail sketches in news papers.

Unit-III (17 Hours)
1. Journalistic techniques:
   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.
Unit-IV (16 Hours)
1. Ethics of sports writing.
2. Sportsman’s gratuities.
3. Amateurism V/s Professionalism.
4. Invasion of private life.
5. Sports for charity.
6. Writing a weekly or fortnightly common.
7. Writing sports editorials.

Reference Books:
1. Health, Jr. Gelfand: How to cover, write and edit sports, Ames Lowe USA, 1951
SEMESTER I
PRACTICALS
GAMES LESSON

COURSE CODE: BPE-P-0105
(ELECTIVE GROUND COURSE-I)
Credit: 4 (L+T+P)
Marks = 100

Lesson on any one of the following games:-

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

SEMESTER I
PRACTICALS
GYMNASTIC LESSON

COURSE CODE: BPE-P-0106
(ELECTIVE GROUND COURSE-II)
Credit: 2 (L+T+P)
Marks = 50

Lesson on any one of the following gymnastics activities:-

5. Floor Exercises (Both for men & women)
6. Vaulting Horse (Both for men & women)
7. Parallel Bar (For men only)
8. Balancing Beam (For women only)

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

1. History of game/ gymnastic.
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.
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 and gymnastics activities (5 lessons each in games and gymnastics). In addition each trainee shall complete 1 assignment each in games and gymnastics.
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.
3. Each group of practical examination will be of three hours duration irrespective of its weightage.

SEMESTER I
PRACTICALS
HUMAN ANATOMY & PHYSIOLOGY-I PRACTICAL

COURSE CODE: BPE-P-0107 (MINOR ELECTIVE LAB COURSE-I)
Credit: 1 (L+T+P)
Marks= 25

1. Physical examination of human skeleton. (12 Hours)
2. Classification of bones.
3. Study of type of joints.
4. Histological examination of the slides of the following:-
   b. Blood
   c. Cell
   d. Bone
   e. Skeletal muscle.
5. Measurement of blood pressure.

SEMESTER-II

COURSE CODE: BPE0201 (MAJOR COURSE-III)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

HUMAN ANATOMY AND PHYSIOLOGY-II

Unit-I Digestive System: (13 Hours)
1. General arrangement and structure of digestive tract.
3. Various glands of digestive system, their structure and functions.

Unit-II Respiratory System: (15 Hours)
1. Organs of respiratory system and their structure.
2. Mechanism of respiration.
3. Internal and external respiration.
4. Vital capacity, tidal volume, dead space, oxygen debt and second wind.

Unit-III Excretory System and Endocrine System: (17 Hours)
3. Description of endocrine gland.
4. Various types of endocrine glands and their location.

Unit-IV Nervous System: (15 Hours)
1. Parts of the Brain, their structure and function.
2. Spinal cord its structure and function.
4. Reflex action and reflex arch.
Reference Books:

5. Grays Anatomy.
INTRODUCTION TO PHYSICAL EDUCATION

Unit-I  Introduction:  (15 Hours)
1. Definition, aim and objectives of Physical Education.
2. Principles of Physical Education.
3. Relationship of Physical Education with general education.
4. Misconception, regarding Physical Education.
5. Personality development of an individual.

Unit-II  Philosophical aspect of Physical Education  (17 Hours)
1. Meaning of Philosophy.
2. Different philosophies applied to Physical Education:
   a. Idealism.
   b. Pragmatism.
   c. Realism.
   d. Naturalism.
   e. Existentialism.
3. Need and importance of different philosophies in modern Physical Education programme.

Unit-III  Biological Concept of Physical Education:  (14 Hours)
1. Biological principles of Physical Education.
   a. Growth and development.
   b. Heredity and environment.
   c. Somatotypes.
   d. Sex differences.
   e. Use, disuse and over use.
f. Chronological, physiological and anatomical ages

Unit-IV  Emerging Trends in Physical Education  (14 Hours)

1. Career opportunities in Physical Education and Sports:
   a. As a Physical Education teacher.
   b. Coach / trainee.
   c. Gym instructor.
   d. Physiotherapist.
   e. Psychologist.
   f. Dietitian.
   g. Sports administrator/manager
   h. Rehabilitator

2. Adventure Sports
3. Water Sports
4. Worldwide therapeutic acceptance of Yoga
5. Fast growing professional in sports

Reference Books:

SEMESTER-II
COURSE CODE: BPE0203 (ELECTIVE COURSE-II)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

HEALTH EDUCATION AND NUTRITION

Unit-I  Introduction:  (12 Hours)
1. Concept of health, meaning, definition and scope of health education.
2. Objective of health education.

Unit-II  Personal health and Hygiene:  (17 Hours)
1. Meaning of personal hygiene.
2. Personal care of:
   a. Skin.
   b. Hair.
   c. Ear.
   d. Eyes.
   e. Nose.
   f. Teeth.
   g. Feet.
   h. Cloths.
3. Eliminating of body wastes.
4. Rest, sleep and relaxation.
5. Effect of alcohol and smoking on health.

Unit-III  School Health Programme and Nutrition:  (16 Hours)

1. Healthful school living:
   a. Place and location of school.
   b. Buildings.
c. Infrastructure and facilities.

2. Health supervision/services:
   a. Physical medical examination and their follow up.
   b. Health inspection of students.
   c. Centers of communicable disease.

3. Health instructions related to:
   a. Personal care.
   b. Communicable disease.
   c. Nutrition.
   d. Healthful living.

4. Nutrition:
   a. Balanced diet and its elements:
      i. Carbohydrates, proteins, fats, vitamins, minerals, salts and water.
   b. Daily energy/calorie requirements of healthy person.

Unit-IV Communicable Disease: (15 Hours)
1. Meaning and definition of communicable disease.
2. Mode of transmission, prevention and cure and sanitation of communicable disease.
3. Common Communicable Diseases:
   a. Influenza.
   b. Malaria.
   c. Small pox.
   d. Tuberculosis.
   e. Typhoid.
   f. Cholera.
   g. Measles.

Reference Books

SEMESTER-II

COURSE CODE: BPE0204 (ELECTIVE COURSE-II)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

EXERCISE PHYSIOLOGY

Unit-I (14 Hours)
1. Meaning and definition of exercise physiology
2. Need and importance of exercise physiology in the field of Physical Education.
3. Energy sources
   a. Definition of energy
   b. Adenocine triphosphete (ATP)
   c. Creative phosphate
   d. Metabolism

Unit-II (17 Hours)
1. Structure of skeletal muscle
2. Sliding filament theory of skeletal muscle
3. Effect of exercises of muscular system
4. Fatigue
5. Symptoms of fatigue
6. Factors responsible for fatigue

Unit-III (14 Hours)
1. Effect of exercise on circulatory system
2. Effect of exercise on respiratory system
3. Effect of exercise on digestive system
4. Cardiac output, heart rate, vital capacity, second wind, oxygen debt, dead space & tidal volume.

Unit-IV (15 Hours)
1. **Balance between heart loss and heat production**
   a. Radiation
   b. Convection
   c. Evaporation
   d. Conduction

2. **Measurement of body temperature**
   a. Effects of high altitude on sports performance, heat cramps
   b. Dehydration, heat stroke and shivering
   c. Acclimatization with hot and cold temperature

**Reference Books:**
SEMESTER-II
PRACTICALS
GENERAL LESSON

COURSE CODE: BPE-P-0205
(ELECTIVE GROUND COURSE-III)
Credit: 2 (L+T+P)
Marks= 50

Lessons on any one of the following General Lesson activities:- (120 Hours)

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

SEMESTER-II
PRACTICALS
ATHLETICS LESSON

COURSE CODE: BPE-P-0206
(ELECTIVE GROUND COURSE-IV)
Credit: 4 (L+T+P)
Marks= 100

Lessons on any one of the following athletic events:- (120 Hours)

1. Sprints
2. Long Jump
3. Shot put
4. Relay

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.
3. Each group of practical examination will be of three hours duration irrespective of its weightage.

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

1. History of athletics.
2. Measurements of track & field events.
3. Equipments & specification of equipments.
4. Fundamental skills and lead up activities.
5. Rules and regulations of athletic events.
6. Tournaments at national and international level.
7. Records (World, Olympics, Asian and National games)
8. Awards in athletics.
9. Related books and magazines.
10. Officiating: -
    a. Duties of official
    b. Knowledge of score sheet
    c. Officiating signals
    d. Technical equipment for officiating.

PRACTICALS
ANATOMY & PHYSIOLOGY

COURSE CODE: BPE-P-0207         (MINOR ELECTIVE LAB COURSE-II)
Credit: 1 (L+T+P)
Marks= 25

1. Study of the digestive system, respiratory system, excretory system and nervous system with the help of models and charts. (17 Hours)
2. Demonstration of reflex action.
4. Histological examination of the slides of the following:-
   a. Skin
   b. Nephron
   c. Neuron
   d. Alveoli
5. Internal and external respiration.
SEMESTER-III
COURSE CODE: BPE0301 (MAJOR COURSE-V)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

FUNDAMENTALS OF BIOMECHANICS IN SPORTS

Unit-I (15 Hours)
1. Meaning, definition and importance of biomechanics in the field of sports.

2. Fundamental mechanical concept of:
   a. Mass
   b. Weight
   c. Volume
   d. Density
   e. Pressure

3. Introduction to kinematics and its related terms:
   a. Time
   b. Displacement
   c. Speed

4. Role of kinematics in the field of sports.

Unit-II (17 Hours)
1. Fundamental biomechanical terms:
   a. Friction
   b. Inertia
   c. Force
   d. Centripetal force
   e. Centrifugal force
   f. Center of gravity

2. Equilibrium, types of equilibrium and principles of equilibrium.

3. Kinetics and its role in the field of sports.
Unit-III (17 Hours)
1. Motion and types of motion.
2. Newton’s laws of motion and their implications in the field of physical education and sports.
3. Lever and types of lever.
4. Advantages of lever.

Unit-IV (17 Hours)
1. A brief description of mechanical principles:
   a. Projectile
   b. Aerodynamics
2. Mechanical analysis of following:
   a. Walking
   b. Running
   c. Jumping
   d. Throwing
3. Application of Biomechanics in the field of sports.

Reference Books:
SEMESTER-III

COURSE CODE: BPE0302 (MAJOR COURSE-VI)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

METHODS IN PHYSICAL EDUCATION

Unit-I (17 Hours)
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

Unit-II (13 Hours)
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

Unit-III  (17 Hours)
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
5. Lesson plan evaluation and re-planning.

Unit-IV  (17 Hours)
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.

**Reference Books:**

YOGA

Unit-I  (16 Hours)
1. Meaning, definition and origin of Yoga.
2. Aims, objectives and scope of yoga.
3. Historical development of yoga in India.
4. Importance of yoga in the modern era.
5. Types of Yoga:
   a. Karam Yoga
   b. Gyana Yoga
   c. Hatha Yoga
   d. Raj Yoga
   e. Mantra Yoga
   f. Laya Yoga
   g. Bhakti yoga

Unit-II  (14 Hours)
1. Concept and philosophy of Asthanga Yoga.
2. Constituents of Asthanga Yoga:
   a. Yama
   b. Niyama
   c. Asana
   d. Pranayama
   e. Pratyahar
   f. Dharma
   g. Dhyana
   h. Smadhi
3. Role and mode of practice of each step in the attainment of goal.

Unit-III  (17 Hours)
1. Asanas and their importance.
2. Classification of asanas:
a. Meditative
b. Relaxative
c. Cultural

3. General techniques and benefits of the following:
   Padmasana, Vajrasana, Halasana, Bhujangasana, Sarvangasana, Chakrasana,
   Dhanurasana, Salabhasana, Paschimotanasana, Mayurasana, Shirshasana.

4. Technique and benefits of Surya namaskar.

5. Difference between yoga and general exercises.

**Unit-IV**

(16 Hours)

1. Concept of Shat Karma (Shudhi Kriyas) and brief description of the following:
   a. Neti
   b. Dhoti
   c. Nauli
   d. Tratak
   e. Kapalbhati

2. Meaning and definition of Pranayama, general techniques and physiological benefits of the following:
   a. Ujjai
   b. Sitkari
   c. Shitali
   d. Bhastrika
   e. Bhramari
   f. Kapalbhati

**Reference Books:**

SEMESTER-III

COURSE CODE: BPE0304 (ELECTIVE COURSE-III)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

ADAPTED PHYSICAL EDUCATION

Unit-I (15 Hours)

1. Introduction:
   a. Meaning and aim of adapted physical education.
   b. Objectives of the adapted physical education.
   c. Basis for adapted physical education.
   d. Functions of adapted physical education.

2. The adapted programme in action:
   a. Scope of adapted programme.
   b. Adapted programme for elementary schools, high/secondary schools, colleges and university.

Unit-II (16 Hours)

1. Personal preparation:
   a. Guiding principles of adapted physical education.
   b. The policies for adapted physical education.
   c. Preparation of personal.
   d. In-service training programme.

Unit-III (14 Hours)

1. Evaluation and measurement:
   a. Selection of evaluation procedures.
   b. Classification of handicapped and disabled individuals.
   c. Determination of specific disabilities.
   d. Need based programme emphasis for individual handicapped.

Unit-IV (17 Hours)

1. Social and psychological adjustment:
   a. Courses of maladjustment.
b. Role of physical education in preventing maladjustment and in the promotion of adjustment.
c. Recreation for the handicapped.
d. Postural defects-flat foot, spinal defects and shoulder deformities and their rehabilitation.
e. Special physical education programme for blind, deaf, dumb and mentally challenged children.
f. Rehabilitation programme for bone and joints injuries, ankle, knee, shoulder, elbow and hand injuries.
g. Neurological disabilities- Spastic poliomyelitis (Cerebral Palsy).

References Books:
SEMESTER-III
PRACTICALS
GAMES LESSON

COURSE CODE: BPE-P-0305
(ELECTIVE GROUND COURSE-V)
Credit: 4 (L+T+P)
Marks= 100

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

1. Kho-Kho
2. BasketBall
3. Judo
4. Boxing
5. Table tennis

SEMESTER-III
PRACTICALS
GYMNASTICS LESSON

COURSE CODE: BPE-P-0306
(ELECTIVE GROUND COURSE-VI)
Credit: 2 (L+T+P)
Marks= 50

Lessons on any one of the following gymnastics activities:-
(60 Hours)

1. Uneven bar (for women)
2. Rhythmic gymnastics (for women)
3. Horizontal bar (for men)
4. Pommel horse (for men)
5. Roman rings (for men)

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games and gymnastic activities (5 lessons each in games and gymnastics). In addition each trainee shall complete 1 assignment each in games and gymnastics.
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.
3. Each group of practical examination will be of three hours duration irrespective of its weightage.

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

1. History of game/gymnastics.
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.
9. Awards in the game.
10. Related books and magazines.
11. Officiating :-
   a. Duties of the official.
   b. Knowledge of score sheets.
   c. Officiating signals.
   d. Technical equipment for officiating.
SEMMER-III
PRACTICALS
YOGA PRACTICAL

COURSE CODE: BPE-P-0307
(MINOR ELECTIVE LAB COURSE-III)
Credit: 1 (L+T+P)
Marks= 25

1. Practice of following asana:- (30 Hours)
   a. Padamasana
   b. Sidhasana
   c. Vajrasan
   d. Shavasan
   e. Makarasan
   f. Bhujangasan
   g. Sarvangasan
   h. Halasan
   i. Paschimotanasan
   j. Mayurasan
   k. Chakkarsana
   l. Sirshasana.

2. Practice of Surya Namaskar.

3. Practice of Bandhas :
   a. Jalandhar Bandh
   b. Uddiyan Bandh
   c. Mool Bandh

4. Practice of Pranayam :
   a. Kapalbhati
   b. Sitali Pranayam
   c. Shitkari Pranayam
   d. Bhastrika Pranayam
   e. Bhramari Pranayam.
SEMESTER-IV
COURSE CODE: BPE0401 (MAJOR COURSE-VII)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

REMEDIAL AND MASSAGE

Unit-I (15 Hours)
1. Definition of Remedial, physiotherapy and corrective exercises.
2. Concept of posture, its meaning and characteristics of correct and incorrect posture.
3. Causes of incorrect posture
4. Necessity and importance of correct posture.
5. Principles of correct posture.

Unit-II (16 Hours)
1. Classification of posture :
   a. Good Type
   b. Bantom Type
   c. Fatigue Type
2. Postural deformities and their causes :
   a. Kyphosis
   b. Lordosis
   c. Scoliosis
   d. Bow legs
   e. Knock knee
   f. Flat foot
3. Preventive and remedial measures for postural defects :
   a. Psychological and habitual consideration in preventing and correcting postural defects.
   b. Corrective exercises for various postural defects.
   c. Physiotherapist treatment in correcting postural defects.
Unit-III                  (17 Hours)

1. Massage :
   a. Meaning, definition and a brief history of massage.
   b. Massage as means of relaxation and points to be considered while giving massage.
   c. General effects of massage.
   d. Classification of the manipulation and movements in the massage :
      i. Effleurage and stroking
      ii. Petrissage
      iii. Percussion/Tapotement
      iv. Vibration and shaking
   e. Effects of manipulation and movements on the different systems of human body.

Unit-IV                            (13 Hours)

1. Classification of positions :
   a. Fundamental positions
   b. Derived positions
   c. Modified positions

2. Classification of exercises along with their practical instructions :
   a. Free mobility exercises
   b. Assisted exercise
   c. Resisted exercises

Reference Books:

SEMESTER-IV

COURSE CODE: BPE0402     (MAJOR COURSE-VIII)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION

Unit-I                     (15 Hours)
1. Meaning and definition of planning, organization, administration and management 
   and their nature and scope.
2. Importance of management in educational institution.
4. Theories of management.
5. Scheme of organization in school, college and university.

Unit-II                    (16 Hours)
1. **Facilities and equipment:**
   a. Layout of physical education facilities and sports facilities.
   b. Need and importance of equipment for physical education.
   c. Procedure for the purchase of equipment.
   d. Development of improvised equipment.
   e. Care, maintenance and disposal of unserviceable equipment.
2. **Office management and budget:**
   a. Maintenance of records.
   b. Office correspondence and reports.
   d. Income and expenditure.
   e. Petty cash.

Unit-III                  (14 Hours)
1. **Intramurals and extramural:**
   a. Intramurals :
      i. Its importance and planning.
      ii. Events of competitions, time and facility factor.
b. Extramurals:
   i. Planning and conduct.
   ii. Outcomes of participations (Educational).
   iii. Limitations in participations.
   iv. Selection and training of teams.
   v. Participation, finance and other aspects.

Unit-IV (18 Hours)

1. Curriculum designing:
   a) Curriculum designing its need and importance.
   b) Factors affecting time table.
   c) Place of physical education periods in curriculum and teacher-pupil ratio.

2. Tournament organization:
   a) Conduct of tournaments and athletic meet.
   b) Types of tournaments.
      i. Elimination (knockout).
      ii. League.
      iii. Combination.

Reference Books:

SEMESTER-IV

COURSE CODE: BPE0403 (ELECTIVE COURSE-IV)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

FUNDAMENTALS OF SPORTS TRAINING

Unit-I (15 Hours)
1. Meaning, definition, aim and objectives of sports training.
2. Characteristics of sports training.
4. Concept of warming up and cooling down, its use and importance.

Unit-II (17 Hours)
1. Meaning and definition of physical fitness and its components:
   a. Speed.
   b. Strength.
   c. Endurance.
   d. Flexibility.
   e. Co-ordinative ability/agility.
2. Speed training:
   a. Meaning of speed training, types of speed and methods of speed training.
   b. Factors influencing speed.
3. Strength training:
   a. Meaning of strength training, types of strength and methods of strength training.
   b. Factors influencing strength.

Unit-III (17 Hours)
1. Endurance training:
   a. Meaning of endurance training, types of endurance and methods of endurance training.
   b. Factors influencing endurance.
2. Concept of training load, adaptation and recovery:
   a. Definition of load and training load.
b. Types of load.
c. Symptoms, causes and measures to overcome overload.
d. Meaning, definition and benefits of adaptation.
e. Meaning, definition and benefits of recovery.

Unit-IV (16 Hours)

1. Meaning and definition of technique, skill and style.
2. Implications of technical training in various phases.
3. Stages of technical training.
4. Meaning and definition of tactical training.
5. Methodology of tactical training, strategy and tactics.
6. Relationship between technical training and tactical training.

Reference Books:

2. Dyson, “The mechanics of Warwick square, Athletics.”
5. “Science of Coaching” By Hardyal Singh.
OFFICIATING AND COACHING

Unit-I (14 Hours)
1. Coaching :
   a. Meaning and definition of coaching.
   b. Principles of coaching.
   c. Qualification and Qualities of a good coach.
   d. Duties and responsibilities of a good coach.
   e. Measures for improving the standard of coaching in India.

Unit-II (17 Hours)
1. Training Schedule :
   a. Concept of Training Schedule.
   b. Types of Training Schedule (Plan) :
      i. Short term.
      ii. Long term.
   c. Periodization : Meaning of single and double periodization.
   d. Principles of training schedule.
   e. Preparation of training schedule.

Unit-III (13 Hours)
1. Officiating :
   a. Meaning and definition of officiating.
   b. Principles of officiating.
   c. Qualification and qualities of a good official.
   d. Duties and responsibilities of an official.
   e. Measures for improving the standard of officiating in India.
Unit-IV (18 Hours)

1. Rules, regulations and plan of the following athletic events:
   a) Sprints
   b) Long jump
   c) Shot put
   d) Relay races
   e) Middle and long distance races
   f) Hope step and jump
   g) Discus throw
   h) Hurdles.

2. Score sheets and award of points for the above mentioned athletic events

Reference Books:

   Second revised addition 2008.
SEMESTER-IV

COURSE CODE: BPE0405 (ELECTIVE COURSE-V)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN HOCKEY

Unit-I (15 Hours)
1. Origin and brief history of Hockey.
2. Development of Hockey in India and worldwide.
3. Establishment of national and international federations/associations of Hockey.
5. Awards associated with Hockey.

Unit-II (16 Hours)
1. Measurements and marking of Hockey playfield.
2. Specifications of equipments related to Hockey.
3. Preparation and maintenance of Hockey playfield.
4. Officials, no. of officials and duties of officials in the game of Hockey.
5. Technical equipments for officiating.

Unit-III (14 Hours)
1. Fundamental skills of Hockey:
   a) Hitting
   b) Stopping
   c) Passing
   d) Receiving
2. Lead-up games.
3. AAHPERD Youth Fitness Test.

Unit-IV (15 Hours)
1. Major rules and regulations of Hockey.
2. Important Signals in Hockey.
4. Related sports terminologies.
5. Eminent sports personalities associated with Hockey.
Reference Books:

SEMESTER-IV

COURSE CODE: BPE0406 (ELECTIVE COURSE-V)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN KABADDI

Unit-I (15 Hours)
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.

Unit-II (16 Hours)
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.

Unit-III (16 Hours)
1. Fundamental skills of Kabaddi:
   a) Holding
   b) Dodging
   c) Kicking
   d) Chain formation
   e) Raiding
2. Lead-up games.
3. AAHPERD Youth Fitness Test.

Unit-IV (15 Hours)
1. Major rules and regulations of Kabaddi.
2. Important Signals in Kabaddi.
4. Related sports terminologies.
5. Eminent sports personalities associated with Kabaddi.
Reference Books:

COURSE CODE: BPE0407                (ELECTIVE COURSE-V)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN JUDO

Unit-I                         (15 Hours)
2. Development of Judo in India and worldwide.
3. Contribution of ‘Jigaro Kano’ in the promotion of Judo.
4. Establishment of national and international federations/associations of Judo.
6. Awards associated with Judo.

Unit-II                         (16 Hours)
1. Measurements of Competition Area for Judo.
2. Preparation and maintenance of Competition area of Judo.
3. Officials/Judges, no. of officials and duties of officials in the game of Judo.
4. Technical equipments for officiating.

Unit-III                         (17 Hours)
1. Fundamental skills of Judo:
   a) Rolling.
   b) Rei.
   c) Kumikata.
   d) Ushiro Ukemi.
   e) Yoko Ukemi.
   f) Mai Ukemi.
2. Lead-up game.
3. AAHPERD Youth Fitness Test.

Unit-IV                         (17 Hours)
1. Major rules and regulations of Judo.
2. Important Signals in Judo.
4. Related sports terminologies.
5. Eminent sports personalities associated with Judo.
Reference Books:

SEMESTER-IV
COURSE CODE: BPE0408
(ELECTIVE COURSE-V)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN BADMINTON

Unit-I  (15 Hours)
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.

Unit-II  (17 Hours)
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.

Unit-III  (16 Hours)
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.

Unit-IV  (17 Hours)
1. Major rules and regulations of Badminton.
2. Important Signals in Badminton.
4. Related sports terminologies.
5. Eminent sports personalities associated with Badminton.
Reference Books:

SEMESTER-IV
PRACTICALS
GENERAL LESSON
COURSE CODE: BPE-P-0409  (ELECTIVE GROUND COURSE-VII)
Credit: 2 (L+T+P)
Marks= 50
Lesson on any one of the following general lesson activities:- (60 Hours)

1. Class formation
2. Lazium
3. Indian club & rings
4. Aerobics.

SEMESTER-IV
PRACTICALS
ATHLETICS LESSON
COURSE CODE: BPE-P-0410  (ELECTIVE GROUND COURSE-VIII)
Credit: 4 (L+T+P)
Marks= 100
Lesson on any one of the following Athletics Events: (120 Hours)

1. Discus Throw
2. Hope Step and Jump
3. Hurdles
4. Middle and long distance races

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 practical one lesson each of respective category 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. History of athletics.
2. Measurements of track & field events.
3. Equipments & specification of equipments.
4. Fundamental skills and lead up activities.
5. Rules and regulations of athletic events.
6. Tournaments at national and international level.
7. Records (World, Olympics, Asian Games and national games)
8. Awards in athletics.
9. Related books and magazines.
10. Officiating: -
    a. Duties of official
    b. Knowledge of score sheet
    c. Officiating signals
    d. Technical equipment for officiating.

SEMESTER- IV
REMEDIAL AND MASSAGE PRACTICAL

COURSE CODE: BPE-P-0411 (MINOR ELECTIVE LAB COURSE-IV)
Credit: 1 (L+T+P)
Marks= 25
(17 Hours)

1. Classification of Posture.
2. Recognition of the postural deformities.
3. Rehabilitation exercise for postural deformities.
4. Massage movements on the different parts of the body.
5. Classification of body positions.
SEMESTER-V
COURSE CODE: BPE0501
(MAJOR COURSE-IX)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

KINESIOLOGY

Unit-I  
1. Meaning and definition of Kinesiology
2. Origin and development of kinesiology
3. Aim and objectives of kinesiology
4. Need and scope of kinesiology
5. Importance of kinesiology in Physical Education

Unit-II  
1. Planes and axis
2. Joint and types of joints
3. Various fundamental movements
4. Movements around various joints :
   a. Neck
   b. Shoulder
   c. Elbow
   d. Wrist
   e. Hip
   f. Ankle

Unit-III  
1. Muscle contraction and its types:
   a. Isotonic
   b. Isometric
   c. Isokinetic
2. Corrective/therapeutic exercises:
   a. Passive exercises
   b. Active assistive exercises
   c. Active exercise
d. Resistive exercise
e. Stretching exercises

3. Application of kinesiology in the field of physical education and sports

Unit-IV (17 Hours)
1. Structural classification of skeletal muscles
2. Functional classification of skeletal muscles
   a. Agonist
   b. Antagonist
   c. Stabilizer
   d. Neutralizer
3. Location, origin, insertion and action of the following muscles:
   a. Deltoid
   b. Biceps
   c. Gastrocnemius
   d. Latissimus dorsi
   e. Trapezius major
   f. Sternocleidomastoid

Reference Books:
SEMESTER-V

COURSE CODE: BPE0502   (MAJOR COURSE-X)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPORTS SOCIOLOGY

Unit-I    (13 Hours)
1. Meaning, nature and scope of sociology
2. Definition of sports sociology and sports sociology as a discipline
3. Sports as a medium of socio-cultural change
4. Effect of appearance sociability and specialization on sports participation.

Unit-II    (15 Hours)
1. Sports as social phenomenon and social institution
2. Historical development of sports in different type of societies
3. Types of Indian societies and development of sports.
4. Sports as an element of society
5. Sports as an element of cultural development
6. Sports as an art
7. Sports as a science

Unit-III    (17 Hours)
1. Meaning and concept of social stratification in sports
2. Sports and women
3. Sports and children
4. Sports and older persons
5. Sports and adults
6. Socialization and types of socialization
7. Agencies of Socialization
8. Role of family, school, college and peer group in sports socialization
Unit-IV

(14 Hours)

1. Politics and sports, role of political institutions in sports and need of political skills to govern sports.
2. Role of media in shaping of sports
3. Economy and sports, role of the economy of the country in the development of sports and games.
4. Hooliganism in sports, violence in sports and its causes.
5. Role of sports in the promotion of National Integration.

Reference Books:

SEMESTER-V

COURSE CODE: BPE0503       (MAJOR COURSE-XI)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

COMMON SPORTS INJURIES, PREVENTION AND CURE

Unit-I       (17 Hours)

1. Sports injuries and its types:
   a. Acute injuries
   b. Overuse injuries
2. Common sport injuries:
   a. Sprain
   b. Strain
   c. Fracture
   d. Dislocations
   e. Abrasion
   f. Contusion
   g. Bruise
   h. Blisters
   i. Corn
   j. Athletes foot
   k. Tennis elbow
   l. Footballers Knee
   m. Footballers Ankle
3. Preventive measures for common sports injuries
4. Treatment for common sports injuries

Unit-II      (17 Hours)

1. Meaning, aim and objectives of first aid
2. First aid box and its articles
3. Types of bandages and splinters
4. Qualities and functions of a first aider
5. Principles of first aid
6. Causes of sports injuries
7. First aid for the common sports injuries
8. Concept of PRICE.

**Unit-III**  
(18 Hours)

1. Emergency treatment for common accidents:
   a. Drowning
   b. Burning
   c. Insect stings & bitings
   d. Snake bite
   e. Dog bite
   f. Poisoning
   g. Unconsciousness
   h. Fainting
   i. Hysteria
   j. Sunstroke
   k. Shock
   l. Electric shock
   m. Acid burn

2. Ergogenic aids in sports and their ill effects:
   a. Anabolic agents
   b. Stimulants
   c. Beta blockers
   d. Narcotic analgesics
   e. Diuretics
   f. Blood doping

**Unit-IV**  
(14 Hours)

1. Rehabilitory exercises for sports injuries
2. Rehabilitation procedures of sports injuries:
   a. Cold Therapy
   b. Heat Therapy
   c. Hydrotherapy
   d. Electron radiotherapy
   e. Ionization Therapy
   f. Exercise Therapy
   g. Massage
Reference Books

2. Bolan J.P., “Treatment and prevention of athletic injuries”.
4. Ryans Allan; “Medical Care of the Athlete”, McGraw Hill.
SEMESTER-V

COURSE CODE: BPE0504  (ELECTIVE COURSE-VI)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN KHO-KHO

Unit-I  (14 Hours)
5. Awards associated with Kho-Kho.

Unit-II  (17 Hours)
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.

Unit-III  (17 Hours)
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.
Unit-IV (16 Hours)

4. Related sports terminologies.
5. Eminent sports personalities associated with Kho-Kho.

Reference Books:

SEMESTER-V

COURSE CODE: BPE0505  (ELECTIVE COURSE-VI)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN BASKETBALL

Unit-I  (14 Hours)
1. Origin and brief history of BasketBall.
2. Development of BasketBall in India and worldwide.
3. Establishment of national and international federations/associations of BasketBall.
4. Major tournaments of BasketBall.
5. Awards associated with BasketBall.

Unit-II  (17 Hours)
1. Measurements and marking of BasketBall court.
2. Specifications of BasketBall.
3. Preparation and maintenance of BasketBall court.
4. Officials, no. of officials and duties of officials in the game of BasketBall.
5. Technical equipments for officiating.

Unit-III  (15 Hours)
1. Fundamental skills of BasketBall:
   a. Dribbling
   b. Passing
   c. Shooting
   d. Defense
2. Lead-up games.

Unit-IV  (15 Hours)
1. Major rules and regulations of BasketBall.
2. Important Signals in BasketBall.
4. Related sports terminologies.
6. Eminent sports personalities associated with BasketBall.
Reference Books:

SEMESTER-V

COURSE CODE: BPE0506 (ELECTIVE COURSE-VI)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN BOXING

Unit-I (14 Hours)
1. Origin and brief history of Boxing.
2. Development of Boxing in India and worldwide.
3. Establishment of national and international federations/associations of Boxing.
4. Major tournaments of Boxing.
5. Awards associated with Boxing.

Unit-II (17 Hours)
1. Measurements of Boxing Arena/Ring.
2. Specifications of equipments related to Boxing.
3. Preparation and maintenance of Boxing Arena/Ring.
4. Officials, no. of officials and duties of officials in the game of Boxing.
5. Technical equipments for officiating.

Unit-III (16 Hours)
1. Fundamental skills of Boxing:
   a. Shot Ring Boxing
   b. Middle Ring Boxing
   c. Long Ring Boxing
2. Lead-up games.

Unit-IV (15 Hours)
1. Major rules and regulations of Boxing.
2. Important Signals in Boxing.
4. Related sports terminologies.
5. Eminent sports personalities associated with Boxing.
Reference Books:

SEMMER-V

COURSE CODE: BPE0507  (ELECTIVE COURSE-VI)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN TABLE TENNIS

Unit-I  (14 Hours)
1. Origin and brief history of Table Tennis.
2. Development of Table Tennis in India and worldwide.
3. Establishment of national and international federations/associations of Table Tennis.
4. Major tournaments of Table Tennis.
5. Awards associated with Table Tennis.

Unit-II  (17 Hours)
1. Measurements of T-T Table.
2. Specifications of equipments related to Table Tennis.
3. Preparation and maintenance of T-T Table.
4. Officials, no. of officials and duties of officials in the game of Table Tennis.
5. Technical equipments for officiating.

Unit-III  (15 Hours)
1. Fundamental skills of Table Tennis :
   a. Service
   b. Drive (Forehand and Backhand)
   c. Shot (Forehand and Backhand)
   d. Loop
2. Lead-up games.

Unit-IV  (14 Hours)
1. Major rules and regulations of Table Tennis.
2. Important Signals in Table Tennis.
4. Related sports terminologies.
5. Eminent sports personalities associated with Table Tennis.
Reference Books:

5. “Official Rule Book of Table Tennis”, International Table Tennis Federation.
SEMESTER-V
PRACTICALS
GAMES LESSON

COURSE CODE: BPE-P-0508  (ELECTIVE GROUND COURSE-IX)
Credit: 4 (L+T+P)
Marks= 100

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

1. Cricket
2. Hand Ball
3. Wrestling
4. Weight Lifting
5. Football.

SEMESTER-V
PRACTICALS
ATHLETICS LESSON

COURSE CODE: BPE-P-0509  (ELECTIVE GROUND COURSE-X)
Credit: 4 (L+T+P)
Marks= 100

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

1. High Jump.
2. Hammer Throw
3. Javelin

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games and gymnastics activities (5 lessons each in games and gymnastics). In addition each trainee shall complete 1 assignment each in games and gymnastics.
2. For the purpose of examination in practical one lesson each of respective category is compulsion 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. History of Game/Athletics.
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.
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.
SEMESTER-V
PRACTICALS
KINESIOLOGY PRACTICAL

COURSE CODE: BPE-P-0510 (MINOR ELECTIVE LAB COURSE-V)

Credit: 1 (L+T+P)

Marks= 25

(18 Hours)

1. Identification of different Planes and axis.
2. Recognition and demonstration of fundamental movements around the joints.
3. Demonstration of the types of muscle contraction.
4. Location, origin, insertion and action of the following muscles:-
   a. Deltoid
   b. Biceps
   c. Gastrocnemius
   d. Latissimus dorsi
   e. Trapezius major
   f. Sternocleidomastoid
SEMESTER-VI
COURSE CODE: BPE0601 (MAJOR COURSE-XII)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

FUNDAMENTALS OF COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit-I Concepts of Computer and its basics: (15 Hours)
1. History, application, characteristics, types of computer (Analog, Digital, Hybrid) and generations of Computer.
2. Physical structure of computer.
3. Use of computer
4. Human V/s Computer
5. Role of computer in various fields
6. Aspects and need of computer in Physical Education.

Unit-II Component of Computer System: An Introduction of Hardware and Soft ware (17 Hours)
1. Components of computer system
2. CPU (CU, ALU and Main memory)
3. Input devices (Keyboard, Mouse and Track Ball, Touchpad, Joysticks, Touch Sensitive Screens, Data Scanning Device, Bar Code Readers, Optical Mark Reader (OMR) and Magnetic Ink Character Reader (MICR)
4. Output Devices (Monitor, Printer, LCD)
5. Hardcopy Devices (Printers and Plotter)
6. UPS and types of UPS
7. Operating System Programme Languages translator.
8. Application program/package

Unit-III Operating System : (17 Hours)
1. Operating system and its functions.
2. DOS, Internal and External DOS Commands
3. Window features
4. Windows accessories- Calculator, notepad, word-pad and paint.
5. Structure of window screen (Desktop, wallpaper, taskbar and icons)
6. Start button
7. Programme, documents, setting search, help and support, run, concept of file and folders and shut down.
8. Virus- Types, symptoms, effects and protection.

Unit-IV MS Office: (18 Hours)
1. Work-Introduction to word processor, creating and saving documents, editing and formatting a document, including color, size, font, alignment of text, printing a document, inserting word art, clip art and picture, page sorting, bullets and numbering, inserting tables, creating rows and columns and mail-merge.
2. Power point.
3. Excel- Introduction to excel, need of spreadsheet, creating, opening and saving workbook, editing worksheet, using links, applying different views and types of functions.
4. Internet and its benefits.
5. Types of connections: dial up, dedicated or leased lines, Wi-Fi.
6. Using search engine downloading the information
7. Communication on the Internet: e-mail, chatting and internet newsgroups.

Reference Books
SEMESTER-VI

COURSE CODE: BPE0602

(MAJOR COURSE-XIII)

Credit: 4 (L+T+P)

Marks:(ESE=50+CCA=50)=100

SPORTS PSYCHOLOGY

Unit-I (13 Hours)

1. Meaning, definition, scope and importance Sports Psychology.
2. Relationship of sports psychology with other sports sciences.
3. Development of sports psychology in India.
4. Psychological factors effecting physical performance.
5. Utility of sports psychology in the field of physical education and sports.

Unit-II (16 Hours)

1. Concept of growth and development.
2. Physical, mental, social, intellectual and emotional development in infancy, later childhood and adolescence stages.
3. Learning: meaning, definition and nature of learning.
4. Laws of learning and learning curve.
5. Theories of learning.

Unit-III (16 Hours)

1. Meaning and definition of motivation.
2. Types of motivation and motivation in learning.
3. Individual differences its type and nature.
4. Determinants of individual difference:
   a. Heredity
   b. Environment
5. Intelligence, its meaning and types.

Unit-IV (15 Hours)

1. Meaning, definition and characteristics of personality.
2. Types of personality.
3. Factors affecting personality development.
4. Role of Physical Education and sports in the development of personality.

5. Description of Important psychological terms:
   a. Anxiety
   b. Stress
   c. Self Confidence
   d. Group Dynamic
   e. Group Cohesion

Reference Books
2. Cratty B.J., “Psychology in contemporary sports”, Prentice Hall, Englewood Cliffs
SEMESTER-VI

COURSE CODE: BPE0603  (MAJOR COURSE-XIV)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

TEST MEASUREMENT AND EVALUATION

Unit-I  (13 Hours)
1. Meaning and definition of test, measurement and evaluation
2. Relationship between test, measurement and evaluation
3. Principles of evaluation
4. Need and importance of test, measurement and evaluation in the field of physical education

Unit-II  (18 Hours)
1. Criteria for test selection
2. Characteristics of an effective test:
   a. Validity
   b. Reliability
   c. Objectivity
   d. Norms/subjectivity
3. Classification of tests:
   a. Standardized test
   b. Teacher made test
4. Construction of a test:
   a. Knowledge test
   b. Skill test
5. Administration of a test:
   a. Advance preparations
   b. During test duties
   c. After test duties

Unit-III  (18 Hours)
1. Meaning and definition of motor ability
2. Tests for motor ability:
a. Barrow motor ability test  
b. Scott motor ability test  

3. Meaning and definition of physical fitness  
4. Test of physical fitness and cardiovascular endurance test:  
   a. AAHPERD test  
   b. Harvard step test  

Unit-IV  
(15 Hours)  
1. Specific sports skill test:  
   b. Basket ball- Johnson basketball test.  
   c. Kabaddi- Schmithals French test in field Kabaddi.  
   d. Volley ball- SAI Volleyball Test.  

Reference Books:  
SEMMESTER-VI

COURSE CODE: BPE0604 (ELECTIVE COURSE-VII)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN CRICKET

Unit-I (14 Hours)
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.
5. Awards associated with Cricket.

Unit-II (17 Hours)
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.

Unit-III (15 Hours)
1. Fundamental skills of Cricket:
   a. Batting
   b. Bowling
   c. Fielding
   d. Catching
   e. Throwing
2. Lead-up games.

Unit-IV (14 Hours)
1. Major rules and regulations of Cricket.
2. Important Signals in Cricket.
4. Related sports terminologies.
5. Eminent sports personalities associated with Cricket.
Reference Books:

SEMESTER-VI

COURSE CODE: BPE0605 (ELECTIVE COURSE-VII)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN HANDBALL

Unit-I (14 Hours)
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.
5. Awards associated with Handball.

Unit-II (17 Hours)
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.

Unit-III (16 Hours)
1. Fundamental skills of Handball:
   a. Dribbling
   b. Passing
   c. Shooting
   d. Defense
2. Lead-up games.

Unit-IV (15 Hours)
1. Major rules and regulations of Handball.
2. Important Signals in Handball.
4. Related sports terminologies.
5. Eminent sports personalities associated with Handball.
Reference Books:

SEMESTER-VI

COURSE CODE: BPE0606 (ELECTIVE COURSE-VII)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN VOLLEYBALL

Unit-I (14 Hours)
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.

Unit-II (16 Hours)
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.

Unit-III (15 Hours)
1. Fundamental skills of VolleyBall:
   a. Service
   b. Pass
   c. Smash
   d. Blocking
2. Lead-up games.

Unit-IV (14 Hours)
1. Major rules and regulations of VolleyBall.
2. Important Signals in VolleyBall.
4. Related sports terminologies.
5. Eminent sports personalities associated with VolleyBall.
Reference Books:

SEMESTER-VI

COURSE CODE: BPE0607 (ELECTIVE COURSE-VII)
Credit: 4 (L+T+P)
Marks:(ESE=50+CCA=50)=100

SPECIALISATION IN FOOTBALL

Unit-I (14 Hours)
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.
5. Awards associated with Football.

Unit-II (17 Hours)
1. Measurements and marking of Football ground.
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.

Unit-III (16 Hours)
1. Fundamental skills of Football:
   a. Passing
   b. Kicking
   c. Trapping
   d. Heading
   e. Throw in
2. Lead-up games.

Unit-IV (16 Hours)
1. Major rules and regulations of Football.
2. Important Signals in Football.
4. Related sports terminologies.
5. Eminent sports personalities associated with Football.
Reference Books:

SEMESTER-VI
PRACTICALS
MARKING & OFFICIATING IN GAMES

COURSE CODE: BPE-P-0608  (ELECTIVE GROUND COURSE-XI)
Credit: 4 (L+T+P)
Marks= 100
(120 Hours)

Lessons on marking and officiating on any two games covered in the practical course contents of B.P.E. course (Semester-I to Semester-V)

SEMESTER-VI
PRACTICALS
MARKING & OFFICIATING IN ATHLETICS

COURSE CODE: BPE-P-0609  (ELECTIVE GROUND COURSE-XII)
Credit: 4 (L+T+P)
Marks= 100
(120 Hours)

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.
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.

SEMESTER-VI
PRACTICALS

(Fundamental of Computer Application In Physical Education Practical)

COURSE CODE: BPE-P-0610 (MINOR ELECTIVE LAB COURSE-VI)
Credit: 1 (L+T+P)
Marks= 25
(25 Hours)

1. M.S. Word:
   a. Creating Document
   b. Typing Text
   c. Text Formatting
   d. Inserting Tables, rows and columns
   e. Mail- Merge
   f. Page Formatting

2. Excel:
   a. Creating Spread Sheet and Sorting

3. Power Point Presentation:
   a. Creating PPT’s

4. Creating e-mail, Id and Web-browsing.