SCHEME OF EXAMINATION FOR POST-GRADUATE ONE YEAR B.P.ED. COURSE IN PHYSICAL EDUCATION SEMESTER 1st (2011-12)

Part I

Paper	Nomenclature	Total marks		Min.	Max.
		External	Internal	pass marks	Marks
1.	History and Principle of Phy. Edu.	80	20	40	100
II	Anatomy and Physiology	80	20	40	100
III	Officiating and Coaching	80	20	40	100
IV	Optional: Any one of the following a) Kinesiology b) Health Education c) Computer Applications	30	-	11	30
	Total:	270	60		

Grand Total (Theory):- 270+60=330

Part-II

Practicals:

(a) Other Activities (Mass P.T., Dumble, Action Song, Lazium, Motion story Tipri:-

Other Activities evaluated by external examiners: 100 marks

b) Practical: Any one of these

i) Health Education

ii) Kinesiology

20 marks

iii) Computer Application

Total: 100+20=120

Grand Total of 1st Semester i.e. Theory+Practical 330+120=450

External evaluation of 100 marks for Other Activities to be carried out by the external examiners at the end of $1^{\rm st}$ Semester.

Distribution of marks for other activities:-

- a) Recreational/Informal activities, Tenicoit, Imitation, Story, Play and action song (Marks-50)
- b) Formal/Rhythmic Activities (Tipri, Dumble, lazium, Dance and Calisthenics, (Marks-50)

The marks for other activities for assessment will be divided are as follows:

Other Activities:

a)	Demonstration-	25 marks
b)	Teaching -	50 marks
c)	Presentation & fault correction	15 marks
d)	Viva	10 marks
e)	Total:-	100 marks

Note:-

- i) Each candidate will be evaluated through one skill from each group
- ii) The draw of skill will be drawn seven days before the examination
- iii) 50 marks will be divided as follows: Performance-20 , teaching, 20 & Rules 10 marks

External practical examination of Other Activities and in Health Education/ Kinesiology/Computer applications shall be conducted at the end of Ist Semester

B.P.Ed. (SEMESTER-2nd)

Part-I

Paper	Nomenclature	Total marks		Min.	Max.
		External	Internal	pass	Marks
				marks	
V	Sports Psychology	80	20	40	100
VI	Sports Management	80	20	40	100
VII	Officiating and Coaching	80	20	40	100
	Total:-	240	60		

Practical: (External) (a) Athletics:-125

(b) Games :- 125

Grand total for 2^{nd} Semester: Theory + Practical (300+250) = 550

Total marks for Semester 1st and 2nd Semester: 450+550=1000

Marks: Games & Athletics

a) Team games: Football, Hockey, Cricket, Volleyball, Basketball, Kabaddi, Kho-kho and Handball:- 80 marks

b) Individual sports: Wrestling, Boxing, Judo and Yoga:- 45 marks

Athletics:

- c) Races: Sprints, distance running and Relays races; 35 marks
- d) Jumps and Throws: High Jump, long Jump, Triple Jump, shot-put, javelin and discuss-throw:- 90 marks

Note:-

- i) Each candidate will be evaluated in one skill from each group
- ii) The draw of skill will be drawn 7 days before the examination
- iii) 125 marks in a,b,c,d will be divided as follows: Peformance-50, Teaching 50, and Rules-25

External evaluation of 250 marks (2^{nd} Semester) to be carried out by external examiner. The division of marks will be as follows:

i) Games and Sports 125 marks (at the end of Semester-II)

iii) Athletics 125 marks (at the end of Semester-II)

Total:-250 marks

Note:-

- ii) Each candidate will be evaluated one skill given under various heads (i.e. other activities, games and athletics) from each group.
- iii) The draw of skill will be drawn 7 days before the examinations
- iv) The marks of games & Athletics for assessment will be divided as follows:

Games & Athletics

a)	Demonstration-	25 marks
b)	Teaching -	50 marks
c)	Presentation & fault correction	25 marks
d)	Viva	25 marks
e)	Total:-	125 marks

NOTE:-

Each and every student will also take active part in the following activities and have to follow the dress code.

a) Intra Mural:- Regular weakly intramural activities in different games will be organized for practical experience of all students. Each student will take active part and help in organization.

c) Dress code:-

Each and every candidate has to follow the dress code during the theory as well as practical classes, which shall be as follows:

- i) Theory classes:- Pant, shirt & tie(summer season)
 Pant, shirt, Tie & Blazer (winter season)
- ii) Practical classes: i) Track suite, one T-Shirt and one short
- d) The examiners for practical examination will be appointed by the University on the recommendations of the PGBOS.

SYLLABUS AND COURSES OF READING

(Semester-1st) 2011-12 Paper-I (HISTORY & PRINCIPLES OF PHYSICAL EDUCATION AND SPORTS)

Maximum Marks: 100 Internal Marks: 20 External Marks: 80

Time: 3 hours

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I

- Definition, Meaning & Scope of Physical Education
- Aims & Objectives of Physical Education
- Relationship of Physical Education & Recreation
- Contribution of Physical Education towards general education

UNIT-II

- History of Physical Education in Ancient Greek, Comparative Study of Spartan Athenian Education.
- The high and development of Olympic Games.
- Development of Asian Games

UNIT-III

- Physical Education in Germany, Sweden & Denmark (Emphasis only on contribution of Basedaw, Guts-Muths, John Speiss, Machtegal, Long).
- Present status of Physical Education & Recreation in Russia and Japan.
- History of Physical Education in India (Pre-post Independence Era).

UNIT-IV

- Critical Appreciation of following:
- Haryana Sports Department

- IOC Policies of developing of Physical Education & Sports
- Modern Olympics
- South Asian Federation Games
- Sports Authority of India.

UNIT-V

- Foundation of Physical Education
- Biological Activity, its need, principle of use and disuse.
- Growth and Development
- Age & Sex difference
- Classification of Physique

- 1. Charles & Bucher, Foundations of Physical Education.
- 2. Harold M. Barrow, Man & His Movement Principles of Physical Education.
- 3. J.F.Williams, Principles of Physical Education.
- 4. Cowel & France, Philosophy and Principles of Physical Education.
- 5. D.G. Wakhakar, Manual of Physical Education
- 6. M.L.Kamlesh & M.S.Sangral, Principles & History of Physical Education.
- 7. Upadyke Johnson , Principles of Modern Physical Education, Health & Recreation.

Paper-II (Semester 1st) ANATOMY AND PHYSIOLOGY OF EXERCISE

(2011-12)

Maximum Marks: 100 Internal Marks: 20 External Marks: 80

Time: 3 hours

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I

- Definition of Terms: Cell, Tissue, Organ, Ligament, Cartilage etc.
- The Skeletal System: Its structure, its functions Spinal column, Pelvi girdle-male & female the thorax, the extremities, joints and there movements.

UNIT-II

- The Muscular System: Structure of the muscles, Different types of muscles, Functions of the muscles, contraction of muscles Effect of exercise on the muscular system Fatigue, staleness Macle cramp.
- The Nervous System: The Neuron, Spinal Cord, the brain, the autonomic system, Reflex action, peripheral nerves, influence of exercise on the nervous system.

UNIT-III

- The Circulatory System: General arrangement of Circulatory system, functions of the Circulatory system, Blood, Hameonhage. The Heart and blood vessels, pulse, Blood pressure and its measurement, effect of exercise on circulatory system, Athletic Heart.

UNIT-IV

- The Digestive System: Anatomy of digestive system, digestion of food, Metabolism. Effect of exercise on the digestive system.
- The Excretory System: Anatomy of excretory system and its function, the heat regulating mechanism.

UNIT-V

- The Respiratory System, Anatomy of Respiratory System mechanics of respiration, Vital capacity, Role of Oxygen in exercise on the respiratory system.

- 1. Clarke David H., Exercise Physiology Englewood Cliffs. N.J.Prentice Hall Inc 1975
- 2. Crouch, James E., Functional Human Anatomy, 2nd ed. Philadelpia: Lea & Febniger, 1972
- 3. Morehouse and Miller, Physiology of Exercise, St Louis The C.V. Mosby Company, 1975.
- 4. Pearce, Evelyn C. Anatomy and Physiology for Nurses, London, Faber & Faber Ltd.

Paper-III (Semester 1st) OFFICATING & COACHING (2011-12)

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

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I

- Meaning and Definition of Officiating.
- Importance and Principles of Officiating
- Duties of Officials in general, pre during and post game duties
- Relation of Officials with management, players, Coaches and Spectators.

UNIT-II

- Measurement, Marking, Equipment, Technique and rules & regulations of following:
- 400 meters, 200 mtrs, track and field event
- Preparation of score sheet of track & field events
 - Layout of standard track.

UNIT-III

- Measurement, marking, equipments, basic fundamentals, rule & regulations of following games:
- Kabaddi, Badminton, Judo, Kho-kho
- Preparation of Score-sheet of Kabaddi, Badminton, Judo & Khokho

UNIT-IV

- Method of Conditioning
- Interval Method, Circuit training method, Weight Training method, fortlak Training method
- Principles of training
- Doping and its effects on sports performance a health of an athlete.

UNIT-V

- Criteria for selection of College/University team
- Warming up, cooling down and its physiological effect.
- Preparation of TA/DA bills
- Qualities of a good official.

- 1. Rules of Games and Sports by YMCA Madras.
- 2. Athletic training by Cliffs.
- 3. Rules of Games and Sports by Lokesh Hani.
- 4. R.L.Anand: Playing field manual NIS Publications.

Paper-(iv) Optional (Semester-1st)

KINESIOLOGY (i)

Time: 3 hours Max. Marks: 30

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I INTRODUCTION

- Definition, Scope, Importance and application of Kinesiology in Physical Education and Sports.

UNIT-II

- Terminology of various types of movements around joints.
- Factors of body (i) Body planes (ii) Body axis.
- Spine (ii) Shoulder (iii) Shoulder Girdle (iv) Hips (v) Elbow (vi) Knee (vii) Ankle

UNIT-III

- Structural classification of muscles on the basis of attachment.
- Functional classification of muscles (iii) Technology of muscular attachment (iv) Method of assessing a joints range of motion (v) technique for increasing joint flexibility (vi) Basic concept of force, motion, Newton;s Laws, Equilibrium and centre of gravity.

UNIT-IV

- Characteristics and functions of Shoulder Joint & Shoulder Girdle Muscles:
- Deltoil, Latissmus Dorsi, Pectorals major, Trepezius
- Characteristics and functions of elbow joint muscles.
- Biceps Brachi, Brachialis and Triceps
- LOWER EXTEREITY
- Characteristics and functions of Hip Joint muscles; Gluteous Maximum, Characteristics and function of knee joint, Gastrocnemius.
- Hamstrings, Biceps Femoris, Rectos Femoris, Sartoris
- Characteristics and functions of individual muscles Rectos Abdorminus, sterno-cleidomastoid.

UNIT-V

- Concept of Balanced Posture (ii) Common Postural deformities (iii) Corrective exercises for postural defects (iv) injuries and their treatment, sprain, strain, contusion.

KINESIOLOGY: PRACTICAL

TOTAL Marks: 20 marks

- i) Axis & Planes
- ii) Name of movement, its axis & planes
- iii) Location & names of various muscles
- iv) Postural deformities & corrective exercise for these deformities

- 1. Wells & Luttgenes: Kinesiology
- 2. Rosche, P.J. Burk, Kinesiology and application Anatomy, lea and Febiger, 1970.
- 3. Dyson, J., the Mechanizes of Athletics, University of London Press Ltd., Warevocl Squire, London.
- 4. Rosche, P.J. Burk, Kinesiology and Applicatn Anatomy, Les and Febiger, 1967.

Paper-(iv) Optional (Semester-1st)

HEALTH EDUCATION (ii)

Time: 3 hours Max. Marks: 30

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions at least one question from each unit. All questions carry equal marks.

UNIT-I INTRODUCTION

- Meaning and definition of Health Education
- **Importance of Health Education**
- Scope of Health Education

UNIT-II HEALTH

- Meaning of Health
- Factors affecting health
- Care of skin, hair, eyes, ear, nose, teeth, hands and clothes.

UNIT-III SCHOOL HEALTH PROGRAMME

- Need and importance of School Health services
- Health supervision
- Different aspects of SHP

UNIT-IV NUTRITION

- **Elements of balanced diet**
- Carbohydrates, proteins, fat vitamins, minerals, salts and water.

UNIT-V

- Need and importance of first-aid in Physical Education and Sports
- Causes and prevention of aids
- Effects of smoking and alcohol on health
- Safety in playgrounds.

PRACTICAL HEALTH: -

Total marks: 20

- 1. Preparation of School health programme
- 2. Transportation of the injured persons
- 3. Artificial Respiration
- 4. Control of bleeding, cuts and wounds
- 5. Taping bandage and its various types.

REFERENCE BOOKS

- 1. Dehl: Healthful living, MC Graw Hill.
- 2. Physical Education & Health (Dr. A.K. Uppal, Dr. G.P.Gautam)
- 3. Obertaufor: School Health Education
- 4. Physical and Health Education (Mr. V.D.Sharma & Granth Singh)

Paper-(iv) Optional (Semester-1st)

COMPUTER APPLICATION (iii)

Time: 3 hours Max. Marks: 30

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I

Basic of Computer

- What is computer? Its History, application characteristics, classification of computers (analog, digital, hybrid)
- Physical structure of computer
- Why computers are useful?
- Human vs. Computer
- Role of computer in various fields.
 - What are the aspects and need of computers education?

UNIT-II

COMPONENTS OF COMPUTER SYSTEM: AN INTRODUCTION OF HARDWARE AND SOFTWARE

- What is Hardware
- CPU, (CU, ALU, Main Memory)
- Input Devices (Keyboard, Mouse and Track Ball, Touchpad, Joysticks, Touch-Sensitive Screens, Data Scanning evices, Bar code Readers)
- Output Devices (Monitor, Laser, LCD)
- Hard Copy Devices (Printers) UPS and types of UPSs.

- What is a Software?
- System (OS, PL, Translator)
 - **Application (Program, Package....)**

UNIT-III

INTRODUCTION TO WINDOWS

- Windows Features
- Windows accessories-calculator, notepad, Wordpad, paint.
- Structure of Window Screen (Desktop, Wallpaper, Taskbar, Icons)
- Start Button
- Programms, Documents, Setting Search, Help & Support, Run, Concept of file & folders, Shut down.
- What is an operating system?
- Function and type of OS.

UNIT-IV MS OFFICE

- Word –Introduction of word processor, creating & saving documents, Editing & formatting, a document including color, size, font, alignment of text, printing a document, inserting Word Art, Clipart & picture, page sorting, bullets and numbering, inserting tables, mail merge.
- Power Point-Introduction to excel, need of spreadsheet, creating, opening & saving workbook, editing worksheet, using links, applying different views, types of functions.

UNIT-V

COMPUTER AS A SOURCE OF KNOWLEDGE AND COMMUNICATION

- What is Internet? Benefits of Internet.
- Type of connections: Dial-up, Dedicated or Leased Lines, Wi-fi.
- How to use Search Engine? Downloading the information.
- Communication on the Internet: e-mail, chatting, internet newsgroups.
- What is virus? How does it spread? Types of Virus? Its ill-effects? Symptoms of Virus.

COMPUTER PRACTICALS: (SEMESTER -1st) Marks: 20

i) Window operating system:- 06 marksii) MS word 08 marksiii) use of Internet 06 marks

- 1. Sunita Arora: Introduction to information and technology Dhanpat Rai & Co. (Pvt.) Ltd. Education & Technical publisher (2002)
- 2. Nasib Gill: Essential of Computer, and network technologies. Khana book Publishing Company Darya Ganj New Delhi (2000)
- 3. Hussain: Computer technology & application 1996
- 4. Carter Roger: The information Technology handbook, Heinmar Professional Publishing Ltd. (1987)
- 5. Raja Raman V. Fundamentals of computer, Prentice Hall of India Pvt Ltd 1982.
- 6. Raja Gopalan R: Understanding Computers, Tata Mcgraw Hill Publishing Company Ltd. 1990.

Paper-(v) (Semester-2nd) EDUCATIONAL AND SPORTS PSYCHOLOGY (2011-12)

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

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I INTRODUCTION

- Psychology-its meaning: Psychology as a Science-its Utility in the field of Physical Education.

INTELLIGENCE

- Nature of Intelligence, Kinds of intelligence: theories of intelligence Evaluation of intelligence.

UNIT-II DEVELOPMENT PSYCHOLOGY

Nature of human growth and development general characteristics of Physical, Menial; emotional and social development at the stage of infancy and adolescence.

PERSONALITY

Its meaning and development. Types of Personality: Evaluation of personality.

UNIT-III INDIVIDUAL

- Type and nature of individual
- Difference: Factors responsible heredity & environment LEARNING
- Nature of Learning: Theories of Learning: Laws of Learning: Plateau in Learning and transfer of Learning.

UNIT-IV MOTIVATION

- Nature of motivation: Factors influencing motivation: Motivation and sports performance: Motivation techniques.

ANXIETY

Nature of Anxiety; kind of anxiety, anxiety and performance, Management of anxiety.

UNIT-IV ADJUSTMENT

- Personal and social adjustment, Causes of maladjustment; role of Physical Education in preventing maladjustment and promoting proper maladjustment & promoting proper mental health. Exceptional Children mentally gifter, tetarded, delinequents, Physically handicapped and backward.

REFERENCE BOOKS

- 1. Crow, Educational Psychology-Little field adams & Co., 1979.
- 2. J.Ross, Ground work of Education Psychology.
- 3. Mathur, S.S., Educational Psychology, Vinod Pustak Mandir, Agra-1962.
- 4. Jack H., Psychology of Coaching: Theory and Application

Paper-(VI) (Semester-2nd) SPORTS MANAGEMENT (2011-12)

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

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I

- Meaning, Importance and scope of Sports management.
- Factors influencing sports management
- Factor affecting teaching methods and various methods of teaching
- Steps of Personnel and Technical Preparation
 - Meaning Importance and type of audio visual aids.

UNIT-II

- Meaning and type of class management.
- Salient features of good classes management
- Factors effecting good classes management
- Meaning & values of lesson plan- Games, Gymnastic, Athletic and Indigenous activity
- Classification of exercises and activities and its importance
- Meaning & Importance of tournaments, types of tournament knockout and league, their advantages and disadvantages.

UNIT-III

- Meaning importance and principles of administration and organization.
- Factors influencing good administration
- Qualifications and qualities of Physical Education Teachers.

- Playgrounds, Area, Location, Layout and care of Sports Equipments.
 - Need, Importance, purchase of sports equipments.

UNIT-IV

- Need & Importance of curriculum planning.
- Time-table, factors affecting time-table, objectives, principles and precautions in preparation of time-table.
- Intramural objectives and organization
- Budget importance and criteria for a good budget.
- Meaning & Importance, types of records and registers.

UNIT-V

- Evaluation-meaning need, importance and methods of evaluation.
- Characteristics of a good test
- Supervision and inspection,
- Qualities of good supervisor.
- Organization and conduct of tournaments and Athletic meets.

RECOMMENDED BOOKS

- 1. P.M. Loseph, Organization of Physical Education.
- 2. Suraj Singh, Administration of Physical Education
- 3. D.G.Wakherker, Manual of Physical Education.

Paper-(VII) (Semester-2nd) OFFICIATING & COACHING

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

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions at least one question from each unit. All questions carry equal marks.

UNIT-I

- Meaning and Importance of Coaching
- Principles of Coaching
 - Qualities, Qualifications and responsibilities of a good Coach.

UNIT-II

- Marking, Measurement, Techniques, Equipments, rules and regulations of following:
- i) Road Races (ii) Combined Events (iii) Preparation of Score sheet for Road races and combined events. (iv) Selection of route in road races (v) outstanding performer in road races and combined events.

UNIT-III

- Marking, Measurement, Definition, basic fundamentals, equipments, rules and regulation of following games:
- (i) Basketball (ii) Handball (iii) Weightlifting & Wrestling
- Preparation of score sheet for Basketball, Handball, Weightlifting and Wrestling.

UNIT-IV

- Periodisation-types of periodisation
- Preparation of training schedule
- Importance of training schedule
 - Structure and organization of training schedule

UNIT-V

- Measures for improving the standard of
- (a) Official factors affecting sports performance (b) Guidelines for preparing coaching lesson plan in athletics and games (c) use of types and teaching aids.

- 1. John V. Bunn: The arts of Officiating Sports, Prentice Hall, Inc Englewood Cliffs J.N.
- 2. John W.Bunn, The arts of Coaching, Prentice Hall, Englwood cliffs, N.J.
- 3. Thani Lokesh, Skills and tactics in game and sports
- 4. R.L. Anand: Sports field manual, NIS publications.

DEPARTMENT OF PHYSICAL EDUCATION

No. Phy. Edu/11/

Dated: 12.1.2011

Subject:- Introduction of Semester System in B.P.Ed. Course

from the session 2010-11

It is to bring to your kind notice that the University is running

C.P.Ed., B.Sc. Sports Science, M.P.Ed. and M.Phil courses on the pattern

of semester system. But only one course i.e. B.P.Ed. is running in the

Department and in affiliated Colleges on the basis of annual pattern. The

Department is facing a great difficulty in running this course under annual

pattern. The affiliated Colleges they keep on requesting for admissions to

the B.P.Ed. Course before one month of final examinations. By

introducing the semester system in this course, the admission process will

also be stipulated and no College will dare to knock the door of the

Hon'ble High Court. It will save the energy and time and help smooth the

entire academic session in the field of Physical Education.

In the light of above, the Departmental Committee in its meeting

held on 12.1.2011 has resolved to introduce the Semester system in

B.P.Ed. Course also.

Therefore, Vice-Chancellor is requested to allow the Department

of Physical Education to introduce the semester system to B.P.Ed. course

from next coming session i.e. 2011-12.

Proposal is submitted for kind consideration and approval, please.

HOD Physical Education

Vice-Chancellor

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