

## **ORDINANCE OF B.P.Ed. (ONE YEAR) COURSE**

**B.P.Ed.:** A comprehensive written objective test based on objective type of questions multi-choice (General studies, Aptitude test and current affairs about sports) –300 Marks.

**Practical Exam:** Those candidates who qualify with 40% marks in theory of the entrance test only will be allowed to appear in the practical exam (Physical Efficiency and Skill test).

Minimum 40% marks is required for passing the practical exam (No reservation) Final result would be declared only after the completion of both the category of exams (i.e. theory and practical)

- a. Physical Efficiency obstacle test (Canadian test) – 200 marks.
- b. Skill test on selected games as per specialization on selected games only i.e. Athletics, Badminton, Basketball, Football, Volleyball, Hockey, Tennis, Cricket, Gymnastics and Kabaddi specifically as to give skill test exam in games approved and included in the calendar of Association of Indian Universities, New Delhi.

**\*Note:** As per N.C.T.E. norms the candidate must have participated and secured minimum third position in inter collegiate/inter faculty (of central university) in tournaments of games and sports/interuniversity participation / for private candidates, those who have participated Junior/Senior National Championships organised by concerned National federations of India. No open tournaments participation of federation/association is allowed. The participation must be within last three years of the admission year. The candidate must submit the photo copy of his/her sports certificates and will have to appear in the skill test exam of the same game only which will be considered as his/her choice.

- c. **Eligibility:** Graduate with at least 50% marks in aggregate is the basic requirement along with sports participation as mentioned above.
- d. **Seats:** total 100 seats
  - (i.) B.H.U. campus First 40 seats, as per B.H.U Admission Merit List and fee structure.
  - (ii.) Next 60 seats as per Admission Merit list of Paid Seat for Barkachha campus of B.H.U.

The seats will be divided as following:

### **B.H.U. Campus:** (Deptt. of Physical Education)

General	.....	21
S.C. (15%)	.....	06
S.T. (7.5%)	.....	03
Girls	.....	10

### **Barkachha Campus:** (Under the supervision of Deptt. of Physical Education)

General	.....	36
S.C. (15%)	.....	09
S.T. (7.5%)	.....	05
Girls	.....	10

**Note:** \*If girl candidates not found eligible the seats will be filled from the general category of the male candidates.

\*No disabled/handicapped/physically challenged candidate is eligible for the above course (B.P.Ed.)

e. **Age:** Maximum age should not be more than 25 years on 1<sup>st</sup> July of the admission year.

Qualified candidates will have to undergo medical examination in the student health centre. Those candidates who are pronounced medically fit by the Medical Board will be given admission.

### **FEE STRUCTURE AND EXAMINATION**

The following will be the fee structure and rules of Examination for B.P.Ed. Course.

**Fees:**

- (i) B.P.Ed. student of B.H.U. campus of Department of Physical Education will have to deposit the fee as per the University rules other than the Supernumerary Seats.
- (ii) Students admitted in the B.P.Ed. (one year) Paid Seat course\* will have to deposit Rs. 30,000/- separately. This money will be deposited through Draft/Bankers Cheque in favour of "**Registrar, Banaras Hindu University**" payable at S.B.I., B.H.U., Varanasi.

\* The course (B.P.Ed., one year Paid Seat) will run at the Barkachha campus of B.H.U.

**Uniform:** Gray pant, white shirt, black leather shoe and sports shoe shall be arranged by the candidate.

A blue blazer with monogram, tie, one white shirt, one house shirt, one black short (Nekar/Skirt), one track suit (sky and navy blue combination) one pair white socks, one bag (small) and study material are essential, shall be provided by the Department on payment basis. A sum of Rs. 3,000/- will be required to be deposited by each student (separately) for B.H.U. and Barkachha campus at the time of admission in the department of Physical Education. The money will be received through Draft/Bankers Cheque. This money will be deposited in the account of student fund in favour of "**Chairman, Policy Planning Committee, Department of Physical Education, B.H.U.**" The breakup of the amount will be as following :

Uniform	.....	Rs. 2,300/-
Study Material	.....	Rs. 200/-
Sports Bag	.....	Rs. 200/-
Caution Money	.....	Rs. 200/-
Miscellaneous	.....	Rs. 100/-
<b>Total:</b>		<b><u>Rs. 3,000/-</u></b>

This money will be used after the approval of the committee including minimum of one male and one female student member, one senior staff member (student advisor) and the Chairman, Policy Planning Committee i.e. Head, Department of Physical Education. The Head and one senior teacher (Student advisor) are only authorised to sign the Cheques together for payment.

**Attendance:** Each student shall have attendance as per University rules, in Theory and Practical activities separately. The attendance shall be recorded in terms of working days, lectures and practical classes separately.

**Medium:** The medium of instruction and examination shall be in English and Hindi.

In addition to the above rules the student must fulfill the following requirements to appear in the final examination.

- Should have attended educational Tour organized by the Department of Physical Education of at least 07 days.

OR

- Attended minimum of 07 days Adventure Leadership Training Camp organized by the Department of Physical Education, B.H.U.
- The student will have to submit tour/camp report within ten days after arrival from tour/camp compulsorily in the Department of Physical Education, B.H.U. failing which the result will not be declared.

**Examination :**

(i.) There shall be final examination at the end of each year and a candidate must pass separately in:

Part - A	.....	Theory
Part - B	.....	Practical
Part - C	.....	Teaching Ability
Part - D	.....	Game Specialization

Exam of specialization will be conducted as per the choice of the student opted out of ten games offered in B.P.Ed. syllabus

(ii.) The result of examination shall be given separately in mark sheet under four heads,

Part - A	.....	Theory
Part - B	.....	Practical
Part - C	.....	Teaching Ability
Part - D	.....	Game Specialization

Including marks of Educational Tour/Leadership training camp. Division of student will be given on the basis of aggregate marks obtained from all the parts including tour/camp marks. The degree will have the division of the student as well as the game specialization mentioned on it.

(iii.) For teaching ability the minimum percentage required is 40%, that shall consist of the sessional as well final examination marks. Final teaching ability exam will be conducted by the external examiner in general and special category separately.

(iv.) The practical examination must be conducted by the internal examiners after completing the syllabus. The minimum aggregate marks required shall be 40%. The following games are included for the practical examination – Athletics, Badminton, Basketball, Cricket, Football, Kabaddi, Hockey, Volleyball, Tennis and Yogasanas.

- (v.) Game Specialization : Every student has to opt one game out of the ten games given in the B.P.Ed. Syllabus. The student is required to submit a project book and will have to appear in the skill proficiency exam of the game opted by the candidate. The examination will be conducted by the External Examiners.
- (vi.) If a candidate fails in the theory (one or more) paper will have to appear in the supplementary exam, but if he fails in the practicals, sessionals, teaching ability or game specialization then he will have to appear in the next main examination as an ex-student.
- (vii.) Each student has to complete minimum five lessons in different schools separately for general and special lesson that will be evaluated by internal examiners.
- (viii.) The candidate who passes in all the examinations with minimum 40% of marks as aggregate will be declared pass. Such pass candidate will be awarded with the division according to the following criteria

- First Division ..... Candidate securing 60% of marks and above in aggregate secured in Part A, B, C and D examination.
- Second Division ..... Less than 60% but not less than 50% in the aggregate.
- Third Division ..... Less than 50% but not less than 40% in aggregate.

All the students who have not passed, will be categorized as failed.

**Paper Structure:** The subject and scheme of examination shall be as following

**Part – A :** Written Examination, conducted by University

Paper	Subject	Marks	
		Max.	Min.
I.	Principal of Physical Education and Educational Psychology	100	40
II.	Organisation, Methods, Materials and Supervision of Physical Education	100	40
III.	Principals of Coaching and Officiating	100	40
IV.	Anatomy, Physiology and Exercise Physiology	100	40
V.	Kinesiology, Care of Athletic injuries and Health Education	100	40
VI.	Recreation Camping and History of Physical Education	100	40
	<b>Theory Total</b>	<b>600</b>	<b>240</b>

**Part – B:** Practical Examination conducted by the Department of Physical Education

<b>Activities:</b> Skill Testing	.....	25 Marks
Playing Ability	.....	25 "
Officiating	.....	25 "
Ground Marking	.....	15 "
Record Book (Project)	.....	10 "

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**Total: 100 Marks**

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Athletics, Badminton, Basketball,  
Cricket, Football, Kabaddi, Tennis, 100 X 10 games = 1000 Max. Marks  
Volleyball, Yoga and Hockey. 400 Min. Marks

**Part – C:** Teaching Ability Examination

A. General Lesson	.....	100 Marks	] (By External Examiner)
B. Skill Lesson	.....	100 "	
C. Internal Assessment	.....	100 "	

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**Total: 300 Marks**

**Part – D:** Game Specialization

A. Skill Proficiency	.....	100 Marks (By External Examiners)
B. Officiating	.....	25 "
C. Project Book	.....	25 "

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**Total: 150 Marks**

**In Addition:**

**Part – E:** Educational Tour/Adventure Leadership Camp: Max. Marks: 50, Min. Marks: 20

**Grand Total: 1200 Marks**

# **SYLLABUS**

## **(Theory)**

### **Paper I : Principles of Physical Education and Educational Psychology**

#### **A. Principles of Physical Education**

1. Introduction: Meaning of the term Principle. Sources of Principle of Physical Education – related subjects.
2. Aims and objectives of Education and Physical Education.
3. Definition of Education and Physical Education – Physical Culture – Physical Training.
4. Biological foundations of Physical Education: Hereditary traits; Unsynchronised development; Reciprocal innervations; Differences between boys and girls during the period of adolescence; Somato type classification according to Sheldon and Kretschmer; Exercise a biological necessity; growth; structure; function; Body Mechanics.
5. Sociological foundations – gregarious instinct; individual and society, Desire for recognition and response; Social groups and their significance – Family, Community, School State – Nations; Democratic thinking; Leaders and Followers respect of individual: equality; National integration.
6. Psychological Foundations of Physical Education (Refer B. Educational Psychology.)

#### **B. Educational Psychology**

1. Introduction – What is Psychology – its scope – relation to other sciences.
2. Basic features – Heredity and Environment – personality, Types of personality.
3. Neuro – sensory system – sensory motor arc.
4. Intelligence – I.Q. & P.Q. – Individual differences – Feeble minded – morons – imbeciles and idiots.
5. Instincts and emotion.
6. Learning process – motivation.

#### **Theories of learning:**

1. Imitation
2. Conditioned response
3. Trail and Error
4. Insight
7. Stages of development
8. Law of learning
  1. Readiness
  2. Exercise

3. Effect
4. Frequency
5. Recency
6. Intimacy
9. Transfer of learning with special reference to Physical Skills.
10. Practical suggestions from Psychology.

**Books Recommended:**

1. Bucher. Charles A, Foundation of Physical Education St. Louis: The C.V. Mosby Co., 1072.
2. Nixon, E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia. W.B. Saunders Co. 1969.
3. Obertenffer; Delbert Physical Education. New York, Harper & Brothers Publisher, 1970.
4. Sharman, J.R. Introduction to Physical Education, New York, A.S. Barnes & Co. 1964.
5. William J.F. The Principles of Physical Education, Philadelphia, W.B. Saunders Co. 1964.
6. Mohan V.M. Principles of Physical Education (P.E., Series No., 1) (Hindi) Delhi, Metropolitan Book Dep.) 1969.

**Paper II : Organization, Methods and Supervision in Physical Education**

**A. Organization**

1. Introduction: Relationship of Physical Education to General Education. Meaning of Organization and Administration-Importance of Organization. Guiding Principles of Organization.
2. Scheme of Health ;and Physical Education: Schools, Colleges Universities, District, State.
3. Facilities and Standards in Physical Education.  
Playgrounds – Outdoor and Indoor – Standards for Educational Institution Problem of lack of Play Space for Schools in crowded cities and their solution – public play grounds.  
Gymnasium pool – Standard for Educational Institution – Construction and care.  
Swimming pool – Standard for Educational Institution – Types of a Pool (Fill and Draw type-Perennial type-perpetual circulation type) construction of Pool care and maintenance including pool regulations.  
Staff and Leadership – Need for trained leader – Qualifications of Physical Education Teacher – Teaching Load and Teacher-Pupil ratio-Relationship of Physical Education Teacher with the Headmaster, Supervisor, Class-room teachers students, Parents and the community-student leadership.
4. Preparation of Time-Table – Fitting Physical Education into school Time-Table Before School after school activities Types of Physical Education periods – Daily periodical and annual schedules.
5. Finance and Budget: Source of income – Approved items of expenditure. Rules for the utilization of Games Fund or Physical Education Fund – Preparation and administration of a budget – Accounting.

6. Office Management: Maintaining various types of records and registers and reports, checkups and their follow-ups.
7. Promotion of Physical Education: Public Relations – Conference, Clines and Institutes – Physical Education Associations.

### **B. Methods**

1. Introduction: Meaning and importance of Method Factors influencing method.
2. Presentation Techniques:
  - a. Personal Preparation – Technical Preparation – Organising subject matter – Teaching aids-class management.
  - b. Steps in Presentation – Orientation-Explanation Demonstration – Exploration – Correction and Repetition.
  - c. Various methods of Teaching of activities-command methods – Demonstration method-At will method – Set drill method – Pat and whole method etc.
  - d. Commanding.
3. Selection and Teaching of activities:
  - a. Formal activities including indigenous exercises.
  - b. Gymnastics.
  - c. Rhythmic Activities.
  - d. Major Games.
  - e. Minor Games.
  - f. Track and Field.
  - g. Defensive Arts.
  - h. Aquatic.
4. Lesson Plans: General and Specific.
5. Competitions and Tournaments, Tournaments and Leagues. Group Competition – Intramurals – Extramurals – Sports Meet – Swimming Meet – Gymnastic Competitions – Play Days.
6. Incentives and Awards:
7. Test and Measurements: Need and importance – Different types of test in Physical Education.
8. Classification of Pupils: Need and importance-Methods of classification.

### **C. Supervision**

1. Introduction:
  - a. Meaning and need for supervision – Guiding Principles of supervision.
  - b. Essential features of supervision.
2. Qualities of supervision: Qualification – His relation-ship with the Administrator and the Physical Education Teacher.



3. Duties of Supervisor: Administrative duties – Duties Pertaining to facilities. Introduction and Professional growth.
4. Techniques of Supervision in brief visitation. Individual and group conferences. Bulletins and Demonstration.

**Reference Books:**

1. Knap, C. & Hagma. E.P. Teaching Methods for Physical Education, New York: Mc. Graw Hill Book Co. Inc 1958.
2. Kozman H.C. Cassidy R. & Jackson C. & Methods in Physical Education London: W.B. Saunders Co. 1960.
3. Bossing, N.L. Progressive, Methods & Teaching Secondary Schools.
4. Tirunarayanan, C. & Hariharan, S. Methods in Physical Education Karaikudi: South India Press, 1969.
5. Pandey, L.K. Methods in Physical Education (Hindi) Delhi Metropolitan Book Depo.

**Books Recommended:**

1. Bucher. Charles A. Administration of Physical Education and Athletic Programme St. Lolis. The C.V. Hosby Co. 1983.
2. Broyles, Frank J. & Rober. Hay D. Administration of sports, Athletic Programme: A Managerial Approach New York Prentice hall Inc. 1979.
3. Voltmer, Edward F. and Esslinger, Arther A. The organization and Administration of Physical Education: New York: Prentice Hall Inc. 1979.
4. Thomas J.P. Organization & Administration of Physical Education Madras, Gyanodayal Press, 1967.
5. Singh, Sujjan, Organization of Physical Education Ropar Jeet Publication, 1973.
6. Pandey, L.K. Methods in Physical Education (Hindi) Delhe, Metropolitan Book Depo, 1977.
7. Sharma, V.M. & Tiwari, R.H.: Teaching Methods in Physical Education (Hindi) Amaravati, Shakti Publication. 1979.
8. Jenson, R.C. Measurements in Physical Education & Athletic, New York, Mac. Milan & Co. 1980.

**Paper III : Principles of Coaching & Officiating**

**A. Officiating**

Theory and Practice of officiating and coaching of the following games and sports:

Football – Hockey – Volleyball – Basketball – Cricket – Kabaddi – Kho-Kho – Wrestling (Men) Swimming Track and Field Events, Table Tennis, Gymnastic, Badminton (Shuttle) and Handball.

Each game or sports to be dealt under the following heads

- (a.) History and development of the Game and Sports
- (b.) Ground dimensions and marking
- (c.) Standard equipment
- (d.) Rules and interpretation of rules
- (e.) Duties of Officials – and mechanics of officiating – Position, signals etc.

### **B. Coaching**

Philosophy of Coaching – Personal qualities and qualification of a Coach.

#### **Theory of Coaching**

Teaching, Training and Coaching

Scientific principles of coaching – Force of gravity – Newton's Law, lever, equilibrium – motion – velocity – (in relation to correct form or style) – Speed and accuracy – strength and endurance – Form – Analysis skills of the different sport games (listed above).

### **C. Practice in Coaching**

- (a.) Conditioning exercises.
- (b.) Weight training.
- (c.) Teaching of fundamental skill & their mastery.
- (d.) Integration of skills to the actual game.
- (e.) Lead up games.
- (f.) Positional play.
- (g.) Strategy – Offence and defence.

#### **Reference Books:**

1. The Art of Officiating Sports – John W. Bunn. Englewood cliffs N.J. Prentice Hall 1968.
2. Scientific Principles of coaching – John W. Bunn. Englewood cliffs N. J. Prentice Hall 1972.
3. Singer, Robert N. coaching. Athletic & Psychology New York, M.C. Graw Hill 1972.
4. Lawther, J.D. Psychology of coaching, New York. Pre. Hall 1965.
5. Dyson, Geoffrey H. The Mechanics of Athletics, London, University of London Press Ltd. 1963. University of London Press Ltd. 1963.

#### **Paper IV : Anatomy, Physiology and Exercise Psychology**

##### **A. Anatomy and Physiology**

1. Character of living bodies (animals).
2. Cell and its parts – cell division – cellular basis of life.
3. Heredity.
4. A brief account of Evolution and Evolutionary adaptations of man.
5. Tissues in the human Body and the general arrangement of the body.

6. The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities – Sex differences in the skeleton – Arches of the feet – General classification of the joints of the body and examples for each type.
7. Types of muscles in the body and their differences.
8. Blood and circulatory system: Constituents of blood and their function – functions of blood – Blood groups and blood transfusion clotting of blood-structure of the heart-properties of the heart muscle, circulation of blood – cardiac cycle-blood-pressure-Pulse Blood vessels – Lymph and Lymphatic circulation.
9. The Respiratory system: The Respiratory passage – the lungs and their structure ad exchange of gases in the lungs – mechanism of respiration.
10. The Digestive system: A brief study of the structure ad functions of the Tongue, Teeth, Salivary glands, stomach Small and Large Intestines, Pancreas and the Liver.
11. The Excretory system: Brief account of the structure and functions of the kidneys and the skin.
12. The Ductless glands: A Brief account of the functions only of pituitary, Thyroid, Parathyroid. Adrenal and the sex glands.
13. Nervous systems: The Neurone – Function of the cerebrum and cerebral localisation – Function of the cerebellum, Modula and spinal cord – Reflex Are-Autonomic Nervous system add Central nervous system.
14. Special Senses: A brief account of the structure and functions of the Eye and Ear.

### **B. Physiology of Exercise**

A Physiological concept of health and fitness. Effect of exercise on the various systems of the body with special emphasis on the circulatory and respiratory systems.

Muscle contraction and sports:

- a. Properties and composition of voluntary muscles.
- b. Minute structure of voluntary muscles.
- c. Changes in muscle contraction.
- d. Nerve control of muscular activity.
- e. Conditions affecting muscular contraction.
- f. Relation between duration and severity of exercise.
- g. Warming up.
- h. Conditioning.
- i. Training.
- j. Physiological factors affecting skill, strength and endurance.
- k. Stitch and cramps.
- l. Aging changes in muscle.

**Physiology Practical**  
(for sessional work only)

The students will attend demonstration and perform experiments themselves.

**Details Physiology Practical and Demonstration work**  
(for sessional work only)

**Section I**

**Experimental Physiology**

1. To study the electrical apparatus used for stimulating excitable tissue and recording muscular contraction.
2. To draw the simple muscle curve.
3. To demonstrate the effect of repeated stimuli.
4. To demonstrate the effect of fatigue on simple muscle nerve preparation.
5. To demonstrate the effect of temperature on simple muscle nerve preparation.
6. To demonstrate the effect of load on muscular contraction.
7. To demonstrate the effect of various strength of stimuli on a simple muscle curve.
8. To draw the curve of complete and incomplete tetanus.
9. To record the normal heart beat of a frog.
10. To observe circulation of blood in the frog's web.

**Section II**

**Human Experiments**

1. To listen the breath sound by means of stethoscope.
2. To listen the heart sound by means of the stethoscope
3. To study the effect of exercise on Pulse rate.
4. Hovered step up test.
5. To mind the vital capacity by means of the Spiro meter.
6. To record chest movements by means of Pneumograph.
7. To study the effect of rate movement, load and obstruction to blood supply on the onset of fatigue by means of Ergo graph.
8. To find out Reaction time.
9. Demonstrate reflex action e.g. knee joint.
10. To test vision with Senelleu's Test chart.
11. To test colour vision by Inchiara's Chart.
12. Study of goat's heart.
13. Study of goat's respiratory organs.

### Section III Histology

1. To study a compound microscope.
2. Use of the Microscope.
  - a. To see a hair under the microscope.
  - b. To see a nylon or cotton thread under the microscope.
  - c. To see the at globules in a drop of milk under high power of the microscope.
3. To draw a blood find and to stain it with vishman's stain and study the blood cells.
4. Circulation in frog's web.
5. Study the minute structure of the following.
  - a. Muscles
  - b. Nerve
  - c. Adipose (ceveol and Adipose)
  - d. Bone
  - e. Cartilage
  - f. Tongue
  - g. Spinal cord
  - h. Salivary glands
  - i. Oesophagus
  - j. Stomach
  - k. Small and large intestines
  - l. Liver
  - m. Pancreas
  - n. Kidneys
  - o. Ovary
  - p. Thyroid
  - q. Skin
  - r. Lymph-gland
  - s. Blood vessels.

#### **Books Recommended:**

1. Gupta Manju and Gupta M.C. Body and Anatomical Science [Hindi] Delhi. Swaran Printing Press, 1980.
2. Sharma, R.D. Health and Physical Education [Hindi] Gupta Prakashan, 1979.
3. Singh, Sujana. Anatomy of Physiology and Health Education. Ropar. Jeet Publications, 1979 [Hindi].
4. Pearce Evelyn, C. Anatomy and Physiology for Nurses [Hindi] London, Faber & Faber Ltd. 1962.

5. Karpovich. Peter V. Philosophy of Muscular Activity London. W.B. Saunders Co. 1059.
6. More house, L.E. & Miller, J. Physiology of Exercise St. Louis The C.V. Mosby Co. 1967.
7. Lamb, G.S. Essentials of Exercise Physiology. Delhi, Surjeet Publication, 1982.

## **Paper V : Kinesiology Care of Athletic Injuries and Health Education**

### **A. Kinesiology**

1. Role of Kinesiology in Physical Education and Sports.
2. Construction and Types of Joints in the body and their actions.
3. Origin, insertion and action of the muscles with special reference to the following muscles;
  - i. Pectoralis Major
  - ii. Pectorals Minor
  - iii. Serratus Anterior
  - iv. Rectus Abdomens
  - v. Trapezius
  - vi. Latissimus Dorsi
  - vii. Deltoid
  - viii. Teres Major
  - ix. Biceps
  - x. Triceps
  - xi. Rectus Femoris
  - xii. Vastus Eateralis
  - xiii. Vastus Midialis
  - xiv. Vastus Intermedius
  - xv. Sartorius
  - xvi. Biceps Femoris
  - xvii. Scmimembranosus
  - xviii. Semi Tendinosus
  - xix. Gastronemius
4. Body Levers – Lever action – I<sup>st</sup> class lever. II<sup>nd</sup> class lever, III<sup>rd</sup> class lever – Effect of angle of pull - Effect of angle of resistance.
5. Exercise programme for the development of the various parts of the body with special reference to the following:
  - i. Muscles of the Chest
  - ii. Muscle of the Abdomen
  - iii. Muscles of the Back

- iv. Muscles of the Neck
- v. Muscles of the upper Arm
- vi. Muscles of the Fore arm
- vii. Muscles of the Thigh
- viii. Muscles of the Calf

### **B. Care of Athletic Injuries**

- I. Introduction: Need for the subject of Physical and Medical examination of all Athletes – Diet – physiological rest – Graduated Muscular exercise.
- II. Role of the Trainer in Injury Prevention.
- III. Common types of Athletic Injuries (Pathology, Diagnosis and Treatment)
  - a. Sprains strains-contusion-Laceration and Abrasion.
  - b. Fractures and Dislocation
  - c. Internal Injuries.
- IV. Regional Injuries and their first aid Treatment.
  - 1. Ankle
  - 2. Knee
  - 3. Elbow
  - 4. Shoulder
  - 5. Wrist
  - 6. Finger
- V. Physiotherapy
  - 1. Guiding Principles of Physiotherapy.
  - 2. Modalities and their application and effects.
    - a. Hydrotherapy
      - i. Cold compress-ice cold water.
      - ii. Hot water bottle hot water bag.
      - iii. Immersion Hot water
      - iv. Contrast bath (Hot and cold)
      - v. Whirl pool bath
      - vi. Vapour bath
    - b. Electro Therapy
      - i. Infrared
      - ii. Diathermy
      - iii. Ultra Sonic
    - c. Massage Swedish System

History – Physiological effect – Principles – Manipulation – application.

### **C. Health Education**

1. What is Health? Factors that influence Health Heredity and Environment, Health requirements.
2. Causes of diseases infections-spread of infections. Public Health measures to combat infection-general methods of sanitation) drinking water supply, disposal of garbage, sewage, night soil and dead bodies).
3. Common Communicable disease like Malaria and Fileria, Typhoid, Cholera, and Dysentery, Small Pox, Whooping Cough, Diphtheria, Tetanus, Hydrophobia, Tuberculosis and Leprosy with special emphasis their preventive methods:
4. Immunity.
5. Personal Hydrogiene-Desirable Hygienic habits for each system of the body.
6. Public Health Administration.
7. School Health Problems.
8. School Health Organization – Instruction – Service Supervision, Community Health Agencies.

#### **Books Recommended:**

##### **A. Kinesiology**

1. Rash, Philip J. and Burke – R.K. Kinesiology and Applied Anatomy. Philadelphia Len & Febiger 1967.
2. Wells, Katharine F. Kinesiology. Philadelphia, W.B. Sannders Co. 1667.
3. Copper, John M. & Glasson, R.W. Kinesiology St. Louis C.V. Mosby Co. 1963.
4. Anderson, T.M. Kinetics and Analysing Body Movements.
5. Tucker, W.E. & castle Molley, Sportsman and their injuries Pelham Books Ltd. 1978.
6. Colson, John H.C. Armorer, William, J. Sports in Juries and their treatment, London, Stainley Paul, 1975.
7. Warner, Kuprian, Physical therapy for Sports, Philadelphia W.B. Saunders Co. 1982.
8. Joseph, R.B. Manipulation, Traction and Massage New York, William and Wilkins, 1971.

#### **Paper VI : Recreation, Camping and History of Physical Education**

##### **A. Recreation**

1. Introduction to Recreation : Definition, scope and significance – Philosophy and objective– Relationship of play; work, leisure theories of play and recreation.
2. Historical development of Recreation: Recreation in primitive culture – Greek period, Roman period and Middle ages – Development of Recreation in U.S.A. Recreation in India since Independence.
3. Organization and Administration: Agencies offering Recreation-Home, Governmental, Voluntary, Private and commercial agencies, Rural, urban and community and Industrial recreation – Areas, facilities. Equipments and their maintenance.



4. Programme Planning in Recreation: General Principles of programme construction – Types of Recreational activities – indoor and outdoor games Arts and Crafts, Drama, Music, hobbies, aquatics, dancing, nature study, hiking, Evaluation of programme.
5. Leadership and Techniques of Leadership: Types of Leaders and their qualification – Career aspects of Recreation.

### **B. Camping**

Scope and significance of Camping. Types of Camps, Selection and lay-out of camp sites, organization and administration of camps. Leadership and supervision. Camp programme and activities, Evaluation of camp work.

### **C. History of Physical Education**

1. Physical Education in Ancient Greece: Sparta; Athens; Origin and development of ancient Olympics.
2. Physical Education in European Countries: contributions of Basedow: Salzman, Guts Muths, John Spiess, Nachteggall Ling, Turnverein Movement, Revival of Olympics.
3. Physical Education in Ancient India: Advent of Aryans; Epic Age; Philosophic Age; Buddhist Age; Mohammedan period Influence of great Britain and U.S.A.; Y.M.C.A. and its contributions; Teacher Training in Physical Education; All India Council of Sports; Coaching Schemes; National Physical Efficiency. National School Games Federation; Association of Inter University Board of Sports.
4. Great names in the Modern India Sports

#### **Books Recommended:**

1. Butler George D. Introduction to community Recreation (5<sup>th</sup> Ed.) New York: M.C. Graw Hill Book Co. 1970.
2. Fitzgerald Gerald B. Leadership in Recreation, New York, A.S. Barnes and Co. 1941.
3. Meyer, Herold D. and Bright bill, Charles K. Community Recreation, Boston D.C. Heath Co. 1948.
4. Slavson, S.R. Recreation and the total personality, New York Association Press, 1948.
5. Khan, Eraj Ahmad, History of Physical Education, Patna, Scientific Book Co. 1964.
6. Rajgopalan, K.A. Brief History of Physical Education in India. Delhi, Army Publishers Pvt. Ltd. 1962.
7. Kamlesh, M.L. & Sangral M.S. Principles and History of Physical Education (Hindi) Ludhiana, Prakash Brothers, 1976.
8. S. Sanyal, Asian Games.

**B.P.Ed.**  
**(One Year Course)**  
**Practical I**  
**Practical Activities**  
**Athletics (Men and Women)**

**Periods – 60    Objectives**

1. Brief history of athletics including important competitions and personalities.
2. Demonstration of basic skills of athletics.
3. To familiarise with the rules of athletics.
4. To familiarise with the basic teaching patterns.
5. To familiarise with methods of construction layout and marking and field extents.
6. Officiating.

**Theory**

**Periods – 10**

1. A brief historical survey of athletics and also an elementary knowledge of international and national developments, important competitions, achievements table of India, Asia and World leading nations and outstanding personalities specially of India.
2. Rules of athletics.
3. Conditioning and warming up exercises.
4. Hygiene of athletics.
5. Etiquette
6. Test.

**Practice**

**Periods – 50**

**1. Running events**

- A.    1. Sprints : 100 M. 200 M. 400 M.**
1.    Methods of starts.
  2.    Standing and Crouch.
  3.    Starting strides
  4.    Full speed strides and body position
  6.    Coasting and curve running (200 M. and 400 M.) and finish
- B.    Medium & distance running (800 M. to 10,000 M.)**
1.    Standing starts
  2.    First 50 M. run
  3.    Strides and body position in running

4. Pace judgment
  5. Passing an opponent and finish
- C. Road running/cross country running
1. Dress and Personal equipment.
  2. Start
  3. Strides and body position and finish
- D. Hurdles races (100 M., 110 M. and 400 M.)
1. Start
  2. strides to the first hurdle
  3. Strides between hurdles and finish)
  4. Hurdle clearance

## **2. Jumping events**

- A. High jump Western and Straddle rule
1. Approach run
  2. Take off
  3. Cross bar clearance
  4. Landing
- B. Long Jump (Shill Hang and Hitch-Rick styles)
1. Approach run
  2. Take off.
  3. Flight and landing.
- C. Triple jump
1. Approach run.
  2. Take off.
  3. Landing of all the three Phase-Hop, step and jump.
- D. Pole vault
1. Hand hold
  2. Pole carry
  3. Pole Planting
  4. Swing up
  5. Pull up
  6. Body turn
  7. Cross bar clearance
  8. Landing

### 3. Throwing events

- A. Shot-throw and Put
  1. Hand hold
  2. Placement of shot
  3. Initial stance
  4. Glide
  5. Delivery stance
  6. Delivery action and body position
  7. Reverse and body position
  
- B. Throwing the discuss
  1. Hand hold.
  2. Stance.
  3. Preliminary swings.
  4. Turn.
  5. Delivery stance.
  6. Delivery action.
  7. Reverse
  
- C. Throwing the javelin
  1. Grip
  2. Carrying the Javelin
  3. Getting ready to throw
  4. Delivery stance
  5. Delivery action
  6. Reverse
  
- D. Relay races
  1. Visual and non-visual methods
  2. Methods of holding the baton
  3. Passing the baton
  4. Arrangement of runners
  5. Responsibilities of receiver and passer

नोट:- प्रत्येक घटना के प्रशिक्षण के साथ ही छात्रों को उसका उष्मीकरण एवं अनुकूलन व्यायामों का अभ्यास कराया जायेगा।

### **Evaluation Plan**

- |                          |            |
|--------------------------|------------|
| 1. Performance test      | 50 percent |
| 2. Oral and written test | 30 percent |
| 3. Professional aptitude | 10 percent |
| 4. Assignment            | 10 percent |

### **Reference Books:**

1. Bosen, Ken O., "Track & Field Fundamental Techniques", Patiala : N.I.S. Publication.
2. Paish, W.I.F. "Introduction to Athletics" London Feber and Feber Ltd. 1974.
3. Dyson, Geoffrey HG, and Edmundson, Joseph, "Athletics for schools": University of London Press Ltd. 1969.

### **Practical II Badminton (Men and Women)**

**Periods-30**

#### **Objective**

1. Brief history of badminton including important competitions and personalities.
2. Demonstration of basic skills.
3. To familiarize with the rules of badminton court.
4. To familiarize with the basic teaching patterns.
5. To familiarise with methods of construction layout and marking of badminton court.
6. Officiating

#### **Theory**

**Periods-5**

1. A brief historical survey of Badminton and also an elementary knowledge of international and national development competitions, achievement. table of India. Asia and world, leading nations and outstanding personalities, specially of India.
2. Rules of Badminton
3. Warming up exercise and conditioning.
4. Hygiene of Badminton
5. Etiquette
6. Test

#### **Practice**

- 1) Fundamental skills
  - a) Grip
  - b) Foot work
    - i) On ground stance

- ii) The pivot
- iii) Forehand return
- iv) Back court return
- c) Service
  - i) Short service
  - ii) Long service
- d) Strokes
  - i) Forehand stroke
  - ii) Backhand stroke
  - iii) Overhead stroke
  - iv) Net stroke
- e) Smash
  - i) Forehand
  - ii) Backhand
- f) The drop
- g) Regular game practice : game practice will be a part of daily lesson.
- h) Evaluation Test
  - i) Performance Test
  - ii) Oral & written Test
  - iii) Professional aptitude
  - iv) Assignment

**Reference Books :**

1. Seth. R.K. "Badminton", Patiala : The National institute of Sports 1971.
2. Pelton, Barry C, "Badminton", Englewood Cliffs, N.J. Prentice Hall Inc.,1971.
3. Mills. Roger and Butler. Eric. "Modern Badminton" London : Stanley Paul & Co. Ltd., 1969.

**Practical – III  
Football**

**Periods-40**

**Objectives**

1. Brief history of football including important competitions and personalities.
2. Demonstration of basic skills of football.
3. To familiarise with the rules of football.
4. To familiarise with the basic teaching pattern.
5. To familiarise with methods of construction. Layout and marking of football ground.
6. Officiating.

## **Theory**

**Periods-9**

1. A brief historical survey of football and also an elementary knowledge of international and national developments, important competitions, achievements tables of India. Asia and World. leading nations and outstanding personalities specially of India.
2. Rules of football game.
3. Conditioning and worming up exercises.
4. Hygiene of football.
5. Etiquette.
6. Test.

## **Practice**

**Periods-31**

- 1) Basic skills and their drills.
  - a) Kicking the ball.
    - i) Push kick 10
    - ii) Low drive
    - iii) Hip shot
    - iv) Volley
    - v) Half volley
    - vi) Half volley
  - b) Trapping the ball
    - i) Under the sole of the foot.
    - ii) Inside of the foot.
    - iii) Instep of the foot.
    - iv) Outside of the foot.
    - v) With shin.
    - vi) With thighs.
    - vii) With forehead
  - c) Heading the ball
    - i) Deflection side way
    - ii) Foreword
    - iii) Backward
  - d) Dribbling & tackling
    - i) Running and controlling the ball.
    - ii) Block tackle

- iii) Slide tackle
- e) Goal keeping
  - i) Pos Play
  - ii) Handling of high and low ball
  - iii) Servicing of the ball
  - iv) Clearance of the ball
- f) Evaluation plan
  - i) Performance test
  - ii) Oral and written test
  - iii) Professional aptitude
  - iv) Assignment

**Reference Books :**

1. Scientific Soccer by Roger Macdonald & Eric Batty.
2. Soccer Techniques & Tactics by jimmy Greaves.
3. The A to Z of Soccer by Michael Parkinson & Willis Hall.
4. Soccer (How to play) by David Baeuzzi.
5. All about foot-ball by Joseph Edmundson.

**Practical - IV  
Volleyball**

**Periods-40**

**Objective**

1. Brief history of Volleyball including important competitions and personalities.
2. Demonstration of basic skills of volleyball.
3. To familiarise with the rules of volleyball.
4. To familiarise with the basic teaching patterns.
5. To familiarise with methods of construction. Layout and making of volleyball court.
6. Officiating.

**Theory**

**Periods-8**

1. A brief historical survey of volleyball and also an elementary knowledge of international and national developments, important competition, achievements tables of India. Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of Volleyball.



3. Conditioning and warming up exercises.
4. Hygiene of Volleyball.
5. Etiquette.
6. Test.

### **Practices**

**Periods-32**

- 1) Pass
  - a) Different stances and related movement.
  - b) Upper hand pass
    - i) Forward pass
    - ii) Turn & pass
    - iii) Jump pass
    - iv) Back pass
  - c) Underhand pass
    - i) Two-hand pass
    - ii) One-hand pass
  - d) Pass with dive
    - i) Underhand forwarded pass with dive.
  - e) Pass with roll
    - i) Upper hand forward pass with back and said roll
    - ii) Underhand pass with side roll (one hand pass)
- 2) Service
  - a) Underhand service
  - b) Side arm service
  - c) Upper hand service
    - i) Tennis service
    - ii) Round arm service
  - d) High service
- 3) Setting up
  - a) Zone No. 4 (forward)
  - b) Zone No. 2 (backward)
- 4) Attack
  - a) Straight smash Two feet take off

- 5) Block
  - a) Single block
  - b) Group block
- 6) Regular games Practice : game practice will be a part of daily lesson.

### **Evaluation Plane**

Performance test	50 Percent
Oral and written test	50 Percent
Professional aptitude	10 Percent
Assignment	10 Percent

### **Reference Books:**

1. Sotir, Nicllac. "Winning Volleyball". London : Stanely Paul & Co. Ltd. 1973
2. Dhanraj, Hubert, V. "Volleyball for men & Women" New Delhi : Y.M.C.A. Publishing house.

### **Practical - V**

#### **Cricket**

#### Objectives

1. Brief history of cricket including important competition and personalities.
2. To familiarise with the rules of cricket.
3. To familiarise with the basic teaching patterns.
4. To familiarise with methods of construction, layout and marking of cricket field and pitch,
5. Officiating.

#### **Theory**

1. A Brief historical survey of cricket and also an elementary knowledge of international and national developments, important competitions, achievements tables of India. Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of Cricket.
3. Warming up exercises and conditioning.
4. Hygiene in cricket.
5. Etiquette.
6. Test.

## Practice

1. Batting
  - (a) Grip and stance.
  - (b) Strokes.
    - Strokes in front of wicket
      1. Straight drive
      2. Forward defensive stroke
      3. Backward defensive stroke
      4. Off drive
      5. On drive
      6. Forward cut
      7. Square cut
  2. Stroke behind the wicket.
    1. Late cut
    2. Hook
    3. Leg glance
3. Bowling
  - (a) Breaks
    1. Of break
    2. Leg break
    3. Googly
  - (b) Swinger
    1. In swinger or swerve from the
    2. Out swinger or swerve from the lag
    3. Short Ball
    4. Length Ball
4. Fielding and catching
5. Lead up exercises and drill
6. Regular game practice : game practice will be a part of daily lesson.

### Evaluation Plan

1. Performance Test
2. Oral and written test
3. Professional aptitude
4. Assignment

**Reference Books :**

1. Hibra, E.B. "Cricket", Patiala; N.I.S. Publishing House.

**Practical - VI****Kabaddi****Objectives**

1. Brief history of Kabaddi including important competitions and personalities.
2. Demonstration of basic skills of Kabaddi.
3. To familiarise with the rules of Kabaddi.
4. To familiarise with the basic teaching patterns.
5. To familiarise with methods of construction, layout and making of Kabaddi ground.
6. Officiating.

**Theory**

1. A brief historical survey of Kabaddi and an elementary knowledge of national developments, important competitions, achievements tables leading states and outstanding personalities.
2. Rules of Kabaddi game.
3. Conditioning and Warming up.
4. Hygiene of Kabaddi.
5. Etiquette.
6. Test.

**Practice**

1. Marking of Kabaddi ground.
2. Offensive Skills.
  - (a) The chant.
  - (b) Skills performed by the legs
    1. Toe touch
    2. Side kick
    3. Front kick
    4. Curve kick
    5. Cross kick
    6. Roll kick
    7. Mule kick or back kick
    8. Fly kick

3. Defensive skills
  1. Ankle catch
  2. Double ankle catch
  3. Knee catch
  4. Double knee catch
  5. Double thigh catch
  6. Trunk
  7. Wrist catch
  8. Crocodile catch
  9. Wrist catch with reverse grip
  10. Shoulder catch
  11. Washer man hold
4. Lead up games.
5. Regular game practice: Game practice will be a part of lesson.
6. Positional and system of play.
7. Altaelley and Defension strategy.

**Evaluation plan**

1. Performance test	50 Percent
2. Oral and written test	30 Percent
3. Professional aptitude	10 Percent
4. Assignment	10 Percent

**Reference Books :**

1. Rao, C.V. "Kabaddi", Patiala : N.I.S. Publication.

**Practical - VII**

**TENNIS**

1. Brief History of Tennis including important competitions and personalities.
2. Demonstration of Basic Skills.
3. To familiarize with rules of Tennis.
4. To familiarize Basic teaching patterns.
5. To familiarize with methods of construction layout and marking of Tennis Court.
6. Officiating.

## **Theory**

1. Brief historical Survey of Tennis and also elementary knowledge of Developmental competitions, achievement Tables of India, Asia and world, leading Nations and outstanding Personality specially of India.
2. Rules of Tennis.
3. Warning up Exercise and conditioning.
4. Test.
5. Etiquette.

## **Practice**

1. Fundamental skills :
  - (a) Basic strokes :
    - i) Grip – Ready position, foot work, Back swing, point of impact, follow through.
    - ii) Back hand – as above.
    - iii) Service - grip, stance, Back swing, point, of impact, and follow through.
    - iv) Volleys – grip, Ready position.
    - v) Lobs – offensive, defensive.
    - vi) Smash.
    - vii) Drop shots.
  - (b) Variations in
    - i) Grand strokes.
    - ii) Service.
    - iii) Vallugs.
    - iv) Labs.
2. Tactics :
  - (a) Offensive strokes.
  - (b) Defensive strokes.
  - (c) Across-offensive and Defensive tactics.

(d) Doubles-offensive and Defensive tactics.

3. Regular game practice: game practice will be a part of Daily lesson.

**Evaluation test**

1. Performance test	50 percent
2. Oral and written test	30 percent
3. professional aptitude	10 percent.
4. Assignment	

**Reference Books :**

1. Brown, Jim Tennis stoker strategy and programs. New J. Prentice Hall, The Englewood cliffs 1980.
2. Trengove, Alan the art of Tennis London: Hadder and Strengoea Ltd., Warwick Lane 1964.
3. Howtan Mary, How to play winning Tennis, New York Ecothirtfy one west 39<sup>th</sup> Street, 1979.

**Practical – VIII**

**Hockey**

**Periods-35**

**Objectives**

1. Brief history of hockey including important competitions and personalities.
2. Demonstration of basic skills of hockey.
3. To familiarize with the rules of hockey.
4. To familiarize with the basic teaching patterns.
5. To familiarize with the basic teaching patterns.
6. Officiating.

**Theory**

**Periods-10**

1. A brief historical survey of hockey and an elementary knowledge of International and National developments, important competitions, achievements tables of India. Asia and World. Leading Nations and out standing personalities specially of India.

2. Rules of hickey game.
3. Warming up exercises and conditioning.
4. Hygiene of hockey.
5. Etiquette.
6. Test.

### **Practice**

**Periods-25**

**A.** Basic skills and their drills

1. Grip of stick
2. Dribbling
3. Stopping the ball
4. Stroke
5. Hit & Variations
6. Push & Variations
7. Scoop
8. Reverse stroke
9. Flick
10. Jab
11. Tackling
12. Dodging right and left

**B.** Use of skills in game situations, lead up practices

**C.** Positional play

**D.** Strategy-attack and defence

**E.** Regular game practice: Game practice will be a Par of daily lesson.

**Evaluation Plan:**

Performance test	50 percent
Oral and written test	30 percent



Professional aptitude	10 percent
Assignment	10 percent

### **Practical – IX**

#### **Basket ball**

**Periods-40**

#### **Objectives**

1. Brief history of basketball including important competition and personalities.
2. Demonstration of basic skills of basketball.
3. To familiarise with the rules of basketball.
4. To familiarise with the basic teaching patterns.
5. To familiarise with methods of construction, layout and marking of basketball.
6. Officiatory.

#### **Theory**

**Periods-8**

1. A brief historical survey of basketball and also an elementary knowledge of international and National developments, important competitions, achievements tables of India, Asia and world leading Nationals and outstanding personalities, specially of India.
2. Rules of basketball game.
3. Conditioning and warming up exercises.
4. Hygiene of basketball.
5. Etiquette.
6. Test.

#### **Practice**

**Periods-32**

1. Ball handling.
2. Catching the ball.

3. Pass and their drills
  - (a) Chest pass
  - (b) Side pass (variations)
  - (c) Overhead pass (variations)
  - (d) Bounce Pass (variations)
  - (e) Underhand pass (variations)
  - (f) Basketball pass (variation)
  - (g) Back pass (variations)
4. Passes on the move and drills.
5. Dribbling
  - (a) Bouncing on the spot
  - (b) High-Low (variations)
  - (c) Zigzag dribbling
6. Shooting
  - (a) Set shot variations
  - (b) Free throw-variations
  - (c) Lay up shot-variations
  - (d) Tip in shot
7. Foot work in movement
  - (a) Stances
  - (b) Change of direction
  - (c) Change of pace
  - (d) Sliding
  - (e) Drills
8. Pivoting
  - (a) Stationary
  - (b) Reverse

(c) Front

9. Individual defence

(a) Stance

(b) Foot work

(c) Position of hands

10. Rebounding variations

(a) Offensive and defensive rebounding

11. Team defence (variation)

(a) Man to man

(b) Zone defence

(c) Combination of defence

12. Team offences

(a) Fast break

(b) Simple offensive play

13. Regular game practice: Game practice will be part of daily lesson.

**Evaluation Plan:**

1. Performance Test.
2. Oral and written test.
3. Professional aptitude.

**Reference Books:**

1. Srivatsan, S., "Basketball", Patiala: N.I.S. Publication, 1971.
2. Meissner, and Meyer, "Basketball for Girls, New York The Ronald Press Company.
3. Abraham, C.C., "Basketball for Men & Women", Calcutta Y.M.C.A. Publishing House, 1956.

**Practical – X**  
**Yogasana**  
**Practical & Theory Syllabus**

**Asanas:**

1. Padmasana
2. Vajrasana
3. Savasana
4. Bhujangasana
5. Dhanurasana
6. Matsyasana
7. Shalabhasana
8. Halasana
9. Paschimotanasana
10. Yoga mudra
11. Vakrasana
12. Ardhamatsyendrasana
13. Sarvangasana
14. Shirshasana
15. Mayurasana
16. Vrikashasana
17. Tadasana
18. Makarasana
19. Suryanamaskar

Yoga benefits, caution, and therapeutic aspect of yoga.

**NOTE:** Gymnastics, Swimming, Kho-Kho, Hand Ball, Wrestling and Judo will be included in coming years after developing the infrastructure, appointment of trained specialist Teachers in concerning game and other facilities.

