

**UNIFORM CURRICULUM STRUCTURE AND EXAMINATION PATTERN FOR  
2 YEARS B.P.Ed. COURSE IN  
WEST BENGAL  
FOLLOWING  
NCTE REGULATIONS, 2014**

**Higher Education Department  
Government of West Bengal**

**Bikash Bhavan, Salt Lake, Kolkata – 700091.**

**REGULATIONS RELATING TO CONDUCT OF EXAMINATION OF BACHELOR OF  
PHYSICAL EDUCATION (B.P.ED) COURSE UNDER SEMESTER SYSTEM (I+I+I+I)  
WITH EFFECT FROM 2015 – 2017 SESSION**

1. In all there shall be 17 (Seventeen) theoretical papers. Total distribution of marks for B.P.Ed. course under four semester will be as follows:

<b>Semester</b>	<b>Theory Course</b>	<b>Practical Course</b>	<b>Teaching Practice</b>	<b>Total</b>
I	04 Papers = 300 marks	200 marks	----	500 marks
II	04 Papers = 400 marks	150 marks	----	550 marks
III	04 Papers = 400 marks	----	200	600 marks
IV	05 Papers = 400 marks	150 marks	----	550 marks
Total	17 Papers = 1500 marks	500 marks	200	2200 marks

The candidates will be evaluated out of 2200 mark (Semester I, II, III and IV) including theory course, practicum and teaching practice.

2. Each candidate appearing in the B.P.Ed. Examination shall submit the examination form duly filled in along with the prescribed fees within stipulated time period before each semester.
3. **Condonation:** Student must have 75% of attendance in each course for appearing in the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.
4. **Examinations:**
- There shall be examinations at the end of each semester, for first semester in the month of November /December: for second semester in the month of May / June. A candidate who does not obtain pass marks in the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or May / June.
  - A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed or belated joining or on medical grounds, such candidates will not be permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student;

however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

1. A candidate shall be allowed to write in Bengali or in English language in the University examinations.
2. If a candidate after completion of regular course of study in any of the semester fails to enroll as a candidate to present him/her in the examination or appears but fails to complete the respective semester examination due to any reason, he/she will have a chance to appear in the same examination in the following semester.
3. To pass a particular semester examination a candidate must secure at least 40% marks in the theory course for CIA and external examination and 50% marks for the practical courses.
4. If a candidate fails to secure 40% marks in any of the theory course or 50% marks in any of the practical course in a semester he/she will have to appear in the respective theory and practical course alongwith the following semester examination.
5. If a candidate fails to secure 50% marks in teaching practice he/she will have one chance to qualify the same.
6. Questions are to be set in Bengali and in English version as well.
7. A candidate shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.
8. A candidate of either semester shall be allowed to attend classes of following semester if he/she does not have two back papers either in theory, practical course or teaching practice.
9. Format of question papers for four units: Each question paper shall have five questions and the patterns are as follows:

Question No.	Description	Marks
1	Answer in detail (Long question) Or Answer in detail (Long question) (from Unit 1)	15
2	Answer in detail (Long question) Or Answer in detail (Long question) (from Unit 2)	15
3	Answer in detail (Long question) Or Answer in detail (Long question) (from Unit 3)	15
4	Write short notes: Any two out of four (From Unit 4)	15
5	M.C.Q. type questions (10 out of 12 questions) (Three questions from each unit)	10
	Total	70

10. (a) Each theory paper will be set by two examiners and one of them will act as an examiner
- (b) For evaluation of practical course and teaching practice the external examiner be appointed in such a way that he/she does not represent the home college or department.
- (c) Re assessment system of answer scripts to be exercised by the university.
- (d) For each theory, practical and teaching practice 30% marks are assigned for CIA and 70% marks for term end examination.
15. Spot evaluation procedures to be followed for examining the theory course in respective semester and the result for each semester is to be published before commencement of following semester.

16. Provision of awarding two (+01) grace mark for securing 1<sup>st</sup> class in the final end semester examination be rest upon the discretionary authority of the Hon'ble Vice Chancellor.
17. A Board of Studies for B.P.Ed. course shall be formed with 07 (Seven) members (As per provision of the University Statuette. The B.O.S. shall recommend the panel of paper setters, examiners, moderators and head examiners and shall forward the same to the Hon'ble Vice Chancellor for approval.
18. The proposed curriculum of B.P.Ed. programme as per NCTE Regulations, 2014 shall replace the existing content and structure of B.P.Ed. course.
19. Notwithstanding anything covered in the above regulations, Hon'ble Vice Chancellor shall have the authority to exercise his discretionary power from time to time.

### **Duration of the Course**

Bachelor of Physical Education (B.P.Ed.) is a professional programme of two academic year duration consists of four semesters Choice Based Credit System (CBCS) meant for preparing teachers of Physical Education.

However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

**Intake:** As per NCTE norms

### **Eligibility Criteria:**

As per with the NCTE norms and regulations which has been notified in the Gazette.

### **Admission Procedure:**

- (1) Physical Fitness Test – 5 (Five) test items from AAHPERD Youth Fitness Test  
 10 X 5 = 50 marks  
 (50 Yard Dash, 600 Yard Run & Walk, Standing Broad Jump, Shuttle Run & Bent Knee Sit Ups)
- (2) Knowledge Test – (Covering the syllabus of Physical Education) =15 marks
  - (a) Multiple Choice Questions: 10 marks
  - (b) Small Answer Type : 05 marks  
 (Maximum 100 words)
- (3) Personality Test - = 05 marks  
 (Knowledge about recent and past of the Country/State, Vocabulary and Expression)

### **The CBCS System**

All programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

### **Course**

The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/tutorials/laboratory work/field work/outreach activities/project work/vocational training/viva/seminars/term papers/assignments/ presentations/ self-study etc. or a combination of some of these.

### **Semesters**

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be

scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

### **Credits**

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to sixteen hours of teaching (lecture or tutorial) and thirty two hours for practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.Ed. programme is 90 credits and for each semester 20 credits.

### **Provision of Bonus Credits (Maximum 06 Credits in each Semester)**

<b>Sr. No.</b>	<b>Special Credits for Extra Co-curricular Activities</b>	<b>Credit</b>
1	Sports Achievement at Stale level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation (International level Competition)	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two game)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
7	Organization / Officiating – State / National level in any two game	2
8	News Reposting / Article Writing / book writing / progress report writing	1
9	Research Project	4

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

### **Examinations:**

**i.** There shall be examinations at the end of each semester, for first semester in the month of November /December: for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in December or June.

**ii.** A candidate should get enrolled /registered for the first semester examination. If enrolment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall rejoin the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

### **Condonation:**

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

### **Pattern of Question Papers**

Question Papers shall have five questions corresponding to four units of each theory course.

### **B.P.Ed.: Format of Question Paper for 4 Units**

Each question paper shall have five questions. The pattern will be as follows:

<b>Question No.</b>	<b>Description</b>	<b>Marks</b>
<b>1</b>	Answer in detail (Long Question) or Answer in detail (Long Question) (Form Unit 1)	15
<b>2</b>	Answer in detail (Long Question) or Answer in detail (Long Question) (Form Unit 2)	15
<b>3</b>	Answer in detail (Long Question) or Answer in detail (Long Question) (Form Unit 3)	15
<b>4</b>	Write short notes: any two out of four (Form Unit 4)	15
<b>5</b>	M.C.Q. Type Questions (10 out of 12 Que.) (3 Questions. from each unit)	10
<b>Total</b>		<b>70</b>

### **Evaluation**

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

One Test	15 Marks
Seminar/ Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

### **Minimum Passing Standard**

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for the practical courses.

### **Grading System**

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided below from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

$$CGPA = \frac{\sum_{j=1}^n SGPA_j}{N}$$

Where  $C_i$  is the Credit earned for the course is in any semester;  $G_i$  is the Grade point obtained by the student for the course  $i$  and  $n$  number of courses obtained in that semester;  $SGPA_j$  is SGPA of semester  $j$  and  $N$  number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

### Classification of Final Results

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second class / Pass class, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should score First / Second Class separately in both the grand total and end Semester (External) examinations.

### Award of the B.P.Ed. Degree

A candidate shall be eligible for the award of the degree of the B.P.Ed. only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

### Letter Grades and Grade Points

i. Two methods-relative grading or absolute grading— have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

### Grade Conversion Table (GCT)

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

### Grade Point Calculation

**Calculation of Semester Grade Point Average (SGPA) and Credit Grade Point (CGP) and declaration of class for B. P. Ed. Programme**

The credit grade points are to be calculated on the following basis:



<b>COURSE CODE</b>	<b>PAPER TITLE</b>	<b>MARKS</b>	<b>CREDIT</b>
	<b>PART – A THEORY COURSE</b>		
BCC – 101	History, Principles and Foundations of Physical Education & Olympic Movement	100	4
BCC – 102	Anatomy and Physiology	100	3
BCC – 103	Health Education & Environmental Studies	50	2
BCC – 104	Theory of Games & Sports, Officiating and Coaching	50	2
	<b>PART – B PRACTICUM</b>		
BPCC - 101	Track and Field (Running Events)	50	1
BPCC - 102	Swimming / Gymnastics / Shooting	50	1
BPCC - 103	Indigenous Sports: Kabaddi / Malkamb / Lezium / March Past	50	1
BPCC - 104	Mass Demonstration Activities: Kho-Kho / Dumbbell / Tipri / Wands / Hoops / Umbrella	50	1
	<b>Total</b>	<b>550</b>	<b>15</b>

<b>SEMESTER – II</b>			
<b>COURSE CODE</b>	<b>PAPER TITLE</b>	<b>MARKS</b>	<b>CREDIT</b>
	<b>PART – A THEORY COURSE</b>		
BCC - 201	Yoga Education	100	2
BCC - 202	Educational Technology and Methods of Teaching in Physical Education	100	2
BCC - 203	Sports Management	100	2
BCC - 204	Contemporary Issues in Physical Education	100	4
	<b>PART – B PRACTICUM</b>		
BPCC - 201	Track and Field (Jumping Events)	50	1
BPCC - 202	Aerobics/Gymnastics/Swimming	50	1
BPCC - 203	Racquet Sports: Badminton/Table Tennis/Squash/Tennis	50	1
	<b>Total</b>	<b>550</b>	<b>13</b>

<b>SEMESTER – III</b>			
<b>COURSE CODE</b>	<b>PAPER TITLE</b>	<b>MARKS</b>	<b>CREDIT</b>
	<b>PART – A THEORY COURSE</b>		
BCC - 301	Sports Training	100	3
BCC - 302	ICT in Physical Education & Sports Sciences	100	2
BCC - 303	Sport Psychology & Sociology	100	3
BCC - 304	Sports Medicine, Physiotherapy and	100	3



	Rehabilitation		
	<b>PART – B PRACTICES</b>	<b>TEACHING</b>	
BTPCC - 301	Teaching Practice	200	1
	<b>Total</b>	<b>600</b>	<b>12</b>

<b>SEMESTER – IV</b>			
<b>COURSE CODE</b>	<b>PAPER TITLE</b>	<b>MARKS</b>	<b>CREDIT</b>
	<b>PART – A COURSE</b>	<b>THEORY</b>	
BCC - 401	Measurement and Evaluation in Physical Education	100	3
BCC - 402	Kinesiology & Biomechanics	100	3
BCC - 403	Basics of Research and Statistics in Physical Education	100	2
BCC - 404	Adapted Physical Education	50	2
BCC - 405	Gender Studies	50	2
	<b>PART – B PRACTICUM</b>		
BPCC - 401	Track & Field / Gymnastics / Swimming (Any one out of three)	50	1
BPCC - 402	Team Games (Any two)	50	1
BPCC - 403	Combative Sports	50	1
	<b>Total</b>	<b>550</b>	<b>15</b>

<b>TOTAL CREDITS</b>	
Semester I	Total Credits: 20 Theory: 15 Practical: 5
Semester II	Total Credits: 22 Theory: 13 Practical: 9
Semester III	Total Credits: 24 Theory: 12 Practical: 12
Semester IV	Total Credits: 22 Theory: 15 Practical: 7
Total Course Credit	88
Theory Credit	55
Practicum Credits	33

**COURSE DETAILS  
SEMESTER - I**

<b>PART – A THEORY PAPER</b>						
<b>Paper – I</b>	<b>Subject: HISTORY, PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION &amp; OLYMPIC MOVEMENT</b>					
<b>Course Code: BCC– 101 Marks : 100</b>	<b>Credit</b>	<b>Class Teaching Hours</b>	<b>Internship/ Practicum</b>	<b>Total Teaching Hours</b>	<b>Internal Assessment Weightage</b>	<b>External Assessment Weightage</b>
		<b>4</b>	64	....	64	30
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
Unit – 1 Credit - 1	<b>History, Principles and Foundations of Physical Education &amp;</b>					

	<b>Olympic Movement</b>
1.1	Meaning, Definition and Scope of Physical Education
1.2	Aim and Objectives of Physical Education
1.3	Misconceptions about Physical Education
1.4	Relationship of Physical Education with General Education
1.5	Physical Education as an Art and Science
<b>Unit – 2 Credit - 1</b>	<b>Historical Development of Physical Education in India</b>
2.1	Indus Valley Civilization Period. (3250 BC – 2500 BC)
2.2	Vedic Period (2500 BC – 600 BC)
2.3	Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
2.4	Medieval Period (1000 AD – 1757 AD)
2.5	British Period (Before 1947) with reference to development of Physical Education in West Bengal
2.6	Physical Education in India (After 1947) with reference to development of Physical Education in West Bengal
2.7	Contribution of Akhadas, Vyayamshalas and Bratachari movement
<b>Unit–3 Credit– 1/2</b>	<b>Foundation of Physical Education</b>
3.1	Philosophical foundation:
3.1.1	Idealism
3.1.2	Pragmatism
3.1.3	Naturalism
3.1.4	Realism, Humanism and Existentialism
<b>Unit– 4 Credit – 1</b>	<b>Principles of Physical Education</b>
4.1	Biological
4.1.1	Evolution of Man, Biped position: Advantages and disadvantages
4.1.2	Age, Gender Characteristics
4.1.3	Body Types
4.1.4	Anthropometric differences
4.2	Psychological
4.2.1	Learning types, learning curve
4.2.2	Laws and principles of learning
4.2.3	Attitude, interest, cognition, emotions
4.3	Sociological
4.3.1	Socialization through Physical Education
4.3.2	Leadership
4.3.3	Social integration, cohesiveness and facilitation
<b>Unit–5 Credit– 1/2</b>	<b>Olympic Movement</b>
5.1	Origin of Olympic Movement
5.1.1	History of ancient Olympic movement
5.1.2	Significant stages in the development of the modern Olympic movement
5.2	Modern Olympic Games
5.2.1	Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic oath
5.2.2	
5.2.3	Olympic Code of Ethics
	IOC and its Structure and function

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<b>Paper – II</b>		<b>Subject: ANATOMY AND PHYSIOLOGY</b>				
Course Code: <b>BCC– 102</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
Marks: <b>100</b>	<b>3</b>	48	1 C : 32	80	30	70
<b>UNITS / CREDIT</b>		<b>CONTENT</b>				
<b>Unit–1 Credit– ½</b>	<b>Introduction</b>					
1.1	Definition and importance of studying Anatomy and Physiology in Physical Education					
1.2	Cell, Function of cell					
1.3	Tissue, Types of tissue					
<b>Unit– 2 Credit – 2</b>	<b>Systems: Effect of Exercise on Various Systems</b>					
2.1	Circulatory System: Heart, Its function, Mechanism of circulation, Cardiac Cycle, Blood Composition and function					
2.2	Skeletal System: Bone, Clarification and function, Anatomical difference between male and female					
2.3	Muscular System: Structure of muscle, Types of muscle, Functions					
2.4	Nervous System: Central and Autonomic Nervous System, Synapse					
2.5	Endocrine System: Glands, location, secretion and function of different endocrine glands of human					
2.6	Digestive and Excretory System: Parts of digestive tract, Process of					

	digestion, Digestive juice
<b>Unit-3 Credit –1/2</b>	<b>Effect of Exercise on Different Systems</b>
3.1	Types of Muscular Contraction, Effect of exercise on Muscular System
3.2	Cardiac output, Stroke Volume, Athletic Heart, Effect of exercise on
3.3	Circulatory System
3.4	O <sub>2</sub> Debt, Second Wind, Vital Capacity, Effect of Exercise on Respiratory System

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<b>Paper - III</b>	<b>Subject: HEALTH EDUCATION AND ENVIRONMENTAL STUDIES</b>					
<b>Course Code: BCC- 103</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 50</b>	<b>2</b>	32		32	15	35
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit-1 Credit- 1/2</b>	<b>Health Education</b>					
1.1	Concept, Dimensions, Spectrum and Determinants of Health					
1.2	Aim, objectives and Principles of Health Education					
1.3	Definition of Health, Health Education, Health Instruction, Health Supervision					
1.4	Health Services and guidance instructions in personal hygiene					
<b>Unit-2 Credit – 1/2</b>	<b>Health Problems in India</b>					
2.1	Communicable and Non Communicable Diseases					
2.2	Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,					
2.3	Environmental Hygiene for school					
2.4	Objectives of school health service, Role of health education in school					
2.5	Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, First- Aid and emergency care					
<b>Unit-3 Credit – 1/2</b>	<b>Environmental Sciences</b>					
3.1	Definition, Scope, Need and Importance of environmental studies.					
3.2	Concept of environmental education and Historical background of					

3.3	environmental education,
3.4	Celebration of various days in relation with environment.
3.5	Plastic recycling & probation/prohibition of plastic bag / cover.
	Role of school in environmental conservation and sustainable development.
<b>Unit-4 Credit- 1/2</b>	<b>Natural Resources and related environmental issues</b>
4.1	Water resources, Food resources and Land resources
4.2	Definition, effects and control of- Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
4.4	Management of environment and Govt. Policies. Role of pollution control board.

### References

1. Agrawal, K.C. (2001). *Environmental Biology*. Bikaner: Nidhi publishers Ltd.
2. Frank, H. & Walter, H., (1976). *Turners School Health Education*. Saint Louis: The C.V. Mosby Company.
3. Nemir, A. (N.D.). *The School Health Education*. New York:Harber and Brothers.
4. Odum, E.P. (1971). *Fundamental of Ecology*. U.S.A.: W.B. Saunders Co.

<b>Paper – IV</b>	<b>Subject: THEORY OF GAMES &amp; SPORTS, OFFICIATING AND COACHING</b>					
<b>Course Code: BCC– 104</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 50</b>	<b>2</b>	32		32	15	35
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit-1 Credit – 1/2</b>	<b>Introduction of Officiating and Coaching</b>					
1.1	Concept of officiating and coaching					
1.2	Philosophy of Officiating and Coaching					
1.3	Duties of coach in general, pre, during and post game.					
1.4	Responsibilities, Qualities and Qualifications of a coach on and off the field					
<b>Unit-2 Credit – 1/2</b>	<b>Theories of Sports and Games</b>					
2.1	General Introduction of specialized games and sports: Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga (Any two)					
2.2	<b>Each game or sports to be dealt under the following heads</b>					
2.2.1	History and development of the Game and Sports					
2.2.2	Ground preparation, dimensions and marking					
2.2.3	Standard equipment and their specifications					
2.2.4	Ethics of sports and sportsmanship					
<b>Unit –3 Credit – 1</b>	<b>Advance Training (for particular specialized Games or Sports)</b>					
3.1	Concept of Conditioning and warming up.					
3.2	Role of weight training in games and sports.					
3.3	Teaching of fundamental skill & their mastery (technique, tactic and different phases of					
3.4	skill acquisition).					
3.5	Recreational and Lead up games					

### References

1. Bunn, J. W. (1968). *The Art of Officiating Sports*. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). *Scientific Principles of Coaching*. Englewood cliffs N. J. Prentice Hall.
3. Dyson, G. H. (1963). *The Mechanics of Athletics*. London: University of London Press Ltd.
4. Lawther, J.D. (1965). *Psychology of Coaching*. New York: Pre. Hall.
5. Singer, R. N. (1972). *Coaching, Athletic & Psychology*. New York: M.C. Graw Hill.
6. O.P. Sharma *Rules of Games & Sports*. Khel Sahitya Kendra

**PART – B  
PRACTICUM  
SEMESTER – I**

<b>Course Code: BPC-101</b>	<b>Subject: Track and Field (Running Events)</b>
<b>Full Marks – 50</b>	
<b>Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 &amp; on External Assessment – 25</b>	
<b>Course Code: BPC-101</b>	<b>Running Event</b>
Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug Ground Marking, Rules and Officiating Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques. Types of Hurdles Ground Marking and Officiating.	
<b>Relays: Fundamental Skills</b>	
Various patterns of Baton Exchange Understanding of Relay Zones Ground Marking Interpretation of Rules and Officiating.	
<b>Course Code: BPC-102</b>	<b>Subject: Gymnastics/ Swimming/ Shooting (Any One out of Three) Full Marks – 50</b>
<b>Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 &amp; on External Assessment – 25</b>	
<b>Course Code: BPC-102</b>	<b>Gymnastics: Floor Exercise</b>
Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap. Vaulting Horse Approach Run, Take off from the beat board, Cat Vault, Squat Vault.	
<b>Course Code: BPC-102</b>	<b>Swimming: Fundamental Skills</b>
Entry into the pool. Developing water balance and confidence Water fear removing drills. Floating-Mushroom and Jelly fish etc. Gliding with and without kickboard.	



<b>Weightage on Internal Assessment – 25 &amp; on External Assessment – 25</b>
<b>Course Code: BPC – 104 Kho Kho</b>
General skills of the game-Running, chasing, Dodging, Faking etc. Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul. Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills. Ground Marking Rules and their interpretations and duties of officials.
<b>Course Code: BPC – 104 Dumbbells/ Wands/ Hoops/ Umbrella/Tipri</b>
Apparatus/ Light apparatus Grip Attention with apparatus/ Light apparatus Stand – at – ease with apparatus/ light apparatus Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count. Standing Exercise, Jumping Exercise, Moving Exercise and Combination of above all

### SEMESTER - II

<b>PART – A THEORY PAPER</b>						
<b>Paper - V</b>	<b>Subject: YOGA EDUCATION</b>					
<b>Course Code: BCC– 201</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 100</b>	2	32	2C:64	96	30	70
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit – 1 Credit – 1/2</b>	<b>Introduction of Yoga</b>					
1.1	Meaning and Definition of Yoga					
1.2	Aim and Objectives of Yoga					
1.3	The Yoga Sutras: General Consideration					
1.4	Need and Importance of Yoga in Physical Education and Sports					
<b>Unit – 2 Credit – 1/2</b>	<b>Foundation of Yoga</b>					
2.1	The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi					
2.2	Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga					
<b>Unit – 3 Credit – 1/2</b>	<b>Yogic Practices</b>					
3.1	Effect of Asanas and Pranayamas on various systems of the body					
3.2	Classification of Asanas with special reference to Physical Education and Sports					
3.3	Influences of relaxative, meditative posture on various system of the body					
3.4	Types of Bandhas, Mudras and Kriyas					
<b>Unit – 4 Credit – 1/2</b>	<b>Yoga Education</b>					
4.1	Basic, applied and action research in Yoga					
4.2	Difference between yogic practices and physical exercises					
4.3	Yoga as active healthy life					



4.4	Yoga as therapy
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### References

1. Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
2. Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonavla: Kaivalyadhama.
3. Rajjan, S. M. (1985). *Yoga strenthening of relaxation for sports man*. New Delhi:Allied Publishers.
4. Shankar, G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers.
5. Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.
6. Gharote, M.L. Applied Yoga, Lonavla, Kaivalyadhama
7. Swami Kvalananda, *Asanas* Kaivalyadhama, Lonavla, Maharashtra

PART – A THEORY PAPER						
Paper - VI	Subject: EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION					
Course Code: BCC– 202	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
Marks: 100	2	32	2C:64	96	30	70
UNITS / CREDIT	CONTENT					
Unit – 1 Credit – 1/2	Introduction					
1.1	Education and Education Technology- Meaning and Definitions					
1.2	Types of Education- Formal, Informal and Non- Formal education.					
1.3	Educative Processes					
1.4	Importance of Devices and Methods of Teaching.					
Unit – 2 Credit – 1/2	Teaching Technique					
2.1	Teaching Techniques – Lecture method, Command method, Demonstration method, Imitation method, Project method etc.					
2.2	Teaching Procedure – Whole method, Whole – part – whole method, Part – whole method.					
2.3	Presentation Technique – Personal and Technical preparation					
2.4	Command- Meaning, Types and its uses in different situations.					
Unit-3 Credit – 1/2	Teaching Aids					
3.1	Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.					
3.2	Types of Teaching aids – Audio aids, Visual aids, Audio – visual aids,					
3.3	Meaning, Principles and advantage of team teaching.					
3.4	Difference between Teaching Methods and Teaching Aid.					
Unit-4 Credit – 1/2	Lesson Plan and Teaching Innovations					
4.1	Meaning, Types and principles of lesson plan.					
4.2	General and specific lesson plan.					
4.3	Meaning, Types and steps of Micro and Macro teaching.					
4.4	Simulation Teaching - Meaning, Types and steps of simulation teaching					

### References:

1. Bhardwaj, A. (2003). *New media of educational planning*.New Delhi:Sarup of Sons.
2. Bhatia,& Bhatia,(1959). *The principles and methods of teaching*.New Delhi: Doaba House.

3. Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
4. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.
5. Walia, J.S. (1999). *Principles and methods of education*. Jullandhar: Paul Publishers.

<b>PART – A</b>						
<b>THEORY PAPER</b>						
<b>Paper - VII</b>	<b>Subject: SPORTS MANAGEMENT</b>					
<b>Course Code: BCC– 203</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 100</b>	2	32	2C:64	96	30	70
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit – 1 Credit – 1/2</b>	<b>Introduction</b>					
1.1	Brief introduction of Sports Management (Meaning, Definition, Purpose and Scope)					
1.2	Essential Skills of Sports Manager					
1.3	Planning and their basic principles,					
1.4	Program planning: Meaning, Importance, Principles of program planning in physical education.					
<b>Unit – 2 Credit – 1/2</b>	<b>Office Management, Record, Register &amp; Budget</b>					
2.1	Office Management: Meaning, definition, functions and kinds of office management					
2.2	Records and Registers: Maintenance of attendance Register, Stock register, Cash register, Physical efficiency record, Medical examination Record.					
2.3	Budget: Meaning, Importance of Budget making,					
2.4	Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.					
2.5	Principles and Scope of Budgeting					
<b>Unit-3 Credit – 1/2</b>	<b>Facilities, &amp; Time-Table Management</b>					
3.1	Facilities and Equipment management: Types of facilities: Infrastructure-indoor, outdoor, academic & administrative blocks, research wing, library etc.					
3.2	Care and Maintenance of school building, Gymnasium, swimming pool, Play fields, Play grounds					
3.3	Equipment: Need, importance, purchase, care and maintenance.					
3.4	Time Table Management: Meaning, Need, Importance and Factor affecting time table.					
3.5	Sports Management System in School, College and University					
<b>Unit-4 Credit – 1/2</b>	<b>Competition Organization</b>					
4.1	Importance of Tournament,					
4.2	Types of Tournament and its organizational structure - Knock-out, League or Round Robin, Combination and challenge Tournaments.					
4.3	Organizational structure of Athletic Meet					
4.4	Intramurals & Extramural					

**References:**

1. Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.

2. Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Louis: The C.V. Mosby Co.
3. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
4. Pandey, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depot.
5. Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
6. Thomas, J. P. (1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.
7. Tirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.
8. Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

<b>PART – A</b>						
<b>THEORY PAPER</b>						
<b>Paper - VIII</b>	<b>Subject: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION</b>					
<b>Course Code: BCC– 204</b>	Credit	Class Teaching Hours	Internship/Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 100</b>	4	64		64	30	70
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit – 1 Credit – 1</b>	<b>Concept of Fitness and Wellness</b>					
1.1	Definition, Physiological, Psychological and Sociological objectives of Fitness and Wellness					
1.2	Fitness: Types of Fitness and Components of Fitness					
1.3	Importance and scope Fitness and Wellness					
<b>Unit – 2 Credit – 1</b>	<b>Principles of Exercise Program</b>					
2.1	Means of Fitness development – aerobic and anaerobic exercises					
2.2	Exercises and Heart rate Zones for various aerobic exercise intensities					
2.3	Concept of free weight Vs Machine, Sets and Repetition etc.					
2.4	Concept of designing different fitness training program for different age groups.					
<b>Unit-3 Credit – 1</b>	<b>Introduction to Sports Nutrition</b>					
3.1	Meaning and Definition of Sports Nutrition					
3.2	Role of Nutrition in sports					
3.3	Carbohydrate, Protein, Fat, Vitamins, Minerals, Water- Meaning, classification and their functions					
3.4	Role of hydration during exercise, Water balance, Nutrition-daily calorie requirement and expenditure					
<b>Unit-4 Credit – 1</b>	<b>Nutrition and Weight Management</b>					
4.1	Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about					

4.2	Weight Loss Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.
4.3	Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight
4.4	Weight management program for sporty child, Role of diet and exercise in weight management. Design diet plan and exercise schedule for weight gain and loss

**References:**

1. Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black,.
2. Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
3. Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
4. Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

**PART – B  
PRACTICUM  
SEMESTER – II**

<b>Course Code: BPC-201</b>	<b>Subject: Track and Field (Jumping Events)</b>	<b>Marks – 50</b>
<b>Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 &amp; on External Assessment – 25</b>		
<b>Jumping Event</b>		
High Jump (Straddle Roll/Fosbury flop) Approach Run, Take off, Clearance over the bar, Landing		

<b>Course Code: BPC-202</b>	<b>Subject: Gymnastics/Yoga/Swimming/Aerobics</b>	<b>Marks – 50</b>
<b>Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 &amp; on External Assessment – 25</b>		
<b>Course Code: BPC-202</b>	<b>Gymnastics</b>	
<b>Parallel Bar</b> Mount from one bar, Straddle walking on parallel bars, Single and double step walk, Perfect swing, Shoulder stand on one bar and roll forward, Roll side, Shoulder stand, Front on back vault to the side(dismount) <b>Horizontal /Single Bar:</b> Grip, Swings, Fundamental Elements, Dismount <b>Uneven Parallel Bar:</b> Grip, Swings, Fundamental Elements, Dismount		
<b>Course Code: BPC-202</b>	<b>Yoga</b>	
<b>Surya Namaskara,</b> Pranayams, Corrective Asanas, Kriyas, <b>Asanas</b> Sitting, Standing, Laying Prone Position Laying Spine Position		
<b>Course Code: BPC-202</b>	<b>Swimming</b>	
<b>Introduction of water polo game</b> Fundamental skills, Swimming with the ball, Passing, Catching, Shooting, Goal keeping, Rules of the games and responsibility of officials <b>Introduction of Diving sports</b> Basic Diving Skills from spring boards Basic Diving Skills from platform		
<b>Course Code: BPC-202</b>	<b>Aerobics</b>	
<b>Introduction of Aerobics</b> Rhythmic Aerobics - dance Low impact aerobics and High impact aerobics Aerobics kick boxing Postures – Warm up and cool down THR Zone – Being successful in exercise and adaptation to aerobic workout.		
<b>Course Code: BPC-203</b>	<b>Subject: Racquet Sports: Badminton/Table Tennis/ Squash/Tennis</b>	<b>Marks – 50</b>
<b>Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 &amp; on External Assessment – 25</b>		
<b>Course Code: BPC-203</b>	<b>Badminton</b>	
<b>Fundamental Skills</b> Racket parts, Racket grips, Shuttle Grips. The basic stances. The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm Drills and lead up games Types of games-Singles, doubles, including mixed doubles. Rules and their interpretations and duties of officials.		
<b>Course Code: BPC-203</b>	<b>Table Tennis</b>	
<b>Fundamental Skills</b> The Grip-The Tennis Grip, Pen Holder Grip.		

Service-Forehand, Backhand, Side Spin, High Toss. Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop, Drive. Stance and Ready position and foot work. Rules and their interpretations and duties of officials.
<b>Course Code: BPC-203</b> <b>Squash</b>
<b>Fundamental Skills</b> Service- Under hand and Over hand, Service Reception Shot- Down the line, Cross Court, Drop, Half Volley Tactics – Defensive, attacking in game, Rules and their interpretations and duties of officials.
<b>Course Code: BPC-203</b> <b>Tennis</b>
<b>Fundamental Skills.</b> Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip. Stance and Footwork. Basic Ground strokes-Forehand drive, Backhand drive Basic service., Basic Volley, Over-head Volley, Chop Tactics – Defensive, attacking in game Rules and their interpretations and duties of officials.

### SEMESTER - III

<b>PART – A</b>						
<b>THEORY PAPER</b>						
<b>Paper - IX</b>	<b>Subject: SPORTS TRAINING</b>					
<b>Course Code: BCC– 301</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 100</b>	3	48	1C:32	80	30	70
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit – 1 Credit – 1/2</b>	<b>Introduction to Sports Training</b>					
1.1	Meaning and Definition of Sports Training					
1.2	Aim and Objectives of Sports Training					
1.3	Principles of Sports Training					
1.4	System of Sports Training – Basic Performance, Good Performance and High Performance Training					
<b>Unit – 2 Credit – 1</b>	<b>Training Components</b>					
2.1	Strength – Means and Methods of Strength Development					
2.2	Speed – Means and Methods of Speed Development					
2.3	Endurance - Means and Methods of Endurance Development					
2.4	Coordination – Means and Methods of coordination Development					
2.5	Flexibility – Means and Methods of Flexibility Development					
<b>Unit – 3 Credit – 1/2</b>	<b>Training Process</b>					
3.1	Definition and Types of Training Load					
3.2	Principles of Intensity and Volume of stimulus					
3.3	Technical Training – Meaning and Methods					
3.4	Tactical Training – Meaning and Methods					
<b>Unit – 4 Credit – 1</b>	<b>Training programming and planning</b>					
4.1	Periodisation – Meaning and types					
4.2	Aim, Objectives and Content of Periods – Preparatory, Competition, Transitional etc.					
4.3	Planning – Training sessions					

4.4	Talent Identification and Development
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<b>PART – A THEORY PAPER</b>						
<b>Paper - X</b>	<b>Subject: ICT IN PHYSICAL EDUCATION AND SPORTS SCIENCES</b>					
<b>Course Code: BCC– 302</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 100</b>	2	32	2C:64	96	30	70
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit – 1 Credit – 1/2</b>	<b>Introduction to Computer Application</b>					
1.1	Meaning, need and importance of information and communication technology (ICT).					
1.2	Application of Computers in Physical Education					
1.3	Components of computer, input and output device					
1.4	Application software used in Physical Education and sports					
<b>Unit – 2 Credit – 1/2</b>	<b>MS Word</b>					
2.1	Introduction to MS Word					
2.2	Creating, saving and opening a document					
2.3	Formatting, Editing features, Drawing tables					
2.4	Page setup, Paragraph alignment, Spelling and grammar check, Printing option, Inserting, Page number, Graph, Footnote and Notes					
<b>Unit – 3 Credit – 1/2</b>	<b>MS Excel</b>					
3.1	Introduction to MS Excel					
3.2	Creating, saving and opening spreadsheet					
3.3	creating formulas					
3.4	Format and editing features- adjusting columns' width and row- height for understanding charts.					
<b>Unit – 4 Credit – 1/2</b>	<b>MS Power Point</b>					
4.1	Introduction to MS Power Point					
4.2	Creating, saving and opening a PPT. file					
4.3	Format and Editing features- slide show , design , inserting slide number Picture ,graph ,table					
4.4	4.4. Preparation of Power point presentations and Animation					
4.5						

### References

1. Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.
2. Marilyn, M.& Roberta, B.(n.d.).*Computers in your future*. 2nd edition, India: Prentice Hall.
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4. Sinha, P. K. & Sinha, P. (n.d.).*Computer fundamentals*. 4th edition, BPB Publication.

<b>PART – A THEORY PAPER</b>						
<b>Paper - XI</b>	<b>Subject: SPORTS PSYCHOLOGY AND SOCIOLOGY</b>					
<b>Course Code:</b>	Credit	Class	Internship/	Total	Internal	External

<b>BCC– 303</b>		Teaching Hours	Practicum	Teaching Hours	Assessment Weightage	Assessment Weightage
<b>Marks: 100</b>	3	48	1C:32	80	30	70
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit – 1 Credit – 1/2</b>	<b>Introduction</b>					
1.1	Meaning, Importance and scope of Sports Psychology and Sports Sociology					
1.2	General characteristics of Various Stages of growth and development					
1.3	Types and nature of individual differences; Factors responsible for Heredity and environment					
1.4	Psycho-social aspects of Human behavior in relation to Physical Education and Sports					
<b>Unit – 2 Credit – 1 1/2</b>	<b>Sports Psychology</b>					
2.1	Nature of learning, theories of learning, Laws of learning, Plateau in Learning & transfer of training					
2.2	Meaning and definition of personality, characteristics of personality, Dimension of personality, Personality and Sports performance					
2.3	Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.					
2.4	Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imagery.					
2.5	Aggression and Sports; Meaning and nature of anxiety, Kinds of anxiety					
2.6	Stress: Meaning and nature, Types of stress, Anxiety, Arousal and their effects on sports performance					
<b>Unit – 3 Credit – 1/2</b>	<b>Relation between Social Science and Physical Education.</b>					
3.1	Orthodoxy, customs, Tradition and Physical Education.					
3.2	Festivals and Physical Education.					
3.3	Socialization through Physical Education.					
3.4	Social Group life, Social conglomeration and Social group, Primary group and Remote group.					
<b>Unit – 4 Credit – 1/2</b>	<b>Culture : Meaning and Importance.</b>					
4.1	Features of culture,					
4.2	Importance of culture.					
4.3	Effects of culture on people life style.					
4.4	Different methods of studying Observation/Inspection method, Questionnaire method, Interview method					

### References:

1. Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.
2. Blair, J. & Simpson, R. (1962). *Educational psychology*, New York: McMillan Co.
3. Cratty, B. J. (1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.
4. Kamlesh, M.L. (1998). *Psychology in physical education and sport*. New Delhi: Metropolitan Book Co.
5. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and social system*. London: Addison Wesley Publishing Company Inc.
6. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea & Febiger.



7. Mathur, S.S., (1962). *Educational psychology*. Agra. VinodPustakMandir.
8. Skinner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.
9. William, F. O.&Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Ltd.

<b>PART – A</b>						
<b>THEORY PAPER</b>						
<b>Paper - XII</b>	<b>Subject: SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION</b>					
<b>Course Code: BCC– 304</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 100</b>	3	48	1C:32	80	30	70
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit – 1 Credit – 1/2</b>	<b>Introduction</b>					
1.1	Brief Introduction of Physiotherapy					
1.2	Need and Importance of Physiotherapy					
1.3	Different types of physiotherapy					
1.4	Guiding principles of Physiotherapy					
<b>Unit – 2 Credit – 1</b>	<b>Sports Medicine</b>					
2.1	Meaning and concept of Sports Medicine					
2.2	Aim and Objectives of Sports Medicine					
2.3	Common regional injuries and their management-shoulder, elbow, wrist, knee and ankle					
2.4	Low back problem and management, stretching and strengthening exercise in sports.					
<b>Unit – 3 Credit – 1/2</b>	<b>Doping</b>					
1.1	Concept and meaning of Doping					
1.2	Types of Doping and Doping-agents					
1.3	Effects of Doping and dope tests					
1.4	Role of oxygen- physical training, oxygen debt, second wind, vital capacity.					
<b>Unit – 4 Credit – 1</b>	<b>Athletic Care, First Aid and Rehabilitation</b>					
4.1	Rehabilitation in sports- Meaning, Principles, Means and Methods					
4.2	Diagnosis of injuries-signs and symptoms of injuries					
4.3	Different forms of Hydrotherapy and Thermotherapy- hot and cold packs, whirlpool, contrast bath, infra-red, short wave diathermy and ultrasound					
4.4	First Aid- meaning and principles, Athletic bandage and massage-its classification, indication & contraindication, general principles of massage					

### References

1. Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
2. Harre, D. (1982). *Principles of sports training*. Berlin: Sporulated.
3. Jensen, R. C. & Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2ndEdn.
4. Matvyew, L.P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.

5. Singh, H. (1984). *Sports training, general theory and methods*. Patials: NSNIS.  
 6. Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.  
 7. Basics of Sports Training Methodology, Oleksandr Krasilshchikov, Sports & Spiritual Science

**PART – C**  
**TEACHING PRACTICE**  
**SEMESTER – III**

<b>Course Code: BTECC-301</b>		<b>Subject: Teaching Practice</b>	<b>Full Marks – 200</b>
<b>Credit – 1 Teaching Hours – 16, Internship/Practical – 7C: 224, Total Teaching Hours – 240, Weightage on Internal Assessment – 60 &amp; on External Assessment – 140</b>			
Course Code	Activities	Marks	
<b>BTECC-301</b>	10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within the college premises on the students of B.P.Ed course.	<b>50</b>	
<b>BTECC-301</b>	10 teaching lesson plans for Racket Sport/ Team Games/ Indigenous Sports out of which 5 lessons internal and 5 lessons external at school.	<b>50</b>	
<b>BTECC-301</b>	<b>Sports Specialization</b> <b>Track and Field/Gymnastics/Swimming</b> (4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)	<b>50</b>	
<b>BTECC-301</b>	<b>Teaching practices</b> Games Specialization: Kabaddi, Kho-Kho, Baseball, Cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis (4 internal lessons at practicing school and 1 final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.)	<b>50</b>	

**PART - A**  
**THEORY COURSE**  
**SEMESTER-IV**

<b>PART – A</b>						
<b>THEORY PAPER</b>						
Paper - XIII	<b>Subject: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION</b>					
<b>Course Code:</b> <b>BCC– 401</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 100</b>	3	48	1C:32	80	30	70
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit – 1</b> Credit – 1/2	<b>Introduction to Test, Measurement &amp; Evaluation</b>					
1.1	Meaning of Test, Measurement & Evaluation in Physical Education					
1.2	Need & Importance of Test, Measurement & Evaluation in Physical Education					
1.3	Principles of Evaluation					
<b>Unit – 2</b> Credit – 1/2	<b>Criteria, Classification and Administration of test</b>					
2.1	Criteria of a good Test and Scientific authenticity (reliability,					

2.2	objectivity, validity and availability of norms)
2.3	Types and classification of Test
	Administration of test, Advance preparation, Duties during after testing.
<b>Unit – 3 Credit – 1</b>	<b>Physical Fitness Tests</b>
3.1	AAHPER Youth Fitness Test
3.2	National Physical Fitness Test
3.3	Indiana Motor Fitness Test
3.4	JCR test
3.5	U.S Army Physical Fitness Test
<b>Unit – 4 Credit – 1</b>	<b>Sports Skill Tests</b>
4.1	Lockhart and McPherson Badminton Test
4.2	Johnson Basketball Test
4.3	McDonald Soccer Test
4.4	S.A.I Volleyball Test
4.5	S.A.I Hockey Test

### References

1. Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho Storm.
2. Barron, H. M., & Mchee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
3. Barron, H.M. & Mchee, R. (1997). *A Practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
4. Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.
5. Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B.SoundersCompnay.
6. Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.
7. Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and Sons.
8. Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and selection of sports- a kinanthropometric study*. Patiala: Punjab Publishing House.

<b>PART – A</b>						
<b>THEORY PAPER</b>						
<b>Paper – XIV</b>	<b>Subject: KINESIOLOGY AND BIOMECHANICS</b>					
<b>Course Code:</b> <b>BCC– 402</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 100</b>	3	48	1C:32	80	30	70
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit – 1 Credit – 1/2</b>	<b>Introduction to Kinesiology and Sports Biomechanics</b>					
1.1	Meaning and Definition of Kinesiology and Sports Biomechanics					
1.2	Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.					
1.3	Terminology of Fundamental Movements					
1.4	Fundamental concepts of following terms – Axes and Planes, Centre of					

	Gravity, Equilibrium, Line of Gravity
<b>Unit – 2 Credit – 1/2</b>	<b>Fundamental Concept of Anatomy and Physiology</b>
2.1	Classification of Joints and Muscles
2.2	Types of Muscle Contractions
2.3	Posture – Meaning, Types and Importance of good posture.
2.4	Fundamental concepts of the following terms- Angle of Pull, All or None Law, Reciprocal Innervations
<b>Unit – 3 Credit – 1</b>	<b>Mechanical Concepts</b>
3.1	Force - Meaning, definition, types and its application to sports activities
3.2	Lever - Meaning, definition, types and its application to human body.
3.3	Newton’s Laws of Motion – Meaning, definition and its application to sports activities.
3.4	Projectile – Factors influencing projectile trajectory.
<b>Unit – 4 Credit – 1</b>	<b>Kinematics and Kinetics of Human Movement</b>
4.1	Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
4.2	Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
4.3	Linear Kinetics – Inertia, Mass, Momentum, Friction.
4.4	Angular Kinetics – Moment of inertia ,Couple, Stability.

### References

1. Bunn, J. W. (1972).*Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
2. Hay, J. G. & Reid, J. G.(1982).*The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
3. Hay, J. G. & Reid, J. G.(1988).*Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
4. Hay, J. G. (1970).*The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
5. Simonian, C.(1911).*Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.

<b>PART – A THEORY PAPER</b>						
<b>Paper – XV</b>	<b>Subject: RESEARCH AND STATISTICS IN PHYSICAL EDUCATION</b>					
<b>Course Code: BCC– 403</b>	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
<b>Marks: 100</b>	2	32	2C:64	96	30	70
<b>UNITS / CREDIT</b>	<b>CONTENT</b>					
<b>Unit – 1 Credit – 1/2</b>	<b>Introduction to Research</b>					
1.1	Definition of Research					
1.2	Need and importance of Research in Physical Education and Sports.					
1.3	Scope of Research in Physical Education & Sports.					
1.4	Classification of Research					
1.5	Research Problem, Meaning of the terms, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.					

<b>Unit – 2 Credit – 1/2</b>	<b>Survey of Related Literature</b>
2.1	Need for surveying related literature.
2.2	Literature Sources, Library Reading
2.3	Research Proposal- Meaning and Significance of Research Proposal.
2.4	Preparation of Research proposal / project.
2.5	Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.
<b>Unit – 3 Credit – 1/2</b>	<b>Basics of Statistical Analysis</b>
3.1	Statistics: Meaning, Definition, Nature and Importance
3.2	Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
3.3	Graphical Presentation of Class Distribution: Histogram, Frequency Curve. Cumulative Frequency Polygon, O-give, Pie Diagram
<b>Unit – 4 Credit – 1/2</b>	<b>Statistical Models in Physical Education and Sports</b>
4.1	Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Uses, Advantages, Disadvantages and Calculation from Group and Ungrouped data
4.2	Measures of Variability: Meaning, importance, computing from group and ungroup data
4.3	Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

## References

1. Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.
2. Bompa, T. O. &Haff, G. G. (2009). *Periodization: theory and methodology of training, 5th ed.*Champaign, IL: Human Kinetics.
3. Brown, L. E., &Ferrigno, V. A. (2005). *Training for speed, agility and quickness*, 2nd ed. Champaign, IL: Human Kinetics.
4. Brown, L.E. & Miller, J., (2005). *How the training work*. In: *Training Speed, Agility, and Quickness*. Brown, L.E. &Ferrigno, V.A &Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.
5. Carl, E. K., & Daniel, D. A. (1969). *Modern principles of athletes training*. St. Louis: St. Louis's Mosby Company.
6. Clark, H. H., & Clark, D. H. (1975). *Research process in physical education*. Englewood cliffs, New Jersey: Prentice Hall, Inc.
7. Garrett, H.E. (1981). *Statistics in psychology and education*. New York: VakilsFeffer and Simon Ltd.
8. Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). *Introduction to research: A guide for the health science professional*. Landon: J.B. Lippincott Company.
9. Thomas, J.R., & Nelson J.K. (2005). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.
10. Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.
11. Uppal, A. K. (1990). *Physical fitness: how to develop*. New Delhi: Friends Publication.
12. Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.

<b>PART – A</b>							<b>THEORY PAPER</b>						
<b>Paper – XVI</b>		<b>Subject: ADAPTED PHYSICAL EDUCATION</b>											
<b>Course Code: BCC– 404</b>		Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage						
<b>Marks: 50</b>		2	32		32	15	35						
<b>UNITS / CREDIT</b>		<b>CONTENT</b>											
<b>Unit – 1 Credit – 1/2</b>		<b>Introduction</b>											
1.1	Meaning of handicapped and disabled												
1.2	Historical development of adapted Physical Education												
1.3	Education for handicapped children – meaning and purpose												
1.4	Relation between special education, adapted physical education and physical education												
1.5													
<b>Unit – 2 Credit – 1/2</b>		<b>Types of Disabilities and their causes</b>											
2.1	Hearing disabled, Visual impairments, Orthopedically handicapped, Mentally retarded												
2.2	Cerebral Palsy: Hearing disability, Behavioural disorder and other health impaired conditions												
2.3	Adapted physical education programme for the disabled												
2.4	Programme organisation and administration: Adjustment problems of handicapped, Teaching methods for the disabled, safety needs.												
<b>Unit – 3 Credit – 1/2</b>		<b>Competitive Sports for the Handicapped</b>											
3.1	Sports associations for the handicapped												
3.2	National Organisations for the disabled												
3.3	Government plans and actions for the disabled												
3.4	Placement of disabled individuals												
<b>Unit – 4 Credit – 1/2</b>		<b>Assessment technique</b>											
4.1	Assessment technique for disabled persons – assessing basic physical and motor proficiency												

<b>PART – A</b>							<b>THEORY PAPER</b>						
<b>Paper – XVII</b>		<b>Subject: GENDER STUDIES</b>											
<b>Course Code: BCC– 404</b>		Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage						
<b>Marks: 50</b>		2	32		32	15	35						
<b>UNITS / CREDIT</b>		<b>CONTENT</b>											
<b>Unit – 1 Credit – 1/2</b>		<b>Concept on Gender</b>											
1.1	Meaning and concept on gender												
1.2	Types												
1.3	Transgender and third gender, sex, patriarchy.												
1.4	Gender bias, gender stereotyping, and empowerment												
1.5	Equity and equality in relation with caste, class, religion, ethnicity, disability and region.												
<b>Unit – 2 Credit – 1/2</b>		<b>Gender studies</b>											

2.1	Paradigm shift from women's studies
2.2	Historical backdrop: some landmarks on social reform movements of the 19 <sup>th</sup> and 20 <sup>th</sup> centuries with focus on women's experiences of education with special reference to RajaRammohan Roy, PanditIswar Chandra
2.3	Vidyasagar, Swami Vivekananda and Rabindranath Tagore.
2.4	Commissions and committees on women education
<b>Unit – 3 Credit – 1/2</b>	<b>Gender and Education</b>
3.1	Gender Identity
3.2	Socialisation Practices in Family, Schools, and Other formal and
3.3	informal organization.
3.4	Schooling of Girls and Women Empowerment
<b>Unit – 4 Credit – 1/2</b>	<b>Gender Issues in Physical Education Curriculum</b>
4.1	Curriculum and the gender question Teacher as an agent of change Sexuality Sexual harassment Agencies perpetuating violence: Family, school, work place and media

#### References:

1. Basu, R. & Chakraborty, B. (2011). *Prasanga: Manabividyā*. Kolkata : Urbi Prakashan.
2. Bandarage, A. (1997). *Women Population and Global Crisis: A Political Economic Analysis*. London : Zed Books.
3. Maguise, P. (1987). *Doing Participatory Research: A Feminist Approach*, Amherst, M.A.
4. Boserup, E. (1970). *Women's Role in Economic Development*. New York : St. Martins Press.
5. Brock-Utne, B. (1985). *Educating for peace: A Feminist Perspective*, New York.
6. Ruddick, S. (1989). *Maternal Thinking: Towards a Politics of Peace*, London.
7. Di Stefano, C. (1983). "Masculinity as ideology in political theory: Hobbesian man considered ", *Women's Studies International Forum*, Vol. 6.
8. Elshtain, J. B. (1981). *Public man, private woman: woman in social and political thought*, princeton.
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10. Harshman, M. (1995). *Women and Development: A Critique*. In Marchand, M and Parpart, J. (Eds.). *Feminism, Post Modernism, Development*. London : Routledge.

### PART – B PRACTICUM SEMESTER – IV

<b>Course Code: BPC-401</b>	<b>Subject: Track and Field/Gymnastics/Swimming : Throwing Events (Any one of the three)</b>
<b>Full Marks – 50</b>	
<b>Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 &amp; on External Assessment – 25</b>	
<b>Course Code: BPC-401</b>	<b>Throwing Event</b>
Discus Throw, Javelin, Hammer throw, shot-put Basic Skills and techniques of the Throwing events Ground Marking / Sector Marking Interpretation of Rules and Officiating. Grip, Stance, Release, Reserve/ (Follow through action)	





Catching-High catching and Slip catching Stopping and throwing techniques Wicket keeping techniques	
<b>Course Code: BPC-402</b>	<b>Football</b>
<b>Fundamental Skills</b> Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick Trapping-trapping rolling the ball, trapping bouncing ball with sole Dribbling-With instep, inside and outer instep of the foot. Heading-From standing, running and jumping. Throw in Feinting-With the lower limb and upper part of the body. Tackling-Simple tackling, Slide tackling. Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.	
<b>Course Code: BPC-402</b>	<b>Hockey</b>
<b>Fundamental Skills</b> Player stance & Grip Rolling the ball Dribbling Push Stopping Hit Flick Scoop Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass, Reverse hit Dodging Goal keeping – Hand defence, foot defence Positional play in attack and defense. Rules and their interpretations and duties of officials. Rules and their interpretations and duties of officials. Ground Marking.	
<b>Course Code: BPC-402</b>	<b>Softball</b>
<b>Fundamental Skills</b> Catching: one handed, two handed, with feet grounded, in flight. Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce). Footwork: landing on one foot; landing on two feet; pivot; running pass. Shooting: one hand; two hands; forward step shot; backward step shot. Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed. Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in). Intercepting: pass; shot. The toss-up. Role of individual players Rules and their interpretations and duties of officials.	
<b>Course Code: BPC-402</b>	<b>Volleyball</b>
<b>Fundamental Skills</b>	

Players Stance-Receiving the ball and passing to the team mates,  
 The Volley (Over head pass),  
 The Dig(Under hand pass).  
 Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.  
 Rules and their interpretations and duties of officials.

**Course Code: BPC-402                      Handball**

Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.  
 Rules and their interpretations and duties of officials.

**Course Code: BPC-402                      Basketball**

**Fundamental Skills**  
 Player stance and ball handling  
 Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.  
 Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.  
 Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.  
 Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.  
 Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.  
 Individual Defensive-Guarding the man with the ball and without the ball.  
 Pivoting.  
 Rules and their interpretations and duties of the officials.

**Course Code: BPC-403                      Combative Sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling/Lathi (Any two out of these)**

**Full Marks – 50**  
  
**Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25**

**Course Code: BPC-403                      Boxing**

**Fundamental Skills**  
 Player stance  
 Stance - Right hand stance, left hand stance.  
 Footwork – Attack, defense.  
 Punches – Jab, cross, hook, upper cut, combinations.  
 Defense slip – bob and weave, parry/block, cover up, clinch, counter attack  
 Tactics – Toe to toe, counter attack, fighting in close, feinting  
 Rules and their interpretations and duties of officials.

**Course Code: BPC-403                      Martial Arts/Karate**

**Fundamental Skills**  
 Player Stances – walking, hand positions, front-leaning, side-fighting.  
 Hand Techniques - Punches (form of a punch, straight punch, and reverse punch), Blocks (eight basic).

Leg Techniques - Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house.  
 Forms - The first cause Katas.  
 Self Defense - against punches, grabs and strikes, against basic weapons (knife, club sticks).  
 Sparring - One step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks).  
 Rules and their interpretations and duties of officials.

**Course Code: BPC-403 Taekwondo**

**Fundamental Skills**

Player Stances – walking, extending walking, L stance, cat stance.  
 Fundamental Skills – Sitting stance punch, single punch, double punch, triple punch.  
 Punching Skill from sparring position – front-fist punch, rear fist punch, double punch, and four combination punch.  
 Foot Techniques (Balgisul) – standing kick (soseochagi), Front kick (AP chagi), Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaedollyoChagi), Jump kick (TwimyoChagi),  
 Poomsae (Forms) – Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement – eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques)  
 Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks), Free Sparring.  
 Board Breaking (Kyokpa) – eye control, balance, power control, speed, point of attack.  
 Rules and their interpretations and duties of officials.

**Course Code: BPC-403 Judo**

**Fundamental skills**

Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position)  
 Kumi kata (Methods of holding judo costume)  
 Shisei (Posture in Judo)  
 Kuzushi (Act of disturbing the opponent posture)  
 Tsukuri and kake (Preparatory action for attack)  
 Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall)  
 Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps)  
 Tai Sabaki (Management of the body)  
 NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinn), SeoiNage (Shoulder throw).  
 Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

**Course Code: BPC-403 Wrestling**

**Fundamental Skills**

Take downs, Leg tackles, Arm drag.  
 Counters for take downs, Cross face, Whizzer series.  
 Escapes from under-sit-out turn in tripped.  
 Counters for escapes from under-Basic control back drop, Counters for stand up.

Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson. Escapes from pinning: Wing lock series, Double arm lock roll, Cridge. Standing Wrestling-Head under arm series, whizzer series Referees positions.	
<b>Course Code: BPC-403</b>	<b>Fencing</b>
<b>Fundamental Skill</b> Basic Stance - on-guard position (feet and legs) Footwork – advance, retire, lunge, Step-lunge Grip – hold a foil correctly, Etiquette – salute and handshake to coaches and partners Hit a target (glove, mask, person) at riposte distance Lunge from an on-guard position. Attack - simple attacks from sixte – direct, disengage, doublé attack, compound attacks high line – one-two and cut-over disengage, Cut-over attack, Low line attacks Semi circular parries – octave and septime Understand the layout of a piste. Compound or successive parries. Lateral parry and direct riposte Fence a bout – judges etc. salutes and handshakes Rules and their interpretations and duties of officials.	
<b>Course Code: BPC-403</b>	<b>Lathi</b>
Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.	

**N.B. Practicum / Student activity / Seminar assignment / Project File / Work Shop / volunteering, etc. Theory & Practical Assessment Weightage shall detailed be in the syllabus.**

**Practicum assessment on field – 12 credit and 4 credit for game/activity theory.**

**In addition to the number of hours mentioned in the course structure table. Time has to be provided for library work, self study, planning, field visits, taking up add on courses (vocational sports education) and so on.**

#### **ACADEMIC CALENDER FOR B.P.ED. PROGRAMME**

The Board of Studies shall prepare the Academic Calender for the course for the entire session of the two year programme. This will include Academic Activities (Teaching Learning), Internal and External Examinations (Practical) for each semester, School Internship and Final Theory Examination for the semester concerned.

Any change in the said programme shall be brought to the notice of the Chairperson of the Board of Studies of the concerned University for necessary action.

Necessary regulations for conducting B.P.Ed. Examination under semester system shall be followed by the respective University of the state. The University authority shall formulate guidelines in this respective Department or Institute offering B.P.Ed. programme before the commencement of the session.

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