

B.P.Ed.

(The curriculum of B.P.Ed. course shall consist of theory paper and practicals.)

There shall be six (06) theory papers and practical I and II)

Theory Paper	<u>Name of the Paper</u>	Marks		
		<u>Theory</u>	<u>Sessional</u>	<u>Total</u>
First	Principles & History of Physical Education	80	20	100
Second	Psychology of Physical Education	80	20	100
Third	Organisation and Administration of Physical Education., Supervision and Recreation	80	20	100
Fourth	Anatomy, Physiology, Physiology of Exercise and Health Education	80	20	100
Fifth	Methods of Physical Education, Test and Measurements.	80	20	100
Sixth	Officiating and Coaching in Games & Sports	80	20	100
Practical-I (Sports Proficiency)				
(A)	Athletics	80	20	100
(B)	(i) Gymnastic	}	80	100
	(ii) Yogic Exercises		20	
(C)	One Team Game	80	20	100
	(i.) Badminton			
	(ii.) Basket Ball			
	(iii.) Cricket			
	(iv.) Football			
	(v.) Hockey			
	(vi.) Kabaddi			
	(vii.) Kho-Kho			
	(viii.) SoftBall			
	(ix.) Table Tennis			
	(x.) Volleyball			
Practical-II (Teaching & Project Work)				
(A)	Teaching practice (20 lessons each) (General & Specific)	160	40	200
(B)	<u>Project Work</u>	<u>50</u>	<u>50</u>	<u>100</u>

B.PED Syllabus

Scheme of Studies for B.P.Ed.

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(Teaching & Project Work)				
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	(General & Specific)			
(B)	<u>Project Work</u>	<u>50</u>	<u>50</u>	<u>100</u>
Grand Total				<u>1200</u>

Entire Programme of B.P.Ed will be completed in one year & consists of Six compulsory papers, Practice of teaching (General & Specific), & Project work, Sessional work and Practical Skill.(A candidate may have to offer Athletics, Gymnastics/Yoga and One Major game in practical skill).

Note: Candidates of B.P.Ed Examination have the option of answering questions through the medium of Hindi or English.

I Scheme of Examination: - The examination consists of three parts namely.

- Part I - Theory Paper
- Part II - Practical Skills
- Part III - Practice of teaching

In theory of physical education the examination shall be conducted by means of papers. Division shall be declared for three examinations separately. The scheme of paper and course of study shall be prescribed every year.

II Marks and Classification:-

- a. In order to pass, an examinee must obtain not less than;
 1. 45% of total marks out of six hundred in the six theory paper including sessional marks, provided he/she obtains at least 35% marks in each theory paper excluding sessional marks.
 2. 45% of total marks out of 300 in practical skills including sessional marks.
 3. 45% of total marks out of 300 in practice of teaching including sessional marks.

Marks shall be allotted for sessional works as follows:-

1. 20% of the total marks in each theory paper.

2. 20% of the total marks in the practical skills.
3. 20% of the total marks in practice of teaching and 50% of the total marks in the project work.

c. Candidate shall be awarded division after their having duly passed in the internal assessment and annual examination together.

The Division shall be declared for all the three parts separately as follows:

1. **Theory**

- Distinction** - 80% or above of the total aggregate marks.
- First Division** - 60% or above but less than 80% of the aggregate marks.
- Second Division** - 45% or above but less than 60% of the total aggregate marks.

2. **Practical Skills**

- Distinction** - 80% or above of the total aggregate marks.
- First Division** - 60% or above but less than 80% of the aggregate marks.
- Second Division** - 45% or above but less than 60% of the total aggregate marks.

3. **Practice of Teaching**

- Distinction** - 80% or above of the total aggregate marks.
- First Division** - 60% or above but less than 80% of the aggregate marks.
- Second Division** - 45% or above but less than 60% of the total aggregate marks.

4. There shall be no pass or third division.

III Candidates who fail in the examination in theory of physical education may present themselves for re-examination therein at a subsequent examination without attending further course.

IV Candidate who fails in practice of teaching shall be allowed to appear in the practical examination in a subsequent year with the special permission of the Vice Chancellor provided he attends the course for two calendar months, preceding the examination and gives 20 supervised lessons.

V Candidate who fails in practical skills shall be allowed to appear in a subsequent year with the special permission of the Vice Chancellor provided he attends the course for two calendar months preceding the examination.

SYLLABUS OF (B.P.ED.)

THEORY PAPER-1

PRINCIPLE AND HISTORY OF PHYSICAL EDUCATION

UNIT -1

Section –I

PRINCIPLES:

(A) Philosophy and Objectives of Physical Education.

- 1) Definition of terms – education, physical education, physical culture, health education, recreation, drill, sports, games, gymnastics.
- 2) Aim and Objectives of physical education.
- 3) Need and Importance of physical education in modern society.
- 4) Relationship of physical education to, health education, recreation.
- 5) Relationship of physical education and education.
- 6) physical education is an Art or Science.

(B) Biological principles

- 1) Growth and Development- Meaning, Principles and Differences between Growth and Development.
- 2) Effect of heredity and Environment on Growth and Development.
- 3) Age and sex differences in relation to physical activity and sports.
- 4) Body-types.
- 5) Principles of Exercise- normal load, crest load and over load.
- 6) Principles of use, disuse and overuse.
- 7) Chronological, Physiological, Anatomical and Mental Ages.
- 8) Practical Suggestions from Biology.

UNIT -11

(A) Psychological principles

- 1) The Psychological- Physical unit of the human organization.
- 2) Laws of learning – their application to situations on play grounds.
- 3) Transfer of training and its importance in learning physical skills.
- 4) Theories of play
- 5) Practical Suggestions from Psychology.

(B) Sociological principles

- 1) Socio nature and learning of Man.
- 2) Traditions and their influence on behavior pattern.
- 3) Social values and development of different traits and ideas.
- 4) Influence of the group of the individual and vice-versa.
- 5) Competition and cooperation.
- 6) Social recognition.
- 7) Physical education as an socialization agency.

Section –II

UNIT –III

(A) A brief history of physical education in India from ancient to modern period- Per Vedic period, Epic period, Hindu period, muslim period, british period.

(B) Physical education in ancient Greece – Homeric age, period of Greek civilization and city states, comparative study of Spartain and Athenian Education . The origin and development of ancient Olympic games.

(C) Physical education in ancient Rome, Education and physical education among the Roman-
The Circus, Gladitorial contest etc. Decline of Roman civilization.

(D) Physical education in Germany, Sweden and Denmark.

(E) Physical education in Great Britain.

a) The Growth and Development of sports.

b) The ground and the recreations movement, physical Recreation, Youth clubs, play
field Association.

c) The Growth and Development of school physical education.

(F) Physical education in U.S.A.

a)The play tradition of the immigrants in the colonial period.

b)The national period and the growth of Academies.

c) Physical Education in the schools and the University.

(G)) Physical education and sports in Japan and china.

(H) Place of physical education in the Present System of education in India

UNIT –IV

(A) The physical Education Profession

a) Leadership and its importance

b) Qualification and qualities of a physical education teacher, facilities for training of
teachers, leaders in physical education with particular reference to India.

c) Contribution of physical education teacher to general education

- d) Future development of the profession.
- e) Role of physical education and Games & sports in national and international integration.

(B) Modern Olympics

Yoga in modern civilization.

Survey in modern civilization.

- a) Growth and Development of activities of Indian origin.
- b) Status of physical education and sports in educational institutions. The integrated scheme of national crops.
- c) The Y.M.C.A. and its contribution.
- d) Teacher training institutions in physical education.
- e) Physical education Associations.
- f) Federation of the All India Seminar on physical education by the principles of physical education Institutions.
- g) Recommendation of university Education commission on physical education.
- h) Recommendation of the all India seminar of state inspectors of physical education and university directors.
- i) National plan off physical education and recreation.
- j) National physical efficiency drive.
- k) Central advisory board of physical and recreation.
- l) Sports organization District , state, national and international.
- m) The Indian Olympic association and other sports associations federation.
- n) All India councils of sports.
- o) National institute of sports.

BOOKS RECOMMENDED

- | | |
|-----------------------------------------------------------|--------------------------------------|
| 1. Sharirik Shiksha ka itihash | -Dr mohd. Vahid and shri. N.K. Dixit |
| 2. Sharirik Shiksha ka itihash | - Kansal and Agrawal |
| 3. Sharirik Shiksha ka Sidhanth | - Mohan V.V. |
| 4. Sharirik Shiksha ka itihash, Sidhanth evam Manovigyan- | Kamlesh and Sangral |
| 5. History of phy. Education | - Kan. Eraj Ahmed |
| 6. Principles and Philosophy | - Mohan V.M. |

PAPER-II

PSYCHOLOGY OF PHYSICAL EDUCATION

UNIT-I

1. Psychology as science – Its Meaning bearing on Education and physical education.
2. Mental Process – Body- mind relationship, Nueromuscular Skills
3. General Innate Tendencies – Motives, needs, drives, sympathy, imitation, suggestion, play, play way in education and sublimation of innate tendencies.
4. Stage of development – the nature of growth and development. Characteristics at various stages of development.
- 5) Products of developments – Habits, complexes, sentiments and Characteristics.

UNIT-II

1-Hereditary and environment

2- the learning process: the nature, laws of learning, theories of learning, motivation in learning, attention, interest, learning curve, transfer of training and factors affecting transfer of training.

3- Efficient of training, memory, motor memory and their training.

4-**Intelligence**: its nature and development.

UNIT-III

1-**Mental hygiene**: meaning and its importance, handling of exceptional children, role of physical education in preventing M L adjustment and promotion of proper mental health.

2- **Fatigue**: Physical and psychological aspects of fatigue.

3- **Personality**: its meaning, development of personality, dimensions of personality, role of physical activities in the development of personality.

4- Discipline and behavior.

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UNIT-IV

1- **Individual differences**.

2- the psychology of the unconscious and its bearing.

3- The psychology of the group.

4- Types and techniques of testing:

i- Meaning and criteria for selection

ii- collection and tabulation of data

iii- Mean, median, mode.

iv- Physical efficiency tests.

v- Frequency curves and normal probability curve.

vi- Technique of testing.

BOOKS RECOMMENDED

1. Sharirik Shiksha ka itihash, Sidhanth evam Manovigyan- Kamlesh and Sangral

PAPER-III

ORGANIZATION, ADMINISTRATION AND SUPERVISION OF PHYSICAL EDUCATION & RECREATION

UNIT -1

Section –I: - Organization and Administration

1-Introduction: definition of terms, importance, objectives, guiding principles and relationship with physical education.

2- Schemes of organization: N.F.C., NCC, School sports.

3- Facilities: construction and care of Gymnasia, swimming pools, playing fields and play grounds.

4- Equipment: Need, Purchase, maintenance issue and disposal.

5- Professional preparation: Qualities of administrative leader, training, problem facing the teacher, student leadership.

6- Programme planning: principles and factors affecting the time table, preparing time tables, Scheduling school sports, Problems of school sports intramurals, inter institutional.

7- Records and Registers: Attendance, tests, health and character, Extra curricular activities.

8- Budgets and finance: preparation of budgets, administration, rules for expenditure forms and routine for payments and entries, accounting and auditing.

9- Organisation working in the field of physical education in India.

10- Evaluation

11- Organization and Administration of physical education at state level

UNIT -11

Section –II: - Supervision of Physical Education

- 1- Concept and principles of supervision
- 2- Purpose of supervision
- 3- Nature of supervision in different types of institutions.
- 4- Qualities of supervisor
- 5- Collecting and using data..
- 6- Technique of supervision:
 - i- Visitation
 - ii- Demonstration
 - iii- Bulleting
 - iv- Projects
 - v- Conferences
 - vi- Personal counseling

UNIT -III

Section –III: - Recreation

- 1- Meaning, significance and scope of recreation
- 2- principles of recreation
- 3- Types of recreation: rural, urban, industrial and Organization of each.
- 4- programme planning according to age-groups.
- 5-Agencies promoting recreation.
- 6- Facilities and their use-development of new facilities.
- 7- Need and importance of recreation in the modern society.

UNIT -III

Section –IV: - Camping

- 1- Meaning, Educational value and types of camps.
- 2- Leadership: Qualities, recruitment, training
- 3- Location of camps: principles, site and plans.
- 4- Agencies promoting camping
- 5- Health and Safety: facilities, Medical care.
- 6-Food: purchasing, preparation, care of utensils.
- 7- programme: Daily and weekly timetable, selection.
- 8- Organisation of camps and factors effecting its organization.

BOOKS RECOMMENDED

- 1-Organization and Administration of physical education - Dr. S. dheer and Radhika Kamal
- 2- Administration of physical education - Forsyth, Charlese
- 3- Recreation - Dr. Chandrahas Dubey
- 4- Sharirik Shiksha me sanghatan, Sanchalan, evam Manoranjan- P.K. Arora
- 5- Sanghatan evam Prashashan - Karamarkar and Srivastava

PAPER- IV

ANATOMY, PHYSIOLOGY, PHYSIOLOGY OF EXERCISE AND HEALTH EDUCATION.

UNIT – I SECTION- I : ANATOMY, PHYSIOLOGY, PHYSIOLOGY OF EXERCISE

1. **Introduction to the Human Body:** Origin of Life: Evolutionary adaptations of Man: Cells, Tissues, organs and the system.
2. **Skeletal System:** Bones of the Skelton structure and types, Spine: Structure and functions, Joints and Joint movements, Posture- good Posture, Postural Defects: knock knees etc.
3. **Muscular System:** Structure and function of Muscles- Properties and development. Trunk, Arms and Legs – their function. Physical conditioning fatigue, Muscle Pull, Spasm
4. **Circulatory systems:** Structure of the Health. Blood vessels- Arteries, veins and capillaries, Blood Circulation, Blood Pressure. Blood Constituents and Functions. Haemorrhage, transfusion and blood Clotting. Immunities, Lymphatic Systems.
5. **Respiratory Systems:** Organs of Respiration – Structure and Functions. Physiology of Respiration. Mechanism of Respiration. Control of Respiration. Control of Respiration. Vital Capacity. Oxygen debt. Endurance. Second Wind.
6. **Digestive System.** Organs of Digestion- Structure and Functions. Enzymes. Digestion in the stomach and in the intestine. Absorption and assimilation of Food. Metabolism.
7. **Excretory System:** Organs of Excretion- Structure and Functions. Composition of Normal Urine- fluid Balance. Acid Base Balance. Skin Structure and Functions. Sweat Glands. Temperature regulation.
8. **Nervous System:** Organs- Location and Functions. Brain and its parts. Centres of Localisations. Spinal Cord, Reflex action. Autonomous Nervous System. Neuro- Muscular coordination.
9. **Reproductive System:** Male, female, structure and functions.
10. **Endocrines:** Important Endocrine Glands- location and Functions, Role in Growth, Health Development and Functions.

UNIT – II SECTION- II HYGIENE AND HEALTH EDUCATION

1. **Water:** Sources of water. Importance of pure water, Purification of Water. Supply of Pure Drinking water in schools.
2. **Air and Ventilation:** Methods of providing good ventilation. Importance of fresh air. Effect of poor ventilation.
3. **School Hygiene:** School building. Ventilation and light. Seating arrangements. Posture. Water supply, urinals and latrines. Play grounds, Sanitation and sanitary facilities.
4. **Waste and Refuse:** Methods of Collection and disposal of dry refuse. Dumping. Incineration. Collection and disposal of human excreta. Water carriage system.
5. **Infectious Diseases:** Their causes and prevention. Names of diseases- Cholera, Interm fever, Dysentery, Fuima worm, Malaria, Plague, Diphtheria, small pox, measles, Whooping cough. Tetanus. Narcotics and addiction to drugs.
6. **Health Education:** Definition of Health Education. Health instruction Health supervision. Health service and guidance. Instruction in personal hygiene. Detection of defects of common ailments. Medical examination. Follow-up work.
7. **Family welfare:** Sex education and family planning. Narcotics and Drugs- their effects
8. **Dietetics:** Food- its constituents. Principles of nutrition. Caloric value of food. Balanced diet. Special diet for children/ athletes. Under weight and over weight.

UNIT – III

Kinesiology

1. Meaning of Kinesiology –its importance in physical education and sports and coaching.
2. Origin insertion and action of muscles wity special reference to:
 - (a) Pectoralis Major
 - (b) Pectoralis Minor
 - (c) Rectus Abdomen
 - (d) Trapesious
 - (e) Deltoid
 - (f) Biceps
 - (g) Triceps
 - (h) Sartorius
 - (i) Rectus Femorus

- (j) Teres Major
 - (k) Gastronemius
 - 3. Boy Levers. Lever action – I, II and III, order of levers, effect of angle of pull and resistance
 - 4. Exercise programme for the development of the various parts of the body:
 - (a) Muscles of Chest.
 - (b) Muscles of Abdomen
 - (c) Muscles of Back
 - (d) Muscles of Neck
 - (e) Muscles of Upper arm
 - (f) Muscles of Fore arms
 - (g) Muscles of Thigh
 - (h) Muscles of Calf
 - 5, Centre of gravity, line of gravity, structural classification of muscles.
- Range of motion of joint, plane and axes.

UNIT –IV

Physiology of Exercise

Importance of exercise in growth, development and Health.

Effect of exercise on the circulatory system.

Effect of Exercise on respiratory system.

Effect of Exercise on Digestion.

Effect of Exercise on the excretory organs.

Effect of exercise on Muscles.

Books Recommended

1. *Vyayam kriya vighyan evam khel chikitsa shastra –R.K. Sharma*
2. *Vyayam kriya vighyan- Ganesh Dutta Pandey*
3. *Anatomy and Physiology for Nurses- Evelian Pearce*
4. *Anatomy and Physiology – Rajesh Dixit*
5. *Anatomy for students and teachers of Physical Education- T.V. Perrot*
6. *Swasty evam Sharirik Shiksha - Dr. Manjit kaur evam Dr. R.C. Sharma*
7. *Swasty Shishka – Dr. J.P. Sherry*
8. *Manav swasty evam Pradhmik Upchar – Dr. Rajendra Prakash Bhatngar*
9. *Reading in Sports Science- Dr. lallaid Ali.*

PAPER- V

METHODS OF PHYSICAL EDUCATION.

UNIT - I

1. **Presentation techniques:** Importance, The basis of Educational Methods- (i) Personal Preparations. (ii) Technical Preparation. (iii) Organising subject matter. (iv) Presentation of subject matter (v) Class management
2. **Methods of teaching:** Orientation, verbal explanation, demonstrations, explanation, practice, discussion, part and whole methods.
3. **Teaching of physical activities:** Game of high organisation (Major Games) individual, team. Games of Low organisation (Minor Games). Track and Fields- Walking, Running, Jumping and Throwing, Catching.
4. Calisthenics, Gymnastics, Rhythmic Activities. Combative and defensive activities.
5. **Classification:** Importance, Methods and types.
6. Lesson plan

UNIT – II **Competitions:** Intramural and Extramural competitions.

Importance, methods and types.

1. Athletic type of competitions
2. Group competitions
3. Gymnastic competitions
4. Rhythmic activities
5. Entries
6. Drawing of fixtures

Tournaments: 1. Single elimination (knock out) seeding etc.

2. Double elimination for consolation

3. League system – types of methods used,

4. League – cum – knock out type

5. League – cum – League

6. Ladder

7. Spider and Pyramids

Elementary Statistics: Frequency Distribution, measures of central tendency, measures of variability, standard deviation, quartile deviation, probable error, co-efficient correlation, normal curve, standard error and T- score.

UNIT – III **Test and Measurements**

Meaning and its importance in physical education. Criteria of selecting tests, validity, Reliability, Objectivity, Administrative Feasibility, economy, norms Standards, Forms Simplicity, Standardised directions. Accuracy and interpretability.

Physical Fitness Test:

- (a) Strength Test
- (b) Motor fitness test
- (c) Cardio vascular Test
- (d) General Motor Ability Test
- (e) Motor Educability Test
- (f) Sports skill test
- (g) Sports knowledge Test

Test Construction in Physical Education. Test of Administration- Organisation of testing, programmes selecting of tests, skill and techniques of test administration application of results.

Qualities of Good test types and formation.

UNIT – IV

Public Relation:

Exhibition: demonstrations, Physical Education Days. Display, Play days, Publicity media Radio, Television, News paper, Bulletin Pamphlets, poster.

Teaching Aids: Charts, Models, Films, Black Board.

Construction and Marking of Track and Play fields

Incentives: Awards, letter crests, Honour Board, Trophies and Certificates.

Leadership and Practical Projects: Camping, Picnic, Hiking, excursion (outing)

Books recommended

- | | |
|----------------------------------------------------------------------------|------------------------------------|
| 1. Sharirik Shiksha me Shikshann vidhiyan | - Dr. M. Vahid and Shri N.K. Dixit |
| 2. Sharirik Shiksha me Shikshann vidhiyan | - Kamlesh and Sangral |
| 3. Sharirik Shiksha ke Patt Niyogan va
shikshann pandhanti ke sindhanth | - Seema kaushik and Dhananjay Shah |
| 4. Methods and Materials in Physical Education | - Bucher, Charles A. |
| 5. Lesson in Physical Education | - D.P. Theman |

PAPER- VI

OFFICIATING AND COACHING

SECTION-I: THE THEORY OF OFFICIATING

UNIT- I

1. The qualities of a good official and coach.
2. Relations with Management coaches, captains players and spectators
3. Routine Program and post-game duties.
4. Improving the standards of officiating.

SECTION-II: THE THEORY OF COACHING

UNIT - II

1. **Teaching, Coaching and Training:** Definition and purpose of the teacher, coach and trainer. Qualities, knowledge and responsibilities of each.
2. **Demonstrating and analyzing skills and team play:**
3. **Selection:**
4. **Promotion and maintaining interest in a game.**

5. **The use of psychology in coaching**
6. **Requisites of champion**
7. **Conditioning of players and teams.**
Warm up (Types and Values)- Methods (Isotonic and isometric exercises, circuit training, weight training, fartlek, interval and Training Schedules).

UNIT – III

Scientific Principles applied to coaching

Balance, Motion, Force, Levers: Definition and meaning of equilibrium motion, force, Newton's Laws. Limitations upon the application of mechanical principles to the fundamentals of sports. Problem of balance, equilibrium, motion, rotatory motion, force, work, and energy, air resistance, water resistance and spin

SECTION-III: THE COACHING OF GAMES

UNIT IV

1. **The history, values and present status of the game.**
2. **The fundamental skills of the game of events, teaching, training and testing of them.**
3. **The play of the various positions in the team games.**
4. **Meaning of technique and tactics and relationship.**
5. **Officiating rules, signals, positional play.**

MAJOR GAMES

Men

1. Kho-kho
2. Kabaddi
3. Volley Ball
4. Basket Ball
5. Foot ball
6. Hockey
7. Soft Ball
8. Cricket
9. Badminton
10. Athletics

Women

- Kho-kho
- Kabaddi
- Volley Ball
- Basket Ball
- Foot ball
- Hockey
- Soft Ball
- Cricket
- Badminton
- Athletics

Books Recommended

1. Khel Sanchalan Evam Prashikshann - P.K. Arora
2. Coaching and Officiating in Games and Sports- Kamlesh and Sangral
3. Manual of Track and Field- Ekta Gothi
4. Skills and Tactics- Field Athletics – Lokesh Thani
5. Scientific Principles of Coaching- Bunn I.N.