DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2017-2018)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IVth

TITLE: (PEB-4001) - Measurement and Evaluation in Physical Education

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-4001
Duration: 2:00 Hours

Unit-I
Introduction to Test & Measurement & Evaluation
1.1 Meaning of Test, Measurement & Evaluation in Physical Education
1.2 Need & Importance of Test, Measurement & Evaluation in Physical Education
1.3 Criteria of Test, scientific authenticity (reliability, objectivity, validity and availability of norms)
1.4 Type and classification of Test

Unit- II
Construction and Administration of Test
2.1 Test Administration
2.2 Construction of Physical Fitness / Efficiency Test
2.3 General types of sports skill test items
2.4 Construction of sports skill test

Unit- III
Physical Fitness Tests
3.1 AAHPER youth fitness test & U.S Army Physical Fitness Test
3.2 Tuttle Pulse Ratio Test
3.3 Newton Motor Ability Test
3.4 Phillips JCR Test

Unit- IV
Sports Skill Tests
4.1 Lockhart and McPherson badminton test
4.2 Johnson basketball test
4.3 McDonald soccer test
4.4 Brady's Volley ball Skill Test & S.A.I Hockey test

References:
TITLE: (PEB-4002) - Kinesiology and Biomechanics

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-4002
Duration: 2:00 Hours

UNIT– I

Introduction to Kinesiology and Sports Biomechanics

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 –
   1.4.1 Axes and Planes
   1.4.2 Centre of Gravity
   1.4.3 Equilibrium
   1.4.4 Line of Gravity

Unit – II

Mechanical Concepts o Force

2.1 Meaning, definition, types and its application to sports activities
2.2 Lever - Meaning, definition, types and its application to human body.
2.3 Newton’s Laws of Motion – Meaning, definition and its application to sports activities.
2.4 Projectile – Factors influencing projectile trajectory

Unit –III

Kinetic/Kinematics Concept for Analysis Human Motion

3.1 Form of Motion
   3.1.1 Linear Motion
   3.1.2 Angular Motion
   3.1.3 General Motion
   3.1.4 Mechanical System
3.2 Standard reference terminology
   3.2.1 Anatomical reference position
   3.2.2 Anatomical reference plane
   3.2.3 Anatomical reference axis
3.3 Basic Concept related to kinetics
   3.3.1 Inertia
   3.3.2 Mass
   3.3.3 Force
   3.3.4 Centre of Gravity
   3.3.5 Pressure
   3.3.6 Density
   3.3.7 Torque
   3.3.8 Impulse
Unit –IV

Qualitative Analysis

4.1 Qualitative Analysis of Human Movement
   4.1.1 Kinematics
   4.2.2 Kinetics

4.2 Tool of measuring Kinematics quantities
   4.2.1 Cinematography
   4.2.2 Videography

REFERENCES:

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2017-2018)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)

Semester-IVth

TITLE: (PEB-4003) - Research and Statistics in Physical Education

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-4003
Duration: 2:00 Hours

<table>
<thead>
<tr>
<th>Objectives: At the end of this course, the student will be able to-</th>
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<tbody>
<tr>
<td>1) Demonstrate an understanding about the basic components of research and statistics used in physical education</td>
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<tr>
<td>2) Differentiate and compare the elements of qualitative and quantitative research methods</td>
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<td>3) Identify and distinguish the essential elements of quality research</td>
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<td>4) Apply the research skills in conducting systematic qualitative and quantitative investigations</td>
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<td>5) Develop a research based approach in physical education</td>
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Unit-I

1.1 Meaning and definition of research
1.2 Need and importance of research in Physical Education
1.3 Scope of research in Physical Education
1.4 Research ethics principles, and informed consent of research
1.5 Paradigms of research and comparison between qualitative and quantitative research

Unit-II

2.1 Advantages and disadvantages of qualitative methods; Understanding the scenario to use qualitative method
2.2 Techniques of qualitative research (observation, focus group, depth interview, protocol analysis, projective technique)
2.3 Quantitative research: concepts and types of variables, types of scales; characteristics, application, advantages and disadvantages of quantitative research
2.4 Introduction of literature sources, Need for literature review (critical and allied reviews), Hypothesis (null and research, one tail and two tail)
2.5 Concept of population, sample; sampling methods and sample recruitment in qualitative and quantitative research

Unit-III

3.1 Data analysis in research: continuous and discrete data, raw score
3.2 Computing measures of central tendency and measures of variability from the sample/population (Using MS Excel)
3.3 Computing percentiles and quartiles from data(Using MS Excel)
3.4 Introduction and criteria for applying basic parametric and nonparametric techniques of data analysis (chi-square, z-test, t-test)
3.5 Graphical presentation of data(Using MS Excel)

Unit-IV

4.1 Writing grammar of research proposal (Quantitative and Qualitative research)
4.2 Evaluation criteria’s of quantitative research proposal
4.3 Difference between bibliography and referencing
4.4 Introduction to referencing systems and writing reference in research.
References:


University of Leicester (2009) Measures of variability: the range, inter-quartile range and standard deviation or charts. [online] Available from: http://www2.le.ac.uk/offices/ld/resources/study-guides-pdfs/numeracy-skills-pdfs/measures-ariability-v0.1.pdf [Accessed 2nd Jan 2017].

Video Links:

Research Methods

Measures of variability

Types of sampling techniques

Referencing
https://www.youtube.com/watch?v=GvRvhlMUaS8
http://www.powershow.com/view/2ba409-N2Y2M/The_Harvard_Reference_System_powerpoint_ppt_presentation
https://www.youtube.com/watch?v=RfQ91hDseA

Types of data
https://www.youtube.com/watch?v=7bsNWq2A5pI
https://www.youtube.com/watch?v=bfZxznfn5v8

Scales of measurements
https://www.youtube.com/watch?v=KFBUk39ncI
https://www.youtube.com/watch?v=JpLhLKLUL

Hypothesis
http://study.com/academy/lesson/alternative-hypothesis-definition-example.html

Variables

Chi-square test
http://study.com/academy/lesson/what-is-a-chi-square-test-definition-example.html
https://www.youtube.com/watch?v=ODxEnjyF6RI

z-test
https://www.youtube.com/watch?v=MeIiEiXgE
https://www.youtube.com/watch?v=AyiJuCKUj4q

t-test
http://study.com/academy/lesson/what-is-a-t-test-procedure-interpretation-examples.html
https://www.youtube.com/watch?v=BJS11D2VL_U
https://www.youtube.com/watch?v=3auAaOFj
TITLE: (PEB-4012) - SPORTS MANAGEMENT

Unit-I

1.2 Progressive concept of Sports management.
1.3 The purpose and scope of Sports Management.
1.4 Essential skills of Sports Management.
1.5 Qualities and competencies required for the Sports Manager.
1.6 Event Management in physical education and sports.

Unit-II

2.1 Meaning and Definition of leadership.
2.2 Leadership style and method.
2.3 Elements of leadership.
2.4 Forms of Leadership.
2.4.1 Autocratic
2.4.2 Laissez-faire
2.4.3 Democratic
2.4.4 Benevolent Dictator
2.5 Qualities of administrative leader.
2.6 Preparation of administrative leader.
2.7 Leadership and Organizational performance.

Unit-III

3.1 Sports Management in Schools, colleges and Universities.
3.2 Factors affecting planning
3.3 Planning a school or college sports programme.
3.4 Directing of school or college sports programme.
3.5 Controlling a school, college and university sports programme.
3.5.1 Developing performance standard
3.5.2 Establishing a reporting system
3.5.3 Evaluation
3.5.4 The reward/punishment system

Unit-IV

4.1 Financial management in Physical Education & sports in schools, Colleges and Universities.
4.2 Budget – Importance, Criteria of good budget,
4.3 Steps of Budget making
4.4 Principles of budgeting
REFERENCES:

TITLE: (PEB-4071) - Track and Field

Decathlon Events:

Unit-I

1.1 100 metres, 400 metres
1.2 Long Jump, High jump
1.3 Shot put

Unit-II

2.1 110 m Hurdles
2.2 Discuss throw, Javelin throw
2.3 Pole vault, 1500 m

Officiating, Scoring, Layout & Marking

Unit-III

3.1 Rules and Interpretation
3.2 Officiating for Decathlon Events
3.3 Layout and Standard Measurement for Decathlon Events

Scoring/ Point System:

Unit-IV

4.1 Formula for combined events scoring system
4.2 Points system in Decathlon events (Men)
4.3 Points system in Decathlon events (Women)

Books Recommended:

2) Thani V.: Encyclopaedia of Track & Field (with Latest Rules), Khel Sahitya Kendra-4264/3, Ansari Road, Darya Ganj, New Delhi (2003).
TITLE: (PEB-4074) - Skating & Football

Skating:

Unit – I
1.1 Step Ratham on skates
1.2 Walking on Skates
1.3 Roll on Skates
1.4 Half Camel (Hand straight, right on the Rink and left on the air)

Unit – II
2.1 Half Camel (Hand straight, left on the Rink and Right on the air)
2.2 T-Brake (Right Leg/Left Leg)
2.3 Sit Forward (Both legs on Rink)
2.4 Sit Forward with Hinging Legs (Right Leg / Left Leg)

Football:

Unit– III
Push-Pass
3.1 Inside of the foot.
3.2 Inside Instep of the foot.
3.3 Drills

Unit– IV
Kicking
4.1 Inside Instep Kick
4.2 Instep Kick
4.3 Outside Instep Kick

Books Recommended For Study
3) Widdows, R. The Handbook of Football Techniques and Tactics.
TITLE: (PEB-4075) - Skating & Cricket

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEB-4075

Skating:

Unit – I

1.1 Step Ratham on skates
1.2 Walking on Skates
1.3 Roll on Skates
1.4 Half Camel (Hand straight, right on the Rink and left on the air)

Unit – II

2.1 Half Camel (Hand straight, left on the Rink and Right on the air)
2.2 T-Brake (Right Leg/Left Leg)
2.3 Sit Forward (Both legs on Rink)
2.4 Sit Forward with Hinging Legs (Right Leg / Left Leg)

Cricket:

Unit-III

Fielding:-

3.1 Pre-requisite of Fielding in Cricket
3.2 Basic Skills of Fielding
3.3 Fielding Positions in Cricket

Unit-IV

Bowling:-

4.1 Spin Bowling in Cricket
4.2 Types of Spin Bowling
4.3 Development of Bowling related Fitness Components.
TITLE: (PEB-4076) - Skating & Basketball

**Skating:**

**Unit – I**
1. Step Ratham on skates
2. Walking on Skates
3. Roll on Skates
4. Half Camel (Hand straight, right on the Rink and left on the air)

**Unit – II**
1. Half Camel (Hand straight, left on the Rink and Right on the air)
2. T-Brake (Right Leg/Left Leg)
3. Sit Forward (Both legs on Rink)
4. Sit Forward with Hinging Legs (Right Leg / Left Leg)

**Basketball:**

**Unit- III**

**Introduction and Advanced Skills**
3.1 Lay-up shot with variation
3.2 Rebounding with variation
3.3 Screening with variation
3.4 Shooting with variation
3.5 Tapping
3.6 Signals (Officials and Referees)
3.7 Score Sheet

**Unit- IV**

**Advances Playing Techniques**
4.1 Man to Man Full Court Press
4.2 Man To Man Half Court Press
4.3 Zone, 212, 122, 32, Techniques
4.4 Low Post & High Post
4.5 One on One Beat
4.6 Pick and Roll
4.7 Officiating Techniques
DEPARTMENT OF PHYSICAL EDUCATION
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Semester-IV

TITLE: (PEB-4080) - Sports Specialization: Coaching lessons Plans - Track and Field

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEB-4080

Coaching Track & Field Event:

Unit-I

1.1 Important Terminology
1.2 Essential for sprinter
1.3 Qualities of Sprinter

Unit-II

2.1 Techniques for sprinter start
2.2 Proper Technique of a Runner
2.3 Coaching the correct Running Technique
2.4 Competitive Tactics

Unit-III

3.1 Rules for Race
3.2 Rules of Leaving the Track

Unit-IV

4.1 General Introduction of the Shot-put through
4.2 Technique of Shot-put throws
4.3 Technique of Javelin throws
4.4 Rules of throws

Books Recommended:

2) Thani V.: Encyclopaedia of Track & Field (with Latest Rules), Khel Sahitya Kendra-4264/3, Ansari Road, Darya Ganj, New Delhi (2003).
TITLE: (PEB-4083) - Game specialization: Coaching lessons Plans:  
(Skating & Football)

Objective:
- To developed scientific understanding about the art of coaching in physical education
- To provide the hand on experience and developed the skill related to coaching in physical education

Skating:

Unite-I
1. Meaning Definition and concept of lesson plan
2. Model of Different coaching lesson plan
3. Basic Component of lesson and lesson plane format for coaching lesson plan
4. Element of lesson plan.

Unite –II
1. Basic aspect of coaching lesson plan
2. Basic aspect of coaching class management
3. Construction and conducting Coaching lesson plan – Skating
   a) 05 Lesson plan (Internal)
   b) 05 Lesson Plan (external)

Football:

Unit- III
Introduction:
3.1 Format of Lesson Plan.
3.2 Preparation for the Lesson (Personal & Technical).

Unit -IV
Organization of the Activity/Game
4.1 Officiating during Match as Main Referees/Umpire.
4.2 Officiating during Match as Assistant Referees/Table Official.

Books Recommended For Study
   Surjeet Publication, New Delhi.
5) http://www.skatinginbc.com/sites/default/files/page/resources/skate_canada_evaluated_skating_skills_test_-_standards.pdf
TITLE: (PEB-4084) - Game specialization: Coaching lessons Plans : (Skating & Cricket)

Objective:

- To develop scientific understanding about the art of coaching in physical education
- To provide the hand on experience and developed the skill related to coaching in physical education

**Skating:**

**Unite-I**

1. Meaning Definition and concept of lesson plan
2. Model of Different coaching lesson plan
3. Basic Component of lesson and lesson plane format for coaching lesson plan
4. Element of lesson plan.

**Unite –II**

1. Basic aspect of coaching lesson plan
2. Basic aspect of coaching class management
3. Construction and conducting Coaching lesson plan – Skating
   a) 05 Lesson plan (Internal)
   b) 05 Lesson Plan (external)

**Cricket:**

**Unit-III**

**Lesson Plan:**

1.1 Concept of Planning a lesson
1.2 Fundamentals of lesson Plan
1.3 Types of Lesson Plan Format in Physical Education

**Unit-IV**

**Lesson Plan Preparation on Cricket Skills:**

2.1 Fielding in Cricket
2.1 Bowling in Cricket

**Books Recommended For Study**

TITLE: (PEB-4085) - Game specialization: Coaching lessons Plans: (Skating & Basketball)

Objective:

- To develop scientific understanding about the art of coaching in physical education
- To provide the hand-on experience and developed the skill related to coaching in physical education

Skating:

Unit-I
1. Meaning Definition and concept of lesson plan
2. Model of Different coaching lesson plan
3. Basic Component of lesson and lesson plan format for coaching lesson plan
4. Element of lesson plan.

Unit –II
1. Basic aspect of coaching lesson plan
2. Basic aspect of coaching class management
3. Construction and conducting Coaching lesson plan – Skating
   a) 05 Lesson plan (Internal)
   b) 05 Lesson Plan (external)

Basketball:

Unit: III

Coaching Lesson Plan on Basketball Skills
3.1 Lesson on the Passing
3.2 Lesson on the Dribbling
3.3 Lesson on the Fast Break Technique
3.4 Lesson on the Give and Go Technique
3.5 Lesson on the Faking and Lay Up Shot

Unit: IV

Coaching Lesson Plan on Basketball Rules
4.1 Violation
4.2 Foul
4.3 Team foul
4.4 Time Related violation
4.5 Officials and Referees