DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2018-2019)
BACHELOR OF PHYSICAL EDUCATION (B.P.E.D.)
Semester-II nd

Title: Yoga Education

Credits: 04
Max. Marks: 100
Sessional Marks: 30
Exam. Marks: 70
Paper Code: PEB-2001
Duration: 2:30 Hours

Objectives:
To introduce students with the scientific aspects of yogic elements and its related teaching

Unit – I

Introduction to Yoga in Physical Education
1.1 Meaning and definition of Yoga
1.2 Aims and objectives of Yoga
1.3 Importance of Yoga in Physical Education & Sports
1.4 Elements of Yoga.

Unit – II

Introduction to Pranayama
2.1 Definition and phases of Pranayama
2.2 Types of Pranayama
2.3 Physical, Mental and Spiritual effects of Pranayama.
2.4 Safety measures and precautions of Pranayama

Unit – III

Introduction to Asanas and Surya Namaskar
3.1 Definition, and scope of Asanas
3.2 Stages of performing Asanas
3.3 Classification and benefits of Asanas
3.4 Introduction and method to perform Surya Namaskar

Unit – IV

Relationship of Yoga Asanas with different systems
4.1 Skeletal System
4.2 Cardiovascular System
4.3 Nervous System
4.4 Endocrine System
References & Suggested Readings:

Updated on 04.10.2018
Title: Educational Technology and Methods of Teaching in Physical Education

Credits: 04
Max. Marks: 100
Sessional Marks: 30
Exam. Marks: 70
Paper Code: PEB-2002
Duration: 2:30 Hours

Unit – I

Introduction:
1.1 Education and Education Technology - Meaning and Definitions.
1.2 Types of Education - Formal, Informal and Non-Formal education.
1.3 Educative Process.
1.4 Importance of Devices and Methods of Teaching.

Unit – II

Teaching Technique:
2.1 Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
2.3 Presentation Technique – Personal and technical preparation.
2.4 Command- Meaning, Types and its uses in different situations.

Unit – III

Teaching Aids:
3.1 Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
3.2 Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc.
3.3 Team Teaching – Meaning, Principles and advantage of team teaching.
3.4 Difference between Teaching Methods and Teaching Aid.

Unit – IV

Lesson Planning and Teaching Innovations:
4.1 Lesson Planning – Meaning, Type and principles of lesson plan.
4.2 General and specific lesson plan.
4.3 Micro Teaching – Meaning, Types and steps of micro teaching.
4.4 Simulation Teaching - Meaning, Types and steps of simulation teaching.

Reference:

Updated on 04.10.2018
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2018-2019)
BACHELOR OF PHYSICAL EDUCATION (B.P.E.D.)
Semester-II

Title: Organization and Administration in Physical Education

Credits: 04  
Max. Marks: 100  
Sessional Marks: 30  
Exam. Marks: 70  
Paper Code: PEB-2003  
Duration: 2:30 Hours

Organization and Administration & Supervision:
1.1 Meaning and importance of organization and administration & supervision in physical education with their guiding principles.
1.2 Qualification and qualities of physical education teacher and student teacher.
1.3 Planning and management with their basic principles.
1.4 Basic needs of planning a program with proper management.

Unit – II

Office Management, Record, Register & Budget:
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 keeping.
2.4 Criteria of a good budget, sources of income, expenditure, preparation of budget.

Unit – III

Facilities & Time-Table Management:
3.1 Facilities and equipment management: Types of facilities Infrastructure-indoor, outdoor.
3.2 Care of school building, gymnasium, swimming pool, play fields, playgrounds.
3.3 Equipment: Need, importance, purchase, care and maintenance.
3.4 Time Table Management: Meaning, need, importance and factor affecting time table.

Unit – IV

Competition Organization:
4.1 Importance of tournament.
4.2 Units and methods of competition, types of tournament and its organization structure.
4.3 Organization structure of athletic meet.
4.4 Sports event intramurals & extramural tournament planning and management.

References:
Title: Sports Nutrition and Weight Management

Objectives:
1) To develop an understanding about the role of nutrition in weight management and sport.
2) To develop the skills to establish daily caloric requirement and to design the diet plan.
3) To acquaint student with principles of sports nutrition.
4) To understand the role of food in Physical performance.
5) To explain student the opportunity to understand the weight management plans.

Unit – I

Introduction to Sports Nutrition
1.1 Meaning and Definition of Sports Nutrition
1.2 Basic components of Nutrition
1.3 Factor to consider for developing nutrition plan
1.4 Balance diet and its components, Nutritional deficiencies.
1.5 Understanding of malnutrition and nutritional supplements.

Unit – II

Nutrients: Ingestion to energy metabolism
2.1 Carbohydrates, Protein, Fat – Meaning, classification and its function
2.2 Role of carbohydrates, Fat and protein during exercise
2.3 Vitamins, Minerals, Water – Meaning, classification and its function
2.4 Role of hydration during exercise
2.5 Establishing daily caloric requirement and expenditure

Unit – III

Nutrition and Weight Management
3.1 Obesity – Definition, meaning, types and causes of obesity; Health risks associated with Obesity and Solutions for Overcoming Obesity
3.2 Concept of BMI (Body mass index), Dieting versus exercise for weight control,
3.3 Common Myths about Weight Loss
3.4 Concept of weight management in modern era, Factor affecting weight management

Unit – IV

Steps of planning of Weight Management
4.1 Determination of desirable body weight
4.2 Daily calorie intake and expenditure in weight management
4.3 Role of diet and exercise in weight management
4.4 Designing diet plan and exercise schedule for weight gain and loss
4.5 Balanced diet for Indian School Children.

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Course Learning Outcomes:
- Understanding of the theoretical and practical concept of sport nutrition and weight management.
- Understanding towards the theoretical and practical concept of obesity and desirable body weight for physical fitness.
- Understanding of the modern development in area of sport nutrition and weight management.

Teaching Learning Strategies: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

Activities: Lecture/ Project Work/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

Assessment Rubric: Classroom Test, Project Work, Assignments, Presentations

References:

Updated on 04.10.2018