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

TITLE: Track and Field (Jumping Events)

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEB-2071

Unit – I

Introduction to Jumping Events
1.1 Classification of Jumping Events in Track & Field  
1.2 Basic equipment required & their Measurement for Jumping Events  
1.3 Marking Area of Jumping Events and its Measurements  
1.4 Rules, Officials Required & Officiating and Scoring in Jumping Events

Unit – II

Basic Skills (Individual performance) Jumping Events (High Jump)
2.1 High Jump -  
   (Eastern cut-off) - Approach run, take off, clearance over the Bar and landing.  
   (Western roll) - Approach run, take off, clearance over the Bar and landing.  
   (Straddle roll) - Approach run, take off, clearance over the Bar and landing.

Unit – III

Basic Skills (Individual performance) Jumping Events (Long Jump)
3.1 Long Jump (Sail Style & Hang Style) – Approach run, take off, flight in the air and landing

Unit – IV

Basic Skills (Individual performance) Jumping Events (Triple Jump)
4.1 Triple Jump – Approach run, take off (Hop, Step, and Jump), flight in the air and landing.

References:
1) Doherty, J., Track and Field, Engle wood Cliffs: Prientice Hall Inc.  
3) Ken O Bosen, Track and Field Fundamental Techniques, Patiala: MS Publications.  
DEPARTMENT OF PHYSICAL EDUCATION
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Semester-II

TITLE: Yoga & Aerobics

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEB-2072

Objectives:
1) Equipped students to use yoga as an instrument to promote general health, wellbeing and fitness
2) To teach pedagogy related to basic yogic practices at school level
3) The objectives of Aerobics class are to provide each student the knowledge of why it is important to be physically fit, and to give them an opportunity to improve their fitness level through daily exercise and activities.

Yoga:

Unit - I

Pranayams
- Breathing Awareness, Abdominal Breathing, Full Yogic Breath, Anuloma Viloma (Alternate Nostril Breathing), Kapalabhati (shining skull or fierce breath).

Surya Namaskara
- Practicing techniques of twelve Surya Namaskara poses. Benefits and precautions of Surya Namaskara.

Unit - II

Asanas
Practicing techniques, precautions and benefits of following asanas-
- Sitting - Padmasana (Baddha - tied lotus), Vajrasana (Thunderbolt pose)
- Standing - Vrikshasana (Tree pose), Parvatasana (Mountain pose)
- Laying Prone Position - Shavasana (Corpse pose), Tadagasana (Pond pose)
- Laying Spine Position - Navkasana (Boat Pose), Chakrasana (Bridge Pose)

Bandhas
Practicing techniques, benefits and precautions of-
- Mula Bandha, Uddiyana Bandha, Jalandhara Bandha

Teaching Yoga-

Aerobics:

Unit – III
- Introduction to concept of fitness, aerobics, types of aerobics.
- Music and cuing.
- March, Side to side, double side to side, Grapevine.
- Knee up, Leg curl Toe touch, Side lunge.

Unit – IV
- Scientific principles of exercise.
- Aerobic exercise program design.
- Theory and principles of body conditioning.
- Flexibility, agility and coordinative abilities.
Suggested Readings:


TITLE: Racket Sports: Badminton

Unit – I

1.1 Introduction of the game and historical development with special reference to India.
1.2 Important tournaments held at National and International levels and distinguished personalities related to the sport.
1.3 Rules and their Interpretations.
1.4 Duties of official.

Unit – II

2.1 Ground measurement and marking
2.2 Grip & Service: Forehand grip, Backhand grip, High service, Low services, Drive service, Flick service.

Unit – III

3.1 Defensive Strokes: Drive, Drop Shot, Lob, Close, Range Body Defence.
3.2 Attacking Strokes: Smash, Body Line Smash, Down the line smash, Cross court smash, Flat clear, Drop shot (fast).

Unit – IV

4.1 Advance Tactics: Advanced singles, court Positions Cross courting, Serving.
4.2 Advance Doubles: Court positions, serving, Attack and Defence
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Semester-IInd

TITLE: Racket Sports: Table Tennis

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEB-2079

Objectives
1) Enable to perform the basic skills of table tennis
2) Understand the rules and regulations that regulates table tennis

Unit – I
1.1 Introduction of table tennis – Historical development, Modern setup
1.2 Introduction and measurement of table tennis equipments- Table, Net, Ball, Racket, Racket Covering, Speed Glues
1.3 Specific warming –up for table tennis
1.4 Grip- Shakehands Grip, Penhold Grip and Seemiller Grip. Drills for racket control – Up- and -down bouncing, Up- and -down wrist bouncing, Alternate bouncing, Wall bouncing, Pepper

Unit – II
2.1 Ball Spin- Top spin, Back spin, Side spin, No spin
2.2 Racket angles against spins- Open vs Closed, Spin creation
2.3 Ready Stance, Positioning and Footwork (Two-Step footwork)
2.4 Serves- Execution of topspin and backspin serves

Unit – III
3.1 Forehand drive, Backhand drive, Smash
3.2 Push- Execution of push, Forehand and Backhand push
3.3 Blocking- Forehand and Backhand blocking
3.4 Looping - Forehand and Backhand looping

Unit – IV
4.1 Flipping- Forehand Flipping
4.2 Chopping- Forehand and Backhand cops
4.3 Lobbing- Forehand and Backhand lobs
4.4 Table tennis rules and regulations

Suggested Reading :
DEPARTMENT OF PHYSICAL EDUCATION
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BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-II

TITLE: Teaching Practices

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEB-2082

Objectives:
1) To induce the science and art of teaching in students
2) To provide the hands on experience related to cognitive and motor teaching

Unit – I
1.1 Format of lesson plan in physical education (Indoor and Outdoor)
1.2 Framing the objectives of lesson plan
1.3 Designing general and specific objectives of lesson plan
1.4 Practicing the handling of administrative and managerial issues related to teaching practice (Time management, Personnel cooperation, Classroom management, etc.)

Unit – II
2.1 Practicing and understanding the role of teaching methods in physical education
2.2 Practicing and understanding the usages of teaching techniques in physical education
2.3 Lesson evaluation techniques (Formative and Summative Evaluation)
2.4 Creating physical activity based pedagogy (Group Activity)

Unit – III
3.1 Constructing and conducting a lesson from Health Education
3.2 Constructing and conducting a lesson from Exercise Physiology
3.3 Constructing and conducting a lesson from Sports Medicine
3.4 Constructing and conducting a lesson from Sports Training
3.5 Constructing and conducting a lesson from Tournaments Conduction

Unit – IV
4.1 Constructing and conducting a lesson from Calisthenics Exercise
4.2 Constructing and conducting a lesson from Yogic & Aerobic Exercise
4.3 Constructing and conducting a lesson from Football, Hockey, Basketball, Volleyball, Cricket
4.4 Constructing and conducting a lesson from Kabaddi, Kho-Kho
4.5 Constructing and conducting a lesson from Athletics

Suggested Readings: