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

TITLE: Track and Field

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEB-4071

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)  
2.3 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).
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2018-2019)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IVth

TITLE: Skating & Cricket

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

TITLE: 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:

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

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

TITLE: 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: Game Specialization: Coaching Lessons Plans : (Skating & Cricket)

Objective:

- To develop scientific understanding about the art of coaching in physical education
- To provide the hands-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 lesion 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
2) http://www.skatinginbc.com/sites/default/files/page/resources/skate_canada_evaluated_skating_skills_test--standards.pdf
TITLE: Game Specialization: Coaching Lessons Plans: (Skating & Basketball)

Objective:

- To develop a scientific understanding about the art of coaching in physical education
- To provide hands-on experience and develop skills related to coaching in physical education

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3. Basic Component of lesson and lesson plan 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)

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