Office of the Chairperson
Department of Physical Education,
A.M.U., Aligarh
Dated: 20.06.2016

MINUTES
of
the Ordinary meeting of the Board of Studies of the Department of Physical Education held on 24.05.2016 at 11:30 a.m. in the Office of the Chairperson, Department of Physical Education, A.M.U., Aligarh.

The following members were present:-

1. Prof. Brij Bhushan Singh
   Chairperson,
   Department of Physical Education,
   A.M.U., Aligarh
   (In chair)

2. Prof. M.S. Chauhan
   Professor of Physical Education
   Kurukshetra University, Kurukshetra.

3. Prof. Ikram Hussain
   Professor of the Department

4. Prof. Zamirullah Khan
   Professor of the Department

5. Dr. Rajendra Singh
   Associate Professor of the Department.

6. Dr. S. Tariq Murtaza
   Associate Professor of the Department.

7. Dr. S. Khurram Nisar
   Assistant Professor of the Department.

8. Dr. Mohd. Arshad Bari
   Assistant Professor of the Department.

9. Dr. Merajuddin Faridi
   Assistant Professor of the Department.

Item No.1:

Confirmed the previous minutes of the Board of Studies meetings held on 22.12.2016 & 03.03.2016.
Item No.2:

Considered and Recommend the revision / minor changes in the syllabi of B.P.Ed. (III & IV Semester) and M.P.Ed. (III & IV Semester) courses under CBCS system for the session 2016-17 [See appendix - I (a) & I (b)].

Item No.3:

Considered and approved the teaching allocation and teaching load of B.P.Ed. (I & III- semester), M.P.Ed. (I & III- semester) courses [See Appendix-II (a) & II (b)] for the session 2016-17. The committee further authorized the Chairperson to make any amendment/ change in allocation as per the requirement.

Item No.4:

Dropped.

Item No.5:

Considered and approved the proposals of Dr. Sayed Khurram Nisar, Assistant Professor and Dr. Merajuddin Faridi, Assistant Professor for organizing Workshop on “Quantitative Approach in Research” and “Officiating and Coaching Skills” respectively during the academic session 2016-17 in the Department [See appendix-III (a) & III (b)].

Any Other Item(s):

(i) To considered the proposal for Introduction of B.P.Ed. (4 years) integrated course according to the guideline of National Council for Teacher Education (NCTE) in place of B.P.Ed. (2 years) degree course and recommended to the Faculty of Social Sciences for approval. The board authorized the Chairperson to process with the necessary requirements for getting recognition from National Council for Teacher Education (NCTE) to run the said course.

(Prof. Brij Bhushan Singh)
Chairperson
Dept. of Physical Education
A.M.U., Aligarh 2016
Title: (PEB-3001) SPORTS TRAINING

Unit – I

Introduction to Sports Training
1.1 Meaning and Definition of Sports Training
1.2 Aim and Objective of Sports Training
1.3 Principles of Sports Training
1.4 Load, Intensity, Density, Duration and frequency.

Unit – II

Training Components
2.1 Speed – Mean and Methods of Speed Development
2.2 Strength – Mean and Methods of Strength Development
2.3 Endurance - Mean and Methods of Endurance Development
2.4 Coordination – Mean and Methods of coordination Development
2.5 Flexibility – Mean and Methods of Flexibility Development

Unit – III

Training Process
3.1 Training Load- Definition and Types of Training Load
3.2 Principles of Intensity and Volume of stimulus
3.3 Technical Training – Meaning and Methods of Technique Training
3.4 Tactical Training – Meaning and Methods of Tactical Training

Unit – IV

Training programming and planning
4.1 Periodization – Meaning and types of Periodization
4.2 Aim and Content of Periods – Preparatory, Competition, Transitional etc.
4.3 Planning – Training session
4.4 Talent Identification and Development

Reference:
Title: (PEB-3002) COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-3002
Duration: 2:00 Hours

Unit – 1

Introduction to Computer
1.1 Meaning, need and importance of information and communication technology (ICT).
1.2 Application of Computers in Physical Education
1.3 Components of computer, input and output device
1.4 Application software used in Physical Education and sports

Unit – 2

MS Word
2.1 Introduction to MS Word
2.2 Creating, saving and opening a document
2.3 Formatting Editing features Drawing table.
2.4 Page Setup, Paragraph Alignment, Spelling and Grammar Check, Printing Option, Inserting Page Number, Graph and Footnote.

Unit – 3

MS Excel
3.1 Introduction to MS Excel
3.2 Creating, saving and opening spreadsheet
3.3 Creating formulas
3.4 Format and editing features adjusting columns width and row height understanding charts.

Unit – 4

MS Power Point
4.1 Introduction to MS Power Point
4.2 Creating, saving and opening a ppt. file
4.3 Format and editing features slide show, design, inserting slide number
4.4 Picture, Graph, Table
4.5 Preparation of Power point presentations

References:
Title: (PEB-3003) SPORTS PSYCHOLOGY AND SOCIOLOGY

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-3003
Duration: 2:00 Hours

UNIT – I

1. Introduction of Sports Psychology:
   1.1 Meaning, Definition of Sports Psychology.
   1.2 Importance of Sports Psychology to Physical Education Teacher and Coaches.
   1.3 Principles of Sports Psychology.
   1.4 Psychological factors affecting sports performances.
   1.5 Goal setting, factors affecting goal setting.

UNIT – II

2. Learning and Stress:
   2.1 Meaning and Definition of Learning, Types of Learning.
   2.2 Laws of Learning. *
   2.3 Plateau in Learning and its causes.
   2.4 Transfer of Learning and its importance in learning Physical Skills.
   2.5 Meaning, Causes, Symptoms and Management of Stress.

UNIT – III

3. Motivation and Growth and Development:
   3.1 Motivation, Achievement motivation, Types of motivation and condition of developing achievement motivation.
   3.2 Sportsmanship and Sports Ethics, Methods of develop Sportsmanship and Sports Ethics.
   3.3 Meaning and Factors affecting of Growth and Development.
   3.4 Principles of Growth and Development.
   3.5 Need of Study of Growth and Development for teachers.

UNIT – IV

4. Sports Sociology and Leadership:
   4.1 Definition and concept of Sports Sociology.
   4.2 Importance of Sports Sociology in Physical Education.
   4.3 Sociolisation and value education through Physical Education.
   4.4 Meaning and Definition of Leadership, Qualities of a student Leader or Captain.
   4.5 Socialisation in Home, Community, School and Sports.
References:

Title: CURRICULUM DESIGN (Elective)

Objectives:

- To develop an understanding of basic elements of curriculum design
- To critically explore the models of curriculum in physical education and their applicability
- To empower the learner to design need base curriculum in physical education

Unit 1

1.1 Concept of Curriculum and Curriculum Design.
1.2 Types of Curriculum
1.3 Importance of Curriculum development for the physical education professionals (from school perspectives).
1.4 Principle of Curriculum Design
1.5 Factors affecting Curriculum Design (Reference to Physical Education)

Unit 2

2.1 Introduction of educational bodies and commissions with their recommendations for Physical Education curriculum.
2.2 Approaches to Curriculum construction (Herbartian, Morrison, Evaluation, Management, Integrated)
2.3 Curriculum development-Stages/Elements
2.4 Models of Curriculum- Product Model, Process Model, Ralph Tyler Model, Hilda Taba Model.
2.5 The importance of model-based approach in physical education.
2.6 Curriculum models in Physical Education- Developmental, Humanistic, Fitness, Movement Education, Games, Health Optimizing, Sport Education, Cooperative learning in PE, TGFU (Teaching Game for Understanding) Model.

Unit 3

3.1 Long-term planning of the physical education curriculum
3.2 Medium- and Short-term planning of the physical education curriculum
3.3 Progression and continuity in physical education between primary and secondary school
3.4 Breadth and balance in the physical education curriculum

Unit 4

4.1 Implementing the Curriculum
4.2 Monitoring and evaluating the Curriculum
Suggested Readings:


http://www.thenewpe.com/Curriculum/curr-models.htm
http://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html
https://lovepe.me/2016/02/01/my-physical-education-solo-taxonomy-journey-continues/
http://www.wikihow.com/Develop-a-Curriculum
http://prezi.com/7lprhnabl2/steps-in-Curriculum-design/
http://www.slideshare.net/nsmaybelle/Curriculum-organization?from_action=save
http://medicine.osu.edu/education/Documents/Curriculum_design_2010.pdf
https://eboard.eboardsolutions.com/evaluation/TempFolder/evaluation/Rigorous%20Curriculum%20Design%20Oveview%20copy_6944palayq5ss5kjm0vzsdxyqxxg.pdf
http://www.sparkpe.org/blog/10-ideas-to-improve-your-schools-pe-program/
http://www.ncbi.nlm.nih.gov/books/NBK201493/

Fit Kid Fit Future http://www.fitkidsfitfuture.com/

http://cd1.edb.hkedcity.net/cd/pe/TC/rFMP_e.pdf

Title: (PEB-3071) : Track & Field (Throwing events)

Objectives: To Provide Understanding of fundamental Skill and rules of Throwing events.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3071

Unit-1

1. Basic Introduction to Throwing Events
   1.1 Classification of Throwing Events in Athletics.
   1.2 Basic Equipments required & their Measurement for Throwing Events.
   1.3 Ground Marking/Sector Marking in throwing Events.
   1.4 Interpretation of Rules, officiating & Scoring Procedure in Throwing Events.

Unit- II

2. Basic Skills (Individual Performance) Throwing Events (Discuss & Shot-put Throw)
   2.1 Essentials of Discuss Throwing: Grip, stance, wind up, one and half rotation, Release/Throw & Reserve /Follow through action.
   2.2 Practicing Shot-Put Throw by using techniques "Parry" O'Brien (Gliding), Disco-put (Rotatory), & Handhold.
   2.3 Duties of Officials, Rules and their Interpretations in Discuss Throw.

Unit- III

3. Basic Skills (Individual Performance) Throwing Events (Javelin Throw)
   3.1 Essentials of Javelin Throwing: Grip, Approach run, Delivery, Release & Reserve /Follow through Action/ Recovery.
   3.2 Practicing Javelin Throw by using techniques: Handhold throws, Run-up, Carry of the Javelin while running, Speed of the Run, Throwing Positions
   3.3 Duties of Officials, Rules and their Interpretations in Javelin Throw.

Unit- IV

4. Basic Skills (Individual Performance) Throwing Events (Hammer Throw)
   4.2 Officiating & Rules of Hammer Throw.

REFERENCE:
Title: (PEB-3072): Boxing & Judo

Objectives: To Provide Understanding of fundamental Skill and rules of Judo & Boxing.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3072

UNIT-I

Judo:

1.1 Salutation/ Rai
1.2 Ukemis with Jumps
1.3 Taisabaki with Judokas
1.4 Kuzushi with Partner

UNIT-II

2.1 Naga Waza
2.2 Katame Waza
2.3 Rules & their interpretations.

UNIT-III

Boxing:

3.1 Player stance
3.2 Stance- Right hand stance, left hand stance
3.3 Footwork- movement, backward movement
3.4 Punches- Jab, cross & hook

UNIT-IV

4.1 Defense Slip: Parry/ block cover up
4.2 Tactics: Toe to toe, counter attack
4.3 Rules & their interpretations.
Title: (PEB-3075): Hockey & Volleyball

Objectives: To Provide Understanding of fundamental Skill and rules of Hockey & Volleyball.

Credits: 04  
Max. Marks: 100  
Internal Assessment: 40  
Exam. Marks: 60  
Paper Code: PEB-3075

UNIT-I

HOCKEY:

Fundamental Skills:

1.1 Player stance & Grip  
1.2 Rolling the ball  
1.3 Dribbling  
1.4 Push  
1.5 Stopping  
1.6 Hit  
1.7 Flick  
1.8 Scoop  
1.9 Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass.

UNIT-II

2.1 Reverse hit  
2.2 Dodging  
2.3 Positional play in attack and defense.  
2.4 Rules and their interpretations and duties of officials.  
2.5 Rules and their interpretations and duties of officials.  
2.6 Ground Marking.

UNIT-III

VOLLEYBALL:

Rules and their Interpretations:

3.1 Latest rules, and their interpretations  
3.2 Duties and responsibilities of officials  
3.3 Mechanism of officiating and scoring  
3.4 Assessment of prospective opponents
UNIT-IV

Preparation and Training:

4.1 Prerequisites of preparation and training
4.2 Theory of volleyball training process
4.3 General and specific warming up and cooling down (specific exercises for volleyball)
4.4 Principles of warming up and cooling down and their effects
4.5 Basic skills and techniques
4.6 The serve
  4.6.1 Underhand, tennis, jump and serve, overhead float
  4.6.2 Forearm passing
  4.6.3 Overhead passing
4.7 Spiking / attack
4.8 Blocking
4.9 Preparation, pre-contact movement, contact Teaching progression
4.10 Coaching points
4.11 Tactical application
4.12 Drills for skill development (any five)

REFERENCES:

- American.... Program, Coaching Youth Volley Ball, Campaigon, H.K., 1996.
- FIVB, Backcourt Spiking in Modern Volley Ball, Chennai : FIVB, 1996.
Title: (PEB-3076) : Cricket & Volleyball

Objectives: To Provide Understanding of fundamental Skill and rules of Cricket & Volleyball.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3079

Cricket:

UNIT-I

1. BASIC SKILLS OF BATTING-I
   1.1. Grip & Stance, Taking Guard, & Importance of Guard
   1.2. Footwork and its Importance in Batting.
   1.3. Back-lift and Down-swing of Bat
   1.4. Mechanism of Front Foot & Back Foot Defence.

UNIT-II

2. OFFICATING & DUTIES OF UMPIRES, REFREES
   2.1 Pre, During & Post-Match Duties
   2.2 Inspection of Ground & Players’ Dress and Equipments
   2.3 Officiating and Scoring
   2.4 Report Submission

Volleyball:

UNIT-III

RULES AND THEIR INTERPRETATIONS

3.1 Latest rules, and their interpretations
3.2 Duties and responsibilities of officials
3.3 Mechanism of officiating and scoring
3.4 Assessment of prospective opponents

UNIT-IV

PREPARATION AND TRAINING

4.1 Prerequisites of preparation and training
4.2 Theory of volleyball training process
4.3 General and specific warming up and cooling down (specific exercises for volleyball)
4.4 Principles of warming up and cooling down and their effects
4.5 Basic skills and techniques
4.6 The serve
   4.6.1 Underhand, tennis, jump and serve, overhead float
   4.6.2 Forearm passing
   4.6.3 Overhead passing
4.7 Spiking / attack
4.8 Blocking
4.9 Preparation, pre-contact movement, contact Teaching progression
4.10 Coaching points
4.11 Tactical application
4.12 Drills for skill development (any five)

REFERENCES

- American.... Program, Coaching Youth Volley Ball, Campaigon, H.K., 1996.
- FIVB, Backcourt Spiking in Modern Volley Ball, Chennai : FIVB, 1996.
Title: (PEB-3077) : Football & Volleyball

Objectives: To Provide Understanding of fundamental Skill and rules of Football & Volleyball.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3077

FOOTBALL:

UNIT-I

1.1 Kicking

1.1.1 Inside of the foot
1.1.2 Inside instep of the foot
1.1.3 Instep of the foot
1.1.4 Outside instep of the foot

UNIT-II

2.1 Receiving and Trapping

2.1.1 Inside of the foot
2.1.2 Instep of the foot
2.1.3 Onside of the foot
2.1.4 Toe Receive
2.1.5 Dribbling

VOLLEYBALL:

Rules and their Interpretations

3.1 Latest rules, and their interpretations
3.2 Duties and responsibilities of officials
3.3 Mechanism of officiating and scoring
3.4 Assessment of prospective opponents
UNIT-IV

PREPARATION AND TRAINING

4.1 Prerequisites of preparation and training
4.2 Theory of volleyball training process
4.3 General and specific warming up and cooling down (specific exercises for volleyball)
4.4 Principles of warming up and cooling down and their effects
4.5 Basic skills and techniques
4.6 The serve
   4.6.1 Underhand, tennis, jump and serve, overhead float
   4.6.2 Forearm passing
   4.6.3 Overhead passing
4.7 Spiking / attack
4.8 Blocking
4.9 Preparation, pre-contact movement, contact Teaching progression
4.10 Coaching points
4.11 Tactical application
4.12 Drills for skill development (any five)

REFERENCES

- American.... Program, Coaching Youth Volley Ball, Campaigon, H.K., 1996.
- FIVB, Backcourt Spiking in Modern Volley Ball, Chennai : FIVB, 1996.
Title : (PEB-3078) : Football & Basketball

Objectives: To Provide Understanding of fundamental Skill and rules of Football & Basketball.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3078

FOOTBALL:

UNIT-I
1.1 Kicking
    1.1.1 Inside of the foot
    1.1.2 Inside instep of the foot
    1.1.3 Instep of the foot
    1.1.4 Outside Instep of the foot

UNIT-II
2.1 Receiving and Trapping
    2.1.1 Inside of the foot
    2.1.2 Instep of the foot
    2.1.3 Onside of the foot
    2.1.4 Toe Receive
    2.1.5 Dribbling

BASKETBALL:

UNIT: III
Fundamentals of Basketball
3.1 History of basketball
3.2 Development of basketball from ancient to modern era
3.3 Gripping
3.4 Stance
3.5 Equipments

UNIT: IV
Basics Exercises and Drill
4.1 Juggling Exercises
4.2 Stopping With Ball
4.3 German Drill & Suicide Drill
4.4 Shooting
4.5 Rebounding

REFERENCES:
Title : (PEB-3079) : Cricket & Basketball

Objectives: To Provide Understanding of fundamental Skill and rules of Cricket & Basketball.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3079

CRICKET:

UNIT-I
Basic Skills of Batting-I
1.1. Grip & Stance, Taking Guard, & Importance of Guard
1.2. Footwork and its Importance in Batting.
1.3. Back-lift and Down-swing of Bat
1.4. Mechanism of Front Foot & Back Foot Defence.

UNIT-II
Officiating & Duties of Umpires, Referees
2.1 Pre, During & Post-Match Duties
2.2 Inspection of Ground & Players’ Dress and Equipments
2.3 Officiating and Scoring
2.4 Report Submission

BASKETBALL:

UNIT: III
Fundamentals of Basketball
3.1 History of basketball
3.2 Development of basketball from ancient to modern era
3.3 Gripping
3.4 Stance
3.5 Equipments

UNIT: IV
Basics Exercises and Drill
4.1 Juggling Exercises
4.2 Stopping With Ball
4.3 German Drill & Suicide Drill
4.4 Shooting
4.5 Rebounding
REFERENCES

Title: (PEB-3080): Hockey & Basketball

Objectives: To Provide Understanding of fundamental Skill and rules of Hockey & Basketball.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3080

HOCKEY:

UNIT-I

Fundamental Skills:

1.1 Player stance & Grip
1.2 Rolling the ball
1.3 Dribbling
1.4 Push
1.5 Stopping
1.6 Hit
1.7 Flick
1.8 Scoop
1.9 Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass.

UNIT-II

2.1 Reverse hit
2.2 Dodging
2.3 Positional play in attack and defense.
2.4 Rules and their interpretations and duties of officials.
2.5 Rules and their interpretations and duties of officials.
2.6 Ground Marking.

BASKETBALL:

UNIT: III

Fundamentals of Basketball
3.1 History of basketball
3.2 Development of basketball from ancient to modern era
3.3 Gripping
3.4 Stance
3.5 Equipments

UNIT: IV

Basics Exercises and Drill
4.1 Juggling Exercises
4.2 Stopping With Ball
4.3 German Drill & Suicide Drill
4.4 Shooting
4.5 Rebounding

REFERENCES:
Title: (PEB-3081) : Teaching Practice (Teaching Lesson Plans for Team Game- Football)

Objectives:

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3081

Unit-I

Kicking:
1.1 Inside of the foot
1.2 Inside instep of the foot
1.3 Instep of the foot
1.4 Outside Instep of the foot

Unit-II

Receiving and Trapping:
2.1 Inside of the foot
2.2 Instep of the foot
2.3 Onside of the foot
2.4 Toe Receive

Unit-III

Dribbling the Ball
3.1 Forward
3.2 Sideward
3.3 Zigzag

Unit-IV

Heading the Ball:
4.1 Forward Heading
4.2 Backward Heading
4.3 Deflection
Title: (PEB-3082) : Teaching Practice (Teaching Lesson Plans for Team Game- Hockey)

Objectives: To provide practical approach to understand and application of basic skills and rules

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3082

Unit 1

Introduction

1.1 Definition of Planning
1.2 Significance and steps of Planning
1.3 Concept of Lesson Planning
1.4 Element of lesson plan

Unit 2

Concept of Lesson planning

2.1 Format of lesson Plan in field Hockey.
2.2 Forming the objective of Lesson Plan.
2.3 Designing general and specific objectives of lesson plan.
2.4 Preparation – Personal & Technical

Unit 3

Preparation for Teaching Practices

3.1 Managerial Issues: Time, Personal cooperation, Class Management, etc.
3.2 Practicing and Understanding the role of teaching methods in field Hockey.
3.3 Practicing and Understanding the role of teaching techniques in field hockey.
3.4 Practicing and Understanding Control & Command, Assembly, Re-assembly & Roll Call.

Unit 4

Teaching Practice

4.1 Construction and conducting a lesson from field Hockey.

Note: The student has to submit 10 lesson plans of field hockey.
BOOKS RECOMMENDED:

Title: (PEB-3083) : Teaching Practice (Teaching Lesson Plans for Team Game- Cricket)

Objectives: To provide practical approach to understand and application of basic skills and rules

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3087

UNIT-I

Teaching Fundamental Skills:
1.1 Stance, grip and coverage of wickets.
1.2 Back lift.
1.3 Push.
1.4 Run-up in bowling.
1.5 Follow through in bowling.
1.6 Approach to the ball in Fielding.
1.7 Throwing and follow-through in fielding.
1.8

UNIT-II

Teaching Advance Skills:
2.1 Back-foot cover Drive
2.2 Flick
2.3 Sweep
2.4 Yorker
2.5 Top-spin
2.6 Reverse Throw
2.7 Slip fielding

UNIT-III

Training Methodology in Fielding & Wicket keeping:
3.1 Fielding:
  3.1.1 Close-in Fielders
  3.1.2 Boundary-line Fielders

3.2 Wicket Keeping
  3.2.1 Keeping stance
  3.2.2 Catching the ball
  3.2.3 Stumping
UNIT-IV

Training Methodology in Batting & Bowling:

4.1 Batting:
   4.1.1 Individual Defensive Batting
   4.1.2 Running between the Wickets
   4.1.3 Individual Aggressive Batting

4.2 Bowling:
   4.2.1 Spin Bowlers
   4.2.2 Medium Pacers
   4.2.3 Fast Bowlers

Books Recommended:
Title: (PEB-3084) : Teaching Practice (Teaching Lesson Plans for Team Game- Basketball)

Objectives:

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-3084

UNIT- I

DRIBBLING:
1.1 Low Dribble
1.2 High Dribble
1.3 Reverse Dribble
1.4 Between The Legs Dribble
1.5 Back Dribble

UNIT-II

PASSING:
2.1 Chest Pass
2.2 Bounce Pass
2.3 Baseball Pass
2.4 Over Head Pass
2.5 Back Hand Pass

UNIT-III

MARKING AND SKILL:
3.1 Court Dimension and Marking
3.2 Lay- up Shot
3.3 Faking
3.4 Fast Break
3.5 Give and Go

UNIT-IV

LESSON PLAN ON THE SKILL:
4.1 Lesson on the Passing
4.2 Lesson on the Dribbling
4.3 Lesson on the Fast Break Technique
4.4 Lesson on the Give and Go Technique
4.5 Lesson on the Faking and Lay Up Shot

Books Recommended:
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IV

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:
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IVth

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 of 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
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: 2016-2017)
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

Objectives: At the end of this course, the student will be able to-

1) Demonstrate an understanding about the basic components of research and statistics used in physical education
2) Differentiate and compare the elements of qualitative and quantitative research methods
3) Identify and distinguish the essential elements of quality research
4) Apply the research skills in conducting systematic qualitative and quantitative investigations
5) Develop a research based approach in physical education

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:


Video Links:

**Research Methods**
- Measures of variability
- Types of sampling techniques
- Referencing
  - https://www.youtube.com/watch?v=6RVrhlMUaS8
  - http://www.powershow.com/view/2b4a09-NzYzM/The_Harvard_Reference_System_powerpoint_ppt_presentation
  - https://www.youtube.com/watch?v=RdG91hDseA
- Types of data
  - https://www.youtube.com/watch?v=7bNWq2A5pI
  - https://www.youtube.com/watch?v=khZnnzfn5v8
- Scales of measurements
  - https://www.youtube.com/watch?v=KBRZUk39ncI
  - https://www.youtube.com/watch?v=jJpHHbfLKLU
- Hypothesis
- Variables
- Chi-square test
  - http://study.com/academy/lesson/what-is-a-chi-square-test-definition-example.html
  - https://www.youtube.com/watch?v=ODxEnDyF6RI
- z-test
  - https://www.youtube.com/watch?v=McISiEIxqIE
  - https://www.youtube.com/watch?v=AjJrCKUJaq4
- t-test
  - https://www.youtube.com/watch?v=BI511D2VL_U
  - https://www.youtube.com/watch?v=3azuAaOFJk
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

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: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IV

TITLE: (PEB-4076) - Skating & Basketball

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEB-4076

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
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 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)

Football:

Unit- III

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

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.
TITLE: (PEB-4084) - Game specialization: Coaching lessons Plans : (Skating & Cricket)

Objective:

- To develop a scientific understanding about the art of coaching in physical education
- To provide hands-on experience and develop 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 plane 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)

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](http://www.skatinginbc.com/sites/default/files/page/resources/skate_canada_evaluated_skating_skills_test_-_standards.pdf)
Title: (PEM-3001) SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Objectives: To Provide Understanding of scientific Approach and Theoretical Framework of Research and Development of Scientific Skill to Deal with Ethical Issues and Complexity of Problems.

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-3001
Duration: 2 hours

UNIT -I

Introduction
1.1 Sports training- Definition, Aim and Characteristics,
1.2 Scientific principles of sports training
1.3 Over Load: Definition Causes of Over Load, Symptoms of Overload, Remedial Measures of over load.
1.4 Super Compensation – Altitude Training – Cross Training

UNIT -II

Components of Physical Fitness
2.1 Strength: Factor effecting of strength, Methods of evaluation of strength, Type of training used to developed strength, role of strength in game and sports
2.2 Speed: Factor effecting of speed, Methods of evaluation of speed, Type of training used to developed speed role of speed in game and sports
2.3 Endurance: Factor effecting of Endurance, Methods of evaluation of endurance, Type of training used to developed endurance and role of endurance in game and sports
2.4 Flexibility: Factor effecting of Flexibility, Methods of evaluation of Flexibility, Type of training used to developed Flexibility and role of Flexibility in game and sports
2.5 Coordination: Factor effecting of coordination, Methods of evaluation of coordination, Type of training used to developed coordination and role of coordination in game and sports

UNIT –III

3.1 Weight Training:
3.1.1 Scientific Principles of Weight training
3.2 Types of Weight Training
3.3 Prepare Weight training program
   3.3.1 Training of Muscle Power
   3.3.2 Training of Muscle Strength
   3.3.3 Training of Muscles Hypertrophy
   3.3.4 Training of Muscles Endurance

3.4 Skill Training:
3.4.1 Scientific Principles of Skill Training
3.4.2 Types of Skill Training
3.4.3 Prepare skill training program for the university athlete
3.5 Tactical Games and Teaching

3.5.1 Principles of Tactical Games Approach
3.5.2 Tactical Games Teaching
3.5.3 Tactical Games Curriculum model
3.5.4 Assessing the outcome

UNIT -IV

Doping
4.1 Doping: meaning, definition and classification of doping.
4.2 History of doping, health risks and side effects of doping.
4.3 Blood doping: meaning, method, effects and side effects of doping.
4.4 Doping control: anti doping organizations, IOC prohibited list of doping drugs and methods.

REFERENCES :

- David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
Title: (PEM-3002) SPORTS MEDICINE

Objectives: To Provide Understanding of sports medicine Approach and Theoretical Framework of Research and Development of Scientific Skill to Deal with Ethical Issues and Complexity of Problems.

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-3002
Duration: 2 hours

UNIT I

Introduction
1.1 Meaning, definition and importance of Sports Medicine, Definition and Principles of Therapeutic exercises.
1.2 Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training,
1.3 Gym ball exercise Injuries: acute, sub-acute, and chronic.
1.4 Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.

UNIT II

Basic Rehabilitation
2.1 Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications.
2.2 Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions.
2.3 Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching.
2.4 Definition. Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

UNIT III

Spine Injuries and Exercise
3.1 Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies, Flexion,Compression, Hyperextension.
3.2 Rotation injuries.
3.3 Spinal range of motion.
3.4 Free hand exercises, stretching and strengthening exercise for head neck, spine.
UNIT IV

Upper Extremity Injuries and Exercise
4.2 Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand.

Lower Extremity Injuries and Exercise

REFERENCES:
Title: (PEM-3003) HEALTH EDUCATION AND SPORTS NURTITION

Credits: 04  
Max. Marks: 100  
Sessional Marks: 10  
Mid Term Exam:30  
Exam. Marks: 60  
Paper Code: PEM-3003  
Duration: 2:00 Hours

Unit-I

Health Education

1.1 Concept, Dimensions, Spectrum and Determinants of Health.  
1.2 Definition of Health, Health Education, Health Instruction, Health Supervision.  
1.3 Aim, objective and Principles of Health Education.  
1.4 Health Service and guidance instruction in personal hygiene.

Unit-II

Health Problems in India

2.1 Communicable and Non Communicable Diseases  
2.2 Obesity, Malnutrition, Environmental sanitation.  
2.3 Personal and Environmental Hygiene for schools  
2.4 Objective of school health service, Role of health education in schools  
2.5 Health Services - Health appraisal, Health record, Healthful school environment, first-aid and emergency care etc.

Unit-III

Introduction to Sports Nutrition

3.1 Meaning and Definition of Sports Nutrition.  
3.2 Role of nutrition in sports, Basic Nutrition guidelines.  
3.3 Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.
Unit–IV

Nutrition and Weight Management

4.1  Concept of BMI (Body mass index).
4.2  Obesity and its hazard, dieting versus exercise for weight control.
4.3  Maintaining a Healthy Lifestyle, Weight management program for sporty child.
4.4  Role of diet and exercise in weight management.
4.5  Design diet plan and exercise schedule for weight gain and loss.

References:

- Ghosh, B. N. "Treaties of Hygiene and Public Health".
- Turner, C. E. "The School Health and Health Education".
- Nutrition Encyclopedia, edited by Delores C. S. James, The Gale Group, Inc.
Title: (PEM-3012) PHYSICAL FITNESS AND WELLNESS (Elective)

Objectives: Students will understand, monitor, and be able to explain how physical fitness and nutrition influence their health and wellness.

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-3012
Duration: 2:00 Hours

Unit I
Introduction
1.1 Meaning, Definition and component of physical fitness
1.2 Concept and Techniques of Physical fitness
1.3 Principles of physical fitness
1.4 Current trends in fitness and conditioning
1.5 Components of total health fitness and the relationship between physical activity and lifelong wellness.

Unit II
Nutrition
2.1 Introduction of Nutrition Science
   2.1.1 Food groups – a guide in menu planning
   2.1.2 Functions of food
   2.1.3 Food pyramid
2.2 Food technology – genetically modified foods
   2.2.1 Organic food
   2.2.2 Inorganic food
2.3 Units of energy – calorie
   2.3.1 Energy value of foods
   2.3.2 Basal metabolism
   2.3.3 Factors affecting basal metabolic rate (BMR)
2.4 Weight management

Unit III
Aerobic Exercise
3.1 Meaning, determinants and definition of Aerobic exercises
3.2 Mode of aerobic training programe
   3.2.1 Large muscles
   3.2.2 Rhythmic
   3.2.3 Long duration
   3.2.4 Lower extremity versus Upper extremity exercise
3.3 Exercise programs
   3.3.1 Warm-up
   3.3.2 Aerobic exercise period
   3.3.3 Cool-down
3.4 Aerobic Exercise programs
   3.4.1 Continuous
   3.4.2 Interval
3.4.3 Circuit
3.4.4 Circuit-interval

3.5 Assessment of cardio respiratory fitness

Unit IV

Anaerobic Exercise

4.1 Meaning and definition of an aerobic exercises
4.2 Principles of resistance training
4.3 Resistance Training for Muscular Strength and Endurance
4.4 Weight training principles and concepts: basic resistance exercises (including free hand exercise, free weight exercise and tubing, medicine balls, fit balls)

Reference:
7. Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001
Title: (PEM-3071) Track and Field III: Throwing Events + introduction of Heptathlon event & Gymnastics

Objective: 

Credits: 04  
Max. Marks: 100  
Internal Assessment: 40  
Exam. Marks: 60  
Paper Code: PEM-3071

THROWING AND INTRODUCTION OF HEPTATHLON

UNIT-I

Throwing Events:
1.1 Dimensions for Athletics throwing Events- Shot put, Discus, hammer and Javelin.  
1.2 Fundamental skills, technique & rules:
   1.2.1 Shot Put  
   1.2.2 Discus  
   1.2.3 Hammer  
   1.2.4 Javelin

UNIT-II

Heptathlon:
2.1 History of Heptathlon  
2.2 Introduction and events in Heptathlon  
2.3 Training for Heptathlon

Gymnastics:

UNIT-III

Specific Exercises for Vault:
3.1 Split Vault: Run-up, Take-off, Placing hand on the vault, Push, Split legs & Dismount.

UNIT-IV

41. Roll over the Vault, Run-up, Take-off, Placing hands, Rolling Movement, Dismount.

Suggested Readings:

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-III

Title: (PEM-3074) Games Specialization- III: Boxing & Judo

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEM-3074

UNIT-I

BOXING:

1.1 Footwork: Attack and Defense.
1.2 Punches: Hook, Upper cut & Combination.
1.3 Defense: Cover up & Counter Attack.

UNIT-II

2.1 Tactics: Fighting in close, Feinting / Ducking.
2.2 Rules & their interpretations.

UNIT-III

JUDO:

3.1 Salutation/ Rei
3.2 Ukemis
3.3 Tai Sabaki & Kuzushi

UNIT-IV

4.1 O goshi, I ppon Sionage
4.2 Rules & their interpretations.
Title: (PEM-3081) Coaching Lesson of Track & Field

Objective: To provide practical approach to understand and application of basic skills and rules

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEM-3081

UNIT-I

1. Fundamental of Track & Field
   1.1 Concept & principles of teaching in Track & Field event.
   1.2 Sprints and Middle distance run
   1.3 Throws and Jumps.

UNIT-II

2. Teaching & Coaching Advance Skill
   2.1 Running
   2.2 Jumping
   2.3 Throws

UNIT-III

3. Rules and Interpretation:
   3.1 Sprints
   3.2 Distance Running or Long Distance
   3.3 Steeple Chase
   3.4 Field Events

UNIT-IV

4. Layout and Standard and Non-Standard Track
   4.1 Tracks Marking
   4.2 Field Marking
   4.3 Marathons

Books Recommended:

2) Thani V.: Encyclopaedia of Track & Filed (with Latest Rules), Khel Sahitya Kendra-4264/3, Ansari Road, Darya Ganj, New Delhi (2003).
Title: (PEM-3082) Coaching Lesson- Gymnastics

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-3082

UNIT-I
Floor Exercises:
1.1 Front Roll
1.2 Back Roll
1.3 Hand Stand to Roll
1.4 Back Roll to Hand Stand
1.5 Cartwheel
1.6 Hand Spring
1.7 Camel Roll

UNIT-II
Parallel Bars:
2.1 Swing
2.2 Single Shoulder Stand
2.3 Double Shoulder Stand
2.4 Side Roll
2.5 Hand Stand
2.6 up-Starts

UNIT-III
Vaulting Table:
3.1 Split Vault:
3.1.1 Approach Run
3.1.2 Take off
3.1.3 Placing Hands on the Vault
3.1.4 Push
3.1.5 Split Legs
3.1.6 Dismount
3.2 Roll over the Vault:
3.2.1 Approach
3.2.2 Take off
3.2.3 Placing Hands
3.2.4 Rolling movement
3.2.5 Dismount

UNIT-IV
Balance Beam
4.1 Walking
4.2 Walking with jump
4.3 Balance
4.4 Jump & Leap
4.5 Roll
4.6 Turn
4.7 Dismount
Title: (PEM-3084) Coaching Lesson of Games Specialization: Judo

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEM-3084

Unit-I

1. **Ukemi (receiving techniques or breakfall techniques)**
   a. Mae Ukemi (forward fall)
   b. Ushiro Ukemi (backward fall)
   c. Yoko Ukemi (side fall)
   d. Zenpo Kaiten (forward judo roll)

Unit-II

2. **Nage-waza (throwing techniques)**
   a. Te-waza (hand throwing techniques) - One
   b. Koshi-waza (hip throwing techniques) – One
   c. Ashi-waza (foot throwing techniques) – One
   d. Sutemi-waza(sacrifice techniques) - One

Unit-III

3. **Katame-waza: grappling techniques**

   **Osaekomi-waza (matholds)**
   a. Kami-shiho-gatame (Upper four quarter hold down)
   b. Kata-gatame (Shoulder hold)
   c. Kesa-gatame (Scarf hold)
   d. Kuzure-kami-shiho-gatame (Broken upper four quarter hold down)

Unit-IV

4. **Shime-waza (chokes or strangles)**
   a. Kata-ha-jime (Single wing strangle)
   b. Okuri-eri-jime (Sliding lapel strangle)
Title: (PEM-3085) Coaching Lesson of Games Specialization: Boxing

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEM-3085

UNIT-I

Foot Work:
1.1 Advance Foot Work
1.2 Backward Foot Work
1.3 Left and Right Foot Work
1.4 Circling to the Left, Circling to the Right

UNIT-II

Straight Punches:
2.1 Straight left to Head
2.2 Straight Right to Body
2.3 Straight Left to Head
2.4 Straight Right to Head

UNIT-III

Upper Cut:
3.1 Left uppercut to Head
3.2 Left uppercut to Body
3.3 Right uppercut to Head
3.4 Right uppercut to Body

UNIT-IV

Hooks and Combinations:
4.1 Left & Right hook to Head
4.2 Left & Right hook to Body
4.3 Feinting
4.4 Various combinations of Boxing
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-IVth

TITLE: (PEM-4001) - Information & Communication Technology (ICT) in Physical Education

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

Unit I
Communication & Classroom Interaction
1.1. Concept, Elements, Process & Types of Communication
1.2. Communication Barriers & Facilitators of Effective Communication
1.3. Communicative Skills of English - Listening, Speaking, Reading & Writing
1.4. Scope and Concept of ICT in Physical Education

Fundamentals of Computers
2.1. Characteristics, Types & Applications of Computers Hardware of Computer
2.2. Input, Output & Storage Devices Software of Computer
2.3. Computer Memory: and Viruses & its Management
2.4. Legal & Ethical Issues of Web Browsing & Search Engines

Unit III
MS Office Applications
3.1. MS Word: Main Features & its Uses in Physical Education
3.2. MS Excel: Main Features & its Applications in Physical Education
3.3. MS Power Point: Preparation of Slides with Multimedia Effects
3.4. MS Publisher: Newsletter & Brochure

Unit IV
Integration of ICT in Teaching Learning Process
4.1. Approaches to Integrating ICT in Teaching Learning Process
4.2. Project Based Learning; Co-Operative and Collaborative Learning
4.3. Concept, Trends, & Applications of Web Based & e-Learning
4.4. Virtual and Smart Classrooms

REFERENCES:
3. The Internet Book, by Douglas E. Comer, Purdue University, West Lafayette (2005)
5. Introduction to Information Technology, by ITL Education Solution Ltd. Research and Development Wing (2006)
7. Power Point for Windows, by Rebecca Bridges, Altman Peach Pit Press, 1999
TITLE: (PEM-4002) - Sports Psychology

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

UNIT I
Introduction
1.1 Meaning, Definition, Need and Importance of Sports Psychology.
1.2 History and Present Status of Sports Psychology in India.
1.3 Motor Learning: Basic Considerations in Motor Learning
1.4 Personality: Meaning, Definition, Structure. Effects of Personality on Sports Performance.

UNIT II
Motivation
2.1 Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation.
2.2 Anxiety: Meaning and Definition, Nature, Causes, Competitive Anxiety and Sports Performance.
2.3 Stress: Meaning and Definition, Causes. Stress and Sports Performance.
2.4 Aggression: Meaning and Definition, Aggression and Sports Performance.

UNIT III
Goal Setting
3.1 Meaning and Definition, Process of Goal Setting in Physical Education and Sports.
3.2 Relaxation: Meaning and Definition, types and methods of psychological relaxation.
3.3 Self-Concept: Meaning and Definition, Methods of Measurement.
3.4 Psychological Tests:
   3.3.1 Types of Psychological Test: Instrument based tests: Reaction timer
   3.3.2 Questionnaire Based: Sports Achievement Motivation, Sports Competition Anxiety.

UNIT IV
Sports Sociology
4.1 Meaning and Definition – Sports and Socialization of Individual Sports as Social Institution.
4.2 National Integration through Sports.
4.3 Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance.
4.4 Group Cohesion: Definition and Meaning, Group Size, Group Interaction, Group Dynamics.

REFERENCES:
1. A candidate shall have dissertation for M.P.Ed. – IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).

2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.

3. The candidate has to face the Viva-Voce conducted by DRC.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-IVth

TITLE: (PEM-4012) - Education Technology in Physical Education and Sports

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEM-4012
Duration: 2:00 Hours

Unit I
Nature and Scope
1.1 Concept of Educational technology.
1.2 Forms of education
1.3 Educational technology: teaching technology, instructional technology, and behavior technology.
1.4 Transactional usage of educational technology: integrated, complementary, supplementary, standalone (independent).
1.5 Programmed Learning.

Unit II
Systems Approach to Physical Education and Communication
2.1 Systems Approach to Education and it’s Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation Strategies.
2.2 Effectiveness of Communication in instructional system: Communication Modes, Barriers and Process of Communication.
2.3 Audio-visual media – meaning, importance and various forms.
2.4 Strengths and Limitations, criteria for selection of instructional units.

Unit III
Instructional Design
3.1 Education and Training: Face-to-Face, Distance and other alternative modes.
3.2 Instructional Design: Concept, Views, Process and Stages of Development of Instructional Design.
3.3 Overview of Models of Instructional Design – ADDIE Model; Instructional Design for Competency Based Teaching: Models for Development of Self Learning Material
3.4 Review of Researches on Instructional Design.

Unit IV
New Horizons of Educational Technology in Physical Education
4.1 Information and Communication Technologies in Teaching Learning.
4.3 Recent innovations in the area of ET (interactive video – Hypertext, video-texts, optical fiber technology – laser disc, computer conferencing, etc.
4.4 Recent trends of Research in Educational Technology and its future with reference to education.

Reference:
8. Essentials of Educational Technology, Madan Lal, Anmol Publications
TITLE: (PEM-4071) - Track and Field  Introduction of Decathlon event + Gymnastics
(Practical Skill)

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

Unit-I

Decathlon Events:

1.1 100 metres, 400 metres
1.2 Long Jump, High jump
1.3 Shot put
1.4 110 m Hurdles
1.5 Discuss throw, Javelin throw
1.6 Pole vault, 1500 m

Unit-II

Scoring/ Point System:

2.1 Formula for combined events scoring system
2.2 Points system in Decathlon events (Men)
2.3 Points system in Decathlon events (Women)

Unit-III

For Boys: (Floor Exercise)

3.1 Hand Stand Over Partner
3.2 Frog Balance and Drive Roll

For Girls: (Floor Exercise)

3.1 Roll and Split
3.2 Bridge

Unit-IV

For Boys:

4.1 Single Shoulder Stand (Parallel Bar)
4.2 Between Vault (Vaulting Table)

For Girls: (Balance Beam)

4.1 Toe Walk and Scissor Jump
4.2 Balance Challenge and Front Roll on Beam
TITLE: (PEM-4073) - Games Specialization: (Skating & Volleyball)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-4073

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)

Volleyball: (Advance Skills)

UNIT- III
1. Pass-
   (i) Back Pass.
   (ii) Back Roll Volley.
   (iii) Back Roll Dig.
   (iv) Jump and Pass.
   (v) Side Roll and Dig.
2. Service-
   (i) Side Arm Floater.
   (ii) Over head Floater.
   (iii) Floating Service.
   (iv) Jump and Serve.

UNIT- IV
1. Spike-
   (i) Spiking cross court.
   (ii) Spiking down the line.
2. Block-
   (i) Double Block.
   (ii) Triple Block.
3. Dive-
   (i) Dive combined with dig (Two handed).
   (ii) Dive combined with dig (One handed).
4. Strategy in Game. -
5. Rules and their interpretations and duties of officials.-
References:
5. Cox RH, “Teaching Volleyball” (Surjeet ;Publication)
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-IVth

TITLE: (PEM-4074) - Games Specialization: (Skating & Football)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-4074

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: (PEM-4080) - Officiating Lessons of Track and Field/ Gymnastic

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

UNIT: I

Lesson Planning in Track and Field

1.1 Lesson Planning
1.2 Importance of Lesson Plan
1.3 Fundamentals of Lesson Plan
1.4 Type of Lesson Plan
1.5 Drafting Lesson Plan

UNIT: II

Officiating in Track and Field

2.1 Officiating in Throwing Events
2.2 Officiating in Running Events
2.3 Officiating in Jumping Events

UNIT: III

Gymnastic:

Introduction:
3.1 List of equipments and specification for boys and girls.
3.2 General rules of Gymnastic.
3.3 Points in Gymnastic.

UNIT: IV

Lesson Plan on Parallel Bar (Boys):
4.1 L- Position
4.2 Rotation
4.3 Shoulder Stand

Lesson Plan on Balance Beam (Girls):
4.1 Jump 3/4
4.2 Straight Jump & Split Jump
4.3 Cat leap
TITLE: (PEM-4082) - Officiating Lessons of Game specialization:  
(Skating & Volleyball)

Objective:

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

Skating:

Unit-I
1.1 Meaning Definition and concept of officiating lesson plan
1.2 Model of Different officiating lesson plan
1.3 Basic Component of officiating and lesson plan format for officiating lesson
1.4 Element of lesson plan.

Unit-II
2.1 Basic aspect of officiating lesson plan
2.2 Construction and conducting officiating lesson plan – Skating (05 Lesson plan (Internal) and 05 Lesson Plan (external))
   a) Conduct of Skating Skills Tests
   b) Draws for Preliminary Circles
   c) Stops and Falls
   d) Interference
   e) Reskates

Volleyball:

Unit—III

Introduction:
3.1 Format of Lesson Plan.
3.2 Forming the Objectives for Lesson Plan.
3.3 Preparation for the Lesson (Personal & Technical).
3.4 Communication of the Official/Referees.
3.5 Organization and Conducting of a Match.

Unit—IV

Teaching Rules & its Interpretation
4.1 Setting up the Court
4.2 State of Play
4.3 Service
4.4 Attack Hit
4.5 Blocking
Books Recommended For Study
4) http://www.skatinginbc.com/sites/default/files/page/resources/skate_canada_evaluated_skating_skills_test_standards.pdf
TITLE: (PEM-4083) - Officiating Lessons of Game specialization : (Skating & Football)

Objective:

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

**Skating:**

**Unite-I**
1.1 Meaning Definition and concept of officiating lesson plan
1.2 Model of Different officiating lesson plan
1.3 Basic Component of officiating and lesson plan format for officiating lesson
1.4 Element of lesson plan.

**Unite –II**
2.1 Basic aspect of officiating lesson plan
2.2 Construction and conducting officiating lesson plan – Skating (05 Lesson plan (Internal) and 05 Lesson Plan (external))
   a). Conduct of Skating Skills Tests
   b) Draws for Preliminary Circles
   c) Stops and Falls
   d) Interference
   e) Reskates

**Football:**

**Unit -III**

**Introduction**
1.1 Format of Lesson Plan.
1.2 Forming the Objectives of the Lesson Plan.
1.3 Preparation for the Lesson (Personal & Technical).

**Unit -IV**

**Teaching Rules & its Interpretation**
2.1 Law 1-6
2.2 Law 7-12
2.3 Law 13-17
2.4 Law 16-17
2.4 Officiating during Match as main Referees/Umpire/Assistant Referees/Table Official.
Books Recommended For Study

3) Widdows, R. The Handbook of Football Techniques and Tactics.