MINUTES
of
the Ordinary meeting of the Board of Studies of the Department of Physical Education held on 26.08.2017 at 12:30 p.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

2. Prof. Bhanu Prakash Singh
   Professor
   Department of Physics, A.M.U., Aligarh

3. Prof. Ikram Hussain
   Professor of the Department

4. Dr. Rajendra Singh
   Associate Professor of the Department

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

6. Dr. Merajuddin Faridi
   Assistant Professor of the Department

Item No.1:
Confirmed the previous minutes of the Board of Studies meetings held on 30.12.2016, 25.03.2017, 23.05.2017 & 18.08.2017.

Item No.2:
Considered & Recommended the appointment of Examiners for Re-evaluation of Answer Books of B.P.Ed (II & IV semester) and M.P.Ed. (IV semester) courses under CBCS system for the session 2016-17. [See Appendix – I, (List not to be circulated)].
Item No.3:

Considered & Approved the allocation of Supervisors to M.P.Ed. (IV- Semester) students for dissertation. [See Appendix-II] The Board further authorized the Chairperson to make any amendment/ change in allocation as per the requirement.

Any Other Item(s):

(i) Considered the appointment of moderators and examiners of Ph.D. Course work examination for the session 2016-17 research scholars and Recommended to the C.A.S.R. Faculty of Social Sciences. [See Appendix-III, (list not to be circulated)]

(ii) Considered and Recommend the minor changes in the syllabi of B.P.Ed. (I-Semester, Paper Code: PEB-1002) & B.P.Ed. (III-Semester Paper Code: PEB-3001) courses under CBCS system (See Appendix-IV).

(Prof. Brij Bhushan Singh)
Chairperson
Chairperson
Dept. of Physical Education
A.M.U., Aligarh
## Allotment of the Supervisors to Students of M.P.Ed. (IVth Semester) for dissertation 2017-2018 (PEM-4085)

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Faculty No.</th>
<th>En. No.</th>
<th>Name of the Student</th>
<th>Name of the Supervisor</th>
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<tbody>
<tr>
<td>1.</td>
<td>16-MPEd-01</td>
<td>GG-4430</td>
<td>Mohd. Rizwan</td>
<td>Dr. Mohd. Arshad Bari</td>
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<tr>
<td>2.</td>
<td>16-MPEd-02</td>
<td>GH-7378</td>
<td>Ms. Jyoti Sharma</td>
<td>Dr. Merajuddin Faridi</td>
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<tr>
<td>3.</td>
<td>16-MPEd-03</td>
<td>GH-6869</td>
<td>Arun Kumar</td>
<td>Dr. Rajendra Singh</td>
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<tr>
<td>4.</td>
<td>16-MPEd-05</td>
<td>GJ-4984</td>
<td>Farhan Malik</td>
<td>Dr. Naushad Waheed Ansari</td>
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<tr>
<td>5.</td>
<td>16-MPEd-08</td>
<td>GE-0684</td>
<td>Madan Kumar Mishra</td>
<td>Mr. Fuzial Ahmad</td>
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<td>6.</td>
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<td>Mohammad Kaleem</td>
<td>Prof. Zamirullah Khan</td>
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<td>7.</td>
<td>16-MPEd-10</td>
<td>GJ-1254</td>
<td>Anamul Hoque</td>
<td>Prof. Zamirullah Khan</td>
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<td>8.</td>
<td>16-MPEd-11</td>
<td>GE-5664</td>
<td>Ms. Anshu Chauhan</td>
<td>Prof. Brij Bhushan Singh</td>
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<td>9.</td>
<td>16-MPEd-12</td>
<td>GJ-1255</td>
<td>Sofior Rahman</td>
<td>Dr. Naushad Waheed Ansari</td>
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<tr>
<td>10.</td>
<td>16-MPEd-13</td>
<td>GJ-1256</td>
<td>Ashabul Islam Sarkar</td>
<td>Dr. Mohd. Arshad Bari</td>
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<td>11.</td>
<td>16-MPEd-14</td>
<td>GJ-4996</td>
<td>Abhishek Kumar</td>
<td>Prof. Ikram Hussain</td>
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<td>12.</td>
<td>16-MPEd-15</td>
<td>GJ-5003</td>
<td>Hitendra Singh</td>
<td>Dr. Mohd. Arshad Bari</td>
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<td>13.</td>
<td>16-MPEd-16</td>
<td>GI-3263</td>
<td>Ms. Akansha Rathore</td>
<td>Prof. Brij Bhushan Singh</td>
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<tr>
<td>14.</td>
<td>16-MPEd-17</td>
<td>GJ-1259</td>
<td>Ms. Gunjan Sharma</td>
<td>Dr. Sayed Khurram Nisar</td>
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<td>15.</td>
<td>16-MPEd-18</td>
<td>GI-3257</td>
<td>Ravi Prakash</td>
<td>Dr. Rajendra Singh</td>
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<td>16.</td>
<td>16-MPEd-19</td>
<td>GE-6403</td>
<td>Abdul Malik Khan</td>
<td>Dr. Merajuddin Faridi</td>
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<td>17.</td>
<td>16-MPEd-20</td>
<td>GI-4926</td>
<td>Radhe Shyam</td>
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<td>18.</td>
<td>16-MPEd-24</td>
<td>GD-2685</td>
<td>Sadare Alam</td>
<td>Dr. Mohd. Arshad Bari</td>
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<td>19.</td>
<td>16-MPEd-25</td>
<td>GJ-5075</td>
<td>Imtiyaz Hussain Kawa</td>
<td>Prof. Zamirullah Khan</td>
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<td>20.</td>
<td>16-MPEd-26</td>
<td>GJ-5095</td>
<td>Fayiz Ahmed</td>
<td>Mr. Fuzial Ahmad</td>
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<td>21.</td>
<td>16-MPEd-28</td>
<td>GJ-1284</td>
<td>Ms. Prachi Gupta</td>
<td>Prof. Ikram Hussain</td>
</tr>
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<td>22.</td>
<td>15MPEd-13</td>
<td>GE-1043</td>
<td>Md. Mahfooz Khan</td>
<td>Dr. Merajuddin Faridi</td>
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</tbody>
</table>

(Prof. Brij Bhushan Singh)
Chairperson
Dept. of Physical Education
A.M.U., Aligarh
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2017-2018)
BECHOLAR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-1st

Title: (PEB-1002) ANATOMY & PHYSIOLOGY

Objectives:

- To understand the basic structures and functions of human body.
- To understand the role of exercise on body systems and its relation to well being.
- To inculcate the art of anatomy and physiology teaching (for kids) through the application of critical and creative thinking.

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Examination Marks: 60
Paper Code: PEB-1002
Duration: 2:00 Hours

Unit 1
1.1 Introduction of role of Anatomy and Physiology and their role in the field of Physical Education
1.2 Structural and functional introduction to human cell
1.3 Anatomical terms related to body movements
1.4 Types of Bones and Joints in human body
1.5 Skeletal System Classification and functions; Effects of exercise on Skeletal System

Unit 2
2.1 Definition, structure and function of Muscle
2.2 Structural classification of Muscle
2.3 Types of muscular contraction – Isotonic, Isometric, Isokinetic
2.4 Concept of agonist and antagonist muscles
2.5 Sliding Filament Theory of Muscular Contraction; Effect of exercise on Muscular System

Unit 3
3.1 Structural and functional introduction to Circulatory System
3.2 Stroke Volume, Cardiac Output and Cardiac Index; Effect of exercise on Circulatory System
3.3 Respiratory System (structural overview); Mechanism of respiration (External and Internal Respiration)
3.4 Lung volumes and Capacities, concept of Oxygen Debt, Second Wind
3.5 Effects of exercise on Respiratory System

Unit 4
4.1 Structural and functional overview of—
   4.1.1 Digestive System
   4.1.2 Excretory System
4.2 Effect of exercise on Digestive System and Excretory System
4.3 Classification of Nervous System on the basis of its structure and functions
4.4 Synapse, Neuro Muscular Junction, All or None Law
4.5 Effect of exercise on Nervous System
Suggested Readings:

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Latest Update in B.O.S. Meeting Held on 26.08.2017 under Any Other item No. (ii)
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2017-2018)
BECHOLAR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-II

Title: (PEB-3001) SPORTS TRAINING

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

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, Factors of Load
1.5 Overload, causes and symptoms of overload.

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

Unit – III
Training Process
3.1 Meaning Technique, skill and style.
3.2 Aim of Technique in sports.
3.3 Technique Training for skill acquisition.
3.4 Tactics, Aim of tactics, training for tactics

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: Meaning and types.
4.4 Principles of Planning.

Reference:

Latest Update in B.O.S. Meeting Held on 26.08.2017 under Any Other item No. (ii)