DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH

Semester System

Syllabus of B.P.Ed. Course
for the session 2014–2015

(Semester-II)
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2014-15)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-II

TITLE: HISTORY, PRINCIPLES AND PSYCHOLOGY OF PHYSICAL EDUCATION-II

Objectives: To develop the behavioural and Historical perspectives of Physical Education among the students.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-201
Duration: 02 Hours

UNIT-I

Biological Principles
1.1 Concept of growth and Motor development in Physical Education.
1.2 Heredity and environment and their effects.
1.3 Principle of use and discus.
1.4 Body types and their classification.
1.5 Basic concept of Physical Activities

UNIT-II

Psychological Principles
2.1 Importance of Sports Psychology
2.2 Laws of learning
2.3 Basic concepts of learning process:- (Transfer of learning, Associate learning, types and characteristic of learning curve)
2.4 Concept of play and its theories
2.5 Motivation and its characteristics

UNIT-III

Sociological Principles of Physical Education
3.1 Man as a social creature
3.2 Concepts of social values and its influence on life
3.3 Character building through Physical Education
3.4 Concepts of cooperation, competition and recognition
3.5 Physical Education as a socializing agency

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Book Recommended:
1) Bucher, Charles A. Foundation of Physical Education st/Louis, The C.V. Moby.
TITLE: ANATOMY AND PHYSIOLOGY-II

Objective: The primary objective and outcome of this course is to make the student understand the construction of the human body and how this construction is related to the function of the human body. This will be achieved by: To provide a forum where critical thinking is developed, understanding and working knowledge of the human body, introduction to the language of anatomy and physiology and use anatomical terms fluently when describing different tissues and organs and the understanding of the techniques and tools to analyze anatomical structures and function in relation to physical activity.

Credits : 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-202
Duration: 02 Hours

UNIT-I

Cardio-respiratory System
1.1 Circulatory system and its functions.
1.2 Composition and function of blood.
1.3 Blood circulation in human body.
1.4 Respiratory system and its functions.
1.5 Physiology of Respiration.

UNIT-II

Nervous and Endocrine System
2.1 Basic structure and function of Neurons.
2.2 Classification and function of Nervous system.
2.3 Reciprocal innervations inhibition.
2.4 Different sense organs of the body.
2.5 Major glands and their functions.

UNIT-III

Digestive and Excretory System
3.1 Organs of digestive system.
3.2 Physiological process of digestion.
3.3 Function of liver, pancreas and gall bladder.
3.4 Structure of Excretory system.
3.5 Function of Excretory system.

Book Recommended:
1) Rerrot, T.V.: Anatomy for student and teacher of physical system.
2) Tuttle, E.S.: Physiology.
3) Brownell and William: Human Body. Hoe it is built and how it works.
4) Karpovitch, Peter V.: Physiology of Muscular Activity.
Semester-II

TITLE: ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION SUPERVISION AND RECREATION-II

Objectives: To develop the insight quality of Organization and Administration, Recreation and Supervision as well as the Programme Planning, promotion and incentives with the provision of budget and records.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-203
Duration: 02 Hours

UNIT-I

Activity
1.1 Picnic & tour/camp meaning and importance
1.2 Organisation of Picnics & Tour/ Camp.
1.3 Essentials of a good Picnic & Tour / Camp.
1.4 Intramural Activities, Merits and Demerits
1.5 Extramural Activities, Merits and Demerits

UNIT-II

Methods of Promoting Physical Education
2.1 Means of Promotion
2.2 Incentives and credits
2.3 Store Keeping, importance, key skills for sport managers
2.4 Procedure of purchasing sports equipments/materials
2.5 Procedure of disposing equipment/materials

UNIT-III

Supervision
3.1 Supervision and Supervisor
3.2 Supervisory Functions
3.3 Principles of Supervision
3.4 Recreation, Meaning and importance
3.5 Leadership meaning and qualities

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Book Recommended:
4) M. L. Kamlesh “Methods of teaching”
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2014-15)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-II

TITLE: METHODS IN PHYSICAL EDUCATION, TEST AND MESUREMENT-II

Objectives: To develop insight regarding Test, Measurement and Evaluation in relation to the Organization and Administration part as well as utility in field of Physical Education.

Credits : 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-204
Duration: 02 Hours

UNIT-I

Methods in Physical Education
1.1 Meaning, Scope and Importance of methods in Physical Education
1.2 Principles of Teaching (with special reference to different kinds of physical Activities)
1.3 Teaching Methods
1.4 Steps in Effective Teaching
1.5 Age and Sex characteristics with their play preferences.

UNIT-II

Lesson Planning in Physical Education
2.1 Lesson Plans in Physical Education.
   (a) General Lesson
   (b) Specific Lesson
2.2 Audio-Visual aids their there types, uses and values.
2.3 Criteria of Audiovisual aids selection.
2.4 Incentives; credit, awards, trophies, certificates.
2.5 Methods of Physical education promotion.

UNIT-III

Tournaments and Competitions
3.1 Tournament:
   (a) Single Elimination (Knock-out) seeding etc.
   (b) Double Elimination for consolation.
   (c) League – cum Knockout type.
   (d) Knock out cum league.
   (e) League – cum – League.
   (f) Ladder.
   (g) Spider and Pyramids.
3.2 Competition:
   (a) Athletic type of competitions.
   (b) Group competitions.
3.3 Gymnastic Competitions.
3.4 Rhythmic Activities.
3.5 Elementary Statistics: Frequency distribution, Measure of central tendency and variability.

Book Recommended:
1) Tirunarayanan, C; Sharma, S. Harirahan: Methods in Physical Education.
2) Kozman, B; Cassidy, Rosalind and Jackson, C, O: Methods in Physical Education.
3) Knapp, Cyyde; Hagma, E.P.: Teaching Methods for Physical Education.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2014-15)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-II

TITLE: TRAINING, COACHING & OFFICIATING IN GAMES/SPORTS-II

Objectives: To train Physical Sports Teacher for conducting games/sports tournaments, organize in well manner by knowing organizing knowledge of Coaching and Officiating of different games/sports.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: B.PEd.-205
Duration: 02 Hours

UNIT-I

Coaching
1.1 Meaning, Aim and Objectives
1.2 Duties of Coach
1.3 Qualities of good coach
1.4 Criteria of selection of University / College / School teams
1.5 Warming – Up and Cooling down

UNIT-II

Principles of Officiating
2.1 Meaning, Aim and Objectives.
2.2 Importance of officiating.
2.3 Principles of officiating.
2.4 Qualities of good officials.
2.5 Importance of officiating

UNIT-III

Officiating
3.1 Inspection of Ground, Equipments and Players dress
3.2 Communication with players via whistle, signals, cards and verbal
3.3 Relation of officials with Management, Coach and Players
3.4 Duties of officials, Penalty and punishment on and off the ground.
3.5 Scoring football, basketball, volleyball, hockey and cricket.

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Book Recommended:
1) Sigh, H: Scientific Principles of Sports Training
2) Bunn, John D: The art of Officiating Sports
3) Lawther, J.D.: Psychology of Coaching
4) Bunn, J, N.: Scientific Principles of Coaching
5) Kamlesh, M.L.: Methods in Physical Education
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2014-15)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-II

TITLE: HEALTH EDUCATION, HYGIENE, FIRST AID AND SPORTS INJURIES - II

Objectives: To develop an understanding/ skills related to-
- The application of first-aid in various emergency situations
- Appropriate usages of therapeutic modalities for active recovery
- Nutrition its importance in general and role in sport specifically

Credits : 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-206
Duration: 02 Hours

UNIT– I

First Aid
1.1 Outline and Scope of first – aid for physical education professionals.
1.2 General rules of treatment for various types of wound and hemorrhage-
   - Incised wound
   - Laceration wound
   - Abrasion wound
   - Contusion wound
   - Puncture wound
   - Hemorrhages- Arterial, Venous and Capillary (Internal and External Bleeding)
1.3 General rules of treatment for
   - Poisoning
   - Burns
   - Foreign matter under the skin, eye, ear etc.
1.4 Drug addiction and its effects on individual and society.

UNIT– II

Sports Injuries:
2.1 Define injuries, Principles pertaining to the prevention of the sports injuries.
2.2 Common sports injuries and treatment-
   - Sprains
   - Strain
   - Fracture, and dislocation.
2.3 Therapeutic modalities I- Heat and cold, Ultraviolet, Infrared
2.4 Therapeutic modalities II- Wax bath, Ice massage and Diathermy
2.5 Soft Tissue Manipulation (Massage)– Indication, contra-indications and general principles of massage.

UNIT–III

Diet:
3.1 Define nutrition and its role in sports.
3.2 Balanced diet and its components
3.3 Calculating daily energy requirement
3.4 Nutrients of Athlete (Moderate, Low, and High Intensity work)
3.5 Concept of Malnutrition and its prevention.

Book Recommended:
6) First Aid manual-St John Ambulance- British Red Cross
DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH

SYLLABUS

Practical: Proficiency in Games & Sports

PRACTICAL: Proficiency in Games & Sports (Specialization)
TITLE: **HOCKEY**

**Objectives:**
To developed the basic concept and fundamental skills in hockey.

**Credits:** 02  
**Max. Marks:** 50  
**Sessional Marks:** 10  
**Exam. Marks:** 40  
**Paper Code:** PE2P2

**UNIT-I**

**Scoop:**
- Straight scoop, Push scoop  
- Demonstration, method of execution, method of practice, lead up game  
- Hit, hitting a stationary ball, hitting on the run  
- Hitting off the wrong foot, the slap hit

**UNIT-II**

**Dribbling:**
- The open sided Dribble, the stop Dribble, the under the ball Dribble, Demonstration, Method of Execution, Method of practice, leap-up game

**UNIT-III**

**Goal Keeper:**
- Goalkeeping, us of either foot, different place of adjustment at the time of penalty corner

**Set Plays:**
- Penalty Stroke (Taking and Defending)  
- Penalty Corner (Taking and Defending)  
- Corner (Taking and Defending)

**Books Recommended:**

1) P. Narang: Play and Learn Hockey.  
2) D. Jain: Hockey Skills and Rules.  

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PRACTICAL: Proficiency in Games & Sports (Specialization)
TITLE: FOOTBALL

Objective: To develop technique and tactical training of basic skills in football.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P2

UNIT-I

Tackling: Front tackle, side tackle and interception.

UNIT-II

Direct and Indirect free kick
Throwing: Stance, Correct throw and rules. Pertaining to throw.

UNIT-III

Goal Keeping Techniques: Basic Technique with crosses, Punching, Narrowing the angles, Throwing.

Formations: W.B. Formation, 2.3. and 4 back systems.

Books Recommended:
1) Kumar, N. Play & Learn Football, Khel Sahitya Kendra Publication, New Delhi.

*****
PRACTICAL: Proficiency in Games & Sports (Specialization)
TITLE: CRICKET

Objective: To develop technique and tactical training of basic skills in cricket.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P2

UNIT-I
Fielding:
1.1 Types of Set-play of fielding
1.2 Ground fielding and throwing
1.3 High, Low and Waist-height catching

UNIT-II
Batting:
2.1 Straight-bat Drives
2.2 Horizontal-bat Drives
2.3 Running between the Wickets

UNIT-III
Bowling:
3.1 Delivery phase and follow-through
3.2 Principles of using the Bowling-box
3.3 Swing and Cut bowling

Books Recommended:
1) Vivek Thani, Coaching Cricket, Khel Sahitya Kendra Publication, New Delhi.
2) Rachna Jain, Play & Learn Cricket, Khel Sahitya Kendra Publication, New Delhi.

*****
PRACTICAL: Proficiency in Games & Sports(Specialization)  
TITLE: BASKETBALL

Objectives: To develop the fundamental skill and basic concept of the basketball.

Credits: 02  
Max. Marks: 50  
Sessional Marks: 10  
Exam. Marks: 40  
Paper Code: PE2P2

UNIT-I
- Screening
- Shooting – Set shot, Jump shot, Distance shooting
- Pivoting – Front pivot, Reserve pivot

UNIT-II
- Defensive Techniques & Skill – Rebounding, zone defense, man to man defense with or without ball, blocking 2-1-2 and 2-3 defensive skill

UNIT-III
- Offensive Technique & Skill – Fast break, cutting, overload offensive skill against man to man and zone defense

Books Recommended:
1) O.P. Sharma, Published by Khel Sahitya Kendra, New Delhi in 2005.
2) Naveen Jain, Published by Khel Sahitya Kendra, New Delhi in 2005.
3) J.P. Sharma, Published by Khel Sahitya Kendra, New Delhi in 2007.
4) Kanik K., Published by Sports Publication in 2005.

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PRACTICAL: Proficiency in Games & Sports (Specialization)

TITLE: BADMINTON

Objectives:
- To develop the strategic understanding related to different skills.
- To extend situation based understanding of effective court utilization.
- Inculcate the tactical knowledge of the game.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P2

UNIT -I

Advance Tactics:
- For Singles
- Court Positions
- Cross Courting
- Serving

UNIT -II

Advance Tactics for Doubles:
- Court Positions
- Serving
- Attack
- Defence

UNIT -III

System of Play for Doubles:
- Front and Back
- Rotation
- Side by Side

Books Recommended:

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DEPARTMENT OF PHYSICAL EDUCATION
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Semester-II

PRACTICAL: Proficiency in Games & Sports (Specialization)
TITLE: JUDO

Objectives:
- To develop scientific understanding and skills of holding and strangulation technique in judo.
- To develop scientific understanding and skills of bending and twisting joints in judo.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P1

UNIT -I
Osae waza (Holding Techniques):
- Kesa gatame
- Kata gatame
- Kami Shio gatame
- Kuzure Kami Shio gatame
- Yoko Shio gatame
- Tata Shio gatame

UNIT-II
Shime waza (Strangulation Techniques):
- Ukeri Eri Jime
- Hadake Jime
- Kataha Jime
- Kata Juji Jime
- Yoko Sankaku Jime
- Ura Sankaku Jime
- Omote Sankaku Jime

UNIT-III
Kansetsu waza (The art of bending and twisting the joints):
- Ude Garami
- Ude Hishigi Juji gatame
- Ude Hishigi Ude gatami
- Ude Hijihi Hiza gatami
- Ude Hishigi Waki gatami

Books Recommended:

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PRACTICAL: Games & Sports (Subsidiary)
TITLE: GYMNASTIC

Objective:
- To develop skills and scientific understanding of various floor, parallel bar, and balance beam exercise in gymnastic.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P3

UNIT-I
Floor Exercise:
Roll Forward, Roll Backward, Hand Stand roll forward.
Roll sideways (with stretched body or in truck position)
Cartwheel, Roll backward to hand stand, Front split.

UNIT-II
Parallel Bar:
Single arm march, forward roll and backward roll,
Shoulder balance, half arm balance, hand Stand
Stand forward roll and split sit, and Dismount.

UNIT-III
Balance Beam:
Walk on beam, different body position, turn on beam, walking with jumping, front roll split.

References:
1) Mitchell et. al.(2002) Teaching Fundamental Gymnastic Skills. Published by Human Kinetics
http://www.cosmolearning.com/courses/gymnastics-for-beginners/
http://www.drillsandskills.com/
PRACTICAL: Subsidiary Games & Sports other then Specialization
TITLE: FOOTBALL (Subsidiary)

Objective: To develop the basic concept and fundamental skills in football.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P3

UNIT-I

- Push pass (inside of the foot).
- Inside instep, instep, outside instep, heeling.

UNIT-II

- Inside of the foot receive, instep receive, outside side of the foot.
- Receive, Joe trap, Shin trap, Thigh trap.

UNIT-III

- Ball control (inside + outside of the foot), dribbling outside side of the foot, zig-zag dribbling.

Books Recommended:
1) Kumar, N. Play & Learn Football, Khel Sahitya Kendra Publication, New Delhi.

*****
PRACTICAL: Proficiency in Games & Sports
TITLE: BADMINTON (Subsidiary)

Objectives:
- To establish higher motor and cognitive learning related to basic badminton skills.
- To develop an understanding of bio-mechanical aspects in skills execution.
- To develop skills related to court marking.
- To develop understanding of measurements related to various equipments and court sections.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P3

UNIT-I
- About Equipments: Racket, shuttle, Net.

UNIT-II
- Court Dimensions
- Court Marking

UNIT-III
- Grip: Forehand grip, Backhand grip.
- Service: High service, Low services, Drive service, Flick service.

Books Recommended:
DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH

Semester System

Syllabus of M.P.Ed. Course
for the session 2014–2015

(Semester-II)
Title of Paper: RESEARCH METHOD AND STATISTICS-II

Objectives:

- To expand knowledge base and extend its implacability in the Research.

Credits: 04  
Max. Marks: 100  
Semester Exam: 75  
Sessional: 25  
Duration: 2 Hrs.  
Paper Code: PEM-8005

UNIT-I

1.1 Need of Statistics in Physical Education.
1.2 Nature of Data and its types.
1.3 Graphical representation of Data: Guidelines for constructing the graph. Line Diagram, Pie Diagram and Bar Diagram, Frequency Polygon, Frequency Curve, Histogram, Ogive.
1.4 Measures of Central Tendency: Mean, Median, Mode, Percentiles, Deciles & Quartiles.
1.5 Measures of Dispersion: Range, Mean Deviation, Quartile deviation, Standard Deviation, Coefficient of Variation.

UNIT-II

2.1 Normal Distribution: Characteristics of Normal Curve, Skewness & Kurtosis, Uses of Normal Distribution.
2.2 Developing norms in the form of grading, Percentile Scale, T-Scale, Z scale, Sigma, 7 Sigma.
2.3 Testing of Hypothesis – Region of Acceptance & Region of Rejection, Null & alternative Hypothesis, Level of Significance, Type I & Type II errors, One tail & Two tail test.

UNIT-III

3.1 t test, z-test
3.2 Analysis of variance & Post hock test
3.3 Correlation Co-efficient
3.4 Partial correlation
3.5 Chi square
3.6 Multiple Correlation

Books Recommended:

6. Gupta B.V.: Methodology of research in physical education and sports, Managing Director, Netaji Subhash Market, New Delhi, (1994).
Title of Paper: KINANTHROPOMETRY – II
Objectives: To develop reflective and critical thinking regarding the role and nature of somatic growth, body composition and body types with reference to sport performance and methods of measurements.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Duration: 2 Hrs.
Paper Code: PEM-8006

UNIT-1

Somatic Growth and Development of Physique,
1.1 Definition and Context; Understanding Human Variability and Types of Studies.
1.2 Principles and Methods of Measurement and Observation in Kinanthropometry.
1.3 Postnatal Growth: Scammon’s Curve
1.4 General Regulation of Growth & Maturation

UNIT-2

Models of Body Composition.
2.1 Ratios & Proportions in Kinanthropometry.
2.2 Levels and Multi Component Models of Body Composition.
2.2 Changes in Body Density and Total Body Water during Growth.
2.3 Concept of Chemical Maturity.
2.4 Growth in Fat-free Mass, Fat Mass, & Percent Fat.

UNIT-3

Development of Physique
3.1 Concept of Somatotype
3.2 Methods in the Assessment of Physique
3.3 Somatotyping Children & Adolescents
3.4 Changes in Somatotype during Growth.

References:
9) Williams & Wilkins.

Some useful websites:
http://www.pecentral.org/
http://home.hia.no/~stephens/exphys.htm
http://www.tahperd.sfasu.edu/links3.html
http://www.sportsci.org/
http://www.gssiweb.com/
Title of the Paper: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION-II

Objectives:
- Developing technical skills in constructing various type tests and establishing scientific authenticity.
- Developing technical skill related to physical and psychological measurements.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Duration: 2 Hrs.
Paper Code: PEM-8007

UNIT-I
Selection and Construction of Tests:
1.1 Criteria of Test Selection-Scientific Authenticity, (Reliability, Validity, objectivity, norms) Administrative Feasibility and Educational application. Classification of Tests-Standardised and teacher made tests (objective and subjective tests).
1.2 Construction of Tests-knowledge tests (Written tests) and skill tests.
1.3 Suggestions for administering tests. Medical Examination, Testing Personal. Time and testing, Economy of testing. Test records, preparation of reports, construction of table groups, purpose of reporting, justification of particular phases of the programme, worth of a change in methodology.

UNIT-II
Posture:
2.1 Measures of Postures, Anthropometry Social Efficiency and Psychological Factors.
2.2 Measures of Postures-IOWA Postures Test (Cureton’s).
2.3 Anthropometric Measurements:
   (i) Girth Measurement-Upper arm, forearm, calf, chest.
   (ii) Width Measurement-Biccromial chest illiocrestal, Biepicondylar (Femur and Humerus).
   Height Measurement-Stature and Sitting height.

UNIT-III
Psycho-Physical Measurement:
3.1 Somatotype-Sheldon’s technique-an-introduction
   (i) Social Efficiency
   (ii) Socio-metric techniques: Introduction
3.2 Psychological Factors:
   (i) Anxiety Scale-Speil-berger’s Competitive State-Anxiety Scales.
   (ii) Eysenck Personality Inventory (H.J. Eysenck and Sybil B.G. Eysenck).

Books Recommended:
Title of the Paper: **SCIENTIFIC PRINCIPLES OF SPORTS TRAINING-II**

**Objectives:** To expand the knowledge base and also extend its implacability in field.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Duration: 2 Hrs.
Paper Code: PEM-8008

**UNIT-I**

**Technique and Tactics:**
1.1 Definition of technique, skill and style, characteristics of technique.
1.2 Phases of skill acquisition, characteristics and implications in various phases.
1.3 Methods of techniques training.
1.4 Strategy and Tactics: Definition, aim and importance, difference between strategy and tactics.
1.5 Classification of tactics.
1.6 Attack: Classification & Principles of Attack.
1.7 Defense: Classification & Principles of Defense.

**UNIT-II**

**Periodisation:**
2.1 Meaning and aim of periodisation, Top form (Peaking) and its determining factors.
2.2 Types of periodisation: Single, Double and Multiple periodisation.
2.3 Aims and contents of various periods: Preparatory period, competition period, Transitional period.
2.4 Competition: Definition, meaning and importance.
2.5 Classification of competition: Build-up, Major, Main competitions.
2.6 Special preparation for competition.

**UNIT-III**

**Planning:**
2.1 Meaning, definition and importance of planning.
2.2 Types of Plan: Long term and short term plans.
2.3 Principles of Planning.
2.4 Steps in formulation of yearly plan.
2.5 Selection process, criteria of selection, steps of selection.

**Books Recommended:**
Title of Paper: Officiating in Hockey

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

UNIT-I

Fitness Programme for Umpires:
1.1 Physical Fitness.
1.2 Mental Fitness.
1.3 Proximity.
1.4 Model fitness programme for Umpires.
1.5 Important rules and their interpretation.

UNIT-II

Co-operation with Co-Umpire:
2.1 Ground Inspection
2.2 Pre-match discussion
2.3 Inspection of players dress and equipment.
2.4 Area of control.
2.5 After the game.

UNIT-III

Communication with Players:
3.1 Communication Via the whistle.
3.2 Communication Via the signals.
3.3 Communication Via the colour cards.
3.4 Positioning: General, Practical and concentration.

Books Recommended:
1) F.I.H., Rules of Hockey, The International Hockey Federation. Avenue des Arts 1 Bte 5 B-1210 Brussels, Belgium.
Title of the Paper: **Officiating in Football**

**Objectives:** To provide practical approach to understand and application of rules.

**UNIT-I**

1.1 Rule and interpretation  
   (a) Law 1-4  
   (b) Law 5-6

1.2 Rule and Interpretation  
   (a) Law 7-8  
   (b) Law 9-10

**UNIT-II**

2.1 Rule and interpretation  
   (a) Law 11  
   (b) Law 12

2.2 Rule and Interpretation  
   (a) Law 13-15  
   (b) Law 16-17

**UNIT-III**

3.1. Procedures to determine the Winter of a match.  
The technical Area  
The Fourth official

3.2 Referee signals  
Assistant Referee Signals

**Books Recommended:**

Title of Paper: **Officiating in Judo**

**Objectives:** To provide practical approach to understand and application of rules.

**UNIT-I**

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**UNIT-II**

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**UNIT-III**

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<tr>
<td>3.1 Article 21</td>
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<td>3.2 Article 23</td>
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<td>3.3 Article 25</td>
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<td>3.4 Article 27</td>
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<tr>
<td>3.5 Article 29</td>
</tr>
</tbody>
</table>

**Books Recommended:**

1) Jain, D., Play and Learn Judo, Khel Sahitya Kendra 4264/3, Ansari Road, Daryaganj, Delhi (2003).

Title of Paper: Officiating in Track and Field

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

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-8074

UNIT-I

1.1 Rules and Interpretation:
(a) Sprints
(b) Distance Running or Long Distance
(c) Steeple Chase
(d) Field Events

UNIT-II

2.1 Officiating for Track Events
(a) Judges for Tracks
(b) Judges for Fields
(c) Positioning of officials

UNIT-III

3.1 Layout and Standard and Non-Standard Track
(a) Tracks Marking
(b) Field Marking
(c) Marathons

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  
MASTER OF PHYSICAL EDUCATION (M.P.ED.)

Semester: II

Title of Paper: Officiating in Basketball

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

Credits: 04  
Max. Marks: 100  
Semester Exam: 75  
Sessional: 25  
Paper Code: PEM-8075

UNIT-I

1.1 Court and Equipment  
1.2 Court with its dimensions.  
1.3 Ball  
1.4 Back board and Basket  
1.5 Technical equipment  
1.6 Player dress

UNIT-II

2.1 Signals  
2.2 Rules from 1 to 15  
2.3 Rules from 16 to 30

UNIT-III

3.1 Rules from 31 to 45  
3.2 Rules from 46 to 68  
3.3 Terms used in Basketball

Books Recommended:

Title of Paper: **Officiating in Badminton**

**Objectives:** To provide practical approach to understand and application of rules.

**Credits:** 04  
**Max. Marks:** 100  
**Semester Exam:** 75  
**Sessional:** 25  
**Paper Code:** PEM-8076

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**UNIT-I**

**Rule and Interpretation:**

1.1 Laws 1 - 5  
1.2 Laws 6 - 10

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**UNIT-II**

**Rule and Interpretation:**

2.1 Laws 11 - 14  
2.2 Laws 15 - 19

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**UNIT-III**

**Officiating:**

3.1 Communication Via Signals, Verbal.  
3.2 Warning  
3.3 Penalisation

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**Books Recommended:**

2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lone Halborn London EC4P 4AB.  
Title of Paper: Officiating in Cricket

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

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-8077

UNIT-I

Rules and their Interpretation:
1.1 Rules of Batting and their Interpretation.
1.2 Rules of Bowling and their interpretation.
1.3 Rules of Fielding and their interpretation.

UNIT-II

Co-operation with Third Umpire and Referees:
2.1 Ground Inspection.
2.2 Pre-Match Discussion.
2.3 Inspection of Players Dress and Equipment.
2.4 Area of Control.
2.5 After the Game.

UNIT-III

Duties of the Officials:
3.1 Duties of Umpires.
3.2 Duties of Referees.
3.3 Duties of Scorers.
3.4 Communication of Umpires to Players and other officials.
3.5 Positioning of Umpires.

Books Recommended:


DEPARTMENT OF PHYSICAL EDUCATION
MASTER OF PHYSICAL EDUCATION (M.P.ED.)

Semester: II\textsuperscript{nd}

Title of Paper: Officiating in Yoga

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

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-8078

UNIT-I

Officiating and Coaching:
1.1 Essentials of Yoga Practice.
1.2 Time, Place, Dress, Seat, Sequence of Yoga Practice.
1.3 Yoga and other Exercises.
1.4 Caution and limitation of yoga.

UNIT-II

Officiating in Yoga:
2.1 Difference between Asana and exercise.
2.2 Rights and Duties of Judges and Chef Judge.
2.3 Procedure of Evaluation in competition.
2.4 Materials and equipments.

UNIT-III

Yogic Relaxation Technique:
3.1 Relaxation Asanas.
3.2 Pronayama.
3.3 Dhyana.
3.4 Meditation.
3.5 Transcendental Meditation of Mahesh Yogic.

Books Recommended:
Semester System

Syllabus of M.P.Ed. Course
for the session 2014–2015

(Semester- IV)
Title of Paper: EXERCISE PHYSIOLOGY-II

Objectives:
- To expand the knowledge base and also extend its implacability in field.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Duration: 2 Hrs.
Paper Code: PEM-X005

UNIT-I
Bio-energetic and measurement of energy cost
1.1 ATP: its structure, source and functions.
1.2 Aerobic and anaerobic systems during rest and exercise.
1.3 Replenishment of energy stores.
1.4 Recovery of lactic acid from blood and muscle.
1.5 Recovery Oxygen.
1.6 Measurement of energy cost of exercise.

UNIT-II
Nutrition and exercise performance
2.1 General nutrients of the diet and their proportion in it.
2.2 Food Requirement of athletes engaged in different sports activities.
2.3 Appropriate Diet Before, During and After Sports Activities.
2.4 Ergogenic aids.
2.5 Exercise prescription.
2.6 Obesity and weight control.

UNIT-III
Exercise and Environment:
3.1 Effects of high altitude on physical performance.
3.2 Altitude acclimatization.
3.3 Exercise in Heat and Heat Disorders.
   - Exercise in Heat
   - Heat Disorders in Athletics and Other Sports.
3.4 Prevention of Heat Disorders
   - Salt and water replacement
   - Acclimatization to Heat
3.5 Exercise and Temperature Regulation in hot and cold climate.

Books Recommended:
Title of the Paper: SPORTS MEDICINE-II

Objectives:
- To extend situation based learning experience related to:-
  - Sports rehabilitation
  - Sports injuries and First-Aid
  - Legal issues in doping
- To develop practical skills and understanding of massage for rehabilitative purposes.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Duration: 2 Hrs.
Paper Code: PEM-X006

UNIT-I
Rehabilitation-Meaning, Goals, Factors affecting its programme:
1.1 Principles of Rehabilitation in Sports.
1.2 Means and methods of rehabilitation in Sports.
1.3 Testing methods of Progress in injured Sports Persons.
1.4 Rehabilitation Programme.
1.5 Application of Proprioceptive Neuromuscular Facilitation (PNF).

UNIT-II
Emergency care and Athletic first Aid:
2.1 First-Aid Principles.
2.2 Diagnosis of injuries, signs and symptoms of dangerous illness/injuries.
2.3 Means and Methods for transportation of a injured player.
2.4 First Aid
   (i) Loss of consciousness
   (ii) Drawing
   (iii) Bleeding from a wounds, Nosebleeds
2.5 Athletic Bandages and Massage-its classification, indication and contra indication, General Principle of massage.

UNIT-III
Legal liability of injuries and Doping:
3.1 Supervision of injured Sports Persons.
3.2 Instruction, First Aid, Medical Assistance.
3.3 Reporting form of student status.
3.4 Meaning, classification of doping, its side effects.
3.5 Legal liability of Coach regarding doping.

Books Recommended:
Title of the Paper: SPORTS PSYCHOLOGY-II

Objectives:
- To expand the knowledge base and also extend its implacability in field.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Duration: 2 Hrs.
Paper Code: PEM-X007

UNIT-I
Psychological Aspects of Motor Learning:
1.1 Motor learning definition and phases of learning physical skills.
1.2 Laws of learning.
1.3 Factors affecting motor learning.
1.4 Plateau: Causes and remedies.
1.5 Motivation: Meaning, classification, role of motivation in sports, Factors affecting achievement motivation, Motivation techniques.
1.6 Goal setting: Importance, Types of goals, process of goal setting.

UNIT-II
Personality and Sports Performance:
2.1 Definition, types and important personality traits.
2.2 Concept of Athletic Personality.
2.3 Personality traits of elite athletes.
2.4 Sports participation and personality development.

Emotional Process and Sports Performance:
2.5 Definition and types of emotion, Role of Emotion in Sports.
2.6 Emotional arousal and Sports Performance.
2.7 Yerkes Dodson law.
2.8 Psychologica manifestations of prestart states: Competitive readiness, pre-start fever, pre-start apathy.

UNIT-III
Psychological Aspects of Sports Performance:
Determinant factors of competitive behaviour.
Anxiety, Fear, frustration, Aggression, Conflict and their effects on performance.
Psychological stress and its management: Causes and symptoms, Psychoregulatory techniques.
Effects of Audience on Sports performance, Audience behaviour, Types of Audience.

Books Recommended:
Title of Paper: **SPORTS BIOMECHANICS-II**

**Objectives:**
- Basic concept of Biomechanics and Sports Biomechanics.
- Overview the mechanical (Kinematic) descriptions.
- Learn about principles and Biomechanics on projectile motion.

Credits: 04  Max. Marks: 100  Semester Exam: 75  Sessional: 25  Duration: 2 Hrs.

**UNIT-I**

1.1 Concept of Biomechanical Analysis:
   1.1.1 Qualitative and Quantitative Analysis
   1.1.2 Overview of Kinematics and Kinetic Analysis of Human motion.
   1.1.3 Introduction to the Deduction and Inductive type of Mechanical Analysis.

1.2 Introduction to Mechanical Analysis:
   1.2.1 Introduction to Photographic Analysis System (data acquisition and data reduction).
   1.2.2 Introduction to Electronic Analysis System (data acquisition and data reduction).

**UNIT-II**

2.1 Introduction to Mechanical Analysis:
   2.1.1 Components of Linear Displacement.
   2.1.2 Measurements of Linear Displacement.
   2.1.3 Components of Angular Motion (Definition of Radian, Finding the conversion factor between Degree and Radians).

2.2 Kinematics Analysis:
   2.2.1 Analysis of Linear speed.
   2.2.2 Analysis of Linear velocity – Average and Instantaneous.
   2.2.3 Analysis of Linear Acceleration – Average and Instantaneous.

**UNIT-III**

3.1 Projectile:
   3.1.1 Definition and Explanation of Projectile and free falling bodies.
   3.1.2 Analysis of vertical projection.
   3.1.3 Calculation of Time of Flight and Height
   3.1.4 Analysis of Horizontal Projection / Trajectory.
   3.1.5 Calculation of Time of Flight, Maximum Height and Range of Flight.

3.2 Projectile from different surfaces:
   3.2.1 Calculation of Time of Flight.
   3.2.2 Calculation of Range of Flight.
   3.2.3 Calculation of Maximum Height.

**Books Recommended:**
Title of Paper: Lesson Planning and Class Management in Football

Objectives: To provide practical understanding, teaching various skills of football to novice and skilled players.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-X072

UNIT-I

Teaching Fundamentals Skills:
1.1 Push Pass
1.2 Receive
1.3 Training
1.4 Kicks

UNIT-II

Teaching Advance Skills:
2.1 Side Volley
2.2 Back Volley
2.3 In swing
2.4 On swing

UNIT-III

Tactics:
3.1 Defense to direct Free Kicks
3.2 Defense to indirect Free Kick

Books Recommended:
2) Widdows R: The Hand Book of Football Techniques and Tactics.
5) http://www.fifa.com
Title of Paper: Lesson Planning and Class Management in Track & Field

Objectives: To provide practical understanding, teaching various skills of Track & Field to novice and skilled players.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-X074

UNIT-I
1.1 Concept & principles of teaching in Track & Field event.
1.2 Sprints and Middle
1.3 Throws and Jumps.

UNIT-II
2.1 Teaching Advance skill:
2.2 Running
2.3 Jumping
2.4 Throws

UNIT-III
3.1 Fundamental Lesson Plan and their class Management in Track & Field.

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 of Paper: Lesson Planning and Class Management in Basketball

Objectives: To provide practical understanding, teaching various skills of Basketball to novice and skilled players.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-X075

UNIT-I

Teaching Fundamental Skills
1.1 Objectives.
1.2 Class formations.
1.3 Demonstrations.
1.4 Skills Practice.
1.5 Rectifications of errors.
1.6 Equipment distribution and collection.
1.7

UNIT-II

Teaching Advance Skills:
2.1 Objectives
2.2 Demonstration
2.3 Skill practice
2.4 Rectification of errors
2.5 Lead-up games

UNIT-III

Lesson Plan
3.1 Sample Lesson Plan

Books Recommended:
Title of Paper: Lesson Planning and Class Management in Badminton

Objectives: To provide practical understanding, teaching various skills of Badminton to novice and skilled players.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-X076

UNIT-I
Teaching Fundamental Skills:
1.1 Service-Low & High
1.2 Drive Shots
1.3 Clear

UNIT-II
Teaching Advance Skills:
2.1 Backhand Service
2.2 Lob
2.3 Offensive Drop

UNIT-III
Tactics:
3.1 Offensive Singles
3.2 Offensive Doubles
3.3 Mixed Doubles

Books Recommended:
2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co(Publisher) Ltd., 66-73 Shoe lone Halborn London EC 4P 4AB.
Title of Paper: Lesson Planning and Class Management in Cricket

Objectives: To provide practical understanding, teaching various skills of Cricket to novice and skilled players.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-X077

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.

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:
3.1 Fielding:
  3.1.1 Close-in Fielders
  3.1.2 Boundary-line Fielders
3.2 Batting:
  3.2.1 Individual Defensive Batting
  3.2.2 Running Between the Wickets
  3.2.3 Individual Aggressive Batting
3.3 Bowling:
  3.3.1 Spin Bowlers
  3.3.2 Medium Pacers
  3.3.3 Fast Bowlers

Books Recommended:
Office of the Chairman  
Department of Physical Education,  
A.M.U., Aligarh  

Dated: 21.05.2015

MINUTES

of

the special meeting of the Board of Studies of the Department of Physical Education held on 19.5.2015 at 11:00 a.m. in the Office of the Chairman, Department of Physical Education, A.M.U., Aligarh.

The following members were present:-

1. Dr. Rajendra Singh  
   Chairman,  
   Department of Physical Education,  
   A.M.U., Aligarh

2. Prof. M. S. Chauhan  
   (Co-opted Member)  
   Professor,  
   Department of Physical Education,  
   Kurukshetra University, Kurukshetra

3. Prof. Mohd. Mobarak Hossain  
   (Assigned Member)  
   Professor,  
   Department of Physical Education,  
   A.M.U., Aligarh

4. Prof. Ikram Hussain  
   Professor,  
   Department of Physical Education,  
   A.M.U., Aligarh

5. Dr. Brij Bhushan Singh  
   Associate Professor,  
   Department of Physical Education,  
   A.M.U., Aligarh

6. Dr. Zamirullah Khan  
   Associate Professor,  
   Department of Physical Education,  
   A.M.U., Aligarh

7. Dr. Syed Tariq Murtaza  
   Assistant Professor,  
   Department of Physical Education,  
   A.M.U., Aligarh

(In chair)
Item No.1:
Considered the draft Ordinances (Academic) of B.P.Ed & M.P.Ed. - two years degree courses (4 semesters) for the session 2015-16, as per revised NCTE regulations, norms and standard and recommended to the Faculty of Social Sciences, A.M.U., Aligarh. (see Appendix-I & II)

Item No.2:
Considered & approved the syllabi of B.P.Ed & M.P.Ed. - two years degree courses (I\textsuperscript{st} & II\textsuperscript{nd} Semester) for the session 2015-16, as per revised NCTE regulations, norms and standard and recommended to the Faculty of Social Sciences, A.M.U., Aligarh. (see Appendix-III & IV)

(Dr. Rajendra Singh)  
Chairman  
Department of Physical Education  
A.M.U., Aligarh
Title: (PEB-1001) HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-1001
Duration: 2:00 Hours

Unit – I
Introduction
1.1 Meaning, Definition and Scope of Physical Education
1.2 Aims and Objective of Physical Education
1.3 Importance of Physical Education in present era.
1.4 Misconceptions about Physical Education.
1.5 Relationship of Physical Education with General Education.
1.6 Physical Education as an Art and Science.

Unit- II
Historical Development of Physical Education in India
2.1 Vedic Period (2500 BC – 600 BC)
2.2 Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
2.3 British Period (Before 1947)
2.4 Physical Education in India (After 1947)
2.5 Y.M.C.A. and its contributions.
2.6 The early history of the Olympic movement
2.7 The significant stages in the development of the modern Olympic movement
2.8 Educational and cultural values of Olympic movement

Unit- III
Foundation of Physical Education
3.1 Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism,
3.2 Philosophy and Culture.
3.3 Fitness and wellness movement in the contemporary perspectives
3.4 Sports for all and its role in the maintenance and promotion of fitness.

Unit-IV
Principles of Physical Education
4.1 Biological
  4.1.1 Growth and development
  4.1.2 Age and gender characteristics
  4.1.3 Body Types
  4.1.4 Anthropometric differences
4.2 Psychological
  4.2.1 Learning types, learning curve
  4.2.2 Laws and principles of learning
  4.2.3 Attitude, interest, cognition, emotions and sentiments
4.3 Sociological
  4.3.1 Society and culture
  4.3.2 Social acceptance and recognition
  4.3.3 Leadership
  4.3.4 Social integration and cohesiveness
References:

Title: (PEB-1002) ANATOMY & PHYSIOLOGY

Objectives:

- To understand the basic structures and functions of human body.
- To understand the impact of exercise on the functioning of various human body systems.
- 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
Exam. Marks: 60
Paper Code: PEB-1002
Duration: 2:00 Hours

Unit 1

1.1 Role of Anatomy and Physiology in the field of Physical Education
1.2 Structural and functional introduction of 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 in human body
1.6 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
2.6 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
3.3 Effect of exercise on Circulatory System
3.4 Respiratory System (structural overview)
3.5 Mechanism of respiration (External and Internal Respiration)
3.6 Lung volumes and Capacities, concept of Oxygen Debt, Second Wind
3.7 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 (Kidneys and Skin)
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:

**********
Title: (PEB-1003) HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-1003
Duration: 2:00 Hours

Unit – 1

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 – 2

Health Problems in India
2.1 Communicable and Non Communicable Diseases
2.2 Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,
2.3 Personal and Environmental Hygiene for schools
2.4 Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit – 3

Environmental Science
3.1 Definition, Scope, Need and Importance of environmental studies.
3.2 Concept of environmental education, Historical background of environmental education,
3.3 Celebration of various days in relation with environment.
3.4 Role of school in environmental conservation and sustainable development.

Unit – 4

Natural Resources and related environmental issues:
4.1 Water resources, food resources and Land resources
4.2 Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution
4.3 Definition, effects and control measures of: Noise Pollution, Thermal Pollution
4.4 Management of environment and Govt. policies, Role of pollution control board.

References:
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
BECHOLAR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-1st
Title: (PEB-1012) OFFICIATING & COACHING (Elective)
Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-1012
Duration: 2:00 Hours

Unit-I
Introduction of Officiating and coaching
1.1 Concept of officiating and coaching
1.2 Importance and principles of officiating
1.3 Relation of official and coach with management, players and spectators
1.4 Measures of improving the standards of officiating and coaching

Unit-II
Coach as a Mentor:
2.1 Duties of coach in general, pre, during and post game.
2.2 Philosophy of coaching
2.3 Responsibilities of a coach on and off the field
2.4 Psychology of competition and coaching

Unit-III:
Duties of Official:
3.1 Duties of official in general, pre, during and post game.
3.2 Philosophy of officiating
3.3 Mechanics of officiating – position, singles and movement etc.
3.4 Ethics of officiating

Unit-IV
Qualities and Qualifications of Coach and Official:
4.1 Qualities and qualification of coach and official
4.2 General rules of games and sports
4.3 Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
4.4 Integrity and values of sports

Reference Books:
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2015-2016)  
BECHOLAR OF PHYSICAL EDUCATION (B.P.ED.)  
Semester-1st

Title: (PEB-1071) Track and Field (Running Events)

Objective:

- To develop an understanding about the basic skill of track and field events.
- To teach the scientific aspects of the different techniques used in different events.
- To highlight the importance of different conditional abilities in the performance development.

Credits: 04  
Max. Marks: 100  
Internal Assessment: 40  
Exam. Marks: 60  
Paper Code: PEB-1071  
Duration: 2:00 Hours

Unit-I

Running Event:
1.1 Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. 
1.2 Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug 
1.3 Ground Marking 
1.4 Rules and Officiating

Unit-II

Hurdles:
2.1 Fundamental Skills- Starting, Clearance and Landing Techniques.  
2.2 Types of Hurdles.  
2.3 Ground Marking and Officiating.

Unit-III

Relays: Fundamental Skills:
3.1 Various patterns of Baton Exchange 
3.2 Understanding of Relay Zones

Unit-IV

Relays:
4.1 Ground Marking 
4.2 Interpretation of Rules and Officiating.

Books Recommended:
1) Bio – Mechanics of Athletic Movement: Ray  
2) Track & Fundamental Techniques: Ken – Obosen  
3) http://www.brianmac.co.uk/sprints/starts.htm
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-1st

Title: (PEB-1073) Gymnastics

Objectives:
- To develop skilful, creative mastery of the body in a gymnastic context.
- To enhance knowledge and understanding of gymnastics as an aesthetic experience.
- To enrich personal and social development while interacting with others in a variety of structured contexts.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-1073

UNIT – I
1.1 Forward Roll
1.2 Backward Roll
1.3 Sideward Roll (with stretched body or in truck position)
1.4 Drive roll
1.5 Hand Stand (hand Stand with forward roll).

UNIT – II
2.1 Front scale
2.2 Back scale
2.3 Side scale
2.4 Frog stand
2.5 Front limber

UNIT – III
3.1 Leg Side Splits
3.2 Leg Front Splits
3.3 Bridge
3.4 Jumps-leap
2.5 Scissors leap

UNIT- IV
4.1 Vaulting Horse
4.2 Approach Run
4.3 Take off from the beat board
4.4 Cat Vault
4.5 Squat Vault

References:
- Jake at Gymnastics (Hardcover) by Rachel Isadora (shelved 2 times as gymnastics), published 2014.
- British Gymnastics, the governing body for gymnastics in the UK.
- International Federation of Aesthetic Group Gymnastics Official website.
- International Federation of Gymnastics (FIG) official website http://www.fig-gymnastics.com/site/ (Visited 08/10/215).
- Texts on Wiki source:
Title: (PEB-1075) Indigenous Sports: KABADDI

Unit 1
Introduction
1.1 Introduction of the Kabaddi.
1.1 Skills in Raiding-Touching with hand, various kicks,
1.2 Crossing of baulk line, Crossing of Bonus line,
1.3 Luring the opponent to catch.

Unit 2
Skills of Holding the Raider-
2.1 Various formations
2.2 Catching from particular position,
2.3 Different catches
2.4 Luring the raider to take particular position so as to facilitate catching,
catching formations and techniques.

Unit 3
Additional skills in raiding-
3.1 Bringing the antis in to particular position
3.2 Escaping from various holds
3.3 Techniques of escaping from chain formation,
3.4 Combined formations in offence and defense.

Unit 4
Organization of the Game
4.1 Ground Making/Designing.
4.2 Rules and Regulations and Interpretation of the rules
4.3 Organization and Conducting the Kabaddi.
4.4 Officiating the Kabaddi & Duties of the officials in the Kabaddi

BOOKS RECOMMENDED FOR STUDY
Title: (PEB-1080) Mass Demonstration Activities: Dumbbells

Unit 1

Introduction

1.1 Introduction of the Mass Demonstration Activity.
1.2 Aim and Objective of Mass Demonstration Activity.
1.3 Advantage and Disadvantage of Mass Demonstration.

Unit 2

Freehand Exercise

2.1 General warming-up activities.
2.2 Commands: verbal command, drum, whistle and music (Two count, Four count, Eight count and Sixteen count.)
2.3 Various numbers of Exercises (Standing, Jumping and Moving Exercise).
2.4 Combination Exercises.

Unit 3

Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri

3.1 Grip with Light apparatus.
3.2 Attention and Stand – at – ease with light apparatus.
3.3 Various number of Exercises.
3.4 Combining Exercise.

Unit 4

Organization of the Activity/Game

4.1 Ground Making/Designing.
4.2 Organization and Conducting the Mass Demonstration.

Suggested Readings:

1. Johnson, B. L., Chinese Wand Exercise. 1977
3. Kleinman, I., Complete physical education plans for grades 5 to 12.
TITLE: Yoga Education (PEB-2001)

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 The Yoga Sutra: General introduction
1.4 Role of Yoga in Physical Education

Unit – II
Introduction to Pranayama
2.1 Introduction to science of breathing (Pranayama)
2.2 Introduction and definition of Pranayama
2.3 Introduction to varieties and different phases of Pranayama
2.4 Safety measures and precautions of Pranayama

Unit – III
Introduction to Asanas and Surya Namaskar
3.1 Introduction, definition, scope and limitations of Asanas
3.2 Classification of Asanas
3.3 Stage and phases of performing Asanas
3.4 Basic principles and methods of Asanas
3.5 Introduction, benefits and precaution of Surya Namaskar

Unit – IV
Teaching Yoga and Applications
4.1 Physical activity guidelines for yoga teaching
4.2 Components of children yoga teaching
4.3 Tools of children’s yoga lesson
4.4 Children teaching concepts and techniques of yoga
4.5 Effect of yoga on different system of the body
4.6 Application of yoga in sports

Suggested Readings:
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)

Semester-II

TITLE: Educational Technology and Methods of Teaching in Physical Education (PEB-2002)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-2002
Duration: 2:00 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:
Title: Organization and Administration in Physical Education (PEB-2003)

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.

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.

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.

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:
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2015-2016)  
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)  
Semester-II

TITLE: Sports Nutrition and Weight Management (PEB-2012)

Credits: 04  
Max. Marks: 100  
Sessional Marks: 10  
Mid Term Exam: 30  
Exam. Marks: 60  
Paper Code: PEB-2012  
Duration: 2:00 Hours

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.

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 Role of nutrition in sports

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

References:
TITLE: Track and Field (Jumping Event) (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.
TITLE: Yoga & Aerobics (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- Vrikhasana (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:


14) Cooper, K., Aerobics Program for TotalWell Being, Banton Doublay Dell Publishers, USA, 2001
TITLE: Racket Sports: Badminton (PEB-2078)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-2078

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
TITLE: Racket Sports: Table Tennis (PEB-2079)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
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:
TITLE: Teaching Practices (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:

Title: (PEM-1001) RESEARCH PROCESS IN PHYSICAL EDUCATION

Objectives: To Provide Understanding of Research 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-1001
Duration: 2:00 Hours

UNIT – I

Introduction:
1.1 Meaning and Definition of Research.
1.2 Need, Nature and Scope of research in Physical Education.
1.3 Classification of Research, Location of Research Problem,
1.4 Criteria for selection of a problem,
1.5 Qualities of a good researcher.

UNIT – II

Methods of Research:
2.1 Descriptive Methods of Research:
   2.1.1 Survey Study
   2.1.2 Case study
2.2 Introduction of Historical Research:
   2.2.1 Steps in Historical Research.
   2.2.2 Sources of Historical Research
   2.2.3 Primary Data and Secondary Data.
   2.2.4 Historical Criticism, Internal Criticism and External Criticism.
2.3 Experimental Research:
   2.3.1 Meaning Nature and Importance
   2.3.2 Meaning of Variable, Types of Variables
   2.3.3 Experimental Design - Single Group Design, Reverse Group Design, Factorial Design.

UNIT – III

Sampling:
3.1 Meaning and Definition of Sample and Population.
3.2 Types of Sampling and Probability Methods.
3.3 Systematic Sampling, Cluster sampling, Stratified Sampling, Area Sampling, Multistage Sampling.
3.4 Non-Probability Methods.
3.5 Convenience Sample, Judgment Sampling, Quota Sampling.

UNIT – IV

Research Proposal and Report Writing :
4.3 Mechanics of writing Research Report, Footnote and Bibliography Writing.
4.4 Method of writing abstract and full paper for presenting in a conference and to publishing journals,
REFERENCES:

Best J.W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi
Title: (PEM-1002) Physiology of Exercises

Objectives:
1. Demonstrate competent knowledge in areas of exercise physiology.
2. Describe physiological concepts related to exercise.

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

UNIT I
Introduction of Physiology of Exercise
1.1 Meaning and definition of Physiology of Exercise
1.2 Role of Exercise Physiology in the field of Physical Education
1.3 General Nutrients of the diet and their proportion in it.
1.4 Food requirement of athletes engaged in different sports activities.
1.5 Appropriate diet before, during and after sports activity.

UNIT II
Metabolism and Energy Transfer
1.1 Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise.
1.2 Replenishment of energy stores.
1.3 Recovery of lactic acid from blood and muscles.
1.4 Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude.
1.5 The physiological implications of a warm up and cool down (for example, reduce the delayed onset of muscular soreness – DOMS)

UNIT III
Energy continuum and recovery process
2.1 The predominant energy system used related to:
   2.1.1 The type of exercise (duration and intensity)
   2.1.2 The interchanging between thresholds during an activity (for example, the onset of blood lactate accumulation/OBLA)
2.2 The effect of the level of fitness, availability of oxygen and food fuels, and enzyme control on the energy system used.
2.3 Returning the body to its pre-exercise state
2.4 The oxygen debt / excess post exercise oxygen consumption (EPOC)
2.5 The alactacid and lactacid debt components, including the processes that occur and the duration of each component

UNIT IV
Ergogenic Aids
3.1 Nutritional aids: – carbohydrate loading – pre/post competition meals – food/fluid intake during exercise
3.2 Uses of creatine supplements in sports
3.3 Blood doping and recombinant erythropoietin (Rh EPO)
3.5 Narcotic, Stimulants and sports performance.
REFERENCES:

Title: (PEM-1003) YOGIC SCIENCES

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-1003
Duration: 2:00 Hours

Unit I
Introduction
1.1. Meaning, Definition and Types of Yoga.
1.2. Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi
1.3. Concept of Yogic Practice; Indications and Contra-Indications
1.4. Principles of Performing Asanas and Pranayama

Unit II
Asanas and Pranayama
2.1. Types of Asanas: Techniques and Benefits,
2.2. Surya Namaskar: Methods and Benefits.
2.3. Pranayama: Types- Methods and Benefits; Nadi Shodhan Pranayama
2.4. Nadis and Chakras in Body

Unit III
Kriyas and Mudras
3.3. Meaning, Techniques and Benefits of Yogic Mudras
3.4. Meditation: Benefits & its Types

Unit IV
Yoga and Sports
4.1. Power of Yoga to Improve Sports Performance
4.2. Role of Yoga in Psychological Preparation of athlete
4.3. Yoga and Mental Wellbeing, Anxiety, Depression Concentration, & Self Actualization.
4.4. Effect of Yoga on Physiological System
REFERENCES:
Title: (PEM-1011) TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)

Objectives: To Highlight the Applications of Test, Measurement and Evaluation in Physical Education and to Develop Practical Competency in Conducting Motor, Physical Fitness and Sports Skill Tests.

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEM-1011
Duration: 2:00 Hours

UNIT – I

1. Introduction:
   1.1 Meaning and Definition of Test, Measurement and Evaluation.
   1.2 Importance of Test, Measurement and Evaluation.
   1.3 Criteria for Test Selection, Scientific Authenticity.
   1.4 Meaning, Definition of Validity, Reliability, Objectivity and Norms

UNIT – II

2. Motor Fitness and Physical Fitness Tests:
   2.1 Test for Motor Fitness – Indiana Motor Fitness Test (for elementary School Children and high School boys, girls and College Men), JCR test.
   2.2 Motor Ability- Barrow Motor Ability Test for Men, Newton Motor Ability Test, Strength Fitness- Kraus-Weber Minimum Muscular Fitness Test.
   2.3 Physical Fitness Test- AAHPERD Youth Fitness Test, Youth Physical Fitness Test.
   2.4 Cardio Vascular Test-Harvard Step Test, 12Min. Run/Walk Test, Multi-Stage Fitness Test (Beep test)

UNIT – III

3. Anthropometric and Aerobic-Anaerobic Tests:
   3.1 Anaerobic Capacity-Margaria-Kalamen test, Wingate Anaerobic Test.
   3.2 Anthropometric Measurements- Method of Measuring Height, Standing and Sitting Height.
   3.3 Method of Measuring Circumference- Arm, Waist, Hip, Thigh.
   3.4 Method of Measuring Skin Folds - Triceps, Sub Scapular, Suprailiac.

UNIT – IV

4. Skill Tests:
   4.1 Specific Spots Skill Test- Badminton: Miller Wall Volley Test.
   4.2 Basketball- Johnson Basketball Test.
   4.3 Hockey- Schmithals-French Field Hockey Skill Test, Friendel Field Hockey Test,
   4.4 Volleyball- Russel Lange Volleyball Test, Brady’s Volleyball Test.
   4.5 Johnson Soccer Test, Mc-Donald Volley Soccer Test.
   4.6 Tennis- Dyer Tennis Test.

Note: Practicals of indoor and out-door tests be designed and arranged internally.
REFERENCES:

- Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
Title: (PEM-1071) Track and Field- I (Running Events) + Gymnastics

Objectives:
- To develop skilful, creative mastery of the body in a gymnastic context.
- To enhance knowledge and understanding of gymnastics as an aesthetic experience.
- To enrich personal and social development while interacting with others in a variety of structured contexts.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEM-1071

Unit-I

Running Event:
1.1 Fundamental Skills-
- Short and Middle distance
1.2 Use of Starting blocks-
- Various techniques of sprint start & Block Setting
  - Sitting Start (Crouch)
    1) Bunch & Bullet Start
    2) Medium Start
    3) Elongated Start
- Standing Start
1.3 Construction of 400 mt. track
- Staggers
- Starting & finishing points of different running events.

Unit-II

Advanced Skills: Body position at the start-starting technique
2.1 Change in body position during running.
2.2 Movements of the arms,
2.3 Stride length and frequency.
2.4 Position of torso while running.
2.5 Position of torso while at finish

Gymnastics

Unit – III

1.1 Forward roll
1.2 Backward roll and Back Extension Roll
1.3 Roll with stretched body or in truck position
1.4 Drive roll
1.5 Hand stand (hand stand with forward roll).
Unit – IV

HISTORICAL DEVELOPMENT OF GYMNASTICS:

2.1 Japana (Straddle fold).
2.2 Pike fold.
2.3 Box splits.
2.4 Bridges.
2.5 Bent leg dish.

References:
- Jake at Gymnastics (Hardcover) by Rachel Isadora (shelved 2 times as gymnastics), published 2014.
- British Gymnastics, the governing body for gymnastics in the UK..
- International Federation of Aesthetic Group Gymnastics Official website.
- International Federation of Gymnastics (FIG) official website http://www.fig-gymnastics.com/site/ (Visited 08/10/215).
- Texts on Wiki source:
- Bio – Mechanics of Athletic Movement: Ray
- Track & Fundamental Techniques: Ken – Obosen
- http://www.brianmac.co.uk/sprints/starts.htm
Title: (PEM-1073) Laboratory Practical (Sports Psychology, Physiology of Exercise, Biomechanics and Kinesiology)

Sports Psychology:  
UNIT-I
1.1 Attention Test
1.2 Reaction Time Test OR Attitude Test

Physiology of Exercise:  
UNIT-II
2.1 Heart Rate and Blood Pressure Assessment Test:
   A. Purpose
   B. Background
      a) Resting Heart Rate
      b) Maximum Heart Rate
      c) Target Heart Rate
      d) Resting Blood Pressure
      e) Blood Pressure After Exercise
      f) Measurement Of Exercise Intensity
   C. Methods:
      a) Equipment Required and Method for Heart Rate Measurement
      b) Equipment Required and Method for Blood Pressure Measurement

2.2 Respiration Assessment Test:
   A. Purpose
   B. Background
      a) Vital Capacity
      b) Respiratory Rate
      c) Breathing Frequency
   C. Methods:
      a) Equipment Required and Method for vital capacity Measurement
      b) Data Collection

Kinesiology & Biomechanics:  
UNIT-III
3.1 Analysis of Centre of Gravity
3.2 Analysis of moment of inertia

UNIT-IV
4.1 Analysis of Video Motion of Sports
References:


Title: (PEM-1074) Yoga & Aerobics

Objectives:

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEM-1074

Yoga:

Unit-I
Asana’s and Pranayamas:

1.1 Types of Asanas: Meditative, Relaxtative cultural and corrective- Bhujangasana, Salbiasana, Dhanurasana, Sarvangasana, Ardha Matsendrasana, Vakrasana, Pashichimottanasana, Sheershasana, Ustrasana, Halasana, Tadaasana, Chandrasana, Trikonasana, Pavanmuktasana, Mayoarasan, Sury Namaskar.

1.2 Types of Pranayamas: According to Patanjali and Hatha Yoga Pradipika, Types of Bandhas, Mool Bandha, Uddiyan Bandha, Jalandhar Bandha.

Unit-II
Kriyas & Mudras:

2.1 Kapal Bhanti, Tratka, Nauli, Neti.

2.2 Yoga Mudra, Tadagi Mudra, Viprit Karni Mudra, Pashinee Mudra.

AEROBICS

Unit- III

3.1 Understanding of various forms of aerobics
3.2 Floor aerobics, step aerobics, weight Aerobics
3.3 Training effects of aerobic fitness on various physiological systems namely skeletal Muscular, circulatory and respiratory
3.4 Improvement of aerobic fitness
3.5 Aerobic fitness programme

Unit- IV

4.1 Rhythmic Aerobics dance
4.2 Low impact aerobics
4.3 High impact aerobics
4.4 Aerobics kick boxing
References:
- Refus, Inc, “The Body in Motion” Published by Time Life Books.
- Sheela Kumari , Fitness, Aerobics & Gym Operations, New Delhi, Khel Sahitya Kendra2009.
- Time life books, Gym workout, London times life books, 2004
- Time life books, staying flexible, London, time life books, 2005
- Time life books, super firm tough workouts, London times life books, 2005
Title: (PEM-1076) Mass Demonstration Activity

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-1076

Unit 1

Introduction
1.1 Introduction of the Mass Demonstration Activity.
1.2 Aim and Objective of Mass Demonstration Activity.
1.3 Advantage and Disadvantage of Mass Demonstration.

Unit 2

Freehand Exercise
2.1 General warming-up activities.
2.2 Commands: verbal command, drum, whistle and music (Two count, Four count, Eight count and Sixteen count).
2.3 Various numbers of Exercises (Standing, Jumping and Moving Exercise).
2.4 Combination Exercises.

Unit 3

Dumbells/ Wands/ Hoop/ Umbrella
3.1 Grip with Light apparatus.
3.2 Attention and Stand – at – ease with light apparatus.
3.3 Various number of Exercises (Standing, Jumping and Moving Exercise).
3.4 Combining Exercise.

Unit 4

Organization of the Activity/Game
4.1 Ground Making/Designing.
4.2 Organization and Conducting the Mass Demonstration.

BOOKS RECOMMENDED FOR STUDY
1. Johnson, B. L., Chinese Wand Exercise. 1977
3. Kleinman, I., Complete physical education plans for grades 5 to 12.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II


Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-2001
Duration: 2:00 Hours

Unit-I
Introduction
1.1 Meaning and Definition of Statistics.
1.2 Function, need and importance of Statistics.
1.3 Types of Statistics.
   1.3.1 Descriptive statistics
   1.3.2 Inferential statistics
1.4 Population and Sample
1.5 Attribute and Variables; Discrete, Continuous and class interval.

Unit-II
Statistical data analysis, Variables and organization of the data
2.1 Meaning and definition of data
2.2 Organization of the data
2.3 Describing data by tables and graphs
   2.3.1 Qualitative variable
   2.3.2 Quantitative variable
2.4 Meaning, Purpose, Calculation and advantages of Measures of central tendency
   2.4.1 Mean
   2.4.2 Median
   2.4.3 Mode

Unit-III
Measures of Dispersions and Scales
3.1 Meaning, Purpose, Calculation and advances of Range, Quartile Deviation, Mean Deviation, Standard Deviation
3.2 Meaning, Purpose, Calculation and advantages of Percentile-scale, Z Scale and T-scale
3.3 Normal Curve:
   3.3.1 Meaning of probability
   3.3.2 Principles of normal curve
   3.3.3 Properties of normal curve.
3.4 Skewness and Kurtosis

Unit-IV
Inferential and Comparative Statistics
4.1 Tests of significance; Independent “t” test, Dependent “t” test
4.2 ANOVA and ANCOVA.
4.3 Meaning of correlation
   4.3.1 Linear Correlation
   4.3.2 Correlation coefficient
   4.3.3 Partial correlation
4.4 Non Parametric Statistics- Chi Square

Note: It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

References:
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

TITLE: Sports Biomechanics and Kinesiology (PEM-2002)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-2002
Duration: 2:00 Hours

Objectives: To Develop the Understanding of Biomechanics and its Application and to Provide Overview of Learning about the Mechanical Concepts and Its Application.

Unit – I

Introduction
1.1 Meaning, Definitions, Role, Scope of Sports Biomechanics in Physical Education.
1.2 Meaning and Definition of Motion, Types of Motion.
1.3 Meaning of Kinematics, Kinetics, Statics, Dynamics, Scalar and Vector quantities, Axis and Planes,
1.4 Axis and Plane of the body, Centre of Gravity and Line of Gravity of the Body.

Unit – II

Muscle Action and Force:
2.1 Meaning, Definitions, Role, Scope of Kinesiology in Physical Education.
2.2 Origin, Insertion and Action of Muscles- Pectoralis Major and Minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, Serratus, Sartorius, Rectus Femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.
2.4 Meaning and Definition of Friction, Types of Friction, Application of Friction, Spin.

Unit – III

Projectile and Lever:
3.1 Freely Falling Bodies- Projectile, Equation of Projectiles,
3.2 Stability, Factors Influencing Equilibrium, Guiding Principles for Stability - Static and Dynamic Stability.
3.3 Leverage - Classes of Lever, Practical Application.
3.5 Water Resistance (Floating Force, Buoyant Force & Specific gravity), Air Resistance.

Unit – IV

Movement Analysis:
4.1 Analysis of Movement,
4.2 Types of Analysis- Kinesiological, Biomechanical, Cinematographic.
4.3 Methods of Analysis - Qualitative, Quantitative, Predictive

Note: Laboratory practicals should be designed and arranged for students internally.

References:
4. Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India 2004)
TITLE: Athletic Care and Rehabilitation (PEM-2003)

Objectives: To Provide Understanding that Includes the Prevention, Treatment and Rehabilitation of Athletic Injuries and Knowledge of Athletic Therapy Education.

Unit – I
Corrective Physical Education:
1.1 Definition and Objectives of Corrective Physical Education.
1.2 Posture and Body Mechanics, Standards of Standing Posture.
1.3 Value of Good Posture, Drawbacks and Causes of Bad Posture.
1.4 Posture Test – Examination of the Spine.

Unit – II
Posture and Rehabilitation Exercises:
2.2 Deviations in Posture- Kyphosis, Lordosis, Flat Back, Scoliosis, Round Shoulders, Knock Knee, Bow Leg, Flat Foot.
2.3 Causes for Deviations and Treatment Including Exercises.
2.4 Passive, Active, Assisted, Resisted Exercise for Rehabilitation.

Unit – III
Massage:
3.1 Brief History of Massage, Massage as an Aid for Relaxation, Points to be Considered in giving Massage
3.2 Physiological, Chemical, Psychological Effects of Massage, Indication /Contra Indication of Massage
3.3 Classification of the Manipulation used Massage and their Specific Uses in the Human Body.
3.4 Stroking Manipulation, Effleurage, Pressure Manipulation, Percussion Manipulation, Cupping, Poking, Shaking Manipulation, Deep Massage.

Unit – IV
Sports Injuries Care, Treatment and Support:
4.1 Principles Pertaining to the Prevention of Sports Injuries.
4.2 Care and Treatment of Exposed and Unexposed Injuries in Sports.
4.3 Principles of apply Cold and Heat, Infrared Rays, Ultrasonic Therapy, Short-wave Diathermy Therapy.
4.4 Principles and Techniques of Strapping and Bandages.

Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure.(To be assessed internally)

References:
2) Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
TITLE: Sports Management and Curriculum Design in Physical Education (PEM-2012)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-2012
Duration: 2:00 Hours

Objectives:
1) To build up an understanding of sport industry and its management
2) To develop an understanding of sport organization and its controlling factors
3) To equip the students with sport marketing, communication and finance related skills
4) To understand the nature and role of curriculum

Unit-I
Sport Industry and Sport Management
1.1 Introduction of sport as a product (from business perspective) and sport Industry
1.2 Definition, Nature and Scope of sport management (Professional Sport, Intercollegiate Athletics, Interscholastic Athletics, Youth and Community Sport, Sport Tourism, Sport Marketing Agencies)
1.3 Identification of the unique aspect of sport management
1.4 Introduction to sport management competencies

Unit-II
Sport Organization and Leadership
2.1 Development of organizational environment understanding
2.2 Exploration of structure and design of sport organization
2.3 Role of critical thinking and ethics in sport organization
2.4 Management and Leadership- Introduction to management functions, Identification of managerial roles, Introduction to leadership, Human resource management

Unit-III
Sport Market, Finance, Communication, Facility and Event Management
3.1 Development of sport marketing plan
3.2 Theoretical framework (sport communication) and strategic sport communication model
3.3 Revenues and expenses sources for sport organization
3.4 Sport facility and event management

Unit-IV
Curriculum Design in Physical Education
4.1 Meaning and definition of curriculum
4.2 Principle of curriculum construction in physical education
4.3 Factors affecting curriculum in physical education
4.4 Evaluation of curriculum

Suggested Readings:
TITLE: Track and Field-II: (Jumping events + Hurdles):(PEM-2071)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEM-2071
Duration: 2:00 Hours

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 Jumping Events (High Jump), (Long Jump) & (Triple Jump)
2.1 High Jump: Candidates are assessed on the following techniques and heights:
   a) Phases: Approach Run, Take-off, Flight (bar clearance) and, Landing
   b) Style: Scissors, Straddle, Fosbury flop or Any other conventional styles
2.2 Long Jump: Candidates are assessed on the following techniques and distances:
   a) Phases: Approach Run, Take-off, flight, Landing.
   b) Style: Hang, Sail, Hitch-Kick or Any other conventional styles
2.3 Triple Jump: Candidates are assessed on the following techniques and distances:
   a) Phases: Approach Run, Sequence (Hop/Step/Jump), Flight, Landing
   b) Style: Hop, Step, Jump
2.4 Hurdling: Specification of the hurdle height depends on the event distance, gender and age.
   a) Phases: The Start and Approach, Hurdle Clearance, Leg Action & Arm Action, Running Between Hurdles
   b) Style: The Take Off – (Attacking the Hurdle), Transition – (Over the Hurdle), Touchdown – (Back to Running)

Gymnastics:
Unit – III
Parallel Bar Exercises (for men)
3.1 L-Position
3.2 Turn/ Rotation
3.3 Shoulder Stand

Beam Balance Exercises (for women)
3.4 Step full Tern
3.5 Cat Leap, Split Leap
3.6 Shoulder Stand

Scissors Swing on Pommel Horse (for men)
4.1 Pendulum front support Swings
4.2 Front support pendulum swings with hand lift off.
4.3 Swings and cuts forward and backward

Beam Balance Exercises (for women)
4.4 Jump 3/4
4.5 Straight Jump, Tuck Jump, Split Jump
4.6 Front Tuck Dismount

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
SYLLABUS (SESSION: 2015-2016)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

TITLE: Specialization in Games: Volleyball & Badminton (PEM-2073)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-2073

Objectives: To provide a practical approach to understanding and application of rules.

**Volleyball**

**Unit – I**

**Historical Development and Modern Trends in Volleyball**
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 game.
1.3 Player’s stance - Receiving the ball & passing to the team mates.
1.4 The Volley (Over head pass)
1.5 The Dig (Under head pass)

**Fundamental Skills: Service**
1.6 Under Arm Service.
1.7 Side Arm Service.
1.8 Tennis Service.
1.9 Round Arm Service.

**Fundamental Skills: Spike and Pass**
2.1 Straight Arm Spike.
2.2 Round Arm Spike.
2.3 Block - Single Block.
2.4 Pass-Back Pass.
2.5 Back Roll Volley.
2.6 Back Roll Dig.
2.7 Jump and Pass.

**Advanced Skills:**
2.8 Double Block.
2.9 Triple Block.
2.10 Dive combined with dig (Two handed).
2.11 Dive combined with dig (One handed).
2.12 Strategy in Game.
2.13 Rules and their interpretations and duties of officials.

**Badminton**

**Unit – III**

**Rule and Interpretation:**
3.1 Laws 1 - 7
3.2 Laws 8 - 13
3.3 Laws 14 - 19

**Officiating:**
4.1 Communication Via Signals, Verbal.
4.2 Warning
4.3 Penalisation

**References & Books Recommended:**
5) Ranganathan P.P. “Volleyball” (Friends Publications Delhi) 2000.
7) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lane Halborn London EC4P 4AB.
TITLE: Specialization in Games: Basketball & Badminton (PEM-2074)

Objectives:
1) To orient the students in the fundamental skills of Basketball.
2) To provide a practical approach to understanding and application of rules.

Basketball

Historical Development of Basketball
1.1 History of Basketball
1.2 Ball specification
1.3 Court dimension and marking
1.4 Board markings, ring, net and pole.
1.5 General rules of the game

Fundamental of Basketball
1.6 Dribble
1.7 Passing
1.8 Shooting
1.9 Rebounding
1.10 Faking

Badminton

Rule and Interpretation:
3.1 Laws 1 - 7
3.2 Laws 8 - 13
3.3 Laws 14 - 19

Officiating:
4.1 Communication Via Signals, Verbal.
4.2 Warning
4.3 Penalisation

Books Recommended:
2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe Ione Halborn London EC4P 4AB.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

TITLE: Specialization in Games: Basketball & Cricket (PEM-2075)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-2075

Objectives:
1) To orient the students in the fundamental skills of Basketball.
2) To provide practical approach to understand and application of basic skills and rules

Basketball:

**Unit-I**

Historical Development of Basketball
1.1 History of Basketball
1.2 Ball specification
1.3 Court dimension and marking
1.4 Board markings, ring, net and pole.
1.5 General rules of the game

Fundamental of Basketball
1.6 Dribble
1.7 Passing
1.8 Shooting
1.9 Rebounding
1.10 Faking

**Unit-II**

2.1 German drill and suicide drill
2.2 Lay-up shot
2.3 Zone-defence
2.4 Man to man technique
2.5 Attacking skills

Cricket:

**Unit-III**

Basic Skills
3.1 Basic Skills of Batting
3.2 Basic Skills of Fielding
3.3 Basic Skills of Bowling

**Unit-IV**

Duties of the Officials
4.1 Duties and Positioning of Umpires
4.2 Duties of Referees
4.3 Duties of Scorers

Cooperation among Officials
4.4 Pre-Match Discussion
4.5 Inspection of Players’ Dress and Equipments
4.6 Ground Inspection

Books Recommended:
TITLE: Specialization in Games: Badminton & Cricket (PEM-2076)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-2076

Objectives:
1) To provide a practical approach to understanding and application of rules.
2) To provide practical approach to understand and application of basic skills and rules

Badminton:

Rule and Interpretation:
Unit-I
1.1 Laws 1 - 7
1.2 Laws 8 - 13
1.3 Laws 14 - 19

Officiating:
Unit-II
2.1 Communication Via Signals, Verbal.
2.2 Warning
2.3 Penalisation

Cricket:

Basic Skills
Unit-III
3.1 Basic Skills of Batting
3.2 Basic Skills of Fielding
3.3 Basic Skills of Bowling

Duties of the Officials
Unit-IV
4.1 Duties and Positioning of Umpires
4.2 Duties of Referees
4.3 Duties of Scorers

Cooperation among Officials
4.4 Pre-Match Discussion
4.5 Inspection of Players’ Dress and Equipments
4.6 Ground Inspection

Books Recommended:
2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lone Halborn London EC4P 4AB.
TITLE: Specialization in Games: Cricket & Volleyball (PEM-2077)

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

**Cricket:**

**Unit-I**

**Basic Skills**
1.1 Basic Skills of Batting
1.2 Basic Skills of Fielding
1.3 Basic Skills of Bowling

**Unit-II**

**Duties of the Officials**
2.1 Duties and Positioning of Umpires
2.2 Duties of Referees
2.3 Duties of Scorers

**Cooperation among Officials**
2.4 Pre-Match Discussion
2.5 Inspection of Players’ Dress and Equipments
2.6 Ground Inspection

**Volleyball:**

**Unit – III**

**Historical Development and Modern Trends in Volleyball**
3.1 Introduction of the game and historical development with special reference to India.
3.2 Important tournaments held at National and International levels and distinguished personalities related to the game.
3.3 Player’s stance- Receiving the ball & passing to the team mates.
3.4 The Volley (Over head pass)
3.5 The Dig (Under head pass)

**Fundamental Skills : Service**
3.6 Under Arm Service.
3.7 Side Arm Service.
3.8 Tennis Service.
3.9 Round Arm Service.

**Unit – IV**

**Fundamental Skills : Spike and Pass**
4.1 Straight Arm Spike.
4.2 Round Arm Spike.
4.3 Block - Single Block.
4.4 Pass-Back Pass.
4.5 Back Roll Volley.
4.6 Back Roll Dig.
4.7 Jump and Pass.

**Advanced Skills :**
4.8 Double Block.
4.9 Triple Block.
4.10 Dive combined with dig (Two handed).
4.11 Dive combined with dig (One handed).
4.12 Strategy in Game.
4.13 Rules and their interpretations and duties of officials.

**Books Recommended & References:**

9) Ranganaathan P.P. “Volleyball” (Friends Publications Delhi) 2000.
TITLE: Specialization in Games: Cricket & Volleyball (PEM-2078)

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

Cricket:

Unit-I

Basic Skills-
1.1 Basic Skills of Batting
1.2 Basic Skills of Fielding
1.3 Basic Skills of Bowling

Unit-II

Duties of the Officials-
2.1 Duties and Positioning of Umpires
2.2 Duties of Referees
2.3 Duties of Scorers

Cooperation among Officials
2.4 Pre-Match Discussion
2.5 Inspection of Players’ Dress and Equipments
2.6 Ground Inspection

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 & References:
6) Widdows, R. The Handbook of Football Techniques and Tactics.
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2015-2016)  
MASTER OF PHYSICAL EDUCATION (M.P.ED.)  
Semester-II  

TITLE: Teaching Lesson of Indigenous Activities and Sports (PEM-2079)  

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

Unit – I  
Introduction  
1.1 Format of lesson Plan in Indigenous Activity and Sports.  
1.2 Forming the objective of Lesson Plan.  
1.3 Designing general and specific objectives of lesson plan.  
1.4 Preparation – Personal & Technical,  

Unit – II  
Preparation for Teaching Practices  
2.1 Managerial Issues: Time, Personal cooperation, Classroom Management, etc.  
2.2 Practicing and Understanding the role of teaching methods in Indigenous Activity and Sports.  
2.3 Practicing and Understanding the role of teaching techniques in Indigenous Activity and Sports.  
2.4 Practicing and Understanding Control & Command, Assembly, Re-assembly & Roll Call.  

Unit – III  
Teaching Practice- I  
3.1 Construction and conducting a lesson from Drill & Marching  
3.2 Construction and conducting a lesson from Calisthenics Exercise (Standing/Jumping/Moving)  
3.3 Construction and conducting a lesson from Calisthenics Exercise with equipment (Dumbbells/ Wands/ Hoop/ Umbrella/Lathi/Lezuim)  
3.4 Construction and conducting a Mass Demonstration.  

Unit – IV  
Teaching Practice- II  
4.1 Construction and conducting a lesson from Kho-Kho.  
4.2 Construction and conducting a lesson from Kabaddi.  
4.3 Construction and conducting a lesson from Bharatiyam exercises.  

The student has to submit 20 lesson plans of Indigenous Activity and Sports.  

Books Recommended  
Office of the Chairperson  
Department of Physical Education  
A.M.U., Aligarh  

Dated: 20.08.2019

MINUTES  
of  
the Special meeting of the Board of Studies of the Department of Physical Education held on  
19.08.2019 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. Zamirullah Khan  
   Chairperson  
   Department of Physical Education,  
   A.M.U., Aligarh  

2. Prof. Ikram Hussain  
   Professor  

3. Prof. Brij Bhushan Singh  
   Professor  

4. Dr. Rajendra Singh  
   Associate Professor  

5. Dr. S. Tariq Murtaza  
   Associate Professor  

6. Dr. Merajuddin Faridi  
   Assistant Professor  

7. Dr. Sayed Khurram Nisar  
   Assistant Professor  

8. Dr. Mohd. Arshad Bari  
   Assistant Professor  

9. Dr. Naushad Waheed Ansari  
   Assistant Professor  

10. Mr. Fuzail Ahmad  
    Assistant Professor  

Item No.1:  

Considered and Approved the name of Research Advisory Committee (RAC) members for each research scholar for the session 2018-19 in light of Chapter XXV (D), under sub clause 3.3 (i) Ph.D. Ordinances (Academics). [See Appendix-I].
Item No.2:

Considered the minor changes in the syllabi of **Bachelor of Physical Education** (Paper Code: PEB-3001, PEB-3012 (III Semester) courses and **Master of Physical Education** (Paper Code: PEM-1003, PEM-1011, PEM-3001, PEM-3011 (I & III Semester) courses under CBCS system and Recommended to the **Faculty of Social Sciences**.

[See Appendix- II].

Item No.3:

Considered and **Recommended** to the Faculty, the name of outside/ local resource persons for delivering Extramural Lectures during the session 2019-20.

[See Appendix- III].

(Prof. Zamirullah Khan)
Chairperson
Deptt. of Physical Education
A.M.U., Aligarh

\[\text{Signature}\]

\[\text{Date: 05/09/19}\]
# RESEARCH ADVISORY COMMITTEE

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name</th>
<th>Date of Admission</th>
<th>Fac. Roll No.</th>
<th>En. No.</th>
<th>Name Research Advisory Committee Members</th>
<th>Address</th>
<th>Area of Research</th>
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<tbody>
<tr>
<td>1.</td>
<td>Iftikhar Ahmad Wani</td>
<td>17.05.2019</td>
<td>18/PhD/PE/01</td>
<td>GL-2613</td>
<td>Supervisor: Dr. Merajuddin Faridi</td>
<td>Department of Physical Education</td>
<td>Physical Education</td>
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<td>Subject Expert: Dr. Sayed Khurram Nisar</td>
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<td>Nidhi Rani</td>
<td>17.05.2019</td>
<td>18/PhD/PE/02</td>
<td>GH-6991</td>
<td>Supervisor: Prof. Ikram Hussain</td>
<td>Department of Physical Education</td>
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<td>Subject Expert: Dr. Rajendra Singh</td>
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<td>3.</td>
<td>Danvir Singh</td>
<td>16.05.2019</td>
<td>18/PhD/PE/03</td>
<td>GH-6988</td>
<td>Supervisor: Dr. Sayed Khurram Nisar</td>
<td>Department of Physical Education</td>
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(Prof. Zamirullah Khan)
Chairperson
Dept. of Physical Education
A.M.U., Aligarh
List of Local Resource Person:

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<th>S.No.</th>
<th>Name &amp; Address</th>
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Assistant Professor  
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| 6.    | Mr. Ahmad Nadeem  
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F.S.N. Consulting Services  
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Phone No.: 87950 00318/ 9760707087 |
| 7.    | Prof. M.U. Rabbani  
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(Prof. Zahirullah Khan)  
Chairperson  
Dept. of Physical Education  
A.M.U., Aligarh  
\(\text{\textcopyright} 05/09/19\)
<table>
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<tr>
<th>S.No.</th>
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| 1.    | Dr. Sanjay Mittal  
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| 7.    | Dr. Sushanta Kumar Panda  
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Indian Institute of Technology Kharagpur  
Kharagpur-721302  
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Title: 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 Characteristics of Sports Training

Unit – II
Training Components
2.1 Strength–Mean and its type
2.2 Methods of Strength Development
2.3 Endurance - Mean and its types
2.4 Methods of Endurance Development

Unit – III
Talent Identification, Performance & Training Methods
3.1 Principles of Talent Identification and its Development.
3.2 Means and Model of Sports Performance.
3.3 Application of knowledge of Sports Performance.
3.4 Means of Weight Training and Circuit 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: Meaning and types.
4.4 Principles of Planning.

Reference:
- SchlichMonfred (2003), Circuit Training for all sports, sports book publisher Toronto.
- Dr. Sharad Chandra Mishra 92006), Sports Training, Sports Publication.

BOS held on 19.08.2019
Title: CURRICULUM DESIGN (Elective)

Learning Outcomes - At the end of the course the student will be able to-

- Identify the scientific rationale of the academic activities carried out at schools as a teacher trainee.
- Choose an appropriate model while designing/implementing the curriculum of physical education at schools.
- Recognize the issues related to curriculum development in Indian physical education at school level.
- Apply the curriculum evaluation techniques to access the worth of implemented curriculum.
- Design a strategic and need base curriculum for Indian physical education at schools level.

Unit 1

1.1 Introduction to curriculum and curriculum design (concept of curriculum and curriculum design, types of curriculum).
1.2 Understanding school teacher related curricular demands and challenges in contemporary time.
1.3 Principle of curriculum design
1.4 Factors affecting curriculum design (Reference to physical education)

Unit 2

2.1 Popular thinker’s and models of curriculum development: Product, Process and Praxis Models (Ralph Tyler, Hilda Tabata, Wheeler’s, Kerr’s, Laurence Stenhouse, Kelly Models).
2.2 Popular curriculum designs their advantages and limitations: Student or Learner-Centered, Subject-Centered, and Problem-Centered.
2.3 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 for physical education curriculum.
3.2 Medium- and short-term planning for physical education curriculum.
3.3 Maintaining Breadth and Balance in the Physical Education Curriculum.
3.4 Understanding the Issues of Progression and Continuity in Physical Education (from primary to secondary level of education).
3.5 Identifying the curriculum issues of physical education in schools of India.

Unit 4

4.1 Understanding and implementing the National Curriculum Framework recommendations in physical education curriculum.
4.2 Curriculum Development-Stages/Elements
4.3 Designing study programme course learning outcomes.
4.4 Implementing the Curriculum.
4.5 Monitoring and Evaluating the Curriculum.

Suggested Readings:
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://www.dal.ca/content/dam/dalhousie/pdf/elt/curriculumdevelopment/stages%20of%20curriculum%20design.pdf
https://prezi.com/7tprnhnbln/steps-in-curriculum-design/
http://www.slideshare.net/msmaybelle/curriculum-organization?from_action=save
http://www.medicine.osu.edu/education/Documents/Curriculum_design_2010.pdf
https://escholarship.org/uc/item/0z3k007h
https://elbboard.eboardsolutions.com/evaluation/TempFolder/evaluation/Rigorous%20Curriculum%20Design%20Overview%20copy_6944palayu5ss5kjm0vzsdxyqyg.pdf
https://www.sparkpe.org/blog/10-ideas-to-improve-your-schools-pe-program/
http://www.ncbi.nlm.nih.gov/books/NBK201493/
http://www.farmington.k12.mi.us/Curriculum/physical_education/elem_pecurriculum.pdf
Institutional Strategies for Promoting Physical Activity http://www.nap.edu/read/21802/chapter/8
Fit Kid Fit Future http://www.fitkidsfitfuture.com/
http://www.marathon.as/ro/pdf/vol5/ManescuCC.pdf
http://cd1.edb.hkedcity.net/ce/pdf/TC/trr/FM_e.pdf

BOS held on 19.08.2019
Title: Yogic Sciences

Introduction
1.1 Origin of Yoga
1.2 Traditional Language of Yoga
1.3 Types of Yoga
1.4 Components of Ashtanga Yoga

Unit - I

Asanas and Pranayama
2.1 Silent features of Asanas (Cultural, Relaxative and Meditative)
2.2 Benefits and precautions of Surya Namaskar.
2.3 Benefits of different types of Pranayamas.
2.4 Nadis and Chakras in Body

Unit - II

Kriyas and Mudras
3.2 Meaning, Techniques and Benefits of Bandhas Jalendra Bandha, Uddiyana Bandha, & Mula Bandha.
3.3 Meaning, Techniques and Benefits of Yogic Mudras
3.4 Meditation: Benefits & its Types

Unit - III

Yoga and Sports
4.1 Power of Yoga to Improve Sports Performance
4.2 Role of Yoga in Psychological Preparation of athlete
4.3 Yoga and Mental Wellbeing, Anxiety, Depression Concentration, & Self Actualization.
4.4 Effect of Yoga on Physiological System

References:

BOS held on 19.08.2019
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2019-20)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-1st

Title: Test, Measurement and Evaluation in Physical Education (Elective)

Credits: 04
Max. Marks: 100
Sessional Marks: 30
Examination Marks: 70
Paper Code: PEM-1011
Duration: 2:30 Hours

Objectives: To Highlight the Applications of Test, Measurement and Evaluation in Physical Education and to Develop Practical Competency in Conducting Motor, Physical Fitness and Sports Skill Tests.

Unit – I

Introduction:
1.1 Principles and process of evaluation in Physical Education.
1.2 Common methods of test and measurement used in Physical Education.
1.3 General steps involved in test construction.
1.4 Somatotype and posture evaluating technique.

Unit – II

Motor Fitness and Physical Fitness Tests:
2.1 Test for Motor Fitness – Indiana Motor Fitness Test (for high School boys and College Men).
2.2 Motor Ability- Barrow Motor Ability Test for Men, Strength Fitness- Kraus-Weber Minimum Muscular Fitness Test.
2.3 Physical Fitness Test- AAHPERD Youth Fitness Test.
2.4 Cardio Vascular Test-Harvard Step Test, 12Min. Run/Walk Test.

Unit – III

Anthropometric and Aerobic-Anaerobic Tests:
3.1 Anaerobic Capacity-Margaria-Kalamen test, Wingate Anaerobic Test.
3.2 Anthropometric Measurements- Method of Measuring Height, Standing and Sitting Height.
3.3 Method of Measuring Circumference- Arm, Waist, Hip, Thigh.
3.4 Method of Measuring Skin Folds - Triceps, Sub Scapular, Suprailliac.

Unit – IV

Skill Tests:
4.1 Badminton: Miller Wall Volley Test.
4.2 Hockey- Schmithals-French Field Hockey Skill Test, Friendel Field Hockey Test,
4.3 Volleyball- Russel Lange Volleyball Test, Brady’s Volleyball Test.
4.4 Tennis- Dyer Tennis Test.

Note: Practicals of indoor and out-door tests be designed and arranged internally.

References:
8) Hennery Allen Lipman (2009), Measurement and evaluation in Physical Education.Friends Publication in INDIA.

BOS held on 19.08.2019
Title: Scientific Principles of Sports Training

Introduction
1.1 Training Load its features & principles
1.2 Load & factors of load, nature of execution of movement volume, intensity and
density,
1.3 Overload, Causes, Symptoms and Remedial Measures of over load.
1.4 Supercompensation Cycle and Adaptation

Unit – I

Components of Physical Fitness
2.1 Speed: its characteristics, Type of Speed and factor determining Speed, Speed
development.
2.2 Flexibility: its characteristics, Type of Flexibility and factor determining Flexibility,
development of Flexibility.
2.3 Coordination: its characteristics, Type of coordinative abilities and factor determining
coordinative abilities, development of coordinative abilities.
2.4 Effects of basic methods of conditioning

Unit – II

Technique & Tactics
3.1 Meaning of technique, skill and style, and Classification of Skills
3.2 Various phases of technique training.
3.3 Methods of technique training, causes of technical faults and their corrections.
3.4 Meaning of tactics, strategy, Principles of tactics and training of tactics.

Unit – III

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 blood doping.
4.4 Doping control: anti doping organizations, IOC prohibited list of doping drugs and
methods.

References:
  Sports Authority of India.
  Prentice Hall Inc.
- David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.

BOS held on 19.08.2019
Goal – to define the importance of engineering in the sports world and develop an understanding of different ways materials/designing can affect performance.

Unite: I

Goal – To define the importance of engineering in the sports world and develop an understanding of different sports analysis

1.1 Introduction to Sports Engineering
   Chapter Reading: S.J. Haake Department of Mechanical Engineering, University of Sheffield, UK

1.2 Motion analysis using Videography
   (Motion analysis using video by Carl J. Payton)
   (https://www.taylorfrancis.com/books/e/9781134109036/chapters/10.4324%2F9780203935750-7)

1.3 Biomechanics:
   1.3.1 Gait and Ergonomics
      Chapter Reading: Biomechanical evaluation of movement in sports and exercises, Edited by:
      Carl J. Payton and Roger M. Bertlett

Unite: II

Goal – To define the mechanical concept of engineering in the sports and biomechanics of daily activities

2.1 Introduction of Force and its measurement
2.2 Concept of Internal Force, Axial Force, Shear force and bending Movement
2.3 Mechanical Principles in walking movements
   (Chapter reading: Biomechanical evaluation of movement in sports and exercises, Routledge 2
   Park Square, Milton Park, Abingdon, Oxon OX14 4RN)
Unite –III

Goal: To define the mechanical concept of materials in fitness and Sports related instrumentation.

3.1 Instrumentation and application in sports/fitness of Steam Bath, Sauna Bath and Jacuzzi Bath. (Practical application)
3.2 Materials in cricket
   (J. SUBIC RMIT University, Melbourne, Australia A. J. COOKE Cooke Associates, Cambridge, UK)
3.2.1 Cricket ball (Chapter 5 from Jenkins – Balls and Ballistics).
   3.2.1.1 Introduction - discuss the design necessities that go into balls materials and manufacturing.
   3.2.1.2 Materials and construction of cricket balls
   3.2.1.3 Analysis of cores/balls
3.2.2 Cricket bat
   3.2.2.1 Introduction – discuss the design necessities that go into bats materials and manufacturing.
   3.2.2.2 Performance of cricket bats
   3.2.2.3 Materials and construction of cricket bats

Unite –IV

Goal: To define the mechanical concept of instrumentation in Sports:

4.1 Instrumentation and Software:
   4.1.1 Motion Analysis (Procedure and application)
   4.1.2 Electromyography
   4.1.3 Pressure measurement
   4.1.5 Sports Specific Instrumentation and software i.e. Athletic etc.

Required Readings:
Moritz and Haake (Eds.) (2017). The engineering of sports 06-07, Springer Science-Business Media, LLC
Caroline Adams, David James, Terry Senior, Tom Allen, Nick Hamilton (September 2018), Correction to: Effect of surrogate design on the measured stiffness of snowboarding wrist protectors
Pascal Hémon (September 2018), Hydrodynamic characteristics of sea kayak traditional paddles
Taishu Nakamura, Tasuku Miyoshi, Shota Sato, Motoki Takagi... (September 2018), Differences in soccer kicking type identified using principal component analysis

BOS held on 19.08.2019
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

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

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. 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, 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
https://prezi.com/7lptrhnaabln2/steps-in-Curriculum-design/
http://www.slideshare.net/nsmaybelle/Curriculum-organization?from_action=save
http://medicine.osu.edu/education/Documents/Curriculum_design_2010.pdf
http://www.sparkpe.org/blog/10-ideas-to-improve-your-schools-pe-program/
http://www.ncbi.nlm.nih.gov/books/NBK201493/
Institutional Strategies for Promoting Physical Activity http://www.nap.edu/read/21802/chapter/8
Fit Kid Fit Future http://www.fitkidsfitfuture.com/
http://cd1.edb.hkedcity.net/cd/pe/TC/rt/FM_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.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IIIrd

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.

Cindy: 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-IVth

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:

TITLE: (PEB-4002) - Kinesiology And Biomechanics

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 o 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
  3.3.1Inertia
  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
Unit –IV

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:

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=6RVrihMUaS8
http://www.powershow.com/view/2bua409-NzY2M/The_Harvard_Reference_System_powerpoint_ppt_presentation
https://www.youtube.com/watch?v=RdG91hDseA

**Types of data**
https://www.youtube.com/watch?v=7bsNWq2A5pI
https://www.youtube.com/watch?v=hZxnzfn5v8

**Scales of measurements**
https://www.youtube.com/watch?v=KIBZUIk39ncI
https://www.youtube.com/watch?v=jJpUHbLKLW

**Hypothesis**
http://study.com/academy/lesson/alternative-hypothesis-definition-example.html

**Variables**

**Chi-square test**
http://study.com/academy/lesson/what-is-a-chi-square-test-definition-example.html
https://www.youtube.com/watch?v=vODxEnDyF6RI

**z-test**
https://www.youtube.com/watch?v=McIsiFidXgE
https://www.youtube.com/watch?v=AvjJuCKUq4

**t-test**
http://study.com/academy/lesson/what-is-a-t-test-procedure-interpretation-examples.html
https://www.youtube.com/watch?v=BIS1ID2V_U
https://www.youtube.com/watch?v=3azuAaOJack
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.
   US Youth Soccer Technical Department
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.
TITLE: (PEB-4076) - 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:

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

Unit -IV

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.
5) http://www.skatinginbc.com/sites/default/files/page/resources/skate_canada_evaluated_skating_skills_test-_standards.pdf
TITLE: (PEB-4084) - Game specialization: Coaching lessons Plans : (Skating & Cricket)

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 lesson 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: (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 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 programme
   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

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

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

Unit II
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:

iii. The Internet Book, by Douglas E. Comer, Purdue University, West Lafayette (2005)
v. Introduction to Information Technology, by ITL Education Solution Ltd. Research and Development Wing (2006)

vii. Power Point for Windows, by Rebecca Bridges, Altman Peach Pit Press, 1999
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-IVth

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

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-IV

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 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

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
3.3 Law 16-17
3.4 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.
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
Dept. of Physical Education
A.M.U., Aligarh
## Appendix-II

### 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>
</tr>
<tr>
<td>6.</td>
<td>16-MPed-09</td>
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<td>Mohammad Kaleem</td>
<td>Prof. Zamirullah Khan</td>
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<tr>
<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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<tr>
<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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<tr>
<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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<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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<tr>
<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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<tr>
<td>13.</td>
<td>16-MPed-16</td>
<td>GI-3263</td>
<td>Ms. Akansha Rathore</td>
<td>Prof. Brij Bhushan Singh</td>
</tr>
<tr>
<td>14.</td>
<td>16-MPed-17</td>
<td>GJ-1259</td>
<td>Ms. Gunjan Sharma</td>
<td>Dr. Sayed Khurram Nisar</td>
</tr>
<tr>
<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>
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<td>GI-4926</td>
<td>Radhe Shyam</td>
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<td>18.</td>
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<td>GD-2685</td>
<td>Sadare Alam</td>
<td>Dr. Mohd. Arshad Bari</td>
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<td>19.</td>
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<td>GJ-5075</td>
<td>Imtiyaz Hussain Kawa</td>
<td>Prof. Zamirullah Khan</td>
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<td>20.</td>
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<td>GJ-5095</td>
<td>Fayiz Ahmed</td>
<td>Mr. Fuzial Ahmad</td>
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<td>21.</td>
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<td>GJ-1284</td>
<td>Ms. Prachi Gupta</td>
<td>Prof. Ikram Hussain</td>
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<tr>
<td>22.</td>
<td>15MPed-13</td>
<td>GE-1043</td>
<td>Md. Mahfooz Khan</td>
<td>Dr. Merajuddin Faridi</td>
</tr>
</tbody>
</table>

(Prof. Brij Bhushan Singh)  
Chairperson  

Chairperson  
Dept. of Physical Education  
A.M.U., Aligarh
Appendix-IV

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2017-2018)
BECHOLAR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-I

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)
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, 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)