### Bachelor of Physical Education (B.P.Ed.) Course under CBCS

#### SCHEME OF EXAMINATION

**SEMESTER-1**

### Part-A: Theory Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB1001</td>
<td>History, Principles and Foundation of Physical Education</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB1002</td>
<td>Anatomy and Physiology</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB1003</td>
<td>Health Education and Environmental Studies</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

**Core Course**

**Elective Course (Any one)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB1011</td>
<td>Olympic Movement</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB1012</td>
<td>Officiating and Coaching</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Part-B Practical Course**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB1071</td>
<td>Track and Field (Running Events)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB1073</td>
<td>Swimming/Gymnastics/Shooting (Any one)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB1075</td>
<td>Indigenous Sports: (Any one)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB1080</td>
<td>Mass Demonstration Activities: (Any One)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

Total 40 32 320 480 800

**Chairperson**

(Prof. Zamiruddin Khan)
Dept. of Physical Education
A.M.U., Aligarh
Bachelor of Physical Education (B.P.Ed.) Course under CBCS

SEMESTER-II

Part-A: Theory Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit Hours</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB-2001</td>
<td>Yoga Education</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB-2002</td>
<td>Educational Technology and Methods of Teaching in Physical Education</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB-2003</td>
<td>Organization and Administration</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

Elective Course (Any one)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit Hours</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB-2011</td>
<td>Contemporary issues in Physical Education, Fitness and Wellness</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB-2012</td>
<td>Sports Nutrition and Weight Management</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Part-B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit Hours</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB-2071</td>
<td>Track and Field (Jumping Events)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB-2072</td>
<td>Yoga/ Aerobics/Gymnastics/ Swimming (Any tow)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEB-2078</td>
<td>Racket Sports: Badminton/ Table Tennis (Any one)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

Part-C Teaching Practice

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit Hours</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB-2082</td>
<td>Teaching Practices</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>40</td>
<td>32</td>
<td>320</td>
<td>480</td>
<td>800</td>
</tr>
</tbody>
</table>
### Bachelor of Physical Education (B.P.Ed.) Course under CBCS

#### SEMESTER-III

<table>
<thead>
<tr>
<th>Part-A: Theory Course</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Code</strong></td>
</tr>
<tr>
<td>PEB-3001</td>
</tr>
<tr>
<td>PEB-3002</td>
</tr>
<tr>
<td>PEB-3003</td>
</tr>
</tbody>
</table>

**Core Course**

<table>
<thead>
<tr>
<th>Select one from the Elective Course (Any one):</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB-3011</td>
</tr>
<tr>
<td>PEB-3012</td>
</tr>
</tbody>
</table>

**Part-B Practical Course**

| PEB-3071 | Track and Field (Throwing Events) | 06 | 04 | 40 | 60 | 100 |
| PEB-3072 | Combative Sports: Boxing & Judo (Any two) | 06 | 04 | 40 | 60 | 100 |
| PEB-3075 to PEB-3080 | Team Games: (Any two) | 06 | 04 | 40 | 60 | 100 |

**Part-C Teaching Practice**

| PEB-3081 to PEB-3084 | Teaching Practices: | 06 | 04 | 40 | 60 | 100 |

| **Total** | **40** | **32** | **320** | **480** | **800** |
Bachelor of Physical Education (B.P.Ed.) Course under CBCS

SEMESTER-IV

Part-A: Theory Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB-4001</td>
<td>Measurement and Evaluation in Physical Education</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PEB-4002</td>
<td>Kinesiology and Biomechanics</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PEB-4003</td>
<td>Research and Statistics in Physical Education</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

Elective Course (Any one)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB-4011</td>
<td>Theory of sports and games</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PEB-4012</td>
<td>Sports Management</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Part-B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Sports Specialization: (Any one)</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB-4071-73</td>
<td>Sports Specialization: (Any one)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PEB-4074-75</td>
<td>Games Specialization: (Any two)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

Part-C Teaching Practice

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Sports specialization: Coaching lessons Plans</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEB-4080-82</td>
<td>Sports specialization: Coaching lessons Plans</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PEB-4081-85</td>
<td>Games specialization: Coaching lessons Plans</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

| Total       |                                                        | 40          | 32     | 320                                      | 480            | 800         |
|-------------|                                                        | 160         | 128    | 1280                                     | 1920           | 3200        |

(Prof. Zamiruddin Khan)
Chairperson
Dept. of Physical Education
AMU, Aligarh
# Master of Physical Education (M.P.Ed.) Course under CBCS

## SCHEME OF EXAMINATION

### SEMESTER-1

#### Part-A: Theory Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEM1001</td>
<td>Research Process in Physical Education &amp; Sports Sciences</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM1002</td>
<td>Physiology of Exercises</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM1003</td>
<td>Yogic Sciences</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

#### Elective Course (Any one)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEM1011</td>
<td>Tests, Measurement and Evaluation in Physical Education</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM1012</td>
<td>Sports Technology</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Part-B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks (Mid-Term Exam+Sessional)</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEM1071</td>
<td>Track and Field 1. Running Events 2. Gymnastics 3. Swimming. (Any one)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM1073</td>
<td>Laboratory Practical Sports Psychology, Physiology of Exercise, Sports Biomechanics and Kinesiology (Two practical's for each subject)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM1074</td>
<td>Yoga and Aerobics/ Self Defense Techniques-Martial Arts, Taek-won-do/ Shooting / Archery etc. (*Any One activity )</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM1076</td>
<td>Adventure Activities/ Mass demonstration Activities</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

Total 40 32 320 480 800
Master of Physical Education (M.P.Ed.) Course under CBCS

SEMESTER-II

Part-A: Theory Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Course</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEM2001</td>
<td>Applied Statistics in Physical Education &amp; Sports</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM2002</td>
<td>Sports Biomechanics &amp; Kinesiology</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM2003</td>
<td>Athletic Care and Rehabilitation</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>Elective Course (Any one)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEM2011</td>
<td>Sports Journalism and Mass Media</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM2012</td>
<td>Sports Management and Curriculum Designs in Physical Education</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Part-B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
</table>
| PEM2071     | Track and Field II: Jumping events + Hurdles  
*Gymnastics/  
*Swimming  
(*any one)         | 06          | 04     | 40     | 60             | 100            |
| PEM2073-77  | Games Specialization-  
(Any Two Games)          | 06          | 04     | 40     | 60             | 100            |
| PEM2079     | Teaching Lessons of Indigenous Activities and Sports        | 06          | 04     | 40     | 60             | 100            |
| PEM2080     | Class room Teaching Lessons on theory of different Sports & Games | 06          | 04     | 40     | 60             | 100            |
| Total       |                                                            | 40          | 32     | 320             | 480            | 800          |
Master of Physical Education (M.P.Ed.) Course under CBCS

SEMESTER-III

Part-A: Theory Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit Hours</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Course</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEM3001</td>
<td>Scientific Principles of Sports Training</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM3002</td>
<td>Sports Medicine</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM3003</td>
<td>Health Education and Sports Nutrition</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>Elective Course (Any one)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEM3011</td>
<td>Sports Engineering</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM3012</td>
<td>Physical Fitness and Wellness</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Part-B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit Hours</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
</table>
| PEM3071     | Track and Field III: Throwing Events + introduction of Heptathlon event.  
*Gymnastics/  
*Swimming  
(*Any One) | 06          | 04           | 40            | 60             | 100         |
| PEM3074     | Games Specialization (Any Two)                          | 06          | 04           | 40            | 60             | 100         |
| PEM3081-82  | Coaching Lessons of Track and Field/ Gymnastics/ Swimming | 06          | 04           | 40            | 60             | 100         |
| PEM3084-85  | Coaching Lessons of Game Specialization                 | 06          | 04           | 40            | 60             | 100         |

Total 40 32 320 480 800

(Prof. Zaneedullah Khan)  
Chairperson  
Deptt. of Physical Education  
A.M.U., Aligarh
# Master of Physical Education (M.P.Ed.) Course under CBCS

## SEMESTER-IV

### Part-A: Theory Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Core Course</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEM4001</td>
<td>Information &amp; Communication Technology (ICT) in Physical Education</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM4002</td>
<td>Sports Psychology</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM4003</td>
<td>Dissertation</td>
<td>04</td>
<td>04</td>
<td>30+10</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

| **Elective Course (Any one)** |                       |             |        |                |                |             |
| PEM4011     | Value and Environmental Education | 04 | 04 | 30+10 | 60 | 100 |
| PEM4012     | Education Technology in Physical Education |             |        |                |                |             |

### Part-B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEM4071</td>
<td>Track and Field Introduction of Decathlon event *Gymnastics * Swimming Practical Skill (*any one)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM4073-74</td>
<td>Games Specialization- Practical skills (any two)</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM4080</td>
<td>Officiating Lessons of Track and Field/ Gymnastic/ Swimming –</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
<tr>
<td>PEM4082-83</td>
<td>Officiating Lessons of Game Specializations</td>
<td>06</td>
<td>04</td>
<td>40</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total</th>
<th>40</th>
<th>32</th>
<th>320</th>
<th>480</th>
<th>800</th>
</tr>
</thead>
<tbody>
<tr>
<td>160</td>
<td>128</td>
<td>1280</td>
<td>1920</td>
<td>3200</td>
<td></td>
</tr>
</tbody>
</table>

(Prof. Zameer Ahmed Khan)
Chairperson
Dept. of Physical Education
A.M.U. Aligarh
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 (1st & 2nd 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
Director of Physical Education
A.M.U., Aligarh
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
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
3.5 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 08/10/2015).
- Texts on Wiki source:
Title: (PEB-1075) Indigenous Sports: KABADDI

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-1075

Unit 1
Introduction
1.1 Introduction of the Kabaddi.
1.2 Skills in Raiding-Touching with hand, various kicks,
1.3 Crossing of baulk line, Crossing of Bonus line,
1.4 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**

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-1080

**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: Track and Field (Jumping Event) (PEB-2071)

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

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-2072

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

Yoga:

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

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

Unit - II
Asanas
Practicing techniques, precautions and benefits of following asanas:
- Sitting -Padmasana (Baddha - tied lotus), Vajrasana (Thunderbolt pose)
- Standing- Vrikhsasana (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-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)

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

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:


Semester-1st

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, Salbhasana, Dhanurasana, Sarvangasana, Ardha Matsendraasana, Vakrasana, Pashichimottanasana, Sheershasana, Ustrasana, Halasana, Tadaasana, Chandrasana, Trikonasana, Pavanmuktasana, Mayoarasana, 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.
TITLE: Track and Field-II: (Jumping events + Hurdles):(PEM-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 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

Unit – IV

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:
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.

Unit – II

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

Unit-IV

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

References & Books Recommended:
5) Ranganaathan P.P. “Volleyball” (Friends Publications Delhi) 2000.
7) 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: 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

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

Badminton

Unit-III

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

Unit-IV

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:

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

Cricket:

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

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

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:
1.1 Laws 1 - 7
1.2 Laws 8 - 13
1.3 Laws 14 - 19

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

Cricket:

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

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:
2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lene 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:

Basic Skills-

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

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:

Push-Pass

3.1 Inside of the foot.
3.2 Inside Instep of the foot.
3.3 Drills

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 (Dumbells/ 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: 20.06.2016

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

The following members were present:-  

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

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. Meraajuddin 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
24-6-116
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-pu (Rotatory), & Handhold.
   2.3 Duties of Officials, Rules and their Interpretations in Discuss Throw.

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

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

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

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

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

UNIT-I

Judo:

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

UNIT-II

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

UNIT-III

Boxing:

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

UNIT-IV

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

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

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

UNIT-I

HOCKEY:

Fundamental Skills:

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

UNIT-II

HOCKEY:

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

UNIT-III

VOLLEYBALL:

Rules and their Interpretations:

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

Preparation and Training:

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

REFERENCES:

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

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

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

Cricket:

UNIT-I

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

UNIT-II

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

Volleyball:

UNIT-III

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

UNIT-IV

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

REFERENCES

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

Objectives: To provide understanding of fundamental skill and rules of Football & Volleyball.

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

FOOTBALL:

UNIT-I

1.1 Kicking

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

UNIT-II

2.1 Receiving and Trapping

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

VOLLEYBALL:

Rules and their Interpretations

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

PREPARATION AND TRAINING

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

REFERENCES

- American.... Program, Coaching Youth Volley Ball, Campaigton, 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. Kicking
   1.1 Inside of the foot
   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. Receiving and Trapping
   2.1 Inside of the foot
   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:

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

TITLE: (PEB-4074) - Skating & Football

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEB-4074  
Duration: 2:00 Hours

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

TITLE: (PEB-4075) - Skating & Cricket

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEB-4075

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

TITLE: (PEB-4083) - Game specialization: Coaching lessons Plans:
(Skating & Football)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEB-4083

Objective:

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

Skating:

Unite-I
1. Meaning Definition and concept of lesson plan
2. Model of Different coaching lesson plan
3. Basic Component of lesson and lesion plane format for coaching lesion 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 lesion plane format for coaching lesion 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-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:

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)
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
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

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

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)

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

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

Skating:

Unit – I
1.1 Step Ratham on skates
1.2 Walking on Skates
1.3 Roll on Skates
1.4 Half Camel (Hand straight, right on the Rink and left on the air)

Unit – II
2.1 Half Camel (Hand straight, left on the Rink and Right on the air)
2.2 T-Brake (Right Leg/Left Leg)
2.3 Sit Forward (Both legs on Rink)
2.4 Sit Forward with Hinging Legs (Right Leg / Left Leg)

Football:

Unit- III
Push-Pass
3.1 Inside of the foot.
3.2 Inside Instep of the foot.
3.3 Drills

Unit – IV
Kicking
4.1 Inside Instep Kick
4.2 Instep Kick
4.3 Outside Instep Kick

Books Recommended for Study
3) Widdows, R. The Handbook of Football Techniques and Tactics.
TITLE: (PEM-4080) - Officiating Lessons of Track and Field/ Gymnastic

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
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-IVth
TITLE: (PEM-4082) - Officiating Lessons of Game specialization:
(Skating & Volleyball)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-4082

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.