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:
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.

TEACHING TECHNIQUE:
2.1 Teaching Technique - Lecture method, Command method, Demonstration method, Imitation method, project method etc.
2.2 Teaching Procedure - Whole method, whole – part – whole method, part – whole method.
2.3 Presentation Technique - Personal and technical preparation.
2.4 Command - Meaning, Types and its uses in different situations.

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.

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:

Unit – I
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.

Unit – II
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.

Unit – III
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.

Unit – IV
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: 2016-2017)
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)

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
Duration: 2:00 Hours

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:

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.

Asanas
Practicing techniques, precautions and benefits of following asanas:
- Sitting - Padmasana (Baddha - tied lotus), Vajrasana (Thunderbolt pose)
- Standing - Vrikshasana (Tree pose), Parvatasana (Mountain pose)
- Laying Prone Position- Shavasana (Corpse pose), Taladagasana (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:

Introduction to concept of fitness, aerobics, types of aerobics.
- Music and cueing.
- March, Side to side, double side to side, Grapevine.
- Knee up, Leg curl Toe touch, Side lunge.

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

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
Duration: 2:00 Hours

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
Duration: 2:00 Hours

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: