DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH

Semester System

Syllabus of B.P.Ed. Course
for the session 2013–2014

(Semester-I & Semester-II)

(ONE YEAR) DEGREE COURSE
(Departmental Test Course)
Semester-Ist

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

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

Credits : 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-101
Duration: 02 Hours

UNIT-1

Introduction:
1.1 Definition, aim, objectives, need and scope of Physical Education.
1.2 Principles of Physical Education and Sports.
1.3 Professional implications of Physical Education.
1.4 Contribution of Physical Education to general education.
1.5 Philosophy of Physical Education: Idealism, Naturalism Pragmatism, Existentialism.

UNIT-II

Historical Development of Physical Education
2.1 Physical Education in India during pre-independence period, ancient, medieval and British period.
2.2 Post-independence period.
2.3 Establishment of external sports institutions in India.
2.4 City state of Greece: Athens & Sparta and Rome; Governing Bodies and Awards in Sports.
2.5 Physical Education in Germany, USA and UK.

UNIT-3

Historical Development of Major Sport Competitions
3.1 History of Ancient Olympic Games
3.2 Modern Olympic Games
3.3 Allied Modern Olympic Games
3.4 Asian Games
3.5 Commonwealth and SAF Games

Book Recommended:
1) Bucher, Charles A. Foundation of Physical Education st/Louis, The C.V. Moby.
Semester-I

TITLE: ANATOMY AND PHYSIOLOGY-I

Objective: The primary objective of this course is to make the student understand the construction of the human body and how this construction is related to the function of the human body during physical activities.

Credits : 04  
Max. Marks: 100  
Semester Exam: 75  
Sessional: 25  
Paper Code: BPEd.-102  
Duration: 02 Hours

UNIT-I

Introduction
1.1 Introduction of Basic concepts of Anatomy and Physiology
1.2 Structure and functions of cell.
1.3 Tissues and their classification.
1.4 Basic introduction of body systems.
1.5 Anatomical and Physiological difference in Male and Female.

UNIT-II

Skeletal System
2.1 Classification of Skeletal system.
2.2 Types and structure of bones.
2.3 Different types of joints.
2.4 Movement around the joints.
2.5 Classification and functions of vertebra column.

UNIT-III

Muscular System
3.1 Classification of Muscle
3.2 Molecular structure of Muscle
3.3 Properties of Muscles
3.4 Origin: Insertion and action of Major skeletal muscles (Running, Jumping & Throwing)
3.5 Types of Muscular contraction.

Book Recommended:
1) Rerrot, T.V.: Anatomy for student and teacher of physical system.
2) Tuttle, E.S.: Physiology.
3) Brownell and William: Human Body. Hoe it is built and how it works.
4) Karpovitch, Peter V.: Physiology of Muscular Activity.
TITLE: ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION SUPERVISION AND RECREATION-I

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

Credits : 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-103
Duration: 02 Hours

UNIT-I
Organisation and Administration
1.1 Meaning, Need and Scope
1.2 Principles
1.3 Chief Elements of Organization and Administration
1.4 Personals for designation of duty in an organization
1.5 Functions of Administration

UNIT-II
Budget and Record
2.1 Budget: Meaning and importance of budget in programme planning in Physical Education
2.2 Essential Qualities of a good budget
2.3 Budget of Physical Education Programme of School
2.4 Records, Meaning and Importance of Keeping Record
2.5 Types of Records

UNIT-III
Programme Planning in Physical Education
3.1 Programme Planning: Meaning and importance
3.2 Principles of programme planning in Physical Education
3.3 Preparation of Time-Table of Physical Education
3.4 Principles of construction of Time-Table
3.5 Factors affecting Time-Table

Book Recommended:
4) M. L. Kamlesh “Methods of teaching”
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2013-14)  
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-I

TITLE: METHODS IN PHYSICAL EDUCATION, TEST AND MEASUREMENT-I

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

Credits : 04  
Max. Marks: 100  
Semester Exam: 75  
Sessional: 25  
Paper Code: BPeD.-104  
Duration: 02 Hours

UNIT-I

Introduction
1.1 Meaning of Test, Measurement and Evaluation with their Importance in Physical Education.
1.2 Criteria for selecting an appropriate test.
1.3 Test Administration in Physical Education.
1.4 Safety measures in the administration of test.
1.5 Test Records

UNIT-II

Physical Fitness Test
2.1 Harvard Step Test
2.2 Kraus-Weber Test
2.3 IOWA Postural Test.
2.4 JCR Test
2.5 AAHPER & CAPHER

UNIT-III

Sports Skill Test
3.1 Johnson Basket ball Test.
3.2 Mc Donald’s Soccer Test
3.3 Harbans Singh Field Hockey Test
3.4 Braddy’s Volley Ball Test.
3.5 French Miller

Book Recommended:
1) Tirunarayanan, C; Sharma, S. Hariharan: Methods in Physical Education.
2) Kozman, B; Cassidy, Rosalind and Jackson, C, O: Methods in Physical Education.
3) Knapp, Cyyde; Hagma, E.P.: Teaching Methods for Physical Education.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2013-14)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-I

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

Objectives: To train Physical Sports Teacher in Sports Training, in area which is based on Physical Fitness & Health related Fitness and technical training related to enhance performance at different age groups.

Credits : 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-105
Duration: 02 Hours

UNIT-I

Sports Training
1.1 Definition, Meaning, Aim and Tasks
1.2 Principles of Sports Training
1.3 Characteristics of Sports Training
1.4 Load: Meaning and factors of load
1.5 Over load and Judgment of load

UNIT-II

Planning and Periodisation
2.1 Basic concept of planning
2.2 Types of Planning
2.3 Basic concept of periodisation
2.4 Types of Periodisation
2.5 Technique: Definition and stages of technical development

UNIT-III

Motor Components
3.1 Strength: Meaning and its Classification
3.2 Endurance: Meaning and its Classification
3.3 Speed: Meaning and its Classification
3.4 Flexibility: Meaning and its Classification
3.5 Co-ordinative ability/Agility: Meaning and its Classification

Book Recommended:
1) Sigh, H: Scientific Principles of Sports Training
2) Bunn, Johan D: The art of Officiating Sports
3) Lawther, J.D.: Psychology of Coaching
4) Bunn, J, N.: Scientific Principles of Coaching
5) Kamlesh, M.L.: Methods in Physical Education

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Semester-Ist
TITLE: HEALTH EDUCATION, HYGIENE, FIRST AID AND SPORTS INJURIES - I

Objectives: To develop an understanding about the concept and skills related to-

- Health, its prevention and development.
- Life style related factors which have adverse effects on health.
- The role of physical activity and sport in promoting healthy living in school and society.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-106
Duration: 02 Hours

UNIT – I

Introduction
1.1 Meaning, Aim, and Objectives of Health Education
1.2 Define Health and its Dimension (primary and secondary)
1.3 Determinants of Health.
1.4 National health agencies (Indian Red Cross Society, Indian Council for Child Welfare, Tuberculosis Association of India, The All-India Blind Relief Society
1.5 International Health Agencies (W.H.O, UNICEF, International Red Cross, Ford foundation).

UNIT – II

Disease
2.1 Meaning and Types of Disease (Communicable and None communicable)
Stages of Disease
- Acute disease
- Chronic disease
- Refractory disease
- Progressive disease
2.2 Define Infection, Stages of Spreading infection (Incubation period, Prodromal Period, Illness period and Convalescent period)
2.3 Common communicable disease- Malaria, Typhoid, Rabies, Tuberculosis, with special emphasis on preventive methods.
2.4 Non communicable Diseases (Cancer, Diabetes, Obesity)
2.5 Psychosomatic disorder/Illness and its management

UNIT – III

Hygiene
3.1 Meaning, definition and importance of hygiene,
3.2 Steps of personal cleanliness
3.3 Alcohol and Smoking their effect on health.
3.4 Components of school health programme.
3.5 Safety at schools and sports fields

Book Recommended:
3) Trucker W.E. & Castle Molley, Sportsman and their Injuries Copper, John M. & Glasson, R.W.
   Kinesiology, St. Louis C.V. Mosby Co. 1963.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2013-14)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-II\textsuperscript{nd}

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

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

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

UNIT-I

**Biological Principles**

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

UNIT-II

**Psychological Principles**

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

UNIT-III

**Sociological Principles of Physical Education**

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

Book Recommended:

1) Bucher, Charles A. Foundation of Physical Education st/Louis, The C.V. Moby.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2013-14)
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Semester-II

TITLE: ANATOMY AND PHYSIOLOGY-II

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

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

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

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

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

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

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

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

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

**UNIT-I**

<table>
<thead>
<tr>
<th>Activity</th>
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<tr>
<td>1.1 Picnic &amp; tour/camp meaning and importance</td>
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<tr>
<td>1.2 Organisation of Picnics &amp; Tour/ Camp.</td>
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<tr>
<td>1.3 Essentials of a good Picnic &amp; Tour / Camp.</td>
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<td>1.4 Intramural Activities, Merits and Demerits</td>
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<td>1.5 Extramural Activities, Merits and Demerits</td>
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**UNIT-II**

**Methods of Promoting Physical Education**

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

**UNIT-III**

**Supervision**

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

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**Book Recommended:**

4) M. L. Kamlesh “Methods of teaching”
TITLE: METHODS IN PHYSICAL EDUCATION, TEST AND MEASUREMENT-II

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

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

UNIT-I

Methods in Physical Education
1. Meaning, Scope and Importance of methods in Physical Education
2. Principles of Teaching (with special reference to different kinds of physical Activities)
3. Teaching Methods.
4. Steps in Effective Teaching
5. Age and Sex characteristics with their play preferences.

UNIT-II

Lesson Planning in Physical Education
1. Lesson Plans in Physical Education.
   (a) General Lesson
   (b) Specific Lesson
2. Audio-Visual aids their there types, uses and values.
4. Incentives; credit, awards, trophies, certificates.
5. Methods of Physical education promotion.

UNIT-III

Tournaments and Competitions
1. Tournament:
   (a) Single Elimination (Knock-out) seeding etc.
   (b) Double Elimination for consolation.
   (c) League – cum Knockout type.
   (d) Knock out cum league.
   (e) League – cum – League.
   (f) Ladder.
   (g) Spider and Pyramids.
2. Competition:
   (a) Athletic type of competitions.
   (b) Group competitions.
3. Gymnastic Competitions.
4. Rhythmic Activities.

Book Recommended:
1) Tirunarayanan, C; Sharma, S. Hariraran: Methods in Physical Education.
2) Kozman, B; Cassidy, Rosalind and Jackson, C, O: Methods in Physical Education.
3) Knapp, Cyyde; Hagma, E.P.: Teaching Methods for Physical Education.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2013-14)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-II

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

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

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

UNIT-I

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

UNIT-II

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

UNIT-III

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

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Book Recommended:
1) Sigh, H: Scientific Principles of Sports Training
2) Bunn, John D: The art of Officiating Sports
3) Lawther, J.D.: Psychology of Coaching
4) Bunn, J, N.: Scientific Principles of Coaching
5) Kamlesh, M.L.: Methods in Physical Education
TITLE: HEALTH EDUCATION, HYGIENE, FIRST AID AND SPORTS INJURIES - II

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

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

UNIT– I

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

UNIT– II

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

UNIT– III

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

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

SYLLABUS

Practical: Proficiency in Games & Sports

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

Objectives: To develop the basic concept and fundamental skills in hockey and their co-ordination.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE1P3

UNIT-I

Grip:
Demonstration, Method of Execution, Method of Practice, Leap-up Game
Dimension of Court
Specific Exercise related basic Skill

UNIT-II

Stopping:
Straight Stopping, Stopping on Right side, stopping with reverse side of the stick.
Demonstration, Method of stopping, Method of Practice, Leap-up Game
Receiving the Ball in the Air

UNIT-III

Push:
Straight push, Wrong foot push, Reverse push
Demonstration Method Execution of Practice, Leap-up game
Feinting and Pushing Right or Left.

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

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

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

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE1P3

UNIT-I
Kicking:
Types of kicks, low drive, lofted kicks, half volleys, punt kicks and full volleys, 
Inside Instep of the foot, Instep of foot, zabbing, In swing, Out swing.

UNIT-II
Trapping:
Toe trap, chin trap, abdominal trap, Toe, thigh and chest receive, ball control 
technique.

UNIT-III
Dribbling:
Controlling of the ball inside and outside of the foot, Jig – Zag dribbling eight 
formation, changing the speed and direction.

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

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SYLLABUS (SESSION: 2013-2014)
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Semester-1st

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

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

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE1P3

UNIT-I

Fielding:
1.1 Basic Principles of fielding
1.2 Specific warm-up, Speed, Agility and Quickness work-out for fielding
1.3 Warm-down games for fielding

UNIT-II

Batting:
2.1 Prerequisites of Sound batting
2.2 Grip, Stance and Back-lift forward and Back-ward Defense

UNIT-III

Bowling:
3.1 Speed Agility and Quickness work-outs
3.2 Gripping the ball for Pace and Spin bowling
3.3 Run-up and Unfolding phase

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

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DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2013-2014)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)

Semester-I

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

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

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE1P3

UNIT-I
- Introduction of the Game
- Dimension of the Court
- Rules and Regulations of the Game
- Officials and Signals

UNIT-II
- Gripping and Stance
- Dribbling – Fundamental of Dribbling
- Shooting – Fundamental of Shooting

UNIT-III
- Dribbling – Kinds of Dribbling
- Passing – Kinds of Passers
- Lay-up-shot – with one hand / both hand, hook shot under hand shoot and lay-up shot with fake

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

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

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

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE1P3

UNIT-I

Grip & Service:
- Forehand Grip
- Backhand Grip
- High Service
- Low Services
- Drive Service
- Flick Service

UNIT-II

Defensive Strokes:
- Drive
- Drop Shot
- Lob
- Close
- Range Body Defence

UNIT-III

Attacking Strokes:
- Smash, Body Line Smash
- Down the line smash
- Cross court smash
- Flat clear
- Drop shot (fast)

Books Recommended:
DEPARTMENT OF PHYSICAL EDUCATION
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Semester-I

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

Objective:
- To develop the basic concepts related to judo.
- To develop scientific understanding and skills of fundamental and throwing technique in judo.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE1P3

UNIT-I

Introduction:
- Dress
- Dimension of Judo arena
- Duties of officials
- Scores and Penalties in Judo

UNIT- II

Fundamentals:
- Shizentai
- Jigotai
- Salutation – Standing and Kneeling
- Kumi Kata
- Kuzushi
- Ukemies

UNIT -III

Throwing Techniques:
- Nage Waza (shoulder throw)
- Te Waza (Hand Techniques)
- Koshi waza (hip waist Techniques)
- Ashi waza (Leg/Foot Techniques)
- Ma sutemi waza and Yoko sutemi Waza
  (Technique on one’s back & side)

Books Recommended:

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Semester-1st

PRACTICAL: Proficiency in Games & Sports
TITLE: Track & Field: (Fundamental Skill & Techniques).

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: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE1P1

UNIT – I
SPRINTING:
Types of starts Sports Medium (Crouch Start) and Long Start (Elongated) and use of starting blocks, and adjustment on various stages which respect of body mechanics

Middle Distance Run:
Various styles and types of runners
Long Distance Run
Various styles and types of runners

Hurdles:
Use of correct form, during takeoff in the air, and landing, rhythm, length and frequency of striden and arm action.

UNIT – II
Long Jump: Runway, take off, types of styles.
Throwing Events: (Discuss throw and Javeline Throw)

UNIT – III
1) Putting the Shot: Methods of holding the shot, various styles, stance of standing throw, glide and delivery
2) Relay Races: Types of exchange battons starting techniques Relay Race, Check marks various methods to know the zones.

References:
Bio – Mechanics of Athletic Movement: Ray
Track & Fundamental Techniques: Ken – Obosen
http://www.brianmac.co.uk/sprints/starts.htm
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SYLLABUS (SESSION: 2013-2014)  
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Semester-I

PRACTICAL: Proficiency in Games & Sports (Specialization)  
TITLE: Yogic Exercise:

Objectives: To develop the physical, procedural and technical understanding/skill in attaining various yogic postures.

Credits: 02  
Max. Marks: 50  
Sessional Marks: 10  
Exam. Marks: 40

Paper Code: PE1P2

UNIT-I

Asanas:
- Swastikasana
- Padmasana
- Vajarasana
- Suptavajarasana
- Bhujangasana
- Dhanurasana
- Matsyasana
- Halasana
- Naukaasana
- Paschimottasana
- Sarvangasana
- Shivsasana
- Vrikshasana
- Tadasana
- Makarasana
- Shavasana

UNIT-II

Pranayam and Kriya:
- Ujjai
- Bhartrika
- Shitli and Sheetkari
- Jalneti and Sutraneti
- Kapal Bhati
- Surya Bhedan

UNIT-III

Mudras and Bandas:
- Yogmudra
- Viparitkarani
- Jalandar Bandas
- Mula Bandas
- Uddyanana Bandas

Books Recommended:
5) Swatma Ram, Hath Yog Pradeepka, Lonawala Publication.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2013-2014)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)

Semester-II

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

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

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

UNIT-I

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

UNIT-II

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

UNIT-III

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

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

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

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Semester-II

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

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

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

UNIT-I

Tackling: Front tackle, side tackle and interception.

UNIT-II

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

UNIT-III

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

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

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

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

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

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

UNIT-I

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

UNIT-II

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

UNIT-III

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

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

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

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

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

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

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

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

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

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BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)

Semester-II

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

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

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

UNIT -I

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

UNIT -II

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

UNIT -III

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

Books Recommended:

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DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2013-2014)
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Semester-II

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

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

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

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

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

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

Books Recommended:

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PRACTICAL: Games & Sports (Subsidiary)  
TITLE: GYMNASTIC

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

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

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

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

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

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

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

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

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

UNIT-II
- Inside of the foot receive, instep receive, out side of the foot.
- Receive, Joe trap, Shin trap, Thigh trap.

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

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

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

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

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

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

UNIT-II
- Court Dimensions
- Court Marking

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

Books Recommended: