Office of the Chairman
Department of Physical Education,
Aligarh Muslim University, Aligarh

Dated: 24.09.2013

MINUTES
of
the Ordinary meeting of the Board of Studies of the Department of
Physical Education held on 23.09.2013 at 11:30 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**
   (In chair)
   Chairman,
   Department of Physical Education,
   A.M.U., Aligarh

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

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

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

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

6. **Dr. Syed Tariq Murtaza**
   Assistant Professor,
   Department of Physical Education,
   A.M.U., Aligarh
Item No.1: 
Confirmed the previous minutes of the Board of Studies meetings held on 18.05.2013 & 19.07.2013.

Item No.2: 
Considered the draft Ordinance (Academic) of B.P.Ed. under semester system and recommended to the Faculty of Social Sciences, A.M.U., Aligarh. (see Appendix-I)

Item No.3: 
Considered the revised criteria for admission to B.P.Ed. course as per latest existing norms of the National Council for Teacher Education (NCTE) and recommended to the Faculty of Social Sciences, A.M.U., Aligarh. (see Appendix-II)

Item No.4: 
Considered & approved the appointment of moderators and examiners of M.P.Ed. (I, II, III & IV) semester, B.P.Ed. (I & II) Semester & B.P.Ed. (Annual System). (List not to be Circulated)

Item No.5: 
Considered & approved the appointment of moderators and examiners of Ph.D. course work (List not to be circulated).

Any other Item(s):

(a) Considered & approved the syllabi of Practical courses of B.P.Ed. (Ist & IInd Semester). (see Appendix-III)

(b) Considered & approved the minor changes suggested by the faculty members in the syllabi of B.P.Ed. & M.P.Ed. (Ist & IInd Semester) courses. (see Appendix-IV)

(c) Considered the proposal for creation of a new Faculty out of the present Faculty of Social Sciences under Item No.2 of the minutes of the Faculty of Social Sciences held on 14.06.2013. The proposal was discussed at length and was agreed & recommended for creation of a new Faculty comprising of Departments of Education, Physical Education, Mass Communication, Library & Information Sciences and Social Work, under the name “Faculty of Information, Communication and Education Sciences”.

(Dr. Rajendra Singh) 
Chairman
CHAPTER XXI (D)
BACHLOR OF PHYSICAL EDUCATION (B. P. ED)

The document contains the necessary guiding instruction that regulates the programme in various academic sessions. It covers the programme/course information’s with different probable scenarios and also forwarded the line of action concerned to specific programme/course related scenarios.
CHAPTER XXI (D)  
Appendix “I” 

Bachelor of Physical Education (B. P. Ed.)

1. Entry Requirements

The programme is open for the candidates who have earned their bachelor’s degree with physical education as an elective subject with fifty-five percent marks or bachelor’s degree with physical education as an elective subject with fifty percent marks and participated in National/ State / Intervarsity competitions in Sports/ Games or Athletics recognized by AIU/IOA or Bachelor’s degree with fifty percent marks and participated in National/ State / Intervarsity or Sports/ Games or Athletics or for deputed in-service candidates (i.e. trained physical education teachers/coaches) graduate with forty-five percent marks and at least three years of teaching experience or an examination recognized by the University.

2. Language of Course Instruction

The medium of examination/Instruction will be in English only.

3. Course Duration

Minimum duration: The minimum duration of the programme shall be two consecutive semesters (one academic year) after admission. 
Maximum duration: The maximum duration of the programme shall be four consecutive semesters (two academic years) after admission.

4. Award of Degree

A student who undergone one year of regular study in the programme and earned 72 credits, subjected to the break up in various course categories and fulfilled such other conditions as mentioned in the curriculum will be awarded the degree.

4.1. Break Up In Various Course Categories

To qualify for the degree of Bachelor of Physical Education a candidate must obtain at least:

4.1.1. Forty percent marks in sessional and forty percent marks in each semester examination in each theory paper separately.

4.1.2. Forty percent of the marks in sessional work, and forty percent marks in proficiency in Games/Sports Practical, Teaching Ability and Project work & leadership Training Camp and 40 percent marks at the each semester examination in each practical paper separately.
5. **Eligibility for Appearing in Examination**

   The examination for the Degree of Bachelor of Physical Education (B.P.Ed.) shall be open to:

5.1. Candidates, who have undergone a regular course of study in the university for (two Semester) one academic year.

5.2. Ex-students, as defined in chapter XVII, in accordance with the provision of sub clause 7.1 and 10.2 below.

5.3. No private candidate as defined in clause 3 & 4 of chapter XVII of the ordinances (Academic) shall be allowed to appear in the B.P.Ed. Examination.

6. **Promotion Rules**

   **Promotion from First to Second Semester**

6.1. A student of **First** semester shall be eligible to be promoted to **Second** semester if he/she completes the attendance requirement of at least **75 percent** of the prescribed course of First semester.

6.2. A candidate will be promoted to second semester if he/she clears 50 percent of the courses offered in first semester.

6.3. A student of Second semester shall be eligible to appear in the Second semester examination if he/she completes the attendance requirements of at least 75 percent of the prescribed courses of Second semester.

<table>
<thead>
<tr>
<th>Division</th>
<th>% of Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Division</td>
<td>60% and above marks</td>
</tr>
<tr>
<td>Second Division</td>
<td>48% and above but below 60% marks</td>
</tr>
<tr>
<td>Third Division</td>
<td>40% and above but below 48% marks</td>
</tr>
</tbody>
</table>

7. **Award of Division**

   Successful candidates shall be placed in the various divisions in all the three parts altogether as follows:

   *40% marks in aggregate for each part separately are essential to pass the examination

7.1. The candidate who secures a third division in the end semester examination may get one chance to appear again in the examination in order to improve their division in the immediately following session/semester provided that they get themselves enrolled as ex-student.
8. Course Work Details

The examination shall comprise written papers in theory, proficiency in games and sports, teaching ability, project work and sessional work. The number of papers and the marks allotted to them in accordance with the provisions of clause 9.

The examination shall consist of three parts:

Part-I : Theory (See Scheme of Studies)

Part-II : Proficiency in games/sports

Part-III: Teaching Ability, Project work & leadership training camp.

8.1. Theory papers: There shall be 06 (Six) papers in each semester, each paper shall carry 4 credits (100 marks), but out of which 25 marks shall be for sessional work/internal assessment.

8.2. Proficiency in Games/Sports: Proficiency in games/sports examination shall have three divisions in semester First & Second.

8.2.1. First Semester

(i) Track & Field: 2 credits (50 marks) with 10 marks shall be for internal assessment.
(ii) Yogic Exercise: 2 credits (50 marks) out of which 10 marks shall be for internal assessment.
(iii) One sports/games of specialization (Hockey/ Football/ Cricket/ Basketball/ Badminton/ Judo/ Kho-Kho/ Volleyball/ Handball/ Table-Tennis) shall carry 2 credits (50 marks) out of which 10 marks shall be for internal assessment.

8.2.2. Second Semester

(i) Gymnastics: 2 credits (50 marks) with 10 marks shall be for internal assessment.
(ii) One sports/games of specialization (Hockey/ Football/ Cricket/ Basketball/ Badminton/ Judo/ Kho-Kho/ Volleyball/ Handball/ Table-Tennis) shall carry 2 credits (50 marks) out of which 10 marks shall be for internal assessment.
(iii) The subsidiary four games/sports opted will be exclusive of the games/sports of specialization and shall carry 2 credits (50 marks) out of which 10 marks shall be for internal assessment.
8.3 Teaching Ability & Project work:

8.3.1. First Semester

In first semester it will consist of:

(i) General lesson

8.3.2. Second Semester

In second semester it will consist of:

(i) Teaching Practice: Specific Lesson
(ii) Project work and Leadership Training camp

Each part in each semester shall carry 4 credits (100 marks), out of which 25 marks for General lesson, 25 marks for special lesson and 50 marks for project work and leadership training camp shall be for internal assessment. Sessional marks for General & Special lesson will be awarded on the basis of 05 supervised practice lesson for each type of lesson separately. Sessional marks for project work and leadership training camp shall be 20 marks for General project, 20 marks for specialized project and 10 marks for attending leadership training camp.

9. Scheme of Studies

Bachelor of Physical Education (B.P.Ed.- 1st Semester)

One Year Degree Course

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Code</th>
<th>Title</th>
<th>Sessional</th>
<th>Theory/Practical</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>PART-I (THEORY PAPERS)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>PE-101</td>
<td>History, Principles and Psychology of Physical Education-I</td>
<td>025</td>
<td>075</td>
<td>4</td>
</tr>
<tr>
<td>2.</td>
<td>PE-102</td>
<td>Anatomy and Physiology-I</td>
<td>025</td>
<td>075</td>
<td>4</td>
</tr>
<tr>
<td>3.</td>
<td>PE-103</td>
<td>Organization and Administration of Physical Education Supervision and Recreation-I</td>
<td>025</td>
<td>075</td>
<td>4</td>
</tr>
<tr>
<td>4.</td>
<td>PE-104</td>
<td>Methods in Physical Education, Test and Games &amp; Sports-I</td>
<td>025</td>
<td>075</td>
<td>4</td>
</tr>
<tr>
<td>S. No.</td>
<td>Code</td>
<td>Title</td>
<td>Sessional</td>
<td>Theory/Practical</td>
<td>Credit</td>
</tr>
<tr>
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</tr>
<tr>
<td>5.</td>
<td>PE-105</td>
<td>Training, Coaching &amp; Officiating in Games &amp; Sports-I</td>
<td>025</td>
<td>075</td>
<td>4</td>
</tr>
<tr>
<td>6.</td>
<td>PE-106</td>
<td>Health Education, Hygiene, First Aid and Sports Injuries-I</td>
<td>025</td>
<td>075</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>PART-II (PRACTICALS): PROFICIENCY IN GAMES &amp; SPORTS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>PE-1P1</td>
<td>Track and Field</td>
<td>010</td>
<td>040</td>
<td>2</td>
</tr>
<tr>
<td>8.</td>
<td>PE-1P2</td>
<td>Yogic Exercises</td>
<td>010</td>
<td>040</td>
<td>2</td>
</tr>
<tr>
<td>9.</td>
<td>PE-1P3</td>
<td>One Sports/Games of Specialization (Hockey/Football/Cricket/Volleyball/Basketball/Handball/Table-Tennis/Kho-Kho/Judo)</td>
<td>010</td>
<td>040</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>PART-III TEACHING ABILITY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>BPEd-1PL1</td>
<td>Teaching Practice - General Lesson (Ten)</td>
<td>025</td>
<td>075</td>
<td>4</td>
</tr>
</tbody>
</table>

**Bachelor of Physical Education (B.P.Ed.- II\textsuperscript{nd} Semester)**

**One Year Degree Course**
### PART-II (PRACTICALS): PROFICIENCY IN GAMES & SPORTS

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Code</th>
<th>Description</th>
<th>Theory</th>
<th>Practical</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>PE-2P1</td>
<td>Gymnastics</td>
<td>010</td>
<td>040</td>
<td>2</td>
</tr>
<tr>
<td>18</td>
<td>PE-2P2</td>
<td>One Sports/ Games of Specialization (Hockey/Football/ Cricket/ Volleyball /Basketball/Badminton/Handball/Table-Tennis /Kho-Kho /Judo)</td>
<td>010</td>
<td>040</td>
<td>2</td>
</tr>
<tr>
<td>19</td>
<td>PE-2P3</td>
<td>Subsidiary Games/Sports (Four Games/Sports other then Specialization)</td>
<td>010</td>
<td>040</td>
<td>2</td>
</tr>
</tbody>
</table>

### PART-III TEACHING ABILITY & PROJECT WORK

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Code</th>
<th>Description</th>
<th>Theory</th>
<th>Practical</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>BPEd-2PL1</td>
<td>Teaching Practice: Special Lesson (Ten)</td>
<td>025</td>
<td>075</td>
<td>4</td>
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<tr>
<td>21</td>
<td>PE2FW1</td>
<td>Project (General &amp; Specialized each) and Leadership Training Camp</td>
<td>050</td>
<td>050</td>
<td>4</td>
</tr>
</tbody>
</table>

**Total Credit**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Semester</th>
<th>Theory</th>
<th>Practical</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I Semester</td>
<td>24</td>
<td>10</td>
<td>34</td>
</tr>
<tr>
<td>2.</td>
<td>II Semester</td>
<td>24</td>
<td>14</td>
<td>38</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td></td>
<td></td>
<td>72</td>
</tr>
</tbody>
</table>

### 10. Nature of Course Test/Sessional/Assignments

10.1. Sessional work in each paper shall be based on tutorial assignments and or class tests, unless otherwise provided for by the Academic Council or the Faculty concerned.

10.2. In case of candidate appearing in the B.P.Ed. Semester examination as an ex-student, the marks obtained by he/she for sessional work in the course/concerned during his/her regular course of study shall be taken into account.

### 11. Other

A candidate pursuing a regular course of study for the B.P.Ed. examination shall, in no case permitted to pursue a course of study for any other examination simultaneously.
CHAPTER XXI (C)

Bachelor of Physical Education (B.P.Ed.)

Transitory Ordinance

Candidates admitted prior to the implementation of these Ordinances shall be governed by the Ordinances (Academic) under which they were admitted. Students who fail in the courses that are no more offered in these new ordinances and new curriculum will be allowed to pass the alternative courses, and in case there are no alternative courses, the old courses may be offered. A student admitted previously may apply to the Dean through the Chairman concerned, to be governed by these ordinances. Such cases may be allowed on a case by case basis.
Eligibility Criteria for Admission to B.P.Ed. Course  
(As per National Council for Teacher Education norms)

<table>
<thead>
<tr>
<th>Existing Criteria</th>
<th>Proposed Amendments</th>
</tr>
</thead>
<tbody>
<tr>
<td>MINIMUM QUALIFICATION:</td>
<td>MINIMUM QUALIFICATION:</td>
</tr>
<tr>
<td>Bachelor’s Degree in Physical Education with 50% marks.</td>
<td>Bachelor’s Degree with Physical Education as an elective subject with 55% marks.</td>
</tr>
<tr>
<td><strong>OR</strong></td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>Bachelor’s Degree with Physical Education as an elective subject with 50% marks.</td>
<td>Bachelor’s Degree with Physical Education as an elective subject with 50% marks and participation in National or State or Inter-university competitions in sports or games or athletics recognized by AIU or IOA.</td>
</tr>
<tr>
<td><strong>OR</strong></td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>Bachelor's Degree in Physical Education with 50% marks or Bachelor’s Degree with Physical Education as an elective subject with 50% marks and participation in National / All India Inter-university competitions in sports recognized by AIU or IOA.</td>
<td>Bachelor’s Degree with 50% marks and having participated in National or State or Inter-University Sports or games or athletics.</td>
</tr>
<tr>
<td><strong>OR</strong></td>
<td><strong>OR</strong></td>
</tr>
<tr>
<td>For deputed (in-service candidates i.e. trained Physical Education teachers / coaches) Graduate with 50% marks, and at least three years of teaching experience.</td>
<td>For deputed in-service candidates (i.e. trained physical education teachers/coaches) Graduation with 45% marks and at least three years of teaching experience.</td>
</tr>
</tbody>
</table>

(Dr. Rajendra Singh)
Chairman
DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH

SYLLABUS

Practical: Proficiency in Games & Sports

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

Semester-I
Max. Marks: 50
Credits: 02
Sessional Marks: 10
Exam. Marks: 40

PRACTICAL: Proficiency in Games & Sports (Specialization)

TITLE: HOCKEY
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.

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

TITLE: FOOTBALL
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.

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

Semester-I

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

PRACTICAL: Proficiency in Games & Sports (Specialization)

TITLE: CRICKET
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

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

Semester-I

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

PRACTICAL: Proficiency in Games & Sports (Specialization)

TITLE: BASKETBALL
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

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

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

Semester-I

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

PRACTICAL: Proficiency in Games & Sports (Specialization)

TITLE: JUDO
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)

******
PRACTICAL: **Proficiency in Games & Sports**

**TITLE:** Track & Field: (Fundamental Skill & Techniques)

**Paper Code:** PE1P1

---

**UNIT – I**

**SPRINTING:**
Types of starts Sports Medium (Crough 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](http://www.brianmac.co.uk/sprints/starts.htm)
PRACTICAL: Proficiency in Games & Sports (Specialization)

TITLE: Yogic Exercise:

Paper Code: PE1P2

UNIT-I

Asanas:
- Swastikasana
- Padmasana
- Vajarasana
- Suptavajrasana
- Bhujangasana
- Dhanurasana
- Matsyasana
- Halasana
- Naukaasana
- Paschimottasana
- Sarvangasana
- Shivasana
- 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
- Uddyana Bandas
PRACTICAL: Proficiency in Games & Sports (Specialization)

TITLE: HOCKEY
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, use 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)

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

TITLE: FOOTBALL
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.

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

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

Semester-II

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

PRACTICAL: Proficiency in Games & Sports(Specialization)

TITLE: BASKETBALL
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

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

Semester-II\textsuperscript{nd}

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

PRACTICAL: Proficiency in Games & Sports (Specialization)

TITLE: BADMINTON
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

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PRACTICAL: Proficiency in Games & Sports (Specialization)

TITLE: JUDO
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

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PRACTICAL: Games & Sports (Subsidiary)

TITLE: GYMNASTIC
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.
PRACTICAL: **Subsidiary Games & Sports other then Specialization**

TITLE: FOOTBALL (Subsidiary)
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.

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PRACTICAL: Proficiency in Games & Sports

TITLE: BADMINTON (Subsidiary)
Paper Code: PE2P3

About Equipments: Racket, shuttle, Net.
Court Dimensions
Court Marking
Grip: Forehand grip, Backhand grip,
Service: High service, Low services, Drive service, Flick service.
SYLLABUS

Minor changes suggested by the faculty members in the Syllabi of B.P.Ed. (I\textsuperscript{st} & I\textsuperscript{nd}) & M.P.Ed.(I\textsuperscript{st} & I\textsuperscript{nd} Semester) Course

Session: 2013–2014

Max. Marks :  75
Sessional :  25
Paper Code :  BPEd.-102
Duration :  02 Hours

TITLE: ANATOMY AND PHYSIOLOGY-I

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.

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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.

Max. Marks :  75  
Sessional  :  25  
Paper Code :  BPEd.-106  
Duration :  02 Hours

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

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.
SYLLABUS OF B.P.Ed. (SEMESTER-II) COURSE (2013–2014)

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-206
Duration : 02 Hours

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

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.

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Book Recommended:
6) First Aid manual-St John Ambulance- British Red Cross
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2013-2014)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-I

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

Title of Paper: KINANTHROPOMETRY - I
Paper Code: PEM-7002

UNIT-I
Introduction and Application of Kinanthropometry
1.1 Musculo-skeletal Anatomy in Kinanthropometry.
1.2 Indices and Customization of Kinanthropometry
1.3 Anthropometric Instruments: Tools and General Techniques.
1.4 Techniques for Assessing Body Composition.

UNIT-II
Growth, Development, and Maturity
2.1 The Kinanthropometric Profile.
2.2 Concepts of Chronological & Skeletal Ages.
2.3 Prediction of Adult Height; and Peak Height Velocity
2.4 Application of Anthropometry to Health & Body Composition.

UNIT-III
Concepts in Physique Development
3.1 Selected Clinical Conditions Affecting Physique.
3.2 Relationship of Physical Activity to Growth and Maturation
3.3 Physique in Different Sports Activities.
3.4 Contemporary Issues in Kinanthropometry.

REFERENCES:
Baltimore, MD, USA.

Some useful websites:
http://www.pecentral.org/
http://home.hia.no/~stephens/exphys.htm
http://www.tahperd.sfasu.edu/links3.html
http://www.sportsci.org/
http://www.gssiweb.com/
Title of Paper : KINANTHROPOMETRY - II

Paper Code: PEM-8002

UNIT-1

Somatic Growth and Development of Physique.
1.5 Definition and Context; Understanding Human Variability and Types of Studies.
1.6 Principles and Methods of Measurement and Observation in Kinanthropometry.
1.7 Postnatal Growth: Scammon’s Curve
1.8 General Regulation of Growth & Maturation

UNIT-2

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

UNIT-3

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

References:
7) Tanner, J.M. (1964) The Physique of Olympic Athletes. George Allan & Unwin, University, San Diego, California, USA), Human Kinetics
9) Williams & Wilkins.

Some useful websites:
http://www.pecentral.org/
http://home.hia.no/~stephens/exphys.htm
http://www.tahperd.sfasu.edu/links3.html
http://www.sportsci.org/
http://www.gssiweb.com/
Title of Paper : RESEARCH METHOD AND STATICS-II
Paper Code: PEM-8005

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

UNIT-II
2.1 Normal Distribution: Characteristics of Normal Curve, Skewness & Kurtosis, Uses of Normal Distribution.
2.2 Developing norms in the form of grading, Percentile Scale, T-Scale, Z scale, 6 Sigma, 7 Sigma.
2.3 Testing of Hypothesis – Region of Acceptance & Region of Rejection, Null & alternative Hypothesis, Level of Significance, Type I & Type II errors, One tail & Two tail test.

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

Books Recommended:
6. Gupta B.V.: Methodology of research in physical education and sports, Managing Director, Netaji Subhash Market, New Delhi, (1994).