DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH

Semester System

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

(Semester-I)

(ONE YEAR) DEGREE COURSE
(Departmental Test Course)

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-101
Duration : 02 Hours

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

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.

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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 and terms in Anatomy and Physiology (cell, tissue, organs, ligaments, tendons).
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.
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.

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-103
Duration : 02 Hours

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

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

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Book Recommended:
4) M. L. Kamlesh “Methods of teaching”

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-104
Duration : 02 Hours

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

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, Cydde; Hagma, E.P.: Teaching Methods for Physical Education.

Max. Marks : 75
Sessional : 25
Paper Code : BPEd.-105
Duration : 02 Hours

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

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

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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

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
1.5 International Health agencies
  ▪ Social and economic environment
  ▪ The physical environment
  ▪ The person's individual characteristics and behaviors etc.
  ▪ Heredity and environment etc.

UNIT – II

Disease
2.1 Meaning and Types of Disease (Communicable and None communicable)
   Stages of Disease
   ▪ Acute disease
   ▪ Chronic disease
   ▪ Refractory disease and Progressive disease
2.2 Define Infection, Stages of Spreading infection (incubation period, illness period and convalescent period)
2.3 Common communicable disease like, malaria, Typhoid, Hydrophobia, Tuberculosis, with special emphasis in their preventive methods.
2.4 Non communicable Diseases
2.5 Psychosomatic disorders and their preventive measures

UNIT – III

Hygiene
3.1 Define Immunity (Innate Immunity and Adaptive Immunity)
  ▪ Personal hygiene
  ▪ Desirable hygiene habits.
3.2 School Health Programme – Organization institution service supervision.
3.3 Safety at Schools and Sports Fields
3.4 Alcohol and Smoking their effect in health.
3.5 Healthy Habits

Book Recommended:
2) Anderson. T.M. Kenatics and Analysing Body Movement.