

SINGHANIA UNIVERSITY

SYLLABUS OF BACHELOR OF PHYSICAL EDUCATION B.P.Ed. (ONE YEAR)

The course of instruction on Bachelor of Physical Education shall consist of the following parts:

PART-I :	Theory	600 Marks
PART-II:	Practice of Teaching and Officiating	500 Marks
	Total	<u>1100 Marks</u>

PART-I THEORY 600 Marks

Pass percentage 35% in each paper and 40% in aggregate

Each theory paper is of three hours duration.

BPED-I01	:	History and Principles of Physical Education	100 Marks
BPED-I02	:	Sports management and administration in Physical Education	100 Marks
BPED-I03	:	Anatomy, Physiology and Health Education	100 Marks
BPED-I04	:	Officiating and Coaching	100 Marks
BPED-I05	:	Education and sports psychology	100 Marks
BPED-I06	:	Statistics and Computer application in Physical Education	100 Marks

PART-II PRACTICE OF TEACHING AND OFFICIATING 500 Marks

PRACTICAL

Practical of this course shall be in 3 categories.(Total shall be of 500 Marks)

- A). Proficiency in games and sports (200 Marks)
- B). Teaching ability (150 Marks)
- C). Allied areas (150 Marks)

A). Proficiency in games and sports:- It shall have THREE parts:-

- (i). Athletics. (75 Marks)
- (ii) Gymnastics & Yoga (75 Marks)
- (iii) Game of Specialization (50 Marks)

A. Proficiency in games and sports

(i) Athletics :-

Races (Sprints, hurdles, relays, middle distance & long distance)

Techniques:- Start, finish, baton exchange, clearance of hurdle, step rhythm in hurdle race, pace running.

Throws:- Shot Put, Discus Throw and Hammer Throw. Technique of throws-Grip, Delivery stance, Delivery action/movements, the release and reverse.

Jumps:- Long Jump, High jump and Pole vault. Technique of jumps- approach run, take off, flight phase, movement in the air and landing

(ii) Gymnastics and Yoga:-

Gymnastics:- Floor exercises, Parallel bar, Horizontal bar, Pommel horse, Vaulting horse, Roman

rings, Uneven bar, Balancing beam where ever applicable to Men and Women.

Yoga:- Asanas- Suryanamaskar, Bhujagasana, Paschimottasana, vajrasana, tadasana, sarvangasana,

halasana, dhanurasana, chakrasana, gomukhasana, matsyasana, padmasana, mayurasana,

shalabhasana, sheershasana.

(iii) Game of Specialisation:- Any one game from the following:- Badminton, Basketball, Cricket,

Football, Handball, Hockey, Kabaddi, Kho-Kho, Volleyball.

Badminton:- Service - high lob and short service, Over head toss, back hand toss, back hand drop,

under arm clear, smash, drive. Basic tactics- offensive and defensive.

Basketball:- Ball handling & Player's stance, Passing and Receiving, Chest pass, bounce pass,

overhead pass, Shooting-lay up shot, set shot, jump shot, Dribbling- High, low and reverse, Pivoting,

Parallel and stride stop, Offensive and defensive rebounding, Offense and defense.

Cricket:- Batting-forward & backward defense, straight drive, square cut, pull. **Bowling:-** Medium

pace, good length ball, in swing and out swing, leg break, off break, goggle. Fielding- catching, long

barrier. Wicket keeping, Basic tactics- offensive and defensive.

Football:- Kicking-Instep kick, push pass, full volley, half volley, lofted kick. Trapping- by sole of

foot, by instep of foot, by thigh by chest. Heading, Skills of taking throw-in, corner kick, penalty kick.

Basic tactics- offense and defense .

Handball:- Ball handling and passing(base ball, wrist, side reverse, bounce) Receiving, Dribbling,

Shooting- overhead, jump shot, dive shot. Faking, Basic tactics- Offense and defense.

Hockey:- Hitting, stopping, dribbling, flick, scoop & its variations. Skills of taking penalty corner,

penalty stroke, goal keeping, Basic tactics- Offensive and defensive.

Kabaddi:- Catches (wrist, knee, ankle and thigh catch). Raiding skills (touching with hand, leg thrust,

front kick, sidekick, mule kick. Basic tactics- offensive and defensive.

Kho-Kho:- Chasing – giving kho, getting up, pole dive, diving. Running- single and double chain,

ring formation. Basic tactics- offensive and defensive.

Volleyball:- Service- under arm, tennis, floating and jump service. Passes- volley pass, dig pass, back

roll volley, side roll dig one handed. Spike- straight spike, spike on high ball and low ball. Blocking-

single and double block. Basic tactics- offensive and defensive.

B). Teaching ability:- It shall have THREE parts:-

(i). General Lesson Plan (on play grounds) (50 Marks)

(ii) Special lesson Plan (on play grounds) (50 Marks)

(iii). Theory lesson Plan (in classroom). (50 Marks)

Each part shall carry 50 marks. Candidates are required to take 5 practice lessons for each part separately.

B. Teaching Ability

1. General lesson :- Teaching the light apparatus activities such as dumb-bell, lezium, wands, Indian

clubs, hoops, bamboo drill, bharatiyam exercises, pyramids etc are to be included.

2. Special lesson :- Teaching any skill or technique or its parts in the following games are to be

included. (Athletics, gymnastics, Badminton, Basketball, Cricket, Football, Handball, Hockey,

Kabaddi, Kho-Kho and Volleyball).

3. Theory lesson: It is class room teaching from the physical education theory syllabus of C.B.S.E or

I.C.S.E or Rajasthan Board. For reference a model syllabus for theory lesson is attached separately.

C. Allied Areas

(i). Performance in games (other than specialization):- (50 Marks)

Proficiency in eight games from the list of nine games (one game shall be the Game of specialization) shall be tested.

(ii). Camping:- Students are required to attend a Leadership training camp of at least 8 days duration. (20 Marks)

(iii) (A) Test & Measurement Practical (40 Marks):-It shall include the procedure of marking play grounds,

taking measurements-

(time, distance, weight, blood pressure, body temperature, pulse rate, percentage of body fat,

respiratory rate,

anthropometrics measurements of body parts). Candidates is required to demonstrate the markings

and measurements etc practically.

(B) Computer practical:- (40 Marks) Students are required to give practical examination on the

topic studied under computer application in theory Paper VI.

This part shall carry total 40 marks,(external 30 marks and 10 marks sessional)

THE PASSING MARKS STATUS IN EXAMINATION

- i). Ist Division – 60% and above marks.
- ii). IInd Division – 48% and above but below 60%.
- iii). IIIrd Division – 36% and above but below 48%.

Note:- (a). Aggregate marks, 36% are essentials to pass the examination. (b). Over all division shall be

calculated adding both theory and practical marks.

BPED-101 HISTORY & PRINCIPLES OF PHYSICAL EDUCATION

Duration of Paper: 3 Hrs.

Maximum Marks: 100

Section-A

UNIT-I

INTRODUCTION TO PHYSICAL EDUCATION

- (a) Definition, meaning and scope of Physical Education.
- (b) Aim and objectives of Physical Education
- (c) Relationship of physical education to general education health education and recreation.
- (d) Meaning of the terms: Physical culture, Physical training, physical education, Drill, Sports, Games , Gymnastics, Athletics, Aquatics.

The profession of physical education, contribution of physical education to the achievement of the aims and objectives of education.

Ethics of profession, future development of physical education.

UNIT-II

PRINCIPLES OF PHYSICAL EDUCATION

Philosophical Principles: Need to understand and study the educational philosophy to the physical education teachers

Idealism, naturalism, pragmatism.

Sociological Principles: Introduction, Social Nature and Learning of man, Physical education and sports as need of the society, Sociological implications of physical education and sports , Physical activity and sports as a man's cultural heritage.

Education for social and national solidarity . The role of schools in fostering the spirit of social and national integrity among the students in adolescent age .

Section-B

UNIT-III

HISTORY OF PHYSICAL EDUCATION

Physical Education in India before independence: Physical education in Ancient Civilization –Indus valley ,Vedic period, Epic period, Buddisht period , Medieval Period ,

British Period: Physical Training in school and colleges (YMCA, Madras Lucknow ,Amravati, Christian college of physical education.

Physical Education in India after independence: Governing bodies and policies of physical education and sports –central advisory board of physical education (CABPE), Sports authority of India (SAI),All India Council of sports , Indian Olympic Association (IOA) , NCTE,NAAC,UGC, Nehru Yuva Kendra, LNCPE, NSNIS, SNIPES.

Policies: Kothari commission, NEP, National policy on sports , Sports policy of Rajasthan state .

UNIT-IV

World history of physical education: Development of physical education during 20th century with special reference to the following:- USA, USSR, JAPAN AND GERMANY

Olympic, Asian and Common Wealth Games : The origin and development of ancient Olympic games , Modern Olympics , History and development of Asian Games and common wealth games .

Their role for regional co - operation and peace .

Scheme and Awards : National and state level

REFERENCE BOOKS

1. Charles, A. Bucher : Foundations of Physical Education, 1968.
2. Harold M. Borrow : Man and His Movement Principles of Physical Education, 1971.
3. J.F. Williams : Principles of Physical Education.
4. Cowel and France : Philosophy and Principles of Physical Education.
5. D.G. Wakharkar : Manual of Physical Education
6. Updyake Johnson : Principles of Modern Physical Education, Health and Recreation, 1967.
7. M.L. Kamlesh & M.S. Sangral : Principles and History of Physical Education, 1971.
8. Van Dalen & Bonnet : A World History of Physical Education, 1971.
9. Ministry of Education : A National Plan of Physical Education, 1964.

10. Iraz A. Khan : A History of Physical Education.

BPED-102 SPORTS MANAGEMENT AND ADMINISTRATION IN PHYSICAL EDUCATION

Maximum Marks- 100

Duration of Paper: 3 Hrs.

Section-A UNIT-I

Management : Meaning, Definition , Importance and Principles of Management .

Functions of Management: Planning , Organizing, Administration and Evaluation,

Scheme of Organization: School , College, University.

Administration: Meaning and importance of administration and organization, Principles of Organization and administration.

UNIT-II

Programme Planning and Organization: Need and Importance of Physical Education
Periods in Time table, Scheduling school sports, Types of tournaments and their organizations, Organization and conduct of competition Intramurals and Extramurals Role of the personnel involved in school and college organization with special reference to their Qualification and responsibilities -(i) Principal (ii) Registrar (iii) Head master (iv)Teacher (v) Students.

Facilities and Equipments : Play ground area , Location and care of gymnasium its importance and construction , Swimming pool its importance construction and care, Equipments- need and importance , purchase , care and maintenance, Issue and Disposal

Budget : Importance of budget making, Criteria for good budget, Sources of Income and Expenditure , Preparation and principles of budget.

Section-B

UNIT-III

Teaching Methods: Meaning, Types and factor affecting it,

Presentation Technique: Personal preparation , Technical preparation, Organizing subject matter , Presentation of subject matter., Class management.

Lesson plan: Types , Objectives and Various parts

Record and Register : Attendance register, stock register , cash register, athletic proficiency record, skill tests record ,physical and medical examination record.

UNIT-IV

Command and Formation : Types and techniques of commands, methods of arranging the class for formal exercise.

Evaluation and supervision : Meaning and Definition ,Need and Importance , principles , Scope ,Methods and Techniques of evaluation and supervision , Qualities of good supervisor characteristics of good test.

Test and Measurement: Meaning, Definition and Need, Criteria for the selection of test, Types of test (subjective and objective)

REFERENCE BOOKS

1. J.P. Thomas : Organization and Administration of Physical Education
2. P.M. Joseph : Organization and Administration of Health
3. Voltmair and Esslinquir : Organization and Administration of Health Physical Education Programme, 1964.
4. Williams J. & Other : The Administration of Health and Physical Education.
5. Sujan Singh : Administration of Physical Education, 1967.
6. D.G. Wakherker : Manual of Physical Education.

BPED-I03- ANATOMY, PHYSIOLOGY, KINESIOLOGY AND HEALTH EDUCATION

Section-A

UNIT-I

Anatomy:- Meaning, need and importance

Cell:- definition, meaning, structure, function, shapes and Cell division.

Tissue:- Definition, classification, structure, functions and types

Muscular system :- classification of muscles, properties of muscle, functions and types of muscles.

Skeletal system:- structure of bones, Classification of bones, Names and location of different bones.

Types of joints and description of movable (synovial) joints.

UNIT-II

Physiology:- Meaning, need and importance

Essential properties of living organism

Exercise Physiology:- Meaning, need and importance

Physiological concept of health and fitness Second wind, oxygen debt, cardiac output, stroke volume

Nervous system organs :Location and functions: brain and its parts centres of localization: Spinal cord :

Reflex action. Autonomous nervous system

Structure and functions of Respiratory system, circulatory system ,digestive system , Endocrine, Excretory and Reproductive system:

Section-B

UNIT-III

Kenesiology : i) Meaning; Scope and importance in sports coaching.

ii) Basic concepts Planes and axes of body. Centre of gravity.

line of gravity. Terminology of various types of movements,

Joints and their kinds and movements.

b) i) Laws of motion and their implication on sports coaching.

ii) Levers-kinds and usage-bony levers in the body, use of levers

in sports . Safety education in first-aid in sports.

iii) Basic Principles

of Safety in Sports

iv) First Aid.

UNIT-IV

Health Education- Definition of Health Education: Health

Instruction: Health Supervision. Health service and

guidance: instruction in personal hygiene: Defection of

defects of common ailments : Prevention and control of communicable disease, Medical Examination Follow up work.

Common health problems: accidents environment pollution , overpopulation smoking , alcoholic and drug abuse.

NCD (Non communicable diseases)

Schools Hygiene - School building ventilation and light, seating arrangements, water supply facilities , play

Dietetics- Food its constituents: Caloric value of food: Balance

diet: Special diets for children and athletes.

Under weigh/over weigh.

Reference Books

1. Herbert A. Debires : Physiology of exercise, (1968 ed.) 1967
2. Laurence E. Morehouse : Physiology of Exercise-1976
3. Peter, V. Korperivch: Physiology of Muscular Activity (17th ed.) 1971.

4. J.S. Roses: Foundation of Anatomy & Physiology, K.D.W. Silson-1973.
5. Marjories. A Miller Kimbus Gray Stackpoles: Anatomy Physilogy (16th ed.)-1972
6. Chatterji: Human Physiology. Vol. I. II-1973

BPED-104 OFFICIATING AND COACHING

Duration of Paper: 3 Hrs.

Maximum Marks- 100

Section-A UNIT-I

Officiating: Meaning , Importance and Principles of officiating, Factors affecting officiating , improving the standard officiating

Qualities and duties of a good official , relation of officials with management ,players ,coaches and spectators, captains ,umpires and referees.

UNIT-II

Marking of Track/ Field/ Court / Ground for following : Athletics, Badminton, Basketball, Cricket, Football, Handball, Kabaddi, Kho-Kho, Hockey, Volleyball.

Signals and signs of officiating of various games.

Preparation and furnishing the score sheets of games and athletic events.

Rules and their interpretation of the following:

- I) Events in athletics
- II) Larger area games (cricket, football, handball and hockey)
- III) Smaller area games (Badminton, basketball, kabaddi, kho-kho and volleyball).

Section-B

UNIT-III

Coaching: Meaning, Importance and Principles of coaching, aims and objectives of coaching methods of coaching, difference between coaching and training. Promoting and maintaining interest in coaching. Coaching aids and devices, Precautions and safety in coaching.

Coach: Qualification, qualities and responsibilities of a coach, Relation of coach with players and others.

Fundamental of conditioning: Methods of conditioning, warming up and cooling down – Meaning and benefits.

UNIT-IV

Training methods and Fitness: Meaning, definition and principles of training. Development of components of physical fitness, motor fitness through following training methods (Continuous method, interval method, circuit method, fartlek /speed play and weight training, isotonick and isomartick exercises).

Concept of different training period: Period wise – preparatory, Competition and transition period and their aim and objectives.

Preparing training schedules – Yearly and short term.

REFERENCE BOOKS

1. Rules of Games and Sports, Y.M.C.A. Publishing House, Madras, 1968.
2. John Bunn, The Art of Officiating, 1968.
3. Claffs, Athletic Training, 1962.
4. James G. Hays, "The Bio-mechanics of Sports Techniques", (2nd ed.), Englewood Cliffs, N.J. Prentice Hall, Inc. 1978
5. John Bull, "Scientific Principles of Coaching", (2nd ed.), Englewood Cliffs, N.J. Prentice Hall, Inc.; 1972.

BPED-105 EDUCATION AND SPORTS PSYCHOLOGY

Duration of Paper: 3 Hrs.

Maximum Marks- 100

Section-A UNIT-I

Psychology : Meaning, definition and Nature .**Sports Psychology** - its meaning , definition and importance to Physical Education Teachers and Coaches. Role of sports psychology in the growth and development of body and mind.

Biological Principles : Growth and development—Meaning, definition, Nature and factors affecting (heredity& environmental) Growth and development. Characteristics at various stages of development. Difference between Growth and development. Individual differences and their implications in games and sports. **Age**: Chronological, Anatomical, Psychological and mental & their implications in physical education.

UNIT-II

Emotions: Their physiological manifestation and implications in sports, hazards of emotional involvement : aggression , anger ,fear, anxiety, stress and tension . General innate tendencies: Motives, Needs, Drives, Sympathy, Imitation .

Motivation: Meaning, Definition, Types (extrinsic & intrinsic), Method of motivation, the nature of motivation and its need in physical activity.

The Learning process: Meaning , Definition, Types and Laws and theories of learning. Learning curves, Transfer of training with special reference of sports .

Section-B

UNIT-III

Mental Hygiene: Meaning ,Importance , Handling of exceptional children, role of Physical Education in preventing mal-adjustment and promotion of proper mental health.

Fatigue: Physiological and psychological aspects of fatigue .

Personality: Meaning, Development of personality. Adjustment through physical education. Discipline and Behaviour .

UNIT-IV

The psychology of the group: Experimental Psychology and Statistical methods, Importance of test, types of intelligence test,

Statistical methods applied to Physical education: Mean, Mode, Median, Frequency curve and normal probability curve.

Socio- culture forces and sports: Competition and co-operation in physical activity, socio economic status and athletics personality traits and athletic participation , spectator's influence and crowd behaviour,

Guidance and counselling for sports: Meaning , Need, and Techniques.

Reference Books

1. General Psychology by Garret.
2. Educational Psychology by Skinner.
3. Educational Psychology by Gats.
4. Elements of Educational Psychology by L.R. Shukla.
5. Solving personal Problems by Elliot.
6. Statistics in Psychology and Education by H.E. Garrett.
7. Elementary Experiment in Psychology by B. Kuppuswamy.
8. Sport Psychology by John D. Lawther.
9. Educational psychology by S.K .Mangal

BPED-106: STATISTICS AND COMPUTER APPLICATION IN PHYSICAL

Duration of Paper: 3 Hrs.

Maximum Marks- 80+20(prac.)

Section-A

UNIT-I

Statistics: Meaning , Definition , Nature , Need and Importance of statistics in physical education , Parametric non parametric statistics.

Collection of data : Tools: Characteristics of a good tool

-Types of tools and techniques and their use in physical education

-Questionnaire, interview , observation

-Population and Sample: Sampling techniques, Normal probability curve, Properties.

Presentation of data : Tabular presentation and Graphical presentation , their techniques and uses.

UNIT-II

Descriptive Statistics: Measures of central tendency: mean, median & mode

-Measures of dispersion: range , quartile deviation & standard deviation.

-Measures of relative position: percentiles and percentiles ranks

- Correlations- Meaning , Types (product moment and rank), uses.

Inferential Statistics: Comparison of means: meaning and uses, t-test(dependent and independent), Calculation of t-test, F-test meaning and uses, One way analysis of Variance and its calculations .

Section-B

UNIT-III

Fundamentals of Computer: -Introduction of computer.

-Block diagram of computer.

-Classification of computer.

-Concept of hardware and software.

-Input/Output devices keyboard , mouse, monitor, printer

-Storage devices

-Computer memory and its units

Information and communication technology applied For Physical Education: -Internet : www, Browsing and search engines- Introduction and their educational applications.

-Server, Modem ,E-mail, Internet surfing for educational purpose.

Concept of Multimedia & its educational uses.

UNIT-IV

Operating system: -Windows operating system and its accessories

-MS-Office : an introduction.

i. MS-Word

ii. MS-Excel

iii. Power Point Presentation and making of slides with reference to officiating and scoring in events of competition

Computer crime and computer ethics –Introduction and code of conduct

Reference Books

- 1. Reghavan S.S.: (1986) "Mocrp Computer in Science and Language teaching" Mysore R. C.E.**
- 2. Osborne A (1982) "An Introduction to Micro Computers Galgolia Book Source" New Delhi**
- 3. Koor Harjit (1993) Computer, Aatmaram & sons, New Delhi**
- 4. Vakatachamal, S. Computer ek parichay, pitabar publication company pvt.Ltd New Delhi**
- 5. Balamurali, Savitha (1996) "An introduction to Computer Science" Vikas Publishing House, Pvt.Ltd.New Delhi**
- 6. Payal Lotia and Pradeep Nair-Computer an introduction BPB Publication, New Delhi-110001**