

National Education Policy-2020

**Common Minimum Syllabus for all
Uttarakhand State Universities and Colleges
for Under- Graduation & Post-Graduation.**

B.P.E.S & M.P.E.S **SYLLABUS**

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2023

KUMAUN UNIVERSITY, NAINITAL
National Education Policy-2020

List of all Papers in Six Semester Semester-wise Titles of the Papers in Physical Education					
Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
Certificate in Physical Education					
FIRST- YEAR	I	B.P.E.S.TC – 101	General English	Theory	4
		B.P.E.S.TC - 102	History and Principles of Physical Education	Theory	4
		B.P.E.S.TC - 103	Fundamentals of Physical Education	Theory	4
		B.P.E.S.TC - 104	Ancient and Modern Olympics	Theory	4
		B.P.E.S. PC - 105	Yoga and Game specialization	Practical	4
	II	B.P.E.S.TC - 201	Anatomy and Physiology in Physical Education	Theory	4
		B.P.E.S.TC - 202	Yoga in Physical Education	Theory	4
		B.P.E.S.TC - 203	Kinesiology in Physical Education	Theory	4
		B.P.E.S.TC - 204	Sports Nutrition and Balance Diet	Theory	4
		B.P.E.S. PC -205	Game Specialization and Athletics	Practical	4
Diploma in Physical Education					
SECOND YEAR	III	B.P.E.S.TC – 301	Health Education	Theory	4
		B.P.E.S.TC - 302	Sports Psychology in Physical Education	Theory	4
		B.P.E.S.TC - 303	Physiology of Exercise in Physical Education	Theory	4
		B.P.E.S.TC - 304	Management in Physical Education	Theory	4
		B.P.E.S. PC - 305	Traditional and Recreation Games	Practical	4
	IV	B.P.E.S.TC - 401	Basic Computer application	Theory	4
		B.P.E.S.TC - 402	Basic Principles of Sports Training	Theory	4
		B.P.E.S.TC - 403	Environmental Science	Theory	4
		B.P.E.S.TC - 404	Biomechanics in Physical Education	Theory	4
		B.P.E.S. PC - 405	Health concept and Individual Sports	Practical	4
Bachelor of Physical Education					
THIRD YEAR	V	B.P.E.S.TC - 501	Exercise Prescription and Therapeutic Exercise	Theory	4
		B.P.E.S.TC - 502	Methods in Physical Education	Theory	4
		B.P.E.S.TC - 503	Remedial and Corrective Physical Education	Theory	4
		B.P.E.S.TC - 504	Test and Measurement in Physical Education	Theory	4
		B.P.E.S. PC - 505	Physiotherapy and Game Specialization	Practical	4
		B.P.E.S. PC - 506	Project Report - (Qualifying)	Practical	--
	VI	B.P.E.S.TC - 601	Professional Preparation and Counseling in Physical Education & Sports	Theory	4
		B.P.E.S.TC - 602	Educational Technology	Theory	4
		B.P.E.S.TC - 603	Coaching and officiating in Physical Education	Theory	4
		B.P.E.S.TC - 604	Fitness & Wellness in Physical Education	Theory	4
		B.P.E.S. PC - 605	Field events and teaching practices	Practical	4
		B.P.E.S. PC - 606	Project Report - (Qualifying)	Practical	--
Bachelor of Physical Education and Sports Sciences					
FOURTH- YEAR	B.P.E.S. VII/ M.P.E.S. I Sem.	B.P.E.S.TC - 701	RESEARCH PROCESS IN PHYSICAL EDUCATION	Theory	4
		B.P.E.S.TC – 702	EDUCATIONAL PSYCHOLOGY-I	Theory	4
		B.P.E.S.TC – 703	SPORTS JOURNALISM	Theory	4
		B.P.E.S.TC – 704	WATER SPORTS	Theory	4
		B.P.E.S. PC - 705	INTRAMURAL COMPETITION AND RACKET SPORTS	Practical	4
		B.P.E.S. PC - 706	RESEARCH PROJECT	Theory	4
		B.P.E.S.TC - 801	TEACHING METHODOLOGY IN PHYSICAL EDUCATION	Theory	4

	B.P.E.S.	B.P.E.S.TC – 802	EDUCATIONAL PSYCHOLOGY-II	Theory	4
	VIII/	B.P.E.S.TC – 803	STATISTICS IN PHYSICAL EDUCATION & SPORTS	Theory	4
	M.P.E.S. II	B.P.E.S.TC – 804	ADVENTURE SPORTS	Theory	4
	Sem	B.P.E.S.TC - 805	WEIGHT TRAINING AND GAME SPECIALIZATION	Practical	4
		B.P.E.S.TC - 806	RESEARCH PROJECT	Theory	4
Master of Physical Education and Sports Sciences					
FIFTH - YEAR	M.P.E.S. III Sem.	MPES101T	RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	Theory	4
		MPES102T	APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	Theory	4
		MPES103T	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION & SPORTS	Theory	4
		MPES104T	SPORT JOURNALISM AND MASS COMMUNICATION	Theory	4
		MPES105P	SPORTS PRACTICAL WITH SPECIALIZATION IN ANY ONE: TRACK & FIELD / GYMNASTICS / SWIMMING / COMBATIVE SPORT / INDIGENOUS SPORT / TEAM GAME/ RACKET GAME.	Practical	4
		MPES106P	RESEARCH PROJECT	Theory	4
	M.P.E.S. IV Sem.	MPES201T	SPORTS AND EXERCISE PHYSIOLOGY	Theory	4
		MPES202T	SCIENTIFIC PRINCIPLES OF SPORTS TRAINING	Theory	4
		MPES203T	YOGIC SCIENCES	Theory	4
		MPES204T	SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION	Theory	4
		MPES205P	SPORTS PRACTICAL WITH SPECIALIZATION IN ANY ONE: TRACK & FIELD / GYMNASTICS / SWIMMING / COMBATIVE SPORT / INDIGENOUS SPORT / TEAM GAME/ RACKET GAME.	Practical	4
		MPES206P	RESEARCH PROJECT	Theory	4

Minor Elective Courses

List of Minor Electives offered by Physical Education				
Course Code	Paper Title	Theory/ Practical	Credits	To opt in for the Semester
MEPE 101P	Yoga and Game specialization	Practical	4	I/II
MEPE 301P	Game Specialization and Athletics	Practical	4	III/IV
MEPE 501P	Traditional and Recreation Games	Practical	4	V/VI
MEPE 701P	Health concept and Individual Sports	Practical	4	VII/VIII

COURSE INTRODUCTION

- ❖ Under the new Education policy, the course has been implemented for U.G. and P.G. level students. Under the faculty of Arts, the Department of PHYSICAL EDUCATION will be offered various course papers during eight semesters U.G. Level. In the first, second, third, and fourth years, the students will be offered FOUR compulsory THEOR papers (each of 4 credits: 32 credits in one year). A PRACTICAL course (each semester 4 credits; total 8 credits in one year).
- ❖ At the P.G. level (Two years/ Four semesters), the fourth year of U.G. Courses will be included in P.G. first year. In the first and second years, Students will be offered FOUR compulsory THEOR papers (each of 4 credits: a total of 16 credits in two years/ Four semesters). A PRACTICAL course (each semester 4 credits; total 16 credits in two years/ Four semesters). A project report (each semester of 4 credits, total of 16 credits in two years/ Four semesters).
- ❖ One minor ELECTIVE course to be done either in the First or Second, Third or fourth, Fifth or Sixth and Seventh or Eighth-semester (each of 4 credits).
- ❖ Cocurricular course (Qualifying) is also to be done in the first, second, third, fourth, fifth and sixth semesters.
- ❖ During the fifth and Sixth semesters, the students will have to go through one industrial training/ Survey/ Research Project (Qualifying) theory paper, and in the seventh to tenth semesters each of 4 credits.

Programme outcomes (POs):	
PO 1	<ul style="list-style-type: none"> • This course will provide students the basic concept of Physical Education • The student will be able to understand the relationship between Physical education and society. • Students will acquire good health, physical fitness, and bodily coordination through participating regularly in physical activity
PO2	<ul style="list-style-type: none"> • The student will be able to understand new trends and importance of ICT. • The student will be able to explain the importance of human rights, environment in our life. • The student will be able to explain the importance of values, mental health and hygiene.
PO 3	<ul style="list-style-type: none"> • Students will be able to understand interdisciplinary nature of the subject. • Program will be helpful in conceptualization and synthesis of knowledge of life skill and sustainable education.
PO 4	<ul style="list-style-type: none"> • Program will be helpful in conceptualization and synthesis of knowledge of Educational aspects in relation to: Human Development- Human Behavior, Teaching Learning, Measurement and Evaluation, Society and Nation.
PO 5	<ul style="list-style-type: none"> • The student will be able to understand the importance of research and statistics in education. • It will develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle • Participating in various activities, students can acquire knowledge and skills, develop generic skills, as well as desirable values and attitudes.
PO 6	<ul style="list-style-type: none"> • The student will be able to analyse administration and management in physical education. • The student will be able to explain the glorious history of physical education. • Multidimensional development of students.

Programme specific outcomes (PSOs):
UG I Year / Certificate Course in PHYSICAL EDUCATION

- This course provides the basic ideas and concepts of physical education and the role of physical education in society.
- This course intends to clarify the educational and physical educational aims and functions.
- This course introduces the challenges faced by Indian Education and initiates a critical analysis of concerns and solutions toward better education.
- The program will be helpful in the conceptualization and synthesis of knowledge of life skills and sustainable education.
- The student will be able to explain the importance of values, mental health and hygiene.
- This course provides the introduction and Sociological concept of physical education this also teaches about the historical development of physical education in India and other countries.
- It introduces a general concept of good health and wellness. This program will also help a student to promote a healthy way of living and they will also be able to make fitness and health plan.
- Yoga is very helpful in the prevention of many diseases and students will learn about it. This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.
- The student will be able to explain the glorious history of physical education.
- The programme will be helpful to know the major theories, concepts and mechanism which explain human behavior or various psychological phenomena.

Programme specific outcomes (PSOs):
UG II Year/ Diploma in PHYSICAL EDUCATION

- A. This course provides knowledge of healthy living styles.
- B. This course provides knowledge of sports psychology which is helpful in the enhancement of sports performance.
- C. This course provides knowledge of physical and physiological systems and the effects of exercise on different systems.
- D. This course provides knowledge of management in physical education.
- E. This course provides knowledge of ICT.
- F. This course provides knowledge of sports training and different physical fitness components.
- G. This course provides knowledge of different recreational games and the importance of recreation in human life.
- H. This course provides knowledge of biomechanics in physical education which is helpful in the enhancement of performance and safety measures.
- I. This course introduces the students about concept of New Trends in Physical Education and the importance of ICT.
- J. Students can be able to understand human structure and function as well as effects of exercise on various human body systems. Students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.
- K. This course provides the basic ideas and concepts of human right and environmental education.
- L. It explores the process of development and learning Through ICT.
- M. The students will be able to check different aspects of a psychological parameter.
- N. The students will be able to explain the concept and needs of Administration and Management in Education.

<p>O. The students will be able to understand computer programme MS Office and able to interpret /present research data diagrammatically or graphically with the help of MS Office.</p> <p>P. This Course enables the students to understand basic concept of psychological foundations of physical education and teacher education.</p>
<p align="center">Programme specific outcomes (PSOs): <i>UG III Year /Bachelor in PHYCAL EDUCATION</i></p>
<ul style="list-style-type: none"> ➤ This Course enables the students to understand sociological concepts of physical education. ➤ This Course enables the students to understand the basic concept of methods in physical education. ➤ This Course enables the students to understand athletic care and rehabilitation in physical education and sports. ➤ This Course enables the students to understand the different types of tests in sports and their measurement ➤ This Course enables the students to understand therapeutic exercise and different types of games and their specializations. ➤ . This Course enables the students to understand professional preparation in physical education. ➤ This Course enables the students to understand educational technologies which are used in physical education and sports. ➤ This Course enables the students to understand coaching and officiation of different games. ➤ This Course enables the students to understand the importance of fitness and wellness in life. ➤ This Course enables the students to understand teaching methods in physical education and different type of athletic events.
<p>Programme specific outcomes (PSOs): <i>UG IV Year /PG I Year/ Bachelor of Physical Education and Sports Sciences</i></p>
<ul style="list-style-type: none"> ❖ This Course enables the students to understand sound knowledge of research in physical education. ❖ This Course enables the students to understand basic concept of psychological foundations of education and teacher education. ❖ This program will be helpful in the conceptualization and synthesis of knowledge of educational aspects in relation to: Human Development- Human Behavior, Teaching Learning process. ❖ This course will enhance ability of students to interpret the design and conduct of basic research in physical education. ❖ This course provides the assessment and evaluation techniques used in Education by psychological tools. ❖ This course enables the students to understand the concepts and needs of statistics in physical education. ❖ This course enables the students to understand concepts, needs, and the importance of Guidance and Counseling in our life. ❖ This course enables the students to understand sports journalism. ❖ This course enables the students to understand different type of adventure sports. ❖ This course enables the students to understand the training schedule and different types of games.
<p>Programme specific outcomes (PSOs): <i>PG II Year/Master of Physical Education and Sports Sciences</i></p>
<ul style="list-style-type: none"> ❖ This Course enables the students to understand sound knowledge of research in physical education. ❖ This Course enables the students to understand statistical tools and techniques in Physical education.

- ❖ This program will be helpful in the different types of tests and measurements and evaluation in the field of physical education and sports.
- ❖ This course will enhance ability of students to interpret the design and conduct of basic research in physical education.
- ❖ This course provides the assessment and evaluation techniques used in Education by psychological tools.
- ❖ This course enables the students to understand the concepts and needs of statistics in physical education.
- ❖ This course enables the students to understand concepts, needs, and the importance of Guidance and Counseling in our life.
- ❖ This course enables the students to understand sports journalism and mass communication.
- ❖ This course enables the students to understand sports technologies.
- ❖ This course enables the students to understand sports medicine and athletic care.

SYLLABUS FOR B.P.E.S./SEMESTER I/ PAPER I

Program/Class: Certificate in Physical Education		Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION – THEORY			
Course Code: B.P.E.S.TC - 101		Course Title: General English	
Course Outcomes: English is a language skill keeping in mind its importance as a global language. English plays an essential role in our life. This is the main language for studying all the subjects around the world.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	A- Tenses: Present, Past, and Future Tenses. b- Vocabulary: Synonyms, Antonyms, One word, Substitution, Punctuation. C- Preposition. D- Co-ordinate Conjunction and Subordinate Conjunction E- Gender & their uses.		15
II	A- Article : A, An, and The B- Syntax & their uses & applications. C- Active & Passive Voice D- Idioms & Proverbs : Meaning and uses.		15
III	A- Sentences Structure – Simple and Complex Sentences. B- Transformation (with and without changing the sense) C- Interrogative Sentences D- Imperative Sentences e Exculmatory Sentences		15
IV	• Paragraph and Essay Writing • Writing paragraphs, Applications, letters, and essays on topics concerning sports and general awareness. Comprehension a Precise writing b Answering questions after reading passages. c Comments on reading material.		15
Suggested readings: <ul style="list-style-type: none">• ‘High School English Grammar and Composition by P.C. Wren and M.Martin, Published by S.Chand and Com. Ltd. Ram Nagar, New Delhi 110055.• 2. An intensive Course in English – Aremedial work book C.d. Sidhu. Published by Prya Adarkar, Orient Longman Ltd. Kamani Marg, Ballard Estate Bombay 400048.• 3. Living English Literature Practice Book for Foreign students W. Standard Alton, Orient Longman Ltd. 1/24, Asaf Ali Road, New Delhi 110002.			
Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.			

SYLLABUS FOR BP.E.S. /SEMESTER I/ PAPER II

Program/Class: Certificate in Physical Education		Year: First	Semester: First
SUBJECT: B.P.E.S. – THEORY			
Course Code: B.P.E.S.TC - 102		Course Title: History and Principles of Physical Education	
Course Outcomes: Physical education is a very wide concept and this subject teaches about the introduction and Sociological concepts of Physical Education this also teaches about the historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help a student to promote a healthy way of living and they will also be able to make fitness and health plan.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<ul style="list-style-type: none">Education- Meaning, Definition, Old Modern, Western Concept, Aims and Objectives, Importance of Education in Modern EraPhysical Education - Meaning, Definition, Aims and Objectives and Scope, Need and Importance of Physical Education in the Modern Society.Physical Education as an Art or a Science,		15
II	<ul style="list-style-type: none">Division of Ancient Period, Period of Indus Valley Civilization 3250 BC-600 BC,Vedic Period 2500BC- 600 BC.History of Physical Education in India- Pre Independence and Post-Independence.Sports Authority of India, NSNIS		15
III	<ul style="list-style-type: none">Games and Sports as Human’s Cultural HeritageGreece, Rome The Dark Ages, Middle Ages, Renaissance,Germany, Sweden, Denmark, England, United States of America, IndiaRole of Games and Sports in National and International Integration		15
IV	<ul style="list-style-type: none">Commonwealth GamesAsian gamesIndian National Games		15
Suggested Readings:			
Malik Ajay (2013) Foundation of physical education Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi. Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi. Indian Olympic Association, Jan., 1976. Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000			

Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks)**Written Test** – 10 marks**Assignment/ Research Based Project** - 10 marks **Attendance** – 5 marks

Research Orientation of the student.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S. /SEMESTER I/ PAPER III

Program/Class: Certificate in Physical Education	Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC - 103	Course Title: Fundamentals of Physical Education	
Course outcomes: Students can understand biological, heredity, and philosophical, and psychological concepts of physical education.		
Credits : 04		
Max. Marks : 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<ul style="list-style-type: none">• Biological Principles of Physical Education,• Heredity and Environment- Meaning, Definition and Importance, Significance of Sex and Age difference• Growth and development – Meaning, Definition, Principles of Growth and development, Body Types• Chronological Age, Anatomical Age, Physiological Age and Mental, Muscle- Tonus,	15
II	<ul style="list-style-type: none">• Psychology,• Sports Psychology – Need and Importance, Motivation – Need and Types• Learning – Its Theories and Laws, Meaning, Types, Principles and Factor affecting Learning, Learning curve• Personality- Meaning, Definition, Characteristics and Traits	15
III	<ul style="list-style-type: none">• Social Principles of Physical Education,• Physical Education and Sports as a need of society• Physical Education for National and International Integration	15

IV	<ul style="list-style-type: none"> • Philosophy of Physical Education, Need of Philosophy of Physical Education • Idealism and Physical Education • Realism and Physical Education • Pragmatism and Physical Education • Naturalism and Physical Education 	15
Suggested Readings: Malik Ajay (2013) Foundation of physical education Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi. Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi. Indian Olympic Association, Jan., 1976. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER I/ PAPER IV

Program/Class: Certificate in Physical Education	Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC – 104	Course Title: Ancient and modern Olympics	
Course outcomes: Students can understand the Olympic movement in sports.		
Credits: 04		
Max. Marks: 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES

I	<ul style="list-style-type: none"> • Olympic Games –Ancient: Conduct of the games, Significance, Rules of Eligibility, Awards Decline and Termination • The Olympic movement • Aims and symbols of the Olympic movement • The International Olympic Committee (IOC) 	15
II	<ul style="list-style-type: none"> • Olympic Games- Modern: Renaissance and Beyond, Objectives, Motto, Flag, Charter. Opening and Closing Ceremonies • The National Olympic Committee (NOC) • The International Sports Federations (IFs) • The National Sports Federations (NFs) 	15
III	<ul style="list-style-type: none"> • The international bid process for selecting sites for the games • Participation in Olympic games • Women and sports 	15
IV	<ul style="list-style-type: none"> • Olympic academy, Economic and social impact on host cities and countries • Olympic solidarity • Olympic museum • Paralympic games • Sports for all Drug abuse and doping 	15

Suggested Readings:

- Barrow Harold M., "Man and movements principles of Physical Education", 1978.
 - Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
 - Dynamics of fitness. Madison: W.C.B. Brown.
 - General methods of training. by - Hardayal Singh
 - Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
 - McGlynn, G., (1993)
 - Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications.
 - Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical. Education", 2nd Revised edition, Print India, New Delhi 1990.
 - Singh, S.N. (2019). Sharirik Siksha Ke Sidhant Evam Aadhar, Khel Sahitya Kendra, Daryaganj, New Delhi
 - Methodology of training. by – Harre
 - Ravaness R.S., "Foundation of Physical Education", Houghton Millin Co. Boston USA (1978)
 - Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
 - Science of sports training. by - Hardayal Singh
 - Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
 - Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)
- Ajmer Singh JB, JSG, RSB., "Essentials of Physical Education", 2017 5th edition

Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S./SEMESTER I/ PAPER V

Program/Class: Certificate in Physical Education	Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION – PRACTICAL		
Course Code: B.P.E.S. PC – 105	Course Title: Yoga and Game specialization	
Course Outcomes: Yoga is very helpful in the prevention of many diseases and students will learn about it.This subject deals with basic knowledge about Aerobics and Gymnasium classes, which will help students excel in the fitness industry.		
Credits: 04		
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none">• Learn and demonstrate the techniques of warm-up, general exercise and cooling down• Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics.• Diet chart & measurement of BMI	15
II	PART – B	
	INTRODUCTION OF YOGA: <ul style="list-style-type: none">• Historical aspect of yoga.• Definition, types, scopes & importance of yoga.• Yoga relation with mental health and value education.• Yoga relation with Physical Education and sports.	15
III	Part-C	
	ASANAS: <ul style="list-style-type: none">• Definition of Asana, differences between asana and physical exercise.• Suraya-Namaskar, 02 Standing Asanas, 02 – Sleeping (Supine Position) Asanas, 02 – Sitting Asanas PRANAYAMA: <ul style="list-style-type: none">• Difference and classification of pranayama.• Difference between pranayama and deep breathing. Anulom, Vilom.	15
IV	Part-D	
	<ul style="list-style-type: none">• Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey etc.• History and development of selected game/sports• Lay out and measurement of selected game/sports	15

	<ul style="list-style-type: none"> Rules and their interpretations and duties of officials. File and viva voce of selected games/sports Specific exercise for selected game/sports Techniques and skills of selected game/sports 	
Suggested Readings: <ul style="list-style-type: none"> Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma Health for all through Yoga- Dr. Ganesh Shanker Ghi Manvav Sarir Dipika- Dr. Mukund Swarup Verma Yoga AvamSwasthya – Raaj Publication Patoyala Hath Yoga Pradipika-Kaivalyadham Asana,Pranayama,Mudra,Bandha 		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10		
Course prerequisites: There is no any prerequisites only students physical and medically fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S./SEMESTER II/ PAPER I

Program/Class: Certificate in Physical Education	Year: First	Semester: Second
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC – 201	Course Title: Anatomy and Physiology in Physical Education	
Course Outcomes students can understand human structure and function and the effects of exercise on various human body systems.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES

I	<ul style="list-style-type: none"> • Meaning, Definition, Need and Importance of Anatomy and physiology in Physical Education and Sports • Definition, Structure, Types of Function of Human Body Cell, Tissue and Organs • Names, Structure and Types of Human Body (Long, Short, Irregular, Flat Bone, Seasmoid), Name Structure and Types of Human Body joints (Fibrous, Cartilaginous, Synovial) 	15
II	<ul style="list-style-type: none"> • Structural and Functional Classification of Muscles • Name of Muscles of following joints <ol style="list-style-type: none"> a) Shoulder b) Knee • Muscle Fibers – Red and White Fibers • Blood Groups, Composition, and Function of Blood 	15
III	<ul style="list-style-type: none"> • Introduction of the Digestive system • Importance of Digestion, Functions and Processes of Digestive System • Organs of Digestive System, Mechanism of Digestive System 	15
IV	<ul style="list-style-type: none"> • Kidney- Structure and function, Ureters- Structure and function • Urinary Bladder -Structure and function 	15

Suggested readings:

- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000
- Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Pearce E.C.(1973) Anatomy & Physiology for nurses. Faber and faber, London.
- Singh Shamsher (2007) Introduction to Anatomy and physiology, friend publication, New Delhi
- Dhull D.S.(1998) Sharir rachana avem kriya vigyan Friend publication New Delhi, India
- Lakshmi D.R.(2007) Anatomy & Physiology in physical education, Sports education technology, New Delhi

Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

SYLLABUS FOR B.P.E.S. /SEMESTER II/ PAPER II

Program/Class: Certificate in Physical Education	Year: First	Semester: Second
SUBJECT: B.P.E.S. – THEORY		

Course Code: B.P.E.S.TC - 202		Course Title: Yoga in Physical Education	
Course Outcomes: This program will also help a student to promote a healthy way of living and they will also be able to make fitness and health plan.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<ul style="list-style-type: none">• Yoga-Meaning and Aim of Yoga• Mis-conceptions about Yoga• -Relationship with physical education.• Historical Background of yoga-y• Yogic practices.		15
II	<ul style="list-style-type: none">• Raj Yoga, Bhakti Yoga, Gyna Yoga, Karm Yoga• Hatha yoga philosophy.		15
III	<ul style="list-style-type: none">• Astanga Yoga with special reference to – Yamas, Niyams, Asanas Pranayams ;• Types of Asanas and Pranayams.• Personal hygiene of Yoga• Six purifactory methods of yoga-Neti, Dhauti, Vasti, Nauli, Gajkarni, Kunja.		15
IV	<ul style="list-style-type: none">• Bandhas, Mudras and Chakras of Yoga• Recent advances in Yoga Education;• Yoga as a Science		15
Suggested Readings:			
<ul style="list-style-type: none">• Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma• Health for all through Yoga- Dr. Ganesh Shanker Ghi• Manvav Sarir Dipika- Dr. Mukund Swarup Verma• Yoga AvamSwasthya – Raaj Publication Patoyala• Hath Yoga Pradipika-Kaivalyadham• Asana,Pranayama,Mudra,Bandha			
Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks)			
Written Test – 10 marks			
Assignment/ Research Based Project - 10 marks Attendance – 5 marks			
Research Orientation of the student.			
Suggested equivalent online courses:			
<ul style="list-style-type: none">• IGNOU• Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.• Rajarshi Tandon open University.			

SYLLABUS FOR B.P.E.S. /SEMESTER II/ PAPER III

Program/Class: Certificate in Physical Education	Year: First	Semester: Second
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: B.P.E.S.TC - 203	Course Title: Kinesiology in Physical Education	
Course outcomes: students can be able to understand various aspects of Kinesiology in Sports and able to apply in sports activities.		
Credits : 04		
Max. Marks : 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<ul style="list-style-type: none">• Introduction to Kinesiology, Definition and Objectives of Kinesiology• Role of Kinesiology in Physical education• Fundamental concepts of following terms with their application to the human body-Axes and planes, Centre of Gravity, Line of Gravity	15
II	<ul style="list-style-type: none">• Classification of joints and muscles• Terminology of fundamental movements.• Types of Muscle contractions, Angle of Pull, Kinesiology of Joints, Two joints muscles, Roles in which muscles may act.	15
III	<ul style="list-style-type: none">• Major characteristics of joints• Location and action of major muscles acting at the following joints -Shoulder Elbow, Wrist, Lower Extremity, Major characteristics of joints• Location and action of major muscles acting at the following joints – Hip, Knee, Ankle and Foot	15
IV	<ul style="list-style-type: none">• Application of Mechanical Concepts – Motion, Definition, Newton’s Laws of Motion• Application to sports activities – Force, Definition, Magnitude of force, Direction of application of force, Application to sports activities, Equilibrium, Definition Major factors affecting equilibrium , Role of equilibrium in sports• Lever -Definition Lever, Types of Lever, Application of Human body	15

Suggested Readings:

Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.

Hay (1993). The biomechanics of sports techniques prentice hall inc New Jersey.

McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.

Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA.

Parmeswar ram P.(2001) Essentials of Kinesiology and Biomechanics New Delhi.

Rai Ramesh(2003) Biomechanics mechanical aspects of human motion, Agrim publication, Mohali.

Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)**Written Test – 10 marks****Assignment/ Research Based Project - 10 marks Attendance – 5 marks****Research Orientation of the student.****Course Prerequisites:** There is no any prerequisites but students are to be physical & medically Fit.**Suggested equivalent online courses:**

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in
- India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S. /SEMESTER II/ PAPER IV

Program/Class: Certificate in Physical Education		Year: First	Semester: Second
SUBJECT: PHYSICAL EDUCATION - THEORY			
Course Code: B.P.E.S.TC - IV		Course Title: Sports Nutrition and Balance Diet	
Course outcomes: Students can understand the importance of balance diet and nutrition in life.			
Credits: 04			
Max. Marks: 25+75			Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0			
UNIT	TOPICS		NO. OF LECTURES
I	<ul style="list-style-type: none">• Concept of Nutrition,• Sport Nutrition and Health• Types and Sources of Nutrients• Main function of Macro and Micro nutrients in health and sports<ul style="list-style-type: none">• Balanced diet		15
II	<ul style="list-style-type: none">• Energy for sports performance and the role of carbohydrate, protein, fat and their sources.		15

	<ul style="list-style-type: none"> • A factor affecting the energy needs in different categories of sports events. • Sports supplements and their effect on performance. • Nutritional requirements and allowances for sports person of different categories Competition nutrition and its management glycaemic index and sports nutrition 	
III	<ul style="list-style-type: none"> • Management of Hypertension atherosclerosis and dieters mellitus in sportsperson. • Management of the female sportsperson -Menarche and Menstruation -Amenorrhea -Anemia and Iron Supplementation -Bone Health and Calcium Supplementation • Eating Disorders 	15
IV	<ul style="list-style-type: none"> • Weight Control • Basic principles of weight control, Calorie concept of weight control • Fat reduction and role of fat loss supplements • Role of diet in weight control. 	15

Suggested Readings:

- Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.
- Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.
- Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshal
- Caliendo Mang Alica (1981). Nutrition and Preventive Health Care Mcemillin Publication Co.
- Clark, N. (2008). Sports Nutrition. 4th Ed. Human Kinetics, USA.
- Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.
- Ajmer Singh JB, JSG, RSB., “Essentials of Physical Education”, 2017 5th edition

Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S. PHYSICAL EDUCATION/SEMESTER II/ PAPER V

Program/Class: Certificate in Physical Education	Year: First	Semester: Second
SUBJECT: PHYSICAL EDUCATION - PRACTICAL		

Course Code: B.P.E.S. PC - 205		Course Title: Game Specialization and Athletics
Course Outcomes: Students will be aware of the knowledge game and also the field of track and field.		
Credits: 04		
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none"> Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey etc. History and development of selected game/sports Lay out and measurement of selected game/sports Rules and their interpretations and duties of officials. 	15
II	PART – B	
	<ul style="list-style-type: none"> File and viva voce of selected games/sports Specific exercise for selected game/sports Techniques and skills of selected game/sports Note: Students will not repeat the previous semester's game specialization 	15
III	Part-C	
	Track & Field : <ul style="list-style-type: none"> Measurements. Marking. 	15
IV	Part-D	
	<ul style="list-style-type: none"> Rules. Officials. Regulatory Governing Bodies. Championship/ Meet - National and International. World and National Records. 	15
Suggested Readings: <ul style="list-style-type: none"> Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991 Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill Ppublication, Now York (US) 2002 Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers • Dubuque (US) 1991 Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo. Hert, Renis(1961) New Patterns of Management, McGraw Hill,. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management. Singh, S. N. (2019). Khelo Ke Niyam, Khel Sahitya Kendra, Daryaganj, New Delhi Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya Marg. (2005), Marketing: An Introduction, New York: Prentice Hall. 		

Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10
Course prerequisites: There is no any prerequisites only students physical and medically fit.
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S./SEMESTER III/ PAPER I

Program/Class: Diploma in Physical Education	Year: Second	Semester: Third
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: B.P.E.S.TC - 301	Course Title: Health Education	
Course Outcomes: Students will know the importance of health in life. They will be aware of healthy living styles in their daily routine.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<ul style="list-style-type: none">• Meaning and definition of Health Education, Factor affecting Health, Objectives of Health Education, Scope of Health Education• Principles of Health Education, Importance of Health Education• Components of Health	15
II	<ul style="list-style-type: none">• Causes of diseases, Infections-spread of infections.• Common communicable diseases like Malaria, Cholera, Small Pox, Whooping Cough, Tuberculosis and Leprosy with special emphasis on their preventive methods• Meaning of Personal Hygiene, Importance of Personal Hygiene• Cleanliness	15

III	<ul style="list-style-type: none"> • Balance diet, classification of food and role of various nutrients. • Nutritional intake, Nutrient balance, Nutritional Tips, Ideal Weight • International health agency- W. H. O., UNICEF. • Meaning, Scope and Principles of occupational Health. • Factors Responsible for Occupational Health Hazards and Diseases 	15
IV	<ul style="list-style-type: none"> • Public Health Administration. • School health program and school health problems. • Public Health measures to combat infection- methods of sanitation, drinking water supply and disposal of garbage, sewage, night soil and dead bodies. 	15

Suggested readings:

- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000
- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Pandey, K.G. (2011). Sharirik Siksha Evam Khel, Shri Gyan Sagar Publication, Meerut

Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks)
Written Test – 10 marks
Assignment/ Research Based Project - 10 marks Attendance – 5 marks
Research Orientation of the student.

SYLLABUS FOR B.P.E.S. /SEMESTER III/ PAPER II

Program/Class: Diploma in Physical Education	Year: Second	Semester: Third
SUBJECT: B.P.E.S. – THEORY		
Course Code: B.P.E.S.TC – 302	Course Title: Sports Psychology in Physical Education	
Course Outcomes: students can be able to understand various aspects of psychology applied to sports Persons.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<ul style="list-style-type: none">• Introduction: Meaning definition and nature of Psychology and Educational Psychology.• Psychology as a Science.• Importance of Psychology in Physical Education.	15

II	<ul style="list-style-type: none"> • Meaning of growth and development. • Physical, Mental & Social development during following stages: Early childhood, Middle childhood, Late childhood, Adolescence, • Individual Differences, Meaning of the term individual difference, Heredity and Environment as causes of Individual Differences, Interaction of Heredity and Environment 	15
III	<ul style="list-style-type: none"> • Learning, Meaning definition and nature of learning • Principles/Laws of Learning • Factors affecting Learning • Meaning and Conditions of Transfer to Training • Personality, Meaning and nature of Personality, Dimensions of Personality 	15
IV	<ul style="list-style-type: none"> • Motivation Concept of need, drive, motive, incentive and achievement • Types of Motivation, Role of Motivation in teaching physical activities, • Meaning and nature of Emotion, Types of Emotion 	15

Suggested Readings:

- Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
- Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
- Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub.
- Frost, R.B. and Others. (1992). Administration of Physical Education and Athletics, Delhi: UniversalBook.
- Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub.
- Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub.
- Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
- Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
- Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi.
- Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.
- Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
- Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in PhysicalEducation. K.S.K. Delhi.

Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S. /SEMESTER III/ PAPER III

Program/Class: Diploma in Physical Education	Year: Second	Semester: Third
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC – 303	Course Title : Physiology of Exercise in Physical Education	
Course outcomes: Students can understand philosophical concepts of physical education.		
Credits : 04		Elective
Max. Marks : 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<ul style="list-style-type: none">• Definition of Exercise physiology and its importance in the field of physical education and sports.• Structure, Composition, Properties and functions of skeletal muscles.• Fuel for muscular activity, Role of oxygen- physical training, oxygen debt, second wind,	15
II	<ul style="list-style-type: none">• Muscles Types of muscles, Characteristics of skeletal muscles, blood supply.• Microscopic structure of muscles fiber, sensory organ of muscle.	15
III	<ul style="list-style-type: none">• Circulatory System, Function of heart.• Stoke volume, Cardiac output, Pulse rate, Effect of training on functioning of heart,• Effect of exercise in circulatory system, Circulation of Blood (Systemic, Cardiac and Pulmonary)	15

IV	<ul style="list-style-type: none"> Respiratory System, General functioning of the system, Vital capacity, tidal air, residual air, inspiration and expired air pressure. Internal and External Respiration Effect of exercise on respiratory system 	15
Suggested Readings: <ul style="list-style-type: none"> Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000 Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi. Pearce E.C.(1973) Anatomy & Physiology for nurses. Faber and faber, London. Singh Shamsher (2007) Introduction to Anatomy and physiology, friend publication, New Delhi Dhull D.S.(1998) Sharir rachana avam kriya vigyan Friend publication New Delhi, India Lakshmi D.R.(2007) Anatomy & Physiology in physical education, Sports education technology, New Delhi 		
Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER III/ PAPER IV

Program/Class: Diploma in Physical Education	Year: Second	Semester: Third
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC - 304	Course Title: Management in Physical Education	
Course outcomes: Memorizing the concepts and principles of planning, organizing, administration and management. Generalizing the facilities in Physical education. Determining the Concepts of Equipment’s use in Physical Education & Sports. Establishing the Care, maintenance, repairs and disposal of equipment. Writing about the role of the Head in staffing. Discussing the Recognition of Staff. Developing the voluntary services.		
Credits: 04		
Max. Marks: 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURE S
I	• Management and Organizational Structure	15

	<ul style="list-style-type: none"> • Meaning and Definition of the Terms – Administration and Management. Elements/Phases of Management (Planning; Organizing; staffing; Directing and Coordination, Supervision and Control/ Evaluation; Re-adjustments and Improvement/ Follow-up) • Importance/Significance of the Subject Management in Physical Education and Sports. Principles of Management. 	
II	<ul style="list-style-type: none"> • Facilities and Equipments: The Need for Out-door Facilities: Principles for their Location and the Recommended Area. Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking. Guidelines/Principles for the Lay-out of outdoor Facilities. • Care and Maintenance of Out-door Facilities Gymnasium: The need, Location, Dimensions, Sample Floor Plans. Swimming Pool: The Need, Construction, Maintenance and Supervision. The need for Equipments and their Types. Procedure for the Purchase of Equipments. Principles to be followed for the Purchase. 	15
III	<ul style="list-style-type: none"> • Staff and Leadership Head of the Institute/Department and his Role in Imbibing the Spirit of Discipline among his Staff and Students. Qualities of a Good Physical Education Teacher. 	15
IV	<ul style="list-style-type: none"> • Class Management & Office Management Teacher's Preparation before Class (Lesson Plan, Markings of the Courts, Necessary Equipments Suitable Uniform). • Students Preparation Handling and Controlling the Class. Attendance System. Grading the Student. Preparing Reports 	15

Suggested Readings:

- Joseph , P.M.Organisation of physical education , The old students association , TIPE Kandivali (Bombay).
- Voltmer ,E.F.et al The organisation and administration of physical education , prentice hall inc., New Jersey , 1979.
- Bucher ,C.A.Administration of Physical Education and atheletic programmes , The C.V.Mosby Co. London 1983.
- Zeigler ,E.R. and Bowie G.W Management Competency Development in Sports and Physical Education , Lea and Febiger, Philadelphia ,!983.
- Maheshwari ,B.L.Managaement by Objective , Tata Mc.Graw -Hill. Publishing Co. Ltd. New Delhi 1982.
- ALen L.A.Management and Organisation , McGraw -Hill Book Co. Inc. London 1958.
- Newman W.H. Administrative Action, Prentice Hall Inc. New Jersey ,1963.
- Huges , W.L.etal Administration and physical Education. The Ronald Press Co. New York,1962.

Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S./SEMESTER III/ PAPER V

Program/Class: Diploma in Physical Education	Year: Second	Semester: Third
SUBJECT: PHYSICAL EDUCATION – PRACTICAL		
Course Code: B.P.E.S.PC – 305	Course Title: Traditional and Recreation Games	
Course Outcomes: Students will aware the traditional games of India.		
Credits: 04		
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none">Make a Model/ Chart of any one Traditional game	15
II	PART – B	
	Chose any one Team Game as per given Annexure- A with following activity: <ul style="list-style-type: none">History and development of selected game/sportsLay out and measurement of selected game/sportsRules and regulation of selected games/sports	15
III	Part-C	
	<ul style="list-style-type: none">Specific exercise for selected game/sportsTechniques and skills of selected game/sports	15
IV	Part-D	
	<ul style="list-style-type: none">Organize a recreational activity at college level and write a report on it.Design Recreational games with new ideas.	15
Suggested Readings: <ul style="list-style-type: none">Parkhouse, Bonnie L., “The management of Sports – if foundation and application,” Mosby publication, St. Louis (US), 1991Bucher, Charles A. and Krotee, March L., “Management of Physical Education and Sport,” MC Grow Hill Ppublication, Now York (US) 2002Horine, Larry,” Administration of Physical Education and Sport programs. WM-C Brown Publishers • Dubuque (US) 1991Anand OP(2001) Yog Dwara Kaya kalp, Sewasth Sahitya prakashan, KanpurMartin, GL(2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada		

Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10
Course prerequisites: There is no any prerequisites only students physical and medically fit.
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S./SEMESTER IV/ PAPER I

Program/Class: Diploma in Physical Education	Year: Second	Semester: Fourth
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC - 401	Course title: Basic Computer Applications	
Course Outcomes: Memorizing the Importance of Computer, their characteristics and application. Describing the block diagram and classification of the computers. Acquiring the knowledge of software, hardware, and storage devices of the computers. Determining the role of MS-Word, MS-Excel & MS Power point. Define Word processor and its types. Applying the concept of preparing the presentation and slide show, animation with function. Estimating the working with graph.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<ul style="list-style-type: none">• What is the computer? Characteristics of Computer,• Application of Computer with special reference to Physical Education,• Block Diagram of Computer, classification of Computer, Introduction to CPU, CU, ALU Memory Unit,• Auxiliary Storage Devices, Input Devices, Output Devices, File,• Program Software –types, Hardware, Language Processors.	15

II	<ul style="list-style-type: none"> • Define Operating System • Objectives and Function of an Operating System, Types of an Operating System • Windows Features • Windows Desktop Settings- Files and Folders, Menus and Icons Windows Accessories, Recycle Bin 	15
III	<ul style="list-style-type: none"> • Define Word Processor, Types of Word Processor Creating a document in MS-word • Formatting features of MS-Word - Standard Toolbar, drawing toolbar Header & Footer, Insertion of files, symbols, pictures, shapes, clip art and charts, Spelling and Grammar, Font color, highlighting and shading. 	15
IV	<ul style="list-style-type: none"> • Basic of Electronic Spread Sheet, Saving & quitting worksheet, • Opening & Moving in a worksheet, toolbar and menus, working with formulas and cell referencing, working with graph, functions, and data sorting. • Creating presentations, working with different menus, editing and formatting text, inserting data's, pictures, organization charts and graph, drawing, slide show, animation of slides. 	15
Suggested readings: <ul style="list-style-type: none"> • Computer Fundamentals: Dr. V Rajaraman. • Fundamentals of Information Technology: Chetan Shrivastava, kalyani Publisers • Fundamentals of Information Technology : Alexis Leon Techword and Vikash Publishing House • MS –Office: Ron Mansfield ,BPB Publication. • MS-Word 2000: Thumb Rules and :Dr.Snigdha Banerjee ,New Age International Publication. 		
Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		

SYLLABUS FOR B.P.E.S. /SEMESTER IV/ PAPER II

Program/Class: Diploma in Physical Education	Year: Second	Semester: Fourth
SUBJECT: B.P.E.S. - THEORY		
Course Code: B.P.E.S.TC - 402	Course Title: Basic Principles of Sports Training	
Course Outcomes: students can be able to understand various aspects of training applied to sports Persons.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25

Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<ul style="list-style-type: none"> • Introduction, Meaning and Definitions of sports training. • Meaning of terms: coaching, teaching, conditioning and training. • Aims and Tasks of sports training. Systematization of sports training, Basic Training, Intermediate Training, High performance training 	15
II	<ul style="list-style-type: none"> • Speed, Concepts and classification of speed, Methods of developing speed abilities • Flexibility, Concept and types of flexibility, Methods of flexibility training 	15
III	<ul style="list-style-type: none"> • Strength, Concept and types of strength, Methods of strength training • Endurance, Concept and types of endurance, Methods of endurance training 	15
IV	<ul style="list-style-type: none"> • Technical Training, Definition of Technique and skill, Importance of Technique, Tactical Training, Concept of Tactics and Strategy, Methods of Tactical Training, Planning, Concept of Training Plan, Types of Training plan, • Periodization Meaning and Importance of Periodization, Aim and Contents of Periods, Types of Periodization 	15
Suggested Readings:		
<ul style="list-style-type: none"> • Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,2000 • Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000 • Sharma,Vyas Dev. “introduction to physical and health education”, avichal publishing company, new delhi. • Dagar,R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005. • Thomas R. Baechle and Roger W. Earle, (2000). 		
Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER IV/ PAPER III

Program/Class: Diploma in Physical Education	Year: Second	Semester: Fourth
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: B.P.E.S.TC - 403	Course Title: Environmental Science	
Course outcomes: The course shall develop in student the scientific background needed to understand how the earth works and how we, as human beings, fit into that. At the end of the course, it is expected that students will be able to identify and analyze environmental problems as well as the risks associated with these problems.		
Credits : 04		
Max. Marks : 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<ul style="list-style-type: none">• Introduction to environmental studies with their importance.• Need for public awareness.• Sensitization and participation.• Swatch Bharat Abhiyan.	15
II	<ul style="list-style-type: none">• Types of natural resources and their importance.• Food resources: World food problems and related aspects.• Land resources, Water resources, Forest resources- use and overuse• Minerals and Energy resources- importance of renewable and sustainable energy.• Equitable use of resources for sustainable lifestyles• Role of an individual in conservation of natural resources	15
III	<ul style="list-style-type: none">• Concept of an ecosystem, Types of ecosystem,• Structure and function of an ecosystem, Producers, consumers and decomposers.• Energy flow in the ecosystem, Food chains, food webs and ecological pyramids.• Ecological succession. Introduction, types, characteristic features, structure and function of Forest ecosystem, Grassland ecosystem and Desert ecosystem, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)	15
IV	<ul style="list-style-type: none">• Introduction - Definition: genetic, species and ecosystem diversity• Bio-geographical classification of India• Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values	15

	<ul style="list-style-type: none"> Bio-diversity at global, national and local levels, India as a megadiversity nation Hot-spots of biodiversity, 	
Suggested Readings: <ol style="list-style-type: none"> Khaushik & Khaushik, “Fundamentals of Environmental Studies” Somvanshi & Dhupper “Fundamentals of Environmental Studies” Gauba & Bisht “Environmental Studies, Challenges & Solutions A quick Compendium Asthana & Asthana “ A textbook of Environmental Studies” 		
Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER IV/ PAPER IV

Program/Class: Diploma in Physical Education	Year: Second	Semester: Fourth
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: B.P.E.S.TC – 404	Course Title: Biomechanics in Physical Education	
Course outcomes: Students will know the biomechanical concepts in Physical Education and Sports		
Credits: 04		Elective
Max. Marks: 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<ul style="list-style-type: none">• Meaning, Definition, and Objectives of Biomechanics,• Importance of Biomechanics in Physical Education and Sports.	15
II	<ul style="list-style-type: none">• Muscular analysis of Movements- Running, Throwing, Catching, Pulling, Pushing.	15

	<ul style="list-style-type: none"> Fundamental Movements- Walking, Throwing, Pulling and Pushing. 	
III	<ul style="list-style-type: none"> Types of Muscular Contraction- Concentric, Eccentric, Static, Isotonic, Isometric, Isokinetic. Exercise to develop the Front Upper arm, Rear Upper arm, Forearm, Calf, Upper back, Lower back, Neck and Abdomen 	15
IV	<ul style="list-style-type: none"> Mechanical Principles involved in Game and Sports – Displacement, Speed, Velocity, Acceleration, Momentum. Types, Laws (Newton's Law) and Influence of Motion- Air, Water, Friction, Center of Gravity, Equilibrium. Levers- Meaning, Definition and Types of Leavers. 	15
Suggested Readings: Suggested Readings: <ul style="list-style-type: none"> Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA. Blazevich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA. Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA. Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA. Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey. McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA. Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA. 		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER IV/ PAPER V

Program/Class: Diploma in Physical Education	Year: Second	Semester: Fourth
SUBJECT: PHYSICAL EDUCATION - PRACTICAL		
Course Code: B.P.E.S.PC - 405	Course Title: Health concept and Individual Sports	
Course Outcomes: Students will be aware know the health concepts and knowledge of individual sports.		

Credits: 04		Elective
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none"> ● Draw and label any two-body system. ● Prepare a Model of any one System. 	15
II	PART – B	
	<ul style="list-style-type: none"> ● Measuring height, weight, waist circumference and hip circumference, calculation of waist-Hip ratio. ● Learn to Measure Blood Pressure by Sphygmomanometer. 	15
III	Part-C	
	Chose any one individual sports: Boxing, Taekwondo, Badminton History and development of selected game/sports <ul style="list-style-type: none"> ● Layout and measurement of selected game/sports ● Rules and regulation of selected games/sports 	15
IV	Part-D	
	<ul style="list-style-type: none"> ● Specific exercise for selected game/sports ● Techniques and skills of selected game/sports ● Famous personalities of that games 	15
Suggested Readings: <ul style="list-style-type: none"> ● Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana, 2000 ● Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana, 2000 ● Sharma, Vyas Dev. “introduction to physical and health education”, avichal publishing company, new delhi. ● Dagar, R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005. ● Thomas R. Baechle and Roger W. Earle, (2000). 		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10		
Course prerequisites: There is no any prerequisites only students physical and medically fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> ● IGNOU ● Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. ● Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S./SEMESTER V/ PAPER I

Program/Class: Bachelor of Physical Education	Year: Third	Semester: Fifth
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC - 501	Course title: Exercise Prescription and Therapeutic Exercise	
Course Outcomes: The student would be able to understand the type of exercise requirement for different groupsof people as per their needs. Students would be able to devise effective exercise program as par the need of the individual.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTUR ES
I	<ul style="list-style-type: none">○ Meaning and definition of exercise○ Types of exercises- Aerobics, Anaerobic and Conditioning○ Importance of warming up, cooling down and stretching○ Therapeutic exercises and their principles.	15
II	<ul style="list-style-type: none">○ Understanding body weight, components of body weight and ideal weight.○ Fat burning exercises and their variations.○ Gym training exercises for weight loss and strengthening○ Dance, Aerobics, cycling and swimming for weight loss.	15
III	<ul style="list-style-type: none">○ Understanding aging and characteristics○ Need and importance of exercises in aged people.○ Principles and precautions while giving exercises to elderly people.○ Type of exercises and recreational activities for elderly people.	15

IV	<ul style="list-style-type: none"> ○ Exercises for rehabilitations after injuries. ○ Exercise for diabetics, Exercises during & after Pregnancy ○ Exercises for casuals and weekenders. ○ Exercises for recreations and kids 	15
Suggested readings: <ul style="list-style-type: none"> • Robert A. Robergs, Steven J. Keteyian (2003), Fundamentals of Exercise Physiology: ForFitness, Performance, and Health, Volume 1- McGraw-Hill • Dymrna Pearson (2012), Weight Management: A Practitioner’s Guide, ISBN- 1405185597 • ASCM and Arnold Schwarzenegger (2003), ASCM Fitness Book • David Nordmark (2015), Workout Routines- Exercise workout routines. • Frederic Delavier (2010), Strength Training Anatomy • Jenny Allan (2013), The Ultimate Body building Diet, Nutrition and Workout Plan for Menand Women. • JosephKandel and ChritineAAadamec (2003), TheEncyclopaedia of Senior Health and Wellbeing. 		
Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		

SYLLABUS FOR B.P.E.S. /SEMESTER V/ PAPER II

Program/Class: Bachelor of Physical Education	Year: Third	Semester: Fifth
SUBJECT: B.P.E.S. - THEORY		
Course Code: B.P.E.S.TC - 502	Course Title: Methods in Physical Education	
Course Outcomes: students can be able to understand various aspects of training applied to sports Persons.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<ul style="list-style-type: none">● Meaning and scope of teaching methods in physical education● Comparison of method in physical education and general education● Distinction between method and technique	15

	<ul style="list-style-type: none"> Factors which influence methods of teaching in physical education 	
II	<ul style="list-style-type: none"> Meaning and nature of teaching Types of method, chief method of teaching Presentation technique 	15
III	<ul style="list-style-type: none"> Teaching aid in Physical Education Class management, principles of class management, factors influencing class management, steps in class management 	15
IV	<ul style="list-style-type: none"> Types of competition, knock-out, consolation tournament, double knock-out tournament, different techniques to draw fixtures, Merits and demerits of Knockout tournament Round Robin Tournament, different techniques to draw fixtures, Merits and demerits of round tournament 	15
Suggested Readings:		
<ul style="list-style-type: none"> Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, 2000 Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000 Sharma, Vyas Dev. "Introduction to physical and health education", Avichal publishing company, New Delhi. Dagar, R.K.S. & Chauhan, S.K. "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005. Thomas R. Baechle and Roger W. Earle, (2000). 		
Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. Rajarshi Tandon open University. 		

Program/Class: Bachelor of Physical Education	Year: Third	Semester: Fifth
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: B.P.E.S.TC - 503	Course Title: Remedial and Corrective Physical Education	
Course outcomes: State the Meaning and Definition of Athletic Care. Estimating the Postural Deformities. Acquiring the knowledge of Corrective Exercises. Determining the reasons of illness due to Improper Posture. Estimating the knowledge of Sports injuries. Combining the knowledge of Therapeutic Modalities in rehabilitation process.		
Credits : 04		
Max. Marks : 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<ul style="list-style-type: none">● Meaning, importance and scope of posture education.● concept and classification of posture, Correct and incorrect posture,● Static and dynamic posture, Body type and posture	15
II	<ul style="list-style-type: none">● Postural Deformities, A study of Physical defects in posture and the corrections to be arrived at – Kyphosis, Lordosis, Scoliosis● Flat foot. Bowed legs Knocked knees Corrective exercise● Assessment of posture-posture test. Therapeutic exercise and their classification.	15
III	<ul style="list-style-type: none">● Sports Injuries, Introduction to sports injuries 3.1.2 Role of trained personnel in the management of the sports injuries 3.2 Prevention injuries: 3.2.1 Factors causing sports injuries 3.2.2 Factors sports injuries 3.2.3 Complications of incomplete treatment	15
IV	<ul style="list-style-type: none">● Common sport injuries and their immediate treatment, Sprain, Strain, Contusion and hecatomb, Dislocation, Fracture, Rehabilitation Definition objectives and scope● Effects and uses of the therapeutic modalities in, Cold therapy, Hot most, Infra Red, Contrast bath, Wax bath therapy,● Massage, Brief history of massage, Principles of application of Massage, Classification of the manipulations used in massage, effects of each such type on different systems of human body, Stroking manipulation, Pressure manipulation Percussion Manipulation	15

Suggested Readings: <ul style="list-style-type: none"> • ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. • Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA) • Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai.
Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S. /SEMESTER V/ PAPER IV

Program/Class: Bachelor of Physical Education	Year: Third	Semester: Fifth
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: B.P.E.S.TC - 504	Course Title: Test and Measurement in Physical Education	
Course outcomes: Define the meaning and general principles of Test, Measurement & Evaluation, Discuss the role and Importance of Test, Measurement & Evaluation. Acquiring the knowledge of Concept of Physical Fitness-Determining the role of Endurance, Calculating and examine the Anthropometric Measurements		
Credits: 04		
Max. Marks: 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<ul style="list-style-type: none">● History of test and measurement in physical education, Meaning of test and measurement● Need for test and measurement in Physical-Education.● The use of test and measurement in Physical -Education.	15
II	<ul style="list-style-type: none">● Criteria for selecting tests,● Validity, Reliability, Objectivity, Norms, Standard norms● Accuracy and interpretability	15

III	<ul style="list-style-type: none"> Physical Fitness Test, Strength Test, Motor Fitness Tests –J.C.R. Test, Cardiovascular test, Harward’s Step test, Copper’s Twelve-minute Run and walk test 	15
IV	<ul style="list-style-type: none"> Sport skills test, Application of skill test. Standard activity tests Miler Volley ball test, Johnson Basketball ability test. Goal shooting test in hockey. 	15
Suggested Readings: Suggested Readings: <ul style="list-style-type: none"> Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA. Blazevich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA. Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA. Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA. Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey. McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA. Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut Oatis, C.A. (2008). Kinesiology.2nd Ed. Lippincott, Williams & Wilkins, USA. 		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER V/ PAPER V

Program/Class: Bachelor of Physical Education	Year: Second	Semester: Fifth
SUBJECT: PHYSICAL EDUCATION - PRACTICAL		
Course Code: B.P.E.S.PC - 505	Course Title: Physiotherapy and Game Specialization	
Course Outcomes: Students will be aware know the health concepts and knowledge of any game.		
Credits: 04		
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none">• Physiotherapy• Practice for Bandaging.	15

	<ul style="list-style-type: none"> Practice for massage techniques. Demonstration of Therapeutic Exercise. A visit to the Physiotherapy lab. Write a Brief Report on the visit of the lab. 	
II	PART – B	
	Choose any one game: <ul style="list-style-type: none"> Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey History and development of selected game/sports 	15
III	Part-C	
	<ul style="list-style-type: none"> Lay out and measurement of selected game/sports Rules and regulation of selected games/sports 	15
IV	Part-D	
	<ul style="list-style-type: none"> Specific exercise for selected game/sports Techniques and skills of selected game/sports Famous personalities of that games Note: Students will not repeat the previous semester's game specialization 	15

Suggested Readings:

- Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, 2000
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000
- Sharma, Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi.
- Dagar, R.K.S. & Chauhan, S.K "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005.
- Thomas R. Baechle and Roger W. Earle, (2000).

Continuous Evaluation Methods (CIE)

INTERNAL ASSESSMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

PRACTICAL ASSESSMENT (75 Marks)

Practical – 50

VIVA – 15

Record book charts etc – 10

Course prerequisites: **There is no any prerequisites only students physical and medically fit.**

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

Physical Education		
SUBJECT: PHYSICAL EDUCATION – PROJECT		
Course Code: B.P.E.S. PC - 506	Course Title: Project Report	
Course Outcomes: <ul style="list-style-type: none">• Learn to Prepare Questionnaire.• Learn to write research report.		
Credits:	Compulsory	
Max marks: 25+75	Min Passing Marks: 10+25	
Unit	Topic	No. of Lectures
I	<ul style="list-style-type: none">• Chose a topic from your theory syllabus and Prepare a Questionnaire with 20 Questions for your college students.• Chose any one sports/ games of your syllabus and conduct an interview for your college students• Student has to learn to prepare research report.• Submit primarily project report	45
Suggested readings: http://heecontent.upsdc.gov.in/Home.aspx		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none">• Seminar/Assignment/ report.• Test• Research orientation of the student.• Quiz• Attendance		

SYLLABUS FOR B.P.E.S./SEMESTER VI/ PAPER I

Program/Class: Bachelor of Physical Education		Year: Third	Semester: Sixth
SUBJECT: PHYSICAL EDUCATION – THEORY			
Course Code: B.P.E.S.TC - 601		Course title: Professional Preparation and Counseling in Physical Education & Sports	
Course Outcomes: Students will know the professional education in Physical Education and sports			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<ul style="list-style-type: none">● Meaning Nature and Criteria of profession.● Physical Education as a profession, Aims and objectives of General Education contribution of professional preparation to the purpose of education.		15
II	<ul style="list-style-type: none">● Qualifications for teaching courses of professional preparation in physical education.● Specific qualifications for physical educators.● Teaching evaluation, Duties and services of physical education teachers,		15
III	<ul style="list-style-type: none">● Meaning, definition and scope of Counselling in sports.● Aims and Objective of Counselling in sport● Principles of Counselling● Need and importance of Counselling.		15
IV	<ul style="list-style-type: none">● Counselling on injuries and rehabilitation.● Counselling on handling success and failure in sports.● Counselling on drugs in sports.● Counselling on job opportunities and life after retirement from sports.		15
Suggested readings:			
<ul style="list-style-type: none">● Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,2000● Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000● Sharma,Vyas Dev. “introduction to physical and health education”, avichal publishing company, new delhi.● Dagar,R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005.● Thomas R. Baechle and Roger W. Earle, (2000).● Rechard Nelson-Jones, Basic Counselling Skills, Sage Publication, New Delhi.			

- Dr. M L Kamlesh, Psychology in Physical Education and Sports, Educational Publishers and Distributors.
- An Introduction to Counselling- McGraw-Hill Education.
- Understanding Psychology- McGraw Hill Book.

Continuous Evaluation Methods: (CIE) INTERNAL ASSESSMENT (25 Marks)
 Written Test – 10 marks
 Assignment/ Research Based Project - 10 marks Attendance – 5 marks
 Research Orientation of the student.

SYLLABUS FOR B.P.E.S. /SEMESTER VI/ PAPER II

Program/Class: Bachelor of Physical Education		Year: Third	Semester: Sixth
SUBJECT: B.P.E.S. – THEORY			
Course Code: B.P.E.S.TC - 602		Course Title: Educational Technology	
Course Outcomes: students can be able to understand various methods of teaching.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<ul style="list-style-type: none">● Introduction to Educational Technology: Definition, Educative process, The Teacher of Yesterday & Today.● An outline of teaching method used then and now		15
II	<ul style="list-style-type: none">● Teaching Aids: Importance of Teaching Aids.● Criteria for selecting teaching aids Difference between teaching method and teaching aid Broad classification to teaching aids Audio Aids visual Aids Audio Visual Aids● Effectiveness of Edger Dale’s cone classification.		15
III	<ul style="list-style-type: none">● Advantage and suggestions for effective use of selected teaching aids.● Verbal Chock Board Charts Models Slide Projector● Over Head Projector Motion Picture Self Experiment and Projects.		15
IV	<ul style="list-style-type: none">● New Teaching Techniques and INNOVATIONS-II: Micro Teaching Concept and features of micro teaching. Micro teaching verses traditional teaching.● Steps in micro teaching Micro teaching skills Limitation of Micro teaching		15

	<ul style="list-style-type: none"> Simulation Teaching: Meaning of Simulation, Types of activities in simulation, Steps in simulation, Advantages of simulation, Limitations of simulation 	
Suggested Readings:		
<ul style="list-style-type: none"> Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000 Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi. Alliance, A. (1999). Physical Best Activity Guide, New Delhi, Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA. Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi. Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi. Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi. Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi. Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi. 		
Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER VI/ PAPER III

Program/Class: Bachelor of Physical Education	Year: Third	Semester: Sixth
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC - 603	Course Title: Coaching and officiating in Physical Education	
Course outcomes: State the Meaning and Definition of coaching and officiating. Acquiring the knowledge of coaching.		
Credits : 04		
Max. Marks : 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES

I	<ul style="list-style-type: none"> Teaching and Training, Principles of Coaching, Personality of Coach, Methods of Personality Skills. Principles of conditioning, methodical principles of weight training isometric training. circuit training. Cross country, Fartlek, pressure Training and Sprint Training. 	15
II	<ul style="list-style-type: none"> Basic Principles and planning of training schedule maintenance fitness. Selection of players, measures for maintaining and stimulating the interest of students in games and sports. 	15
III	<ul style="list-style-type: none"> Analysis of individual and team performance. Sports hygiene, safety measures in sports. 	15
IV	<ul style="list-style-type: none"> Official his duties and qualities, factors influencing officiating. Record sheets, facilities, techniques, strategies and rules and their interpretations of the following athletics, football, hockey, volleyball, basketball, cricket, kabaddi, kho-kho, gymnastics, and wrestling also for girls- Netball, Throwball, Badminton, Table Tennis etc 	15

Suggested Readings:

Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,2000
Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000
Sharma,Vyas Dev. “introduction to physical and health education”, avichal publishing company, new delhi.
Dagar,R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005.
Thomas R. Baechle and Roger W. Earle, (2000).
Singh MK (2008). Comprehensive Badminton (Scientific Training). Friends Publication.

Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in
- India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S. /SEMESTER VI/ PAPER IV

Program/Class: Bachelor of Physical Education	Year: Third	Semester: Sixth
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SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC - 604		Course Title: Fitness & Wellness in Physical Education
Course outcomes: Students will know the importance of fitness and wellness in life.		
Credits: 04		
Max. Marks: 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<ul style="list-style-type: none">INTRODUCTION: Concept and meaning of fitness and wellnessComponents of fitness and their description, Components of wellness and their descriptionSignificance of fitness and wellness in present scenario, Fitness and wellness for life	15
II	<ul style="list-style-type: none">Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance)motor skill related (speed, power, agility, coordination, endurance, balance) Principals of physical fitness, Benefits of fitness programme,Obesity (causes and prevention), Weight management (role of diet & exercise in maintenance of ideal weight)	15
III	<ul style="list-style-type: none">Identifying dimensions of wellness, achieving and maintenance of wellness, Adopting healthy and positive lifestyleIdentifying healthy and positive lifestyle	15
IV	<ul style="list-style-type: none">Behaviour modification, Barriers to change, Process of change (6 stages) SMART, Technique of change & smart goal setting.Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases) Daily schedule based upon one’s attitude, gender, age & occupation. Basic – module: - Time split for rest, sleep, diet, activity & recreation.	15
Suggested Readings: <ul style="list-style-type: none">Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.Alliance, A. (1999). Physical Best Activity Guide, New Delhi,Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. SahyogPrakashan. New Delhi.Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends		

Publication. India. New Delhi. <ul style="list-style-type: none"> • Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut • Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi. • Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi. • Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in • India and Abroad. • Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S. /SEMESTER VI/ PAPER V

Program/Class: Bachelor of Physical Education	Year: Third	Semester: Sixth
SUBJECT: PHYSICAL EDUCATION – PRACTICAL		
Course Code: B.P.E.S.PC - 605	Course Title: Field events and teaching practices	
Course Outcomes: Students will know the athletics events and practice of coaching and teaching.		
Credits: 04		
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	Athletics (Throwing events) <ul style="list-style-type: none">• Shot Put• Discuss• Jevlin• Hammer Throw sector marking <ul style="list-style-type: none">• Techniques of throwing• Rules and regulation• Officials• Record• Tie Break	15
II	PART – B	
	Athletics (Jumping events) <ul style="list-style-type: none">• Long Jump• Triple Jump• High Jump sector marking	15

	<ul style="list-style-type: none"> Techniques of Jumping Rules and regulation Officials Record 	
	Tie Break	
III	Part-C	
	Teaching Lesson A) General Lesson Plan (05lessons)	15
IV	Part-D	
	Lessons in outdoor Sports & Game activities (05lessons)	15
Suggested Readings: <ul style="list-style-type: none"> Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,2000 Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000 Sharma,Vyas Dev. “introduction to physical and health education”, avichal publishing company, new delhi. Dagar,R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005. Thomas R. Baechle and Roger W. Earle, (2000). 		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10		
Course prerequisites: There is no any prerequisites only students physical and medically fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER VI/RESEARCH REPORT/ PAPERIV

Program/Class: Bachelor of Physical Education	Year: Third	Semester: Sixth
SUBJECT : Physical Education- Project		
Course Code: B.P.E.S. PC - 606	Course Title: Project Report	
Course outcomes: It will help the learner to understand the basic problems of school going students related to sports and Physical Education and finding their solution with the help of analyzed data.		
Credits:	Compulsory	
Max. Marks : 25 + 75	Min. Passing Marks: 10+25	

UNIT	TOPICS	NO. OF HOURS
I	<ul style="list-style-type: none"> To conduct a survey or interview of primary or secondary school students for the interest towards physical education and sports programs. Analyze the data and submit a detailed report and a presentation. 	45
Suggested Readings: Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> Making a video of survey or interview and present it. (20 marks) Attendance (5marks) 		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		

SYLLABUS FOR B.P.E.S./SEMESTER VII/ PAPER I

Program/Class -Bachelor of Physical Education and Sports Sciences	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC - 701	Course title: Research process in Physical Education	
Course Outcomes: Define the Meaning and Definition of Research. Discuss the Need, Nature, and Scope of research in Physical Education. Generalizing the Methods of Research. Determining the knowledge to design. Applying the knowledge of Sampling process. Reviewing the impact of all units in preparing the Research Proposal.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<ul style="list-style-type: none">Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.	15
II	<ul style="list-style-type: none">Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.	15
III	<ul style="list-style-type: none">Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.	15

IV	<ul style="list-style-type: none"> Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling. Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing. 	15
Suggested readings: Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi		
Continuous Evaluation Methods: (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		

SYLLABUS FOR B.P.E.S. /SEMESTER VII/ PAPER II

Program/Class: Bachelor of Physical Education and Spots Sciences	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC – 702	Course Title: Educational Psychology-I	
The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following..... CO-1. State the Meaning and Definition of Psychology. CO-2. Estimating the stages of Growth and Development.		

CO-3. Acquiring the knowledge of Individual Differences. CO-4. Determining the reasons of Behavioral development. CO-5. Estimating the knowledge of learning theories. CO-6. Combining the knowledge of Transfer of training.		
Credits: 04		
Max. Marks: 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	Meaning of Psychology - Nature of Psychology - Sources of psychology - Definition of Psychology - Psychology is a Sciences - Branches of Psychology - Importance of Psychology in Education with special reference to Physical Education.	15
II	- Growth and Development - Meaning of growth and Maturation - Development by maturation - Development by exercise and learning - Behavioral development with special reference to perceptual, Language intellectual social, emotional and physical	15
III	Individual differences: meaning of the terms individual differences. - Heredity and environment as cause of individual differences - Interaction of heredity and environment. - Body types based on psychological parameters according to jung.	15
IV	Learning Meaning and nature of learning - Principles of learning - Types of learning - Theories of learning (Trial and error, conditioned reflex, insight theory, learning by imitation). - Meaning of transfer of training. Conditions of transfer of training. learning curve. - How to overcome plateau	15
Suggested Readings: Boaz, G.D General psychology , Madras: Boaz institute of Psychological Service,1957 - Skinner, C. E. Educational Psychology ,New Delhi : Prentice Hall of India Pvt. Ltd. - Lindren, H. E. Educational Psychology in classroom ,New York :John Wiley & Sons Inc. 1963. - Kamlesh ,M.L. Psychology of Physical Education and Sports , New Delhi Metropolitan Bros. - Snum, Richar M. Psychology in Sports ,Surjeet Publication ,1982		

Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in • India and Abroad. • Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S. /SEMESTER VII/ PAPER III

Program/Class: Bachelor of Physical Education and Spots Sciences	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC - 703	Course Title: Sports Journalism	
Course outcomes: Describing the Meaning and Definition of Journalism. Explaining the role of Sports News agencies. Determining the Concept of Sports Bulletin. Comparing the General news reporting and sports reporting. Editorializing and evaluating of Reported News.		
Credits : 04		
Max. Marks : 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<ul style="list-style-type: none">• Meaning and Definition of Journalism, Ethics of Journalism - Canons of journalism-Sports Ethics and Sportsmanship - Reporting Sports Events. National and International Sports News Agencies. Principles of modern journalism.	15
II	<ul style="list-style-type: none">• Concept of Sports Bulletin, Types of bulletin Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Complete information on investigative Sports Journalism	15
III	<ul style="list-style-type: none">• Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism - General news reporting and sports reporting.	15

IV	<ul style="list-style-type: none"> Advantages of Division of labor in sports journalism Sports organization and Sports Journalism - General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach	
Suggested Readings: Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication. Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited. Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd. Venkataiah. N (2009) Value Education- New Delhi: APH Publishing Corporation. 43		
Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER VII/ PAPER IV

Program/Class: Bachelor of Physical Education and Spots Sciences	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC – 704	Course Title: Water Sports	
Course outcomes: Define the Meaning and Definition of water sports. Discuss the Ethics of water sports. Acquiring the knowledge of Equipment use in water sports. Determining the Career opportunities in water sports. Appling the knowledge of water sports.		
Credits: 04		
Max. Marks: 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES

I	<ul style="list-style-type: none"> • Introduction of Water Sports History of Water Sports Types of Water Sports 	15
II	<ul style="list-style-type: none"> • Scope of Water Sports in India Need and Importance of Water Sports List of Equipment's used in Various Water Sports Purchase and Care of Equipment's used in Water Sports Career opportunities in water sports. 	15
III	<ul style="list-style-type: none"> • Introduction of Kayaking and Kenoying Equipment's and It's availability Training of handling equipment's Competitions and role of Federation/ Indian Government 	15
IV	<ul style="list-style-type: none"> • Introduction of Water Surf, Sailing and Power Boats Equipment's and It's availability Training of handling equipment's Competitions and role of Federation/ Indian Government 	15
Suggested Readings: Aamidor A (2003).Real Sports Reporting. Indiana University Press.Valparaiso. Indiana. U.S.A. Ahuja, B.N (1988) Theory and Practice of Journalism. Surjeet Delhi. Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi. Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd. Kamath, M V (1980). Professional Journalism. K.S.K. New Delhi		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER VII/ PAPER V

Program/Class: Bachelor of Physical Education and Spots Sciences	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION – PRACTICAL		
Course Code: B.P.E.S. PC - 705	Course Title: Intramural competition and Racket Sports	
Course Outcomes: Students will know the athletics events and practice of coaching and teaching.		
Credits: 04		
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		

UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	The group of students(max 5 in a group) will undergo through this practical from the beginning of the semester and each group will organize an Intramural activity, through different games and sports, in which the group members(those who are organizing the programme) will not participate.	15
II	PART – B	
	Record and report a scrape file with photographs and news paper cuttings Viva voce	15
III	Part-C	
	Badminton/ Table Tennis/Squash/ Lawn Tennis. (Any one) Fundamental Skills, Drills and lead up games	15
IV	Part-D	
	Rules and their interpretations and duties of officials. File and viva voce Famous personalities	15

Suggested Readings:

- Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,2000
- Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000
- Sharma,Vyas Dev. “introduction to physical and health education”, avichal publishing company, new delhi.
- Dagar,R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005.
- Thomas R. Baechle and Roger W. Earle, (2000).

Continuous Evaluation Methods (CIE)

INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

PRACTICAL ASSESSMENT (75 Marks)

Practical – 50

VIVA – 15

Record book charts etc – 10

Course prerequisites: **There is no any prerequisites only students physical and medically fit.**

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

Program/Class: Bachelor of Physical Education and Sports Sciences	Year: Fourth	Semester: Eighth
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC - 801	Course title: Teaching methodology in Physical Education	
Course Outcomes: Define the Meaning and types of Teaching Methods. Discuss the Presentation Techniques in Physical Education. Generalizing the Methods of Words of command. Determining the knowledge to Lesson Planning. Applying the knowledge to take Lesson Plan in different categories. Reviewing the impact of all units in conduction of competitions.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	(A) Meaning Meaning of the term" teaching method" its scope and importance The factors to be considered in determining the method of teaching. (B) Types of method Part-whole method, whole part method, command method, discussion method, project method, demonstration method, imitation method (C) Principles of teaching	15
II	Presentation Techniques (a) Personal preparation. (b) Technical preparation. (c) Steps of presentation. (d) Command and their techniques. (e) Situation which require different words of command. (f) Types of class management.	15
III	Lesson planning Types of lessons and their values Types of lesson planning: - General lesson plan, coaching lesson plan, Classroom teaching lesson plan (a) Objectives of different lesson plans and part of the lesson introductory and development. (b) Skill practice/group work. (c) Class activity/recreation part (reassembly revision and dismissal).	15
IV	Organization and conduct of competitions (a) Tracks and field (b) Gymnastics. (c) Weight lifting, body building and best physique contest. (d) Wrestling and combative games.	15

	(e) Swimming, diving -aquatics. (f) Games and sports tournaments.	
Suggested readings: -Tirunaryanan,c. and hariharan, s. methods in physical education,karai kudi south india press, 1962. - Kozman, b. cassidy, rosalind and jakson,c.d.,methods in physical education, london: w.b. saunders company, 1960. - Knapp, clyde and hagman, e.p. teaching methods foe physical education, new yoek: mc graw hill book co., 1948		
Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		

SYLLABUS FOR B.P.E.S. /SEMESTER VIII/ PAPER II

Program/Class: Bachelor of Physical Education and Spots Sciences	Year: Fourth	Semester: Eighth
SUBJECT: B.P.E.S. – THEORY		
Course Code: B.P.E.S.TC - 802	Course Title: Educational Psychology-II	
<p>Course Outcomes: The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....</p> <p>The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....</p> <p>State the Meaning and Definition of Psychology.</p> <p>Estimating the motivation level.</p> <p>Acquiring the knowledge of Emotions.</p> <p>Determining the reasons of development of Personality.</p> <p>Estimating the knowledge of Mechanism of the process of remembering.</p> <p>.</p>		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<p>Motivation</p> <p>Meaning of motivation. concept of need, drive, motive, incentive and achievement</p> <p>Types of Motivation</p> <p>Role of motivation on teaching physical activities</p>	15
II	<p>Emotion</p> <p>Meaning and nature of emotion.</p> <p>Types of emotion.</p> <p>Emotional experiences (anxiety and fear) and their effect on learning of physical activities.</p>	15

III	Personality Meaning and nature of personality. Physiological and social factors in personality. Development of personality	15
IV	Memory Definition of memory Types of Memory. Mechanism of the process of remembering, memory training. Meaning of forgetting, Reasons of forgetting, curves of forgetting Importance of memory in learning physical activities.	15
Suggested Readings:		
Boaz, G.D General psychology , Madras: Boaz institute of Psychological Service,1957 - Skinner, C. E. Educational Psychology ,New Delhi : Prentice Hall of India Pvt. Ltd. - Lindren, H. E. Educational Psychology in classroom ,New York :John Wiley & Sons Inc. 1963. - Kamlesh ,M.L. Psychology of Physical Education and Sports , New Delhi Metropolitan Bros. - Snun, Richar M. Psychology in Sports ,Surjeet Publication ,1982 - Silva ,J.M. and Weinberg R.S Psychology of foundations of Sports , Illinois , Human Kinetics Publishers Inc.		
Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks)		
Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Suggested equivalent online courses:		
<ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER VIII/ PAPER III

Program/Class Bachelor of Physical Education and Spots Sciences	Year: Fourth	Semester: Eighth
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: B.P.E.S.TC - 803	Course Title: Statistics in Physical Education & Sports	
Course outcomes: State the Meaning and Definition of Statistics. Acquiring the knowledge of Parametric and non-parametric statistics. Estimating the Measures of Central Tendency. Acquiring the knowledge of Measures of Dispersions and Scales. Estimating the Calculation and advantages of various scales. Combining the data, statistical procedure and interpretation of data.		

Credits : 04		
Max. Marks : 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	<ul style="list-style-type: none"> Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics. 	15
II	<ul style="list-style-type: none"> Data Classification, Tabulation and Measures of Central Tendency Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode. 	15
III	<ul style="list-style-type: none"> Measures of Dispersions and Scales Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale 	15
IV	<ul style="list-style-type: none"> Probability Distributions and Graphs Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence from normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve. Inferential and Comparative Statistics Tests of significance; Independent “t” test, Dependent “t” test – chi – square test. level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation. 	
Suggested Readings: Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics; Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.		
Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.		

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S. /SEMESTER VIII/ PAPER IV

Program/Class: Bachelor of Physical Education and Sports Sciences	Year: Fourth	Semester: Eighth
SUBJECT: B.P.E.S. – THEORY		
Course Code: B.P.E.S.TC - 804	Course Title: Adventure Sports	
Course Outcomes: Memorizing the Importance of Adventure Sports, Describing the Scope, Need and Importance of Adventure Sports, Acquiring the knowledge of various government agencies of Adventure Sports, Determining the Role of Local Bodies for promoting Adventure Sports, Applying the concept of First Aid, Estimating the Rehabilitation process.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<ul style="list-style-type: none">• Introduction of Adventure Sports• History of Adventure Sports• Types of Adventure Sports	15
II	<ul style="list-style-type: none">• Adventure Sports at global level• Scope of Adventure Sports in India• Need and Importance of Adventure Sports	15
III	<ul style="list-style-type: none">• Role of Indian government in promotion of Adventure Sports• Role of SAI in promotion of Adventure Sports• Role of Associations and Federations in promotion of Adventure Sports• Role of Uttarakhand Government for promoting Adventure Sports• Role of Local Bodies for promoting Adventure Sports	15
IV	<ul style="list-style-type: none">• Equipment’s required for adventure sports• Precautions during adventure sports• First aid required for adventure sports• Rehabilitation required for adventure sports	15
Suggested Readings:		
Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL. Driskell JA and Wolinky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla. Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mwa you ok, feel and perform. Human Kinetics. Champaign. IL. Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth		

Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University.

SYLLABUS FOR B.P.E.S. /SEMESTER VIII/ PAPER V

Program/Class: Bachelor of Physical Education and Sports Sciences	Year: Third	Semester: Eighth
SUBJECT: PHYSICAL EDUCATION – PRACTICAL		
Course Code: B.P.E.S.PC - 805	Course Title: Weight training and game specialization	
Course Outcomes: Students will know the athletics events and practice of coaching and teaching.		
Credits: 04		
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	Warming up: - General & Specific Specific conditioning programme for Weight training/ Power lifting/Weight lifting. Basic skills Classification of Techniques A Scrape File Viva-voce	15
II	PART – B	
	<ul style="list-style-type: none">• Practice for Bandaging.• Practice for massage techniques.• Demonstration of Therapeutic Exercise.• A visit to Physiotherapy lab. Write a Brief Report on the visit of the lab.	15
III	Part-C	
	Choose any one game: <ul style="list-style-type: none">• Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey• History and development of selected game/sports	15

	<ul style="list-style-type: none"> Lay out and measurement of selected game/sports 	
IV	Part-D	
	<p>Rules and their interpretations and duties of officials.</p> <ul style="list-style-type: none"> File and viva voce of selected games/sports Specific exercise for selected game/sports Techniques and skills of selected game/sports <p>Note: Students will not repeat the previous semester's game specialization</p>	15
Suggested Readings: <ul style="list-style-type: none"> Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, 2000 Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000 Sharma, Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi. Dagar, R.K.S. & Chauhan, S.K "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005. Thomas R. Baechle and Roger W. Earle, (2000). 		
Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10		
Course prerequisites: There is no any prerequisites only students physical and medically fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. Rajarshi Tandon open University. 		

SYLLABUS FOR B.P.E.S. /SEMESTER VIII/ PAPER VI

Program/Class: Bachelor of Physical Education and Spots Sciences	Year: Fourth	Semester: Eighth
SUBJECT: Physical Education- Project		
Course Code: PE806P	Course Title: RESEARCH PROJECT	
Course outcomes: Students will aware of the status of Sports in India.		
Credits: 04	Compulsory	

Max. Marks : 25 + 75		Min. Passing Marks: 10+25
UNIT	TOPICS	NO. OF HOURS
I	<ul style="list-style-type: none"> To write a report on the status of Sports in India. Analyze the data and submit a detailed report and a presentation. 	45
Suggested Readings: Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx		
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> Making a video of survey or interview and present it.(20 marks) Attendance (5marks) 		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		

SYLLABUS FOR M.P.E.S. /SEMESTER VIII/ PAPER I

Program/Class: <i>Master of Physical Education and Sports Sciences</i>	Year: Fifth	Semester: III
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: MPES101T	RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTSSCIENCES	
Course Outcomes: Define the Meaning and Definition of Research. Discuss the Need, Nature, and Scope of research in Physical Education. Generalizing the Methods of Research. Determining the knowledge to design. Applying the knowledge of Sampling process. Reviewing the impact of all units in preparing the Research Proposal.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
	Meaning, Definition and Objectives of Research. • Need, Nature and Scope of research in Physical Education. • Classification of Research, Location of Research Problem. • Criteria for selection of a problem. • Limitation, Delimitation, Hypothesis. • Qualities of a good researcher.	15
II	Descriptive Methods of Research: Survey Study, Case study. • Historical Research: Steps in Historical Research, Sources of Historical Research. • Primary Data and Secondary Data, Internal Criticism and External Criticism. • Experimental Research — Meaning, Nature and Importance. • Meaning and type of Variables, Meaning and type of Experimental Design.	15

III	Meaning and Definition of Sample and Population. • Types of Sampling; Probability Methods, Systematic Sampling, Cluster sampling, Stratified Sampling. • Sampling Techniques: Area Sampling, Multistage Sampling.	15
IV	Defining Research Project. • Writing a Research Proposal and Research Report, Footnotes & Bibliography. E-Referencing. • Ethical Issues in Research: Areas of Scientific Dishonesty, Ethical issues regarding copyright. Plagiarism.	15
Suggested readings: <ul style="list-style-type: none"> • Best & Kahn (2003) Research in Education, 10th Ed. New Jersey; Prentice Hall, Inc. • Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc. • Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London, Routledge Press • Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities: Illinois: Human Kinetics; • Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi • Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar, Pathippagam • Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc. • Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication • Moorthy A. M. Research Processes in Physical Education (2010); Friends Publication, New Delhi 		
Continuous Evaluation Methods: (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		

SYLLABUS FOR M.P.E.S. /SEMESTER III/ PAPER II

Program/Class: <i>Master of Physical Education and Sports Sciences</i>		Year: Fifth	Semester: III
SUBJECT: PHYSICAL EDUCATION - THEORY			
Course Code: MPES102T		Course Title: APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTSSCIENCES	
The Course learning outcomes (COs): Students will acquire deep knowledge of statistical tool or tests. Measures of central tendencies etc.			
Credits: 04			
Max. Marks: 25+75		Min. Passing Marks: 10 + 25	
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0			
UNIT	TOPICS		NO. OF LECTURES
I	• Meaning and Definition of Statistics. • Need and importance of Statistics in Physical Education and Sports. • Meaning of the terms: Population, Sample, Data, Variables.		15
II	• Meaning, uses and construction of frequency table • Measures of Central Tendency — Mean, median and mode. Range Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error. Normal Curve and its properties.		15

III	• Sample Distribution of Means, Standard Error of Mean. • Testing of Hypothesis, Rejection of Null and Alternative Hypothesis. • Level of Significance. • Type I and Type II Errors. • Degrees of Freedom	15
IV	Tests of significance: Independent “t” test, Dependent “t’ test, Chi - square test. • Level of confidence and interpretation of data. • Meaning of correlation, Co-efficient of correlation. • Calculation of co-efficient of correlation by the product moment method and rank difference Method. • Concept of ANOVA and ANCOVA.	15
Suggested Readings: Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc. • Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc. • Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics; • Kamlesh, M.L. (1999) Research Methodology in Physical Education and Sports, New Delhi • Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc. • Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998) • Statistics in Physical Education, Karaikudi, Senthil Kumar Publications		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR M.P.E.S. /SEMESTER III/ PAPER III

Program/Class: Master of Physical Education and Sports Sciences		Year: Fifth	Semester: III
SUBJECT: PHYSICAL EDUCATION - THEORY			
Course Code: MPES103T		Course Title: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION &SPORTS	
Course outcomes: Define the meaning and general principles of Test, Measurement & Evaluation, Discuss the role and Importance of Test, Measurement & Evaluation. Acquiring the knowledge of Concept of Physical Fitness Determining the role of Endurance, Calculating and examine the Anthropometric Measurements			
Credits : 04		Elective	
Max. Marks : 25+75		Min. Passing Marks: 10 + 25	
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0			
UNIT	TOPICS		NO. OF LECTURES
I	• Meaning and Definition of Test, Measurement and Evaluation • Need and Importance of Measurement and Evaluation in Physical Education. • Criteria for Test Selection — Scientific Authenticity. • Meaning, definition and establishing Validity, Reliability, Objectivity. • Norms — Administrative Considerations.		15
II	• Factors Affecting Scientific Authenticity • Procedure to establish Scientific Authenticity • Construction of Test — Knowledge Test & Skill Tests. • Administration of Testing programme, its procedure and follow up		15
III	• • Meaning and Definition of Motor Fitness and Physical Fitness. • Tests for Motor Fitness: • Barrow Motor Ability Test. • Kraus Weber Minimum Muscular Fitness Test. • AAHPERD Health Related Fitness Battery (revised in 1984), •ACSM Health Related Physical Fitness Test. • Roger’s Physical Fitness Index. • Harvard step test. 1 2 minutes Run /Walk Test, Beep test		15
IV	• Physiological Testing: • Aerobic Capacity: The Bruce Treadmill Test Protocol,1.5 Mile Run test. • Anaerobic Capacity: Margaria- Kalamen test, Wingate Anaerobic Test. • Anthropometric Measurements: Method of Measuring Height: Standing Height, SittingHeight. Method of measuring Circumference: Arm, Waist, hip, thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailliac		
Suggested Readings: •Bangsbo,J.(1994).Fitness training in football: A scientific approach. Bagsvaerd. Denmark: Ho+Storm. • Barron, H. M., & Mchee, R.(1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger. • Barron, H.M. &Mchee, R. (1997). A Practical approach to measurement in physical education, Philadelphia: Lea and Febiger. • Kansal,D.K.(1996). Test andmeasurement insports and physical education.NewDelhi: D.V.S. Publications. • Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B.Sounders Compnay. • Pheasant, S.(1996).Body space:anthropometry,ergonomics anddesignofwork.Taylor& Francis, New York. •			

Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Wiley and Sons. • Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports-a kinanthropometric study. Patiala: Punjab Publishing House.

Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks **Attendance** – 5 marks

Research Orientation of the student.

Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR M.P.E.S. /SEMESTER III/ PAPER IV

Program/Class: <i>Master of Physical Education and Sports Sciences</i>		Year: Fifth	Semester: III
SUBJECT: PHYSICAL EDUCATION - THEORY			
Course Code: MPES104T		Course Title: SPORT JOURNALISM AND MASS COMMUNICATION	
Course outcomes: Describing the Meaning and Definition of Journalism. Explaining the role of Sports News agencies. Determining the Concept of Sports Bulletin. Comparing theGeneral news reporting and sports reporting. Editorializing and evaluating of Reported News.			
Credits: 04			
Max. Marks: 25+75		Min. Passing Marks: 10 + 25	
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0			
UNIT	TOPICS		NO. OF LECTUR ES
I	Meaning, Definition & Evolution of Sports Journalism. Ethics of Journalism. • Sports Ethics and Sportsmanship, Reporting Sports Events, National and International Sports News Agencies, Definition, meaning, scope and importance of Sports journalism		15
II	Introduction to mass communication - The concept of mass media - Massmedia in India. • Mass media institutions in India — Government media units - Press registrar of India, Press council of India-Indian news agencies media educational institutions. • The function of press-Pressfree demand responsibility, Current trends in journalism. • Sports Photography: Equipment- Editing — Publishing. Mass Media in Journalism: Radio and T.V. Commentary		15

III	News Reporting. Functions, responsibilities and qualities of reporter. - Functional differences of reporters — Special correspondents, foreign correspondents, columnists, free lancers. • Structure of Advertising - Functions of advertising, Psychology of advertising, Types of advertising. • Modern trends in Reporting and Advertising sports events	15
IV	Preparation of General news reporting and sports reporting. 2. Methods of editing a Sports report. 3. Evaluation of Reported News. 4. Interview with and elite Player and Coach. 5. Visit to News Paper office and TV Centre to know various departments and their working. 6. Preparation of Portfolio of newspaper cuttings of sports news(national & international).	15
Suggested Readings: • Ahiya B.N.(1988) Theory and Practice of Journalism: Set to Indian context Ed 3. Delhi : Surjeet Publications • Ahiya B.N.Chobra S.S.A.(1990) Concise Course in Reporting. New Delhi: Surjeet Publication • Bhatt S.C.(1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication • Dhananjay Joshi(2010) Value Education in Global Perspective. New Delhi: Lotus Press. • Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication • Mohit Chakrabarti (2008): Value Education: Changing Perspective. New Delhi: Kanishka Publication. • Billings, A., Butterworth, M., & Turman, P. (2012). Communication and sport. Thousand Oaks, Calif.: SAGE. ISBN-13: 978-141 2972932 ISBN- 10: 1412972930 • Billings, A. (2014) Routledge handbook of sport and new media. Routledge ISBN-13: 978-0415532761 ISBN- 10: 0415532760 • Billings, A., Butterworth, M., & Turman, P. (2014) Communication and sport. ISBN- 13: 978- 1452279 138 ISBN- 10: 1452279136 • Sandvoss, C., Real, M., & Bernstein, A. (2012). Bodies of discourse. New York, NY: Peter Lang. ISBN- 13: 978-143311173 0 ISBN-10: 1433 1 1 173X • Deninger, D.(2012). Sports on television New York: Routledge. ISBN-10' 0415896762 ISBN- 13: 978- 04 1 5896764		
Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR M.P.E.S. /SEMESTER III/ PAPER V

Program/Class: <i>Master of Physical Education and Sports Sciences</i>	Year: Fifth	Semester: III
SUBJECT: PHYSICAL EDUCATION - PRACTICAL		
Course Code: MPES105T	Course Title: Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport / Team Game/ Racket Game.	

Course Outcomes: Students will know the athletics events and practice of coaching and teaching. It is designed to provide an opportunity to students to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.		
Credits: 04		Elective
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none"> • Historical development of the game/sport at national and international levels • National Bodies controlling game/sport and their affiliated units. • International Bodies controlling game/sport and their affiliated units. • Major National and International competitions in Game/Sport • Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport. 	15
II	PART – B	
	<ul style="list-style-type: none"> • Classification of techniques/skills. • Technique/skill training: Preparatory, Basic. Supplementary exercises. • Identification & Correction of faults. • Training for mastery in technique/skill • Recreational and lead-up activities. • Warm-up and cool down for game/sports. 	15
III	Part-C	
	<ul style="list-style-type: none"> • Mechanics of officiating. • Qualities of good official. Duties of official (pre, during and post game) • Rules & their interpretations. 	15
IV	Part-D	
	Training (Means & Method) • Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility) • Basic Concept or preparation of training schedules. • Tactical training in game/sport. • Psychological preparation required during competition in game/sport. • Preparation of short term and long-term training plans in game/sport. • Periodization in training of players in game/sport. • General/specific fitness tests and performance/skill test in game/sport	15
Suggested Readings: <ul style="list-style-type: none"> • Latest Official Rule Books of International Federations of particular game/sport and coaching manuals will be utilized. • Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, 2000 • Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000 • Sharma, Vyas Dev. "Introduction to physical and health education", avichal publishing company, new delhi. • Dagar, R.K.S. & Chauhan, S.K "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005. • Thomas R. Baechle and Roger W. Earle, (2000). 		

Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10
Course prerequisites: There is no any prerequisites only students physical and medically fit.
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University.

SYLLABUS FOR M.P.E.S. /SEMESTER III/ PAPER VI RESEARCH REPORT/PAPER VI

Program/Class: <i>Master of Physical Education and Sports Sciences</i>	Year: Fifth	Semester: III
SUBJECT: Physical Education- Project		
Course Code: MPES106T	Course Title: Dissertation	
Course outcomes: Students will aware of the status of Sports in Uttarakhand.		
Credits: 04	Compulsory	
Max. Marks : 25 + 75	Min. Passing Marks: 10+25	
UNIT	TOPICS	NO. OF Lec.
I	<ul style="list-style-type: none">• To write a Dissertation on comparison of two team or individual game with the help statistical tools.• Analyze the data and submit a detailed report and a presentation.	60
Suggested Readings: Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx		

Suggested Continuous Evaluation Methods: <ul style="list-style-type: none"> • Making a video of survey or interview and present it.(20 marks) • Attendance (5marks)
Course prerequisites: There is no any prerequisites only student physical and medically fit.

SYLLABUS FOR M.P.E.S./SEMESTER IV /PAPER I

Program/Class: <i>Master of Physical Education and Sports Sciences</i>	Year: Fifth	Semester: IV
SUBJECT: PHYSICAL EDUCATION – THEORY		
Course Code: MPES201T	Course title: SPORTS AND EXERCISE PHYSIOLOGY	
Course Outcomes: students can understand human structure and function and the effects of exercise on various human body systems.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	• Meaning, Definition & Historical Development of Sports & Exercise Physiology • Macro & Micro Structure of the Skeletal Muscles, Chemical Composition, Sliding Filament theory of Muscular Contraction. Types of Muscle fiber, Muscle Tone, Chemistry of Muscular Contraction • Heat Production in the Muscle, Effect of exercises and training on the muscular System	15
II	• Blood Supply to the Heart, Cardiac Cycle, Stroke Volume, Cardiac Output, Heart Rate, Factors Affecting Heart Rate, Cardiac Hypertrophy • Effect of exercises and training on the Cardio-vascular system. • Mechanics of Breathing. Minute Ventilation — Ventilation at Rest and During Exercise • Diffusion of Gases, Exchange of Gases in the Lungs(external respiration) • Exchange of Gases in the Tissues(internal respiration). • Second Wind, Oxygen Debt, Lung Volumes and Capacities	15
III	Sports/Exercise in Hot and Cold Conditions • Thermoregulatory Mechanism • Physiological response, Health Risk associated with Exposure to heat and cold. • Acclimatization: Sports & Exercise - Training in High Altitude	15
IV	• Metabolism — ATP — PC or Phosphagen System • Anaerobic Metabolism and Aerobic Metabolism • Aerobic and Anaerobic Systems	15

	during Rest and Exercise. • Effects of Short Duration, Long Duration and High Intensity Exercises	
Suggested readings: <ul style="list-style-type: none"> • Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam. • Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi. • Clarke.D.H.(1975). Exercise Physiology.New Jersey:Prentice Hall Inc., Englewood Cliffs. • David, L Costill. (2004). Physiology Of Sports and Exercise. Human Kinetics. • Fox. E.L.. and Mathews, D.K. (1981). The Physiology Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing. • Guyton, A.C.(1976). Textbook of Medical Physiology.Philadelphia: W.B. Sanders co. • Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers. • Sandhya Tiwari. (1999). Exercise Physiology. Sports Publishers. • Shaver, L. (1981).Essentials of Exercise Physiology. New Delhi: Subject Publications. • Vincent, T.Murche.(2007). Elementary Physiology. Hyderabad: Sports Publication. • William, D.Me Aradle.(1996). Exercise Physiology. Energy,Nutrition andHuman Performance. Philadelphia: Lippincott Williams and Wilkins Company. • Kenney,W.,Wilmore,J.,&Costill,D.(2015) Physiology ofsport and exercise.9781450477673 • McArdle, W., Katch, F.,& Katch, V. (2010). Exercise physiology. Baltimore, MD: Lippincott Williams & Willkins. ISBN 978- i 451191 554 • Raven, P. (2013).Exercise physiology. Australia: Wadsworth Cengage Learning. 		
Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		

SYLLABUS FOR M.P.E.S./SEMESTER IV /PAPER II

Program/Class: <i>Master of Physical Education and Sports Sciences</i>		Year: Fifth	Semester: IV
SUBJECT: Physical Education - THEORY			
Course Code: MPES202T		Course Title: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING	
Course Outcomes:			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	• Definition, Aim, Characteristics, and Principles of Sports Training. • Training Load: Types of Training Load, Factors of Training Load, Load and Adaptation • Over Load: Definition. Causes of Over Load, Symptoms or Overload • Phases and Means of Recovery		15
II	• Strength: Meaning. Definition & Methods to improve Strength: Weight Training. Isometric, Isotonic and Circuit Training • Speed: Meaning, Definition & Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints. • Endurance: Meaning, Definition & Methods to develop Endurance: Continuous Method, Interval Method,		15

	Repetition Method, Cross Country, Fartlek Training.	
III	<ul style="list-style-type: none"> • Flexibility: Meaning. Definition & Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method. Plyometric Training. • Coordinative abilities: Types and Methods to improve Coordinative abilities. • Meaning & Definition of Technique. • Meaning & Definition of Strategy & Tactics. 	15
IV	<ul style="list-style-type: none"> * Training Plan: Meaning & Importance, Micro-Cycle, Macro-Cycle, Meso-Cycle • Short Term Plan and Long Terms Plans –Periodization. • Preparatory Period, Competition Period and Transition Period. • Definition of Doping, Drug abuse in sports and their effects on performance and body. 	15
Suggested Readings:		
<p>• Beotra Alka. (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.</p> <p>• Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs. Prentice Hall Inc.</p> <p>• Can, E. Klafs & Daniel. D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosby Company</p> <p>• Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Louis, Mosby Year Book</p> <p>• Wuest, D., & Fissette, J. (2014) Foundations of physical education. exercise science, and sport. McGraw-Hill Higher Education; ISBN- 10:0073522775 ISBN-13. 978-0073522777</p> <p>• Bompa, T., & Haff, G. (2009). Periodization. Champaign, IL.: Human Kinetics. ISBN-1 3: 9780736074834</p> <p>• Haff, G., & Triplett, N. Essentials of strength training and conditioning. Champaign, IL.: Human Kinetics.</p> <p>• Bompa, T., & Carrera, M. (2005). Periodization training for sports. Champaign. IL.: Human Kinetics.</p> <p>• Zatsiorsky, V., & Kraemer, W. (2006). Science and practice of strength training. Champaign, IL: Human Kinetics.</p>		
Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR M.P.E.S./SEMESTER IV /PAPER III

Program/Class: <i>Master of Physical Education and Sports Sciences</i>	Year: Fifth	Semester: IV
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: MPES203T	Course Title: YOGIC SCIENCES	

Course outcomes: Yoga is very helpful in the prevention of many diseases and students will learn about it. This subject deals with basic knowledge about Aerobics and Gymnasium classes, which will help students excel in the fitness industry.		
Credits : 04		
Max. Marks : 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	Meaning and Definition of Yoga, Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samathi. Concept of Yogic Practices: Principles - Breathing - Awareness - Relaxation. Pre-requirements conditions and contraindication of Yoga practice	15
II	<ul style="list-style-type: none"> Prelim and minor exercises: Techniques and benefits. Asanas: Types, Techniques and Benefits. Surya Namaskar: Methods and benefits. Pranayama: Types, Methods and benefits. Chakras and Shudhi kriyan. 	15
III	<ul style="list-style-type: none"> Yoga and Sports: Supplementary, Compensatory & Regenerative Yogic Exercises Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression, Concentration, Self-Actualization. Effects of Yoga practice on different Systems of body. International Yoga Day, Common Yoga Protocol suggested by AYUSH 	15
IV	<ul style="list-style-type: none"> Yogasana (In Sitting, Standing, Bending & Twisting poses) 2. Pranayama (5 types) 3. Mudras: Meaning, Techniques & Benefits 4. Shat Kriyas- Meaning, Techniques and Benefits 5. Bandas: Meaning, Techniques & Benefits 6. Meditation: Meaning, Techniques & Benefits 7. Relaxation (Shavasana & Makrasana) 	
Suggested Readings: <ul style="list-style-type: none"> • George Feuerstein. (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd., • Gore. (1990). Anatomy and Physiology of Yogic Practices. Lonavla: Kanchan Prakashan. • Helen Purperhart (2004) The Yoga Adventure for Children. Netherlands: A Hunter House Book. • Iyengar, B. K. S. (2000). Light on Yoga. New Delhi: Harper Collins Publishers. • Kuvalyananda Swami & S. L. Vinekar. (1963). Yogic Therapy—Basic Principles and Methods. New Delhi: Govt of India, Central Health Education and Bureau. • Kenghe. C. T. (1976). Yoga as Depth- Psychology and para-Psychology (Vol-1): Historical Background. Varanasi: Bharata Manishai. • Moorthy .A. M & Alagesan. S. (2004). Yoga Therapy, Coimbatore Teachers Publication House. • Swami Satyananda Saraswathi (1984). Kundalini and Tantra. Bihar: Yoga Publications. • Swami Kuvalayananda. (1998). Asanas. Lonavla: Kaivalyadhama. • Swami Satyananda Sarasvati (1989). Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga. • Swami Sivananda. (1971). The Science of Pranayama. Chennai: A Divine Life Society Publication. • Tiwari. O. P. (1998). Asanas- Why and How. Lonavla: Kaivalyadhama. • Thirumalai Kumar. Sand Indira .S (2011) Yoga in Your Life, Chennai: The Parkar Publication. • Khalsa, M., & Bhajan, . (2008). Meditations for addictive behavior. Minneapolis, MN: I Was There Press. ISBN-10: 097991921 5. ISBN-13: 978-09799 19213 • Lysebeth, A. (1979). Pranayama, the yoga of breathing. London: Unwin Paperbacks. ISBN-10: 0041490509. ISBN -13: 978-0041490503 • Pandä, N. (2003). Meditation. New Delhi: D.K. Printworld. ISBN-10: 81246021 15 ISBN-13: 978- 81 24602119 • Ramacharaka, . (2009), The 		

science of breath. Waiheke Island: Floating Press. ISBN- 10: 1508983704. ISBN-13: 978-1508983705 • Desikachar, T.(1999). The heart of yoga. Rochester, Vt,: Inner traditionsInternational. ISBN- 13: 978-0892817641. ISBN- 10: 08928 1 764X • Iyengar, B. (1979). Light on yoga. New York: Schocken Books. ISBN-10: 0805210318. ISBN- 13: 978-08052 10316 • Kaminoff, L., & Matthews, A. (2012). Yoga anatomy. Champaign, IL: Human Kinetics. ISBN- 10: 1450400248. ISBN- 13: 978- 1450400244

Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance – 5 marks

Research Orientation of the student.

Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in
- India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR M.P.E.S./SEMESTER IV /PAPER IV

Program/Class: <i>Master of Physical Education and Sports Sciences</i>		Year: Fifth	Semester: IV
SUBJECT: Physical Education - THEORY			
Course Code: MPES204T		Course Title: SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION	
Course Outcomes: Students can be able to understand knowledge of sports medicine, Injury prevention and rehabilitation in the field of sports			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<ul style="list-style-type: none">Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE		15
II	<ul style="list-style-type: none">Posture, Values of Good posture, Causes of Bad posture, Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knees, Bow legs, Flat foot. Causes for deviations and treatment including exercises		15
III	<ul style="list-style-type: none">Therapeutics modalities : Cryo, thermo, Hydro, Electro, Actino therapy Strapping, Taping and Bandages, supporting, Aiding techniques for equipment for upper extremities and Lower extremities and spine.		15
IV	<ul style="list-style-type: none">Brief history of massage – Massage as an aid for relaxation, Principles of massage, Physiological , Chemical, Psychological effects of massage,Contra indications of Massage, Classification of Massage , Stroking manipulation: Effleurage , Pressure manipulation: Petrissage Kneading (Finger, Kneading,		15

	Circular) ironing Skin Rolling, Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation: Vibration and shaking.	
Suggested Readings:		
<ul style="list-style-type: none"> • Doherty. J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd. Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd. Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York 		
Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks)		
Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Suggested equivalent online courses:		
<ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR M.P.E.S./SEMESTER IV /PAPER V

Program/Class: <i>Master of Physical Education and Sports Sciences</i>	Year: Fifth	Semester: IV
SUBJECT: PHYSICAL EDUCATION - PRACTICAL		
Course Code: MPES205T	Course Title: SPORTS PRACTICAL WITH SPECIALIZATION IN ANY ONE: TRACK & FIELD / GYMNASTICS / SWIMMING / COMBATIVE SPORT / INDIGENOUSSPORT / TEAM GAME/ RACKET GAME.	
Course Outcomes: Students will know the athletics events and coaching and teaching practice.		
Credits: 04		Elective
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	Layout and marking of play filed/ground/courts and measurement of equipments used in Game/Sport	15

II	PART – B	
	<ul style="list-style-type: none"> • Classification of techniques/skills. • Technique/skill training: Preparatory. Basic, Supplementary exercises. • Identification and Correction of faults. • Training for mastery in technique/skill. • Recreational and lead-up activities. • Warm-up and cool down for game/sports.. 	15
III	Part-C	
	Mechanics of officiating. • Qualities of good official. • Duties of official (pre, during and postgame) • Rules & their interpretations	15
IV	Part-D	
	<ul style="list-style-type: none"> • Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility) • Basic Concept of preparation of training schedules. • Tactical training in game/sport. • Psychological preparation required during competition in game/sport. • Preparation of shortterm and long term training plans in game/sport. • Periodization in training of players in game/sport. • General/specific fitness tests and performance/skill test in game/sport. 	15

Suggested Readings:

- Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,2000
- Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000 Sharma,Vyas Dev. “introduction to physical and health education”, avichal publishingcompany, new delhi.
- Dagar,R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005.
- Thomas R. Baechle and Roger W. Earle, (2000).

Continuous Evaluation Methods (CIE)

INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

PRACTICAL ASSESSMENT (75 Marks)

Practical – 50

VIVA – 15

Record book charts etc – 10

Course prerequisites: **There is no any prerequisites only students physical and medically fit.**

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR M.P.E.S./SEMESTER IV /RESEARCH REPORT/PAPER VI

Program/Class: <i>Master of Physical Education and Sports Sciences</i>		Year Fifth	Semester: VI
SUBJECT: Physical Education- Project			
Course Code: MPES206T		Course Title: Dissertation	
Course outcomes: Students will aware of the status of Sports in Uttarakhand.			
Credits: 04		Compulsory	
Max. Marks : 25 + 75		Min. Passing Marks: 10+25	
UNIT	TOPICS		NO. OF HOURS
I	<ul style="list-style-type: none">To write a Dissertation on comparison of two team or individual game with the help statistical tools.Analyze the data and submit a detailed report and apresentation. <p>Note: Repetition of work will be not allowed.</p>		45
Suggested Readings: Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx			
Suggested Continuous Evaluation Methods: <ul style="list-style-type: none">Making a video of survey or interview and present it.(20 marks)Attendance (5marks)			
Course prerequisites: There is no any prerequisites only student physical and medically fit.			