

**SRIDEV SUMAN UTTARAKHAND UNIVERSITY**

**TEHRI GARHWAL**

WEBSITE: [www.sdsuv.ac.in](http://www.sdsuv.ac.in)



**CURRICULAM FRAME WORK/ORDINANCE OF THREE YEAR  
BACHELOR OF PHYSICAL EDUCATION AND SPORTSPROGRAMME  
(BPES)**

**ORDINANCE AND SYLLABUS B.P.E.S. (BACHELOR OF  
PHYSICAL EDUCATION AND SPORTS ) THREE YEAR  
COURSE**

**ELIGIBILITY:**

Eligibility for admission to Bachelor of Physical Education and Sports Three Year Course (B.P.E.S.) shall be 10+2 of the Uttarakhand School Education Board \ Institution or equivalent thereof with at least Passing marks in aggregate.

**MEDIUM OF INSTRUCTION :**

The medium of instruction shall be Hindi / English and a candidate can take examination either in Hindi / English.

**PASS PERCENTAGE:**

**A candidate who-**

**(a) RESULT and DIVISION PERCENTAGE**

**60% and above , First Division**

**50% and above , Second Division**

**40% and above , Third Division**

**BACK PAPER:**

If a candidate fails in the theory (one or more) paper will have to appear in the supplementary exam, but if he fails in the practical's, sessionals, teaching ability or game specialization then he will have to appear in the next main examination as an ex-student.

**ATTENDANCE:**

Attendance in theory and practical subjects shall be compulsory. A minimum of 75% attendance is required separately for each theory and practical's subjects.

## **ORDINANCE OF B.P.E.S. (THREE YEAR) COURSE**

**B.P.E.S. :** A comprehensive written objective test/merit based on objective type of questions multi-choice (General studies, Aptitude test and current affairs about sports) -300 Marks/Practical Exam : Those candidates who qualify with 40% marks in theory of the entrance test only will be allowed to appear in the practical exam (Physical Efficiency and Skill test).

Minimum 40% marks is required for passing the practical exam (No reservation) Final result would be declared only after the completion of both the category of exams (i.e. theory and practical).

- a. Physical Efficiency obstacle test (AAHPERD Youth fitness Test ) -200 marks.
- b. Skill test on selected games as per specialization on selected games only i.e. Athletics, Badminton, Basketball, Football, Volleyball, Hockey, Tennis, Cricket, Gymnastics and Kabaddi specifically as to give skill test exam in games approved and included in the calendar of association of Indian University.
- c. **Eligibility :** Intermediate with at least 10+2 pass in aggregate is the basic requirement along with sports participation as mentioned above.
- d. **Seats :** total 60 seats.

Should submitted there fitness certificate will have to undergo medical examination in the Govt. Hospital those candidate who are pronounced medically fit by the Hospital will be given admission.

### **Fee Structure & Examination :**

**Fee :** Those students who have eligible for admission after counseling will have to deposit Rs. 26000/- (first Year), 24000/- ( second Year), 22000/- (Third Year) separately, this money will be deposited through Draft/ Banker Cheque in favour of JASPAL RANA Institute of Education & Technology, Dehradun.

**Uniform :** Black pant, white shirt, Mahroon tie, Black colour shoe and track shuit, Twoshorts, T-Shirt, Mahroon Blessure, sports shoe, shocks and Bag.

**Attendance :** Each student shall have attendance as per UGC, University rules, in theory andpractical activities separately. The attendance shall be recorded in terms of working days, lectures and practical classes separately.

**Medium :** The medium of instruction and examination shall be in English and Hindi.

- In addition to the above rules the student must fulfill the following requirements to appear in the final examination.
- Should have attended educational Tour organized by the Institute at least 07 days.
- Attended minimum of 07 days Adventure Leadership Training Camp organized by the Institute.
- The student will have to submit tour/camp report within ten days after arrival from tour/camp compulsorily in the Institute failing which the result will not be declared.

**Examination :**

1. There shall be final examination at the end of each year and a candidate must pass separately in :

Part - A	.....	Theory
Part - B	.....	Practical
Part - C	.....	Teaching Ability
Part - D	.....	Games Specialization

Exam of specialization will be conducted as per the choice of the student opted out of ten games offered in B.P.E.S. syllabus.

Part - A ..... Theory Part - B ..... Practical  
 Part - C ..... Teaching Ability Part - D .....  
 Games Specialization

Including marks of Educational Tour/Leadership training camp. Division of student will be given on the basis of aggregate marks obtained from all the parts including tour/camp marks. The degree will have the division of the student as well as the game specialization mentioned on it.

- (iii) For teaching ability the minimum percentage required is 40%, that shall consist of the sessional as well final examination marks. Final teaching ability exam will be conducted by the external examiner in general and special category separately.
- (iv) The practical examination must be conducted by the internal examiners completing the syllabus. The minimum aggregate marks required shall be 40%. The following games are included for the practical examination. Athletics, Badminton, Basketball, Cricket, Football, Kabaddi, Hockey, Volleyball, Yogasan and Shooting.
- (v) Game Specialization : Every student has to opt one game out of the ten games given in the B.P.E.S. Syllabus. The student is required to submit a project book and will have to appear in the skill proficiency exam of the game opted by the candidate. The examination will be conducted by the External Examiners.
- (vi) If a candidate fails in the theory (one or more) paper will have to appear in the supplementary exam, but if he fails in the practical's, sessionals, teaching ability or game specialization then he will have to appear in the next main examination as an ex-student university police/norms .
- (vii) Each student has to complete minimum five lessons in different schools separately for general and special lesson that will be evaluated by internal examiners.
- (viii) The candidate who passes in all the examinations with minimum 40% of marks as will be declared pass. Such pass candidate will be awarded with the division according to the following criteria.

First Division.....Candidate securing 60% of marks and above in aggregate secured in Part A, B, C and D examination.

Second Division.....Less than 60% but not less than 50% in the aggregate.

Third Division .....Less than 50% but not less than 40% in aggregate.

All the student who have not passed , will be categorized as failed.

**Paper Structure:** The object and scheme of examination shall be as following :

**ACADEMIC PROGRAMME**  
**SCHEME OF EXAMINATION**  
**B.P.E.S.–Ist Year**

**PART-A (THEORY PAPER)**

Paper	Subject	Maximum Marks		
		External	Sessional	Total
I	History And Principle Of Physical Education	80	20	100
II	Basic And Systematic Anatomy	80	20	100
III	Sports Sociology and Environmental Studies	80	20	100
IV	Health Education	80	20	100

**PART-B (PRACTICALS)**

Paper	Subject	Maximum Marks	
		Internal	Total
I	Atheletic	100	100
II	Volleyball	100	100
III	Badminton	100	100
IV	Football	100	100

**Grand Total- 800/**

**B.P.E.S. – IIInd Year****PART-A (THEORY PAPER)**

Paper	Subject	Maximum Marks		
		External	Sessional	Total
I	Physiology and Physiology of exercise	80	20	100
II	Educational and Sports Psychology	80	20	100
III	Management of Physical Education	80	20	100
IV	Kinesiology	80	20	100

**PART-B (PRACTICALS)**

Paper	Subject	Maximum Marks	
		Internal	Total
I	Kabaddi	100	100
II	Gymnastic	100	100
III	Basketball	100	100
IV	Kho-Kho	100	100

**PART-C- Educational Tour and Project work**

Paper	Subject	Maximum Marks	
		Internal	Total
I	Educational Tour	50	50
II	Project work	50	50

**Grand Total-                      900/**

**B.P.E.S. – IIIrd Year****PART-A (THEORY PAPER)**

Paper	Subject	Maximum Marks		
		External	Sessional	Total
I	Sports Training , Officiating and Coaching	80	20	100
II	Method in Physical Education	80	20	100
III	Test and Measurement in Physical Education	80	20	100
V	Yoga & Recreation	80	20	100

**PART-B (PRACTICALS)**

Paper	Subject	Maximum Marks	
		Internal	Total
I	Hockey	100	100
II	Cricket	100	100
III	Yoga	100	100
IV	Shooting	100	100

**PART-C- Teaching Practice**

Paper	Subject	Maximum Marks	
		External	Total
I	General lesson Plan	100	100
II	Specific lesson Plan	100	100
III	Theory lesson plan (Any one Subject)	100	100
IV	Game Specialization	100	100

**Grand Total- 1200**



**B.P.E.S. –Ist year**  
**PAPER - I**  
**HISTORY AND PRINCIPLE OF PHYSICAL EDUCATION**

**B.P.E.S.- Ist year**

**Paper- I**

**Duration of the paper:3 hours `**

**Maximum Marks: 100**

**Theory/Written: 80**

**Internal Assessment: 20**

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III, IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**Unit –I:**

- (A). (a). Definition, Meaning ,aims and objectives of Physical Education.  
 (b). Importance of Physical Education in the modern age.  
 (c). Relationship of Physical Education with health Education and recreation.  
 (B). (a). History of Physical Education in Ancient Greece with special reference of the evolution of Olympic games.  
 (b). History of Physical Education in the Roman Empire with special emphasis on circus, gladiatorial contest and the downfall of Olympics.

**Unit-II:**

- (A). (a). A brief account of the history of gymnastic in  
 (i) Sweden (ii) Denmark (iii) Germany with Special stress on education gymnastics.  
 (b). Contribution of the English people to spread modern games in India.  
 (c). Modern stage of Physical education  
 1. India 2. Europe 3. USA  
 (d). India : Pre - Vedic Period , Vedic Period, Historical Period  
 (B). (a). Olympics Games  
 (b). Asian Games.  
 (c). Common wealth games(CWG)  
 (d). S.A.F. Games.  
 (e). Indian National Games

**Unit-III:**

- (A). (a). History of Physical Education in India from Ancient times to 1947.  
 (b). Modern Trends in Physical in India with Special reference to the following:  
 (i) AICS (All India Council of Sports)  
 (ii) C.A.B. Physical Education (Central Advisory Board in Physical Education)  
 (iii) N.F.C (National Fitness Corps)  
 (iv) IOC (International Olympic Committee)  
 (v) IOA (Indian Olympic Association.)

**Unit-IV:**

- (A). (a). Development and Achievement of the following organisation  
 Movement.  
 (i). NSNIS Patiyala ( Netaji Subhash National Institute of Sports)  
 (ii). S.A.I. (Sports Authority of India).  
 (iii). Scouts and Guides  
 (iv). Sports Award  
 (v). YMCA

**Unit V**

Contribution to the growth of Physical Education by leaders and movement in the following countries:-

- (i) Germany (Johan Basedow, Guts Muths Fredrick Ludwing John).
- (ii) Sweden ( Per Henric ling)
- (ii) Denmark ( frank Nachtegal )
- (iii) Great Britain (Archibald Marclarin).
- (iv) India : Shri H.C.Buck ,Shri J.D. Sondhi, Dr. P.M. Joseph , Rajkumari Amrit Kaur.

**Reference Books:**

- |   |                            |  |
|---|----------------------------|--|
| 1 | D.C Wakherkar              | Manual of Physical Education, 1967                 |
| 2 | Eraz Ahmed Khan            | A History of Physical Education, 1964              |
| 3 | Kamlesh M.L & Sangral M.S. | Principles and History of Physical Education, 1977 |
| 4 | Ministry of Education      | A National Plan of Physical Education, 1965        |
| 5 | Sanyal Sardindo            | India and Olympic Games                            |

**B.P.E.S. –Ist year**  
**PAPER - II**  
**BASIC AND SYSTEMIC ANATOMY**

**B.P.E.S. - Ist year**

**Paper- II**

**Duration of the paper:3 hours `**

**Maximum Marks: 100**

**Theory/Written: 80**

**Internal Assessment: 20**

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**Unit – I Introduction**

- (A) Meaning ,Definition & Concept of Anatomy.
- (B) Need and Importance of anatomy in the field of Physical Education.
- (C) Structure and functions of cells.
  - a. Structure of cell
  - b. Properties of cell
  - c. Constituents of cell and their functions
- (D) Structure and functions of tissues
  - a. Definition of tissue
  - b. Classification of tissues
  - c. Structure and functions of various types of tissues

**Unit - II Skeletal System**

- (A) **Brief introduction about the skeletal system**
  - a. Composition of bone
  - b. Classification of bones
  - c. Functions of bones
  - d. Brief introduction about skull bone
- (B) **Joints**
  - a. Definition of joints
  - b. Classification of Joints
  - c. Structure of joints
  - d. Terminology of movements around a joint

**Unit - III**

- (A) **The Muscular System**
  - a. Structural classification of muscles
  - b. Functional classification of muscles
  - c. Functions of muscles (skeletal, cardiac and smooth)
  - d. Properties of skeletal muscles (elasticity, contractibility, stretchability, irritability and muscle tone)
  - e. Effect of exercises and training on muscular skeletal System.
- (B) **The Nervous System**
  - a. Introduction about the nervous system
  - b. Structure of various parts of brain
  - c. Structure of spinal cord
  - d. Reflex Action .

**Unit – IV****(A) Cardio – Vascular System**

- a. Introduction about heart and cardiovascular system
- b. Structure of heart
- c. Structure of artery, veins and capillaries
- d. Blood flow through the heart
- e. Types of blood circulation
- f. Pumping action of heart and its regulation
- g. Effect of exercise and training on cardio vascular system and heart

**(B) Respiratory system**

- a. Introduction about respiratory system
- b. Organs of respiratory system
- c. Structure of organs
- d. Types of respiration
- e. Muscles of respiration
- f. Mechanism of respiration
- g. Effect of exercise and training on respiratory system

**Unit – V****(A) Digestive system**

- a. Organs of digestive system.
- b. Structure of various parts of digestive system.
- c. Secretion and function of digestive juices.
- d. Name of digestive juices.
- e. Function of liver as an accessory organ of digestion.

**(B) Excretory System**

- a. Introduction about excretory system
- b. Brief concept of excretion of water from the body through skin (sweating),lungs, kidney and urinal track
- c. Structure of kidney and urinal track
- d. Formation of urine in kidney(Simple filtration, selective reabsorbs ion and secretion)

**(C) Reproductive System**

- a. Brief Introduction
- b. Test and Ovaries.

**References :**

- a. MC Clerg, Anderon T., Human Kinetics and Analyzing Body Movements,London : William Hein Mann Medical Book Ltd.
- b. Davis, D.V. Gray's Anatomy : London : Longmans Green and Co. Ltd.
- c. Pcatce, Evelyn B., Anatomy and Physiology for Nurse : London faber and faber Ltd.
- d. Pearce, J.W. Anatomy for students and teachers of Physical Education, London : Edward Arnold and Co.
- e. Anderson, T. Mc. Clerg. Human Kinetics and Analyzing Body Movements,London : Wiliiam Heinman Medical Books Led. 1961.

**B.P.E.S. –Ist year**  
**SPORTS SOCIOLOGY AND ENVIRONMENTAL STUDIES**  
**PAPER-III**

<b>B.P.E.S.- Ist year</b>	<b>Maximum Marks:</b>	<b>100</b>
<b>Paper- III</b>	<b>Theory/Written:</b>	<b>80</b>
<b>Duration of the paper:3 hours `</b>	<b>Internal Assessment:</b>	<b>20</b>

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**SPORTS SOCIOLOGY – PART( A)**

**UNIT-I**

- (A) **Introduction to Sport Sociology**
- (a) Sports sociology, meaning, scope, and importance
  - (b) Sociological perspectives on sports and physical education
- (B) **Culture & Sports**
- (a) Meaning and Definition of culture, Types of culture ,Elements of sports culture.
  - (b) Interaction between cultural elements and cultural lag and changes in sports sub culture.

**UNIT-II**

- (A) **Society and Sports**
- (a) Society, meaning, types and growth of sports.
  - (b) Changes in sports i.e amateur, professional & commercial sports.

**UNIT-III**

- (A) **Gender & Sports**
- (a) Gender and sports, gender in equality and women participation in sports, causes of social differentiation .
- (A) **Socialization & Sports**
- (a) Sports socialization, meaning ,definition and importance, types of socialization .
  - (b) Social Institutions, Meaning and Definition , Types of Institution, religions, family ,educational, economic, Political,

**ENVIRONMENT STUDIES- PART( B)**

**UNIT-IV**

Meaning , definition , Concept and component of the environment.  
 Structure and types of environmental studies , Scope of environmental studies.  
 Men environmental relationship. Environment Planning and management.

**UNIT-V**

Concept of ecology and eco-system, component of eco-system.  
 Energy flow (food chain and web, trophic levels pyramids)  
 Bio- diversity and its conservation. Importance of Bio-diversity.  
 Environment problems :- global warming,Greenhouse effect, population explosion.Environment and Indian constitution

**References:**

- Ahuja, Ram., Samajik Anusandhan, New Delhi, rawat, 2007
- IGNOU , Social Problems In India - Social Framework, Delhi: IGNOU, 2005
- Prasad, B.K. , Social problems in India -Delhi-anmol, 2004
- Rawat, H.K, Sociology Basic Concepts Jaipur, Rawat P, 2007
- Sharma, N.P, Khel Aur Smaaj Shastra, Delhi: Khel Saahityaa Kendra, 2005
- Sharma, P.D., Khel Smajshastra, India, Friends Pub, 2008
- Singh, M.K., Indian Women & Sports, Romat Publication, 1991.
- Syed, M. H, Soccial change in India, Delhi-Anmol, 2007.
- Upadhyaya, Ramesh &Sangya, Sanskritik Samrajyavad, Shabdasandhan, 2006.

**B.P.E.S –Ist year**  
**PAPER- IV**  
**HEALTH EDUCATION**

**B.P.E.S. - Ist year**

**Paper- IV**

**Duration of the paper:3 hours `**

**Maximum Marks: 100**

**Theory/Written: 80**

**Internal Assessment: 20**

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III, IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**Unit I**

**(A) Health**

- a. Dimensions of Health
- b. Positive Health
- c. Concept Of Health
- d. Ecology of Health
- e. Spectrum of Health
- f. Determinants of Health.

**(B) Health Education**

- a.. Concept ,objective and scope
- b. Principles of Health Education.
- c. Communication in Health Education.
- d. Public Health Education in attainment of Health Goals.

**Unit II**

**(A) Factor Effecting Health**

- a. Communicable diseases
- b. Malnutrition
- c. Environmental sanitation
- d. Medical Care
- e. Population

**(B) Organization and Administrative set-up of Health System in India**

- a. Central level
- b. State Level
- c. District Level.

**(C) Planning of Health Education programme**

- a. Practice of Health Education Programme.
- b. Steps to be followed in Planning and Health Education Programme.

**(D) Brief Description of Maternal Child Health**

**Unit III**

**(A) Hygiene**

- a.The Concept, Care of Skin, Mouth, nails, clothing, bathing etc.
- b.Importance of rest, sleep and exercise.

**(B) Community Health**

- a.Brief account of Housing water supply ,sewage and refuse disposal .

**(C) School Health Service**

- a. History and Health Problems
- b. Objectives of School Health Service

**(D) Aspects of School Health Service**

- a. Health Appraisal
- b. Remedial measures and follow –up
- c. Prevention of communicable diseases
- d. Healthful school environment
- e. Nutritional services
- f. First –aid and Emergency care
- g. Mental health
- h. Dental health
- i. Eye health service.
- j. Health Education
- k. Education of handicapped children.
- l. School Health record.

**Unit IV****(A) Food and Nutrition**

Classification of foods ,Proximate Principles, and Role of various nutrients.

**(B) Balanced diet**

Definition ,Principles of preparing and balance diet. Malnutrition and Adulteration of food.

**Unit V****(A) National Family Welfare Programme**

Concept, need, importance, and role of Health Education in family welfare programme.

**(B) Sex Education**

Concept, need and organization of sex education at school level.

**(C) National Health Programmers in Indian**

- (a) NMEP (National Malaria Eradication Programme.)
- (b) DDCP (Diarrhoeal Diseases Control Programme.)
- (c) NFCP (National Filaria Control Programme.)
- (d) National TB Control Programme.
- (e) STD Control Programme.

**(D) International Health Agencies**

- (a) WHO (b) UNICEF (c) UNDP
- (d) FAO (e) ILO

**(E) Evaluation**

- (a.) Evaluation of Health Education Programme.
- (b.) Importance of Evaluation of Health Education Programme.

**Reference:**

1. Park ,J.E. and Park ,K. Preventive and Social medicine Jabalpur : M/s.Banarsidas Bhanot Publishers,1983.
2. Anderson ,C.L. and Chewell , William H. School Health Practice, St. Louis: The C. V.Mosby Company ,1986.
3. Bedi, Yashpal Social and Preventive Medicine ,New Delhi ,Atmaram and Sons ,1985.
4. Goah ,B.N. Hygine and Public Health ,Calcutta :Scientific Publishing Co.1989.
5. Hanllon, John ,I. Principal of Public Health Administration Saint Louis :The C.V. Mosby Company 1969.
6. Katz, Alfred ,H ,and Felton , Jean Spences Health and the community .London :Coltion Mc Millan Limited 1965.



**B.P.E.S. –Ist year**  
**GAMES (PRACTICAL)**  
**ATHELETIC**

**Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

**B.P.E.S. –Ist year**  
**GAMES (PRACTICAL)**  
**VOLLEYBALL**

**Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

**B.P.E.S. –Ist  
year**

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**GAMES (PRACTICAL)**

**BADMINTON**

**Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

**B.P.E.S. –Ist  
year**

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**GAMES (PRACTICAL)**

**FOOTBALL**

**Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

**B.P.E.S. –IIInd year**  
**PAPER-I**  
**BASIC PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE**

**B.P.E.S. – IIInd Year**

**Paper- I**

**Duration of the paper:3 hours `**

**Maximum Marks: 100**

**Theory/Written: 80**

**Internal Assessment: 20**

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**Unit I**

**Introduction**

- (a) Meaning and concept of physiology.
- (b) Need and importance of physiology for the students of physical education.
- (c) Meaning and concept of exercise physiology.
- (d) Need and importance of exercise physiology in physical education and sports.

**Unit II**

**Cardio Pulmonary System**

1. The Cardio- vascular system and Blood.
  - (a) Cardiac – cycle.
    - Definition of cardiac cycle
    - Concept of cardiac cycle with the help of diagram.
  - (b) Blood pressure, its maintenance and regulation
    - Definition of blood pressure.
    - Types of blood pressure.
    - Measurement of blood pressure.
    - Regulation of blood pressure.
  - (c) The cardiac output and its regulation
    - Concept of cardiac output.
2. The respiratory System
  1. Mechanism of Respiration.
  2. Pulmonary ventilation and its regulation.
3. Second – wind, Oxygen debt.

**Unit III**

**Digestive, nervous and sensory system**

- (a) Digestive System
  1. Absorption of Food and Digestion in mouth.
  2. General metabolism, metabolism of carbohydrates fats and proteins.
  3. Temperature – Regulation

## (b) Nervous System

1. Functions of the important parts of the nervous system, cerebrum, medulla oblongata, thalamus, cerebellum and spinal cord.
2. Functions of autonomic nervous system.

## (c) Sensory System

1. General sensations (cutaneous and kinesthetic)
2. Brief knowledge about various forms of senses with special reference to vision and hearing.

**Unit IV****Excretory, Endocrine and Reproductive Systems**

## (a) The excretory System -

Excretion of water from the body through skin, lungs, kidney and GI Tract.

## (b) The Endocrine System -

1. Secretion of endocrine glands (Pituitary, Thyroid, Adrenal, Pancreas, parathyroid gonado glands, Thymes)
2. Role of their secretion in growth. Development and body functions.

## (c) Reproductive System -

1. Physiology of human reproduction.
2. Basic knowledge of transmission of hereditary characteristics.

**Unit V****Physiology of Exercise**

- (a). Effect of exercise on respiratory, circulatory and muscular system.
- (b). Changes during muscular contraction.
- (c). Nerve control of muscular activity.
- (d). Warming-up, conditioning and training.
- (e). Stitch and cramps.

**References:**

1. Anthony, C. Parher and Kolthoff N. Jane, Text Book of Anatomy and Physiology, St. Louis : The C.V.: Mosby Company.
2. Chatterjee, C.C. Human Physiology, Calcutta, Medical Allied Agency.
3. Clarke, David, H. Exercise Physiology, New Jersey : Prentice Hall Inc., Englewood Cliffs.
4. Translated by Myshne, David, A. Text Book for Nurses Training Schools, Moscow, NIR Publishers.
5. Pearce, Evelyn, C. Anatomy and Physiology for Nurses. Calcutta, Oxford University Press.

**B.P.E.S–IIInd year**  
**PAPER-II**  
**EDUCATIONAL AND SPORTS PSYCHOLOGY**

**B.P.E.S. – IIInd Year**  
**Paper- II**  
**Duration of the paper:3 hours `**

**Maximum Marks: 100**  
**Theory/Written: 80**  
**Internal Assessment: 20**

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**Unit I :**

- (a) Meaning, Definition and Nature of Psychology
- (b) Scope of psychology
- (c) Psychology as Science
- (d) Branches of Psychology
- (e) Importance of Psychology in Education with special reference to Physical Education.

**Unit II:**

**HUMAN GROWTH & DEVELOPMENT**

- (a) Meaning and definition of Growth and Development
- (b) Principles of Growth and Development
- (c) Stages of Growth and Development (Infancy, Childhood, Adolescence) physical, mental, social and emotional characteristic.
- (d) Individual differences: Meaning of the terms individual differences.
- (e) Heredity and environment is cause of individual differences.

**Unit III :**

**LEARNING**

- (a) Meaning and Definition of Learning
- (b) Effective methods of learning.
- (c) Laws of Learning (Readiness, Exercise & Effect)
- (d) Theories of learning:- (Trial and error ,Conditioned reflex ,Insight theory)
- (e) Transfer of learning (Positive, Negative, Zero)
- (f) Conditions of transfer of training & Learning
- (g) learning curve, How to overcome plateau.

**Unit IV :**

**PERSONALITY**

- (a) Meaning and Definition of personality.
- (b) Characteristic of personality.
- (c) Traits of personality
- (d) Types of personality
- (e) Measurement of personality.

**Motivation**

- (a) Meaning and definition of motivation.
- (b) Source of motivation, need, drive, incentive.
- (c) Types of Motivation
- (d) Theories of motivation.
- (e) Importance of motivation in the field of Physical Education & Sports.

**Unit V :****COMPETITION, HUMAN BEHAVIOUR AND MENTAL HYGIENE**

- (a) Characteristic Sportsmen Pre-during , Post-competition.
- (b) Play and its theories – Play - way in Education and Physical Education. (c)Teaching methods based on Play - way .
- (d)Emotion: Definition importance to coach and Physical Education Teachers.
- (e)Short discussion (Imitation , Attention , Interest, Memory ,Anxiety , stress, conflict , Frustration ).

**References :**

1. Boaz, G.D General psychology , Madras: Boaz institute of Psychological Service,1957
- 2.Skinner, C. E. Educational Psychology ,New Delhi : Prentice Hall of India Pvt. Ltd.
3. Lindren, H. E. Educational Psychology in classroom ,New York :John Wiley & Sons Inc. 1963.
4. Kamlesh ,M.L. Psychology of Physical Education and Sports , New Delhi Metropolitan Bros.
- 5.Snum, Richar M. Psychology in Sports ,Surjeet Publication ,1982
- 6.Silva ,J.M. and Weinberg R.S Psychology of foundations of Sports , Illinois , Human Kinetics Publishers Inc.
7. Bhatia, H.R. Elementary Educational Psychology, 1965

**B.P.E.S. – IIInd year**  
**PAPER III**  
**MANAGEMENT OF PHYSICAL EDUCATION**

**B.P.E.S.– IIIrd year**  
**Paper- III**  
**Duration of the paper:3 hours `**

**Maximum Marks: 100**  
**Theory/Written: 80**  
**Internal Assessment: 20**

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**Unit I**

**Introduction**

- (a) Meaning and definition of planning, organisation, administration and management and their nature and scope.
- (b) Importance of planning and management in educational institutions.
- (c) Principles of planning and management, organization structure:
  - (i). Working out an effective scheme of organization.
  - (ii). Scheme of organization in school, college and university.
  - (iii).Scheme of organization in the district and state education.

**Unit II**

**Facilities and equipments**

- (a) Layout of the school building and other facilities.
- (b) Types of buildings, laboratories, other built-up facilities.
- (c) Layout of physical education facilities- common and special.
- (d) Need and importance of equipments for physical education and recreation
- (e) An ideal of equipment or physical education and recreational activities.
- (f) Realistic approach in purchases, procedures.
- (g) Development of improvised equipments
- (h) Storing, store keeping.
- (i) Care, maintenance, repairs and disposal of equipments.

**Unit III**

**Staff and Leadership**

- (a) Head of the Institute, his role in imbibing the spirit of discipline in sports and education.
- (b) Importance of qualified teachers of physical education and recreational leaders
- (c) Qualities of good teachers /teachers of physical education
- (d) Development of voluntary services of other teachers.
- (e) Student leadership & it's importance and limitations.
- (f) Staff cooperation
- (g) Selection of training of students leaders.
- (h) Recognition of staff and student leaders.

## Unit IV

### **Intramurals, extramural and Public Relations**

#### **(A) Intramural and Extramural**

- (a) Meaning and Need.
- (b).Planning of Organisation .
- (c). Events
- (d) Points
- (e) Outcomes of Participation(educational)
- (f) Limitations in participation.
- (g) Selection and training of teams.
- (h) Participation, finances and other aspects.

#### **(B). Public Relations**

- (a). Definition and need.
- (b). Principles of public relations in physical educations.
- (c). Techniques, sue of media
- (d). Relations with parents, public and other bodies.
- (e). Demonstration, displays on special occasions

## Unit V

### **Office management and budget**

- (a). Maintenance of records
- (b). Office Correspondence, filing and reports.
- (c). Physical education budget and it's preparation
- (d). Income & expenditure (sources)
- (e). Maintenance of accounts.
- (f). Petty cash.

### **References:**

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



**B.P.E.S. –IIInd year**  
**PAPER-IV**  
**KINESIOLOGY**

<b>B.P.E.S. – IIInd Year</b>	<b>Maximum Marks: 100</b>
<b>Paper- IV</b>	<b>Theory/Written: 80</b>
<b>Duration of the paper:3 hours `</b>	<b>Internal Assessment: 20</b>

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**Unit I:**

**Introduction**

- (a) Meaning & Definition, Brief history and contributions of different – Scientist to the subject. Leonardo da Vinci, Alfonso Borelli, Weger Brothers, Benjamin Duchene.
- (b) Aims and objectives of Kinesiology.
- (c) Role of Kinesiology in Physical Education.
- (d) Fundamental concepts:  
 Definition and brief explanation of the following terms and their application to the human body.  
 Axis and Planes, Centre of Gravity, Line of Gravity, Base, Starting Positions.

**Unit II:**

**Anatomical Concepts**

- (a) Review of classification of joints and muscles, Terminology of fundamental movements.
- (b) Types of Muscle-Contraction (Isometric, Isotonic – concentric, & Isokynatic. Eccentric), All or None Law, Reciprocal innervations and inhibition group action of muscles and Muscular Co-ordination.
- (c) Major characteristics location and action of major joints of the human body. Location and actions of major muscles at these joints.

**Unit III:**

**Mechanical Concepts**

- (a) Concept of mechanical basic of Kinesiology and its application in physical education and Sports.
- (b) Definition and brief explanation of following basic terms :  
 Mass, weight, force, motion, equilibrium, friction, speed, velocity, Momentum & stability.

**Unit IV:****(a) Kinesiological fundamental of Mechanism**

- (1) Simple Mechanics found in the Musculo- skeletal system (Leverage and its application to human body)
- (2) Laws of motion and their application to sports activities.
- (3) Forces :
  - a. Moving one's own body.
  - b. Giving impetus to external objectives,
  - c. Receiving impetus.
- (4) Equilibrium: Role of equilibrium in sports and games.

**Unit V:****Application**

- (a) Application of basic mechanical principles to walking, running and jumping.
- (b) Motor skills of daily living.
- (c) Application of mechanics for prevention of injury.

**Reference:**

- Brower, Marion, R. Efficiency of Human Movement. Philadelphia : W. B. Saunders Co. 1966-Dollar.
- Cooper, John, M. and R.B. Glassgow . Kinesiology . St Louis : C.V. Mosby Company ,1963.
- Scott M. Gladys. Analysis of Human Motion, New York .
- Wells, Katherine P. Kinesiology , Philadelphia. W.B. Saunders Co., 1966.
- James, G. Hay, J. Gavin Reid. The Anatomical and mechanical Bases of Human Motion.Prentice Hall Inc. New Jersey.
- Rasch Philip J. and P.K. Burke. Kinesiology and Applied Anatomy. Philadelphia. : LEA and Febiger, 1967.
- Duan, John W. Scientific Principles of Coaching . Englewood cliffs, N.J. Prentice Hall Inc. 1966.
- Duvall Elien Neal. Kinesiology . Englewood Cliffs , N.J. Prentice Hall Inc. 1956.

**B.P.E.S. –IIInd year**

**GAMES (PRACTICAL)**

**KABADDI**

**Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

**B.P.E.S. –IIInd  
year**

**GAMES (PRACTICAL)**

**GYMNASTIC**

**Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

**B.P.E. S.–IIInd year****GAMES (PRACTICAL)****BASKETBALL****Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

**B.P.E.S.—IIInd year****GAMES (PRACTICAL)****KHO-KHO****Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

**B.P.E.S. –IIInd year****EDUCATIONAL TOUR**

- I. Educational Tour – Camping , Picnic, Adventure, Tracking, River Rafting

**B.P.E.S. – IIIrd year**  
**PAPER-I**  
**SPORTS TRAINING ,OFFICIATING AND COACHING**

**B.P.E.S– IIIrd year**  
**Paper- I**  
**Duration of the paper:3 hours `**

**Maximum Marks: 100**  
**Theory/Written: 80**  
**Internal Assessment: 20**

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**Unit - I**

**Sports Training**

- (a). Meaning and definition of sports training.
- (b). Definition of terms - Conditioning, Teaching, Coaching and Sports Training.
- (c). Importance of sports training
- (d). Aim, Tasks and Characteristics of Sports Training.
- (e). Principles of Sports Training.

**UNIT-II**

- (a). Training Load – Meaning, Types and Principle.
- (b). Overload Meaning, Causes, Symptoms and tackling of Overload.
- (c). Adaptation Process, Factor affecting recovery and Super compensation.

**UNIT-III**

- (a). Development of motor Abilities Endurance, strength, speed, flexibility,
- (b). Co- ordinative Abilities, meaning definition and types of Co-ordinative abilities.

**UNIT-IV**

- (a). Technique – Meaning and Significance of Technique Training in different Sport.
- (b). Tactics – Meaning and Significance.
- (c). Periodization – Meaning and Type.
- (d). Training cycle plans – Micro, Meso and Macro.

**UNIT-V**

- (a). Meaning and definition of officiating and coaching its importance.
- (b). Qualities and duties of good coach and a good official.
- (c). Track Marking – 400 meter. And 200 meter.
- (d). Duties of an Official- Score sheets of different games and Athletics events.
- (e). Ground Marking – Cricket, Volleyball, football, Handball, Table –tennis, Badminton, Hockey, Labadie, Basketball and Kho-Kho.

**Books:**

1. Science of sports training D.V.S. Publication New Delhi. – Hardayal Singh
2. Principles of sports training, Kreedha sahitya publication. – R.K. Sharma
3. Test and Measurement in Physical Education. – Donald K. Mathew

**References:**

1. Essentials of Physical Education, Dr. Ajmer Singh, Dr. Jagtar Singh Gill, Dr. Jagdish Bains, Dr. Rachhpal Singh Brar, Kalyani Publishers, Ludhiana, New Delhi, Noida(UP)
2. Science of Sports Training, Dr. A.K. Uppal, Friends Publications, New Delhi (India)
3. Science of Sports Training, Hardayal Singh
4. Bratty, s perceptual and motor development in infants and children. Prentice hall,1979
5. Harre, d. principles of training.
6. Science of Sports training D.V.S Publication New Delhi- Hardayal Singh.
7. Principals of sports training kreedha sahitya publication.- RK Sharma
8. Test and Measurement in Physical Education – Donald Mathew

**B.P.E.S. –IIIrd year**  
**PAPER-II**  
**METHODS IN PHYSICAL EDUCATION**

<b>B.P.E.S – IIInd Year</b>	<b>Maximum Marks: 100</b>
<b>Paper- III</b>	<b>Theory/Written: 80</b>
<b>Duration of the paper:3 hours `</b>	<b>Internal Assessment: 20</b>

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**Unit 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 whole method, command method, discussion method,project method, demonstration method, Imitation Method & Lecture Method.

**(C) Principles of teaching**

**Unit 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.

**Lesson planning**

**Types of lessons and their values**

- (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).

**Unit III**

**Organization and conduct of competitions**

- (a) Tracks and field
- (b) Gymnastics.
- (c) Weight lifting, body building and best physique contest.
- (d) Sports & combative Sports tournaments.
- (e) Swimming, diving -aquatics.

**Tournaments - organization, meaning and their types**

- (a) Knock -out types of elimination double elimination tournaments..
- (b) League-(single-double) or round robin type.
- (c) Combination type of tournament.
- (d) Challenge of perennial type (ladder-pyramaid type).
- (e) Miscellaneous type of small area games.

## Unit IV

### Audio-visual aids and teaching gadgets

- (a) Values and uses of audio visual aids.
- (b) Criteria for selecting the aids.
- (c) Steps to be followed in using teaching aids.

### Publicity - meaning and method of preparation:

- (a) Demonstration.
- (b) Play days.
- (c) Exhibitions.
- (d) Sports for all days.

## Unit V

### Marking of track and play fields:

- (a) Track and field - track 400 m standard and 200m.
- (b) Play field - football, volleyball, basketball, hockey, badminton, kabaddi, Kho-kho, softball as per international regulation.

### Improvisation - ways and means of improvisation:

- (a) Area
- (b) Apparatus
- (c) Equipment
- (d) Leadership
- (3) Evolution
- (a) Need
- (b) Importance
- (c) Basic methods of evaluation:

- Observation
- Interview
- Tests and measurements
- Corporative evaluation by pupil and teacher

### References:

- 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 for physical education, new york: mc graw hill book co., 1948.



**B.P.E.S. – IIIrd year**  
**PAPER III**  
**TEST AND MEASUREMENT IN PHYSICAL EDUCATION**

**B.P.E.S.– IIIrd year**

**Paper- IV**

**Duration of the paper:3 hours `**

**Maximum Marks: 100**

**Theory/Written: 80**

**Internal Assessment: 20**

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**Unit I**

**Introduction**

- (a) Meaning of Test, Measurement and Evaluation .Need and Importance of Test , Measurement and Evaluation in Physical Education.
- (b) Meaning of Statistics, Need and Importance of Statistics in Physical education.
- (c) Meaning of Data .Kinds of Data.
- (d) Frequency Table – Meaning construction and uses .Population and sample. Sampling techniques – importance and principles.

**Unit II**

**Fundamentals of Statistics**

- (a) Measures of Central Tendency –Meaning uses and calculations from frequency tables.
- (b) Measures of variability –meaning uses and calculations.
- (c) Graphical representation of Data.
- (d) Percentile Meaning, uses and calculations.
- (e) Correlations –Meaning, uses and calculations.

**Unit III**

**Test and Evaluation and Construction**

- (a) Knowledge Test. Importance and Types
- (b) Items to be included in objective and subjective knowledge tests
- (c) Criteria of test selection

**Unit IV: Measurement of Health Status**

- (a) Measurement of nutritional status (subjective and objective.)
- (b) Somatotyping- A brief account of kretchmer`s and Sheldon`s body types.

**Unit V: Measurement of Social Efficiency, Physical Fitness and Skill**

**Performance (1) Sports Skill Tests:**

- (a) Lockhart and McPherson Badminton Test.
- (b) Johnson Basketball Ability Test.
- (c) McDonald Soccer Test.
- (d) Brady Volleyball Test.
- (e) Harbans Singh Goal Shooting Test in Hockey.

- (2) Fitness Tests – AAHPERD Youth Fitness Test, JCR Test and Kraus –Weber Test , Roger`s PFI

**Reference:**

1. Clarke ,H.H. Application of Measurement to Health and Physical Education, Englewood Cliffs, N .J. : Prentice Hall Inc.
2. Larson ,L. A. and Yacom ,R.D. Measurement and Evaluation in Physical ,Health and Recreation Education .St. Louis :C.V. Mosby Company 1957 .
3. Mathews. Donald K. Measurement in Physical Education ,London : W .B. Saunders Company , 1973.
4. Neilson ,N.P. : An Elementary course in Statistics ,Test and Measurement in Physical Education , National Tests Polo Alth, 1960.

**B.P.E.S.–IIIrd year**  
**PAPER VI**  
**YOGA & RECREATION**

**B.P.E.S. – IIInd Year**  
**Paper- VI**  
**Duration of the paper:3 hours `**

**Maximum Marks: 100**  
**Theory/Written: 80**  
**Internal Assessment: 20**

**Instructions for the paper- setter:**

The question paper will consist of five units: I, II, III, IV, and V. Unit I, II, III IV and V will have two questions from respective section of the syllabus and will carry 16 marks each. Instructions for the candidates:

**Candidates** are required to attempt one question each from the Unit : I, II, III and IV and the entire unit V and will carry 16 marks each.

**(YOGA)**

**UNIT- I**

- (a) Definition, aims, objective & importance of yoga in the field of physical education & sports
- (b) Role of yoga in physical education – asanas, pranayama & Meditation.
- (c) Historical development of yoga.
- (d) Types of yoga : Bhakti, Karam, Raj, Laya, Mantra, Japa & Hatha

**UNIT- II**

- (a) Ashtang yoga with special reference to physical education & sports.
- (b) Shatkarm/cleansing process/ yogic methods and personal hygiene.
- (c) Asanas: Types, importance of asanas in special reference to Physical Education & Sports.
- (d) Differentiate between asanas and exercise.

**UNIT-III**

- (a) Pranayama and importance of pranayama in special reference to Physiological effects
- (b). Bandhas, mudras and their physiological effects.

**(RECREATION)**

**Unit-IV**

Meaning ,definition, aims and objectives of Recreation, Types of recreation .

Needs and scope of recreation, development of recreational activities in India since 1947, agencies which can provide recreation in India.

**Unit-V**

Camping :

- (a) Meaning of Camp
- (b) Aims and objective of the Camps
- (c) Importance and Principles of Camp.
- (d) Organisation of Camp.
- (e) Staff needed for Camp.
- (f) Facilities required for Camp.
- (g) Different types of Camp.
- (h) Uses of Camping /outdoor education.
- (i). Types of Camp and Agencies promoting Camping.
- (j). Organization of Camps and factors effecting its organization.

**References :**

- Day, Yoga Illustrated Dictionary, Jaico Pub. House, 1986.
  - Debnath Manika, Basic Core Fitness Through Yoga And Naturopathy, New Delhi, Sports Publication, 2007
  - Kumar, E.R, Heal Yourself With Yoga: Specific Disease, Bombay: Taraporevala, 1988
  - Shanti Kumar, Y, The Science Of Yogic Breuthiay (Pranayana), Bombay: D.B, 1987
  - Sharma, J.P. and Ganesh Shankar, Yog Kala Ek Prichya, New Delhi Friends, 2007.
  - Sharma, J.P., Manav jeevan evam yoga, NEW DELHI, FRIENDS PUB., 2007.
  - Sharma, Jai Prakash And Sehgal, Madhu, Yog-Shiksha, Delhi: Friends, 2006.
  - Singh, M.K. And Jain, P., Yoga aur manoranjan., N.D. Khel Sah, Kendra, 2008
  - Vyas, Susil Kumar, Yog Shiksha, Delhi, khel sahitya kendra., 2005.
  - Swami Kuvalyanad Asanas, Kaivalyadhama Lonavala.  
 2 - do – Pranayama  
 3 - do – Yogic Therapy  
 4 Joshi, K.S. Yoga and Personality  
 5 Ma Yoga Shakti Science of Yoga
7. Bulter, George D. : *Introduction to Community*
8. Domick, Hedley S. : *Administration of Modern Camp*,  
 New York, Association Press.
9. Janny, Joh, H. : *Introduction to Recreation Education*, WBS Saundars  
 Co.,London, 1956.
10. Fitzaraid Gerald B. : *Leadership to Recreation*, R.S. Barnes  
 and Company, New York.

**B.P.E.S. –IIIrd  
year**

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**TEACHING PRACTICE**

**Part- A:**

- 1) **General Lessons :**  
a. 10 Supervise Lessons(Formal lesson)

**Part- B:**

- 2) **Skill and Prowess lesson**  
a. 10 Supervise Lessons(Specific lesson – Skill Game)

**Part-C:**

- 3) **Theory Lesson**  
a. Classroom Lesson  
6 Supervise Lesson (All Subjects are compulsory)

**Part- D:**

- 4) **Project Work**

**B.P.E.S. –IIIrd year****GAMES (PRACTAL)****HOCKEY****Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

**B.P.E.S. –IIIrd year****GAMES (PRACTAL)****CRICKET****Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

## **B.P.E.S.–IIIrd year**

### **GAMES (PRACTAL)**

#### **YOGA**

#### **Syllabus for game**

- Unit- I.** History of Yoga
- Unit- II.** Meaning and Definition of Yoga.
- Unit- III.** Meaning of Asana and Pranayama.
- Unit- IV.** Fundamental and Advance skills.
- Unit- V.** Suryanamaskar and its importance.
- Unit- VI.** Rules and their interpretation.

## **B.P.E.S. –IIIrd year**

### **GAMES (PRACTAL)**

#### **Shooting**

#### **Syllabus for game**

- Unit- I.** History of game, Federations and Competitions.
- Unit- II.** Officiating of the game.
- Unit- III.** Fundamental and Advance skills.
- Unit- IV.** Equipments and their specification and maintenance.
- Unit- V.** Layout and maintenance of playfields
- Unit- VI.** Rules and their interpretation.

