

Scheme of Examination

AND

Course of Study

in

(B.P.Ed)

BACHELOR OF PHYSICAL EDUCATION

(B.P.Ed.)

(Two Years Programme)

Department of Physical Education & Sports

MAY 2022

Revised Syllabus w. e. f. JULY 2022

GURUKUL KANGRI (deemed to be) UNIVERSITY

(Uttarakhand)

Bachelor of Physical Education (B.P.Ed., 2 Years course)

Programme Outcomes:

- Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of Physical Education in classes VI to X and for conducting Physical Education and sports activities in classes XI and XII.
- The course prepares the leaders in Physical Education who act as Mentors and Motivators for Schoolchildren in inculcating healthy and hygienic habits.
- To prepare recreational leaders who will motivate and guide the students in adopting healthyrecreational habits.
- To identify hidden sports talent in the school going children and guiding them future sports carrier.
- The program content will make the students to get the detailed knowledge about at least six games.
- The students will be able to learn about the role of administration for smooth functioning in Physical Education.
- The student will be able to know about Public relation and its significance in successful organization of sports events.

Program Specific Outcomes:

- The course provides the students an understanding of Human body structure and its functions.
- The course provides the students valuable knowledge about the Health, related issues various communicable disease, its preventive measures, Nutrition, its role in weight management and healthy life.
- Program content provides opportunity to the students for learning about important methods used for teaching in Physical Education.
- This program will enable the student to understand the concept of organisation, administration, management (office and class) and Budgeting in Physical Education.
- The program will enable the students to know about meaning and significance of Sports Training.
- The program provides opportunity to understand the concept of Rehabilitation and Athlete's Care and its importance in modern days of Sports performance.
- The students will be provided understanding of various aspects- Biological, Philosophical and Psychological foundations of Physical Education, Kinesiology and its application in Sports.

Bachelor of Physical Education (B.P.Ed , 2 Years course)

Programme Outcomes:

- Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of Physical Education in classes VI to X and for conducting Physical Education and sports activities in classes XI and XII.
- The course prepares the leaders in Physical Education who act as Mentors and Motivators for School children in inculcating healthy and hygienic habits.

- The course prepares the students who can become Teacher/ Instructor, Umpire/ Referee, Gym/ Personal Trainer, Sport/ Athletic Trainer, Yoga Trainer, Sports and Leisure Club Manager.

**GUIDELINES OF REGULATIONS AND SYLLABUS FOR B. P. ED. TWO YEARS
(FOUR SEMESTERS) PROGRAMME
CHOICE BASED CREDIT SYSTEM(CBCS)**

Preamble: Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII.

B. P. Ed. programme designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship.

Eligibility: The Intake, Eligibility and Admission procedure as per the NCTE norms and standards.

Admission procedure: The Advertisement for admission in B.P.Ed. two years programme will be given in the national newspaper. Admission shall be made on merit on the basis of marks obtained in the entrance examination consisting of 100 marks based on the following.

| | |
|---|-----------------|
| (i) Physical fitness test (NFPF) | 50 marks |
| (ii) Written test | 30 marks |
| (iii) Interview | 10 marks |
| (iv) Sports achievement | 10 marks |

The above entrance test/ interview will be conducted in two days and could be extended, if needed and it will be conducted at Main Campus GKV, Haridwar.

The Physical Fitness Test will be conducted by External Examiner as well as Internal Examiners of Department of Physical Education, GKV, Haridwar. Following events will be conducted in the National Physical Fitness Programme (NFPF) test: -

- (i) 100meter race**
- (ii) Long Jump**
- (iii) High Jump**
- (iv) Shot Put**
- (v) 800-meter run**

(i) 100 Meters Race

| S.NO. | TIME | SCORE |
|-------|--------------|-------|
| 1. | 12.00 Second | 10 |
| 2. | 12.5 Second | 09 |
| 3. | 12.8 Second | 08 |
| 4. | 13.0 Second | 07 |
| 5. | 13.3 Second | 06 |
| 6. | 13.6 Second | 05 |
| 7. | 13.8 Second | 04 |
| 8. | 14.0 Second | 03 |
| 9. | 14.3 Second | 02 |
| 10. | 14.6 Second | 01 |

(ii) Long Jump

| S.NO. | DISTANCE | SCORE |
|-------|------------|-------|
| 1. | 5.5 meter | 10 |
| 2. | 5.25 meter | 09 |
| 3. | 5 meter | 08 |
| 4. | 4.75 meter | 07 |
| 5. | 4.5. meter | 06 |
| 6. | 4.25 meter | 05 |
| 7. | 4 meter | 04 |
| 8. | 3.75 meter | 03 |
| 9. | 3.50 meter | 02 |
| 10. | 3.25 meter | 01 |

(iii) High Jump

| S.NO. | HEIGHT | SCORE |
|-------|----------|-------|
| 1. | 5 Feet | 10 |
| 2. | 4.9 Feet | 09 |
| 3. | 4.6 Feet | 08 |
| 4. | 4.3 Feet | 07 |
| 5. | 4 Feet | 06 |
| 6. | 3.9 Feet | 05 |
| 7. | 3.6 Feet | 04 |
| 8. | 3.3 Feet | 03 |
| 9. | 3 Feet | 02 |
| 10. | 2.9 Feet | 01 |

(iv) Shot Put

| S.NO. | DISTANCE | SCORE |
|-------|----------|-------|
| 1. | 40 Feet | 10 |
| 2. | 38 Feet | 09 |
| 3. | 36 Feet | 08 |
| 4. | 34 Feet | 07 |
| 5. | 32 Feet | 06 |
| 6. | 30 Feet | 05 |
| 7. | 28 Feet | 04 |
| 8. | 26 Feet | 03 |
| 9. | 24 Feet | 02 |
| 10. | 22 Feet | 01 |

(v) 800 Meter Run

| S.NO. | TIME | SCORE |
|-------|-------------|-------|
| 1. | 2.20 Second | 10 |
| 2. | 2.25 Second | 09 |
| 3. | 2.30 Second | 08 |
| 4. | 2.35 Second | 07 |
| 5. | 2.40 Second | 06 |
| 6. | 2.45 Second | 05 |
| 7. | 2.50 Second | 04 |
| 8. | 2.55 Second | 03 |
| 9. | 3.05 Second | 02 |
| 10. | 3.10 Second | 01 |

- (A) Question Paper of the entrance examination shall comprise of 30 multiple-choice questions (MCQ) of 30 minutes' duration carrying 30 marks. Questions shall be based on Current Affairs and General Knowledge about sports. Question paper will be set by the external examiner appointed for the entrance exam.
- (B) Interview comprising of 10 marks shall be conducted by External & Internal Examiners.
- (C) **Sports Participation Weightage:** -Candidate shall be given maximum 10 marks weightage on the basis of their sports participation in any one of the following level:

| Participation | Marks |
|---|--------------|
| ➤ International: | 10 |
| ➤ Senior National championship/ National Games: | |
| 1st Place: | 10 |
| 2nd Place: | 08 |
| 3rd Place: | 07 |
| Participation: | 05 |
| ➤ All India Inter-Zonal Inter University Competitions: | |
| 1st Place: | 08 |
| 2nd Place: | 07 |
| 3rd Place: | 06 |
| Participation: | 05 |
| ➤ All India Inter University/Zonal Inter University Competitions/Junior National Competitions: | |
| 1st Place: | 07 |
| 2nd Place: | 06 |
| 3rd Place: | 05 |
| Participation: | 04 |
| ➤ Senior State Championship/Rural national games/Women festival: | |
| 1st Place: | 05 |
| 2nd Place: | 04 |
| 3rd Place: | 03 |
| Participation: | 02 |

Note: -

1.The marks will be given in only those games/sports, which are in the competition list of Association of Indian Universities (AIU) and IOA/ School Games Federation of India (SGFI)/ Recognized by the Govt. Of India.

2. If the seat remains vacant the Second Entrance Test will be conducted before Closure date of admission of the university.

Medical examination: -Qualified candidates will have to submit medical certificate/ fitness certificate and blood group certificate to the concern office.

Course fee:-The course fee Rs33355/- **first year & 32455/- second year** shall be deposited

Duration: -The B.P.Ed. programme shall be of duration of two academic years (four semesters).

The CBCS System: -B.P.Ed. programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

Course: -The term course usually referred to, as 'papers' is a component of a B.P.Ed. programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.

Courses of Programme: - The B.P.Ed. Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed. Programme.

| Programme of Study & Evaluation Scheme | |
|--|---|
| Institute Name | Department of Physical Education & Sports, Gurukul Kangri (deemed to be) University |
| Programme | B.P.Ed. (Bachelor of Physical Education) |
| Duration | Two year (Four Semester) |
| Medium | Hindi/English |
| Minimum Required Attendance | 75 % |
| Maximum Credits | 132 |
| Minimum Credits Required for Degree | 98 |
| Eligibility | As per NCTE norms and standard |

| Assessment | | | | |
|--|--------------|------------|------------|-------|
| Evaluation | | Internal | External | Total |
| Theory | | 30 | 70 | 100 |
| Practical/ Dissertations/ Project Reports/ Viva-Voce | | 30 | 70 | 100 |
| Sessional I | Sessional II | Assignment | Attendance | |
| Best one out of two | | | | |
| 20 | 20 | 05 | 05 | 30 |
| Duration of Examination | | External | Internal | |
| | | 3 Hours | 1 Hours | |

Minimum Passing Standard

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses.

Grading

Once the marks of the CIA (Continues Internal Assessment) and ESE (End Semester Examination) for each of the courses are available, both (CIA and ESE) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in Letter Grades and Grade Points table from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA).

Note: For internal assessment purpose, there will be three Class Tests in a semester and best two tests will be considered for the final result.

Successful completion of B.P.Ed. BKT-A401 would be mandatory to the award of degree.

| Question Paper Structure | |
|--------------------------|---|
| 1 | Question paper shall have two sections and examiner shall set questions specific to respective section. Section wise details shall be as mentioned under; |
| 2 | Section-1: It shall consist of short type questions. This section will essentially assess COs related to Remembering & Understanding. This section will contain ten questions and student may Attempt any 5 question out of them, each question shall have equal weightage of 6 Marks and total weightage of this section shall be 30 Marks. |
| 3 | Section-2: It shall consist of long answer type questions. This section will also contain four questions and every question should assess a specific CO. This section will contain eight questions and student may Attempt any 4 question out of them, each question shall have equal weightage of 10 Marks and total weightage of this section shall be 40 Marks |
| IMPORTANT NOTES | |
| 1 | There must be at least one question from the entire syllabus to assess he specific element of the Higher Level of Learning (Thinking). Every question in this section must essentially assess at least one of the following aspects of learning: Applying, Analysing, Evaluating and Creating/ Designing/ Developing. |
| 2 | The question paper must be designed in such a way that it assesses the concerned CO in entirety. It means a question paper could have multiple parts depending upon the requirement of the Specific Course Outcome. |

Provision of Bonus Credits Maximum 04 Credits in a Programme

| Sr. No. | Special Credits for Extra/ Co-curricular Activities (During Programme) | Credit | Marks |
|---------|--|---|---|
| 1 | Sports participation International Level Competition (IOC/ BCCI recognized competitions Only) One time during the programme Two times during the programme Three times during the programme Four times during the programme/Medallist | 4 | 85 90 95 100 |
| 2 | Sports Achievement National level Competition (IOA/ BCCI recognized competitions Only) | 3 | Gold 85 Silver 80 Bronze 75 Participation 70 |
| 3 | Sports Achievement at State level Competition (State Olympic Association recognized competitions Only) | 2 | Gold 75 Silver 70 Bronze 65 Participation 60 |
| 4 | Sports Achievement at Inter University Competition (Any one game AIU recognized Sports) All India/ Inter Zonal Inter university | 2 | Gold 70 Silver 65 Bronze 60 Participation 55 |
| 5 | Inter Faculty Participation (min. two times) | 2 | 50 |
| 6 | National Cadet Corps / National Service Scheme (100 hours min.) One Camp Two Camps | 2 | 50 60 |
| 7 | Worked as volunteer in an activity/s organised by the University Blood donation / Cleanliness drive Mountaineering – Basic Camp, Advance Camp / Adventure Activities Organization / Officiating (Referee, Umpire, Judge) – State / National level or any other activity | 2 | 25 marks for each activity maximum four in one year |
| 8 | MOOCs (Massive Open Online Course) | As per the clause no. 15 of Pedagogy & Unique practices adopted | |

Note: Student can earn maximum 04 bonus credits during programme by his/her participation in the above mentioned activities duly certified by the Head of the Institution/department. These bonus credits will awarded on the choice of the candidate as COC(Credit of choice) in addition to his/her credit earn during the course of the study/ loss of credits in academic activities.

Program Structure-B.P.Ed.

A. Introduction: Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII. B. P. Ed. programme shall be designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship.

| B.P.Ed. : Two-Years (4-Semester) CBCS Programme | | | |
|--|--|--------------|---------------|
| Basic Structure: Distribution of Courses | | | |
| Sr. No. | Type of Course | Credit Hours | Total Credits |
| 1 | Core Course (CC) | 15 Courses | 48 |
| 2 | Ability-Enhancement Compulsory Course (AECC) | 04 Courses | 09 |
| 3 | Skill-Enhancement Elective Course (SEC) | 05 Courses | 11 |
| 4 | Discipline Specific Elective Course (DSEC) | 11 Courses | 26 |
| 5 | Value Added Course (VAC) | 02 Courses | 00 |
| 6 | Project | 02 Courses | 04 |
| Total Credits | | | 98 |

B. Choice Based Credit System (CBCS)

Choice Based Credit System (CBCS) is a versatile and flexible option for each student to achieve his target number of credits as specified by the NCTE & UGC and adopted by our University.

The following is the course module designed for the B.P.Ed. program:

Core Course (CC): Core courses of B.P.Ed. program will provide a holistic approach to physical education, giving students an overview of the field, a basis to build and specialize upon. These core courses are the strong foundation to establish physical education knowledge and provide broad multi-disciplined knowledge can be studied further in depth during the elective phase.

The core courses will provide more practical-based knowledge, case-based lessons and collaborative learning models. It will train the students to analyse, decide, and lead-rather than merely know-while creating a common student experience that can foster deep understanding, develop decision-making ability, teaching and coaching skills and contribute to the community at large.

The integrated foundation is important for students because it will not only allow them to build upon existing skills, but they can also explore career options in a range of institutes etc., and expand their understanding of various related fields.

We offer core courses in all the semester during the B.P.Ed. program.

Ability Enhancement Compulsory Course (AECC): As per the guidelines of Choice Based Credit System (CBCS) for all Universities, including the private Universities, the Ability Enhancement Compulsory Course (AECC) is a course designed to develop the ability of students in communication and other related courses where they might find it difficult to communicate at a higher level in their prospective job at a later stage due to lack of practice and exposure in the language, etc. Students are motivated to learn the theories, fundamentals and tools of communication which can help them develop and sustain in the corporate environment and culture. We offer two AECCs in Semester I & one in Semester II of the program.

Skill Enhancement Course: These courses are specially designed to develop and enhance the professional skill related to physical education and sports. After the completion of these courses students feel highly motivated and the feeling of fresher will be disappeared.

Open/Generic Elective Course (GEC): Open/Generic Elective is an interdisciplinary additional subject the score of Generic Elective is counted in your overall aggregate marks under Choice Based Credit System (CBCS). Core / Discipline Specific Electives will not be offered as Generic Electives.

Value Added Course (VAC): A value added course is a non-credit course which is basically meant to enhance general ability of students in soft skills for the overall development of a student and at the same time crucial for future professional demands and requirements. The student possessing these skills will definitely develop acumen to perform well during the recruitment process of any premier organization and will have the desired confidence to face the interview. Moreover, these skills are also essential in day-to-day life of the professional world. The aim is to nurture every student for making effective communication, developing aptitude ability for a better performance, as desired in professional world. There shall be one course each in Semester III & Semester IV and will carry no credit, however, it will be compulsory for every student to pass these courses with minimum 45% marks to be eligible for the certificate. These marks will not be included in the calculation of CGPI. Students have to specifically be registered in the specific course of the respective semesters.

Discipline Specific Elective Course (DSEC): The discipline specific elective course is chosen to make students specialist or having specialized knowledge of a specific domain like team games/ combative sports/ racquet sports, etc.

C. Programme Specific Outcomes (PSOs)

The learning and abilities or skills that a student would have developed by the end of two-year **B.P.Ed. (Two Year Degree Program):**

| | |
|--------------|--|
| PSO-1 | Remembering and Understanding the concepts, theories, functions, structures, terminology and skills of physical education and sports sciences. |
| PSO-2 | Applying and demonstrating various concepts, theories, procedures and skills in different sports situations. |
| PSO-3 | Analysing and relating various tests and skills. |
| PSO-4 | Evaluating and measuring health and fitness issues. |
| PSO-5 | Creating and designing research problem, training sessions, diet plans, lessons plans and periodization's. |

D. Pedagogy & Unique practices adopted: “Pedagogy is the method and practice of teaching, especially for teaching an academic subject or theoretical concept”. In addition to conventional time-tested lecture method, the institute will emphasize on experiential learning:

1. Concept-based Learning: Concept-based learning lays emphasis on helping students understand the core concept rather than just sharing a layer of important information of the concept. The end-motive is to help students to understand and retain what they are taught rather than made to mug up.

2. Problem Base Learning (PBL): PBL is probably the simplest extension to a traditional lecture that can improve learning. PBL is presenting concepts, information etc., in the context of solving a problem. A guided discovery mode is turned on, which makes learning interesting.

3. Imitation Method of Teaching: The imitation method of teaching focuses on breaking apart skills into components, providing the learner with a model of the target behaviour, and rewarding the learner for demonstrating the response immediately after the model.

4. Observation Method of Teaching: By this method student himself make observation and acquire permanent & true knowledge. Teacher only encourages making observations and student act accordingly. This method helps students to see, things give logic and to convey their thoughts independently.

5. Command Method of Teaching: The Command teaching style is for those students whose learning characteristics require formal instruction and a specific assignment for the practice to be appropriate for the student to master the objective. Command method use to achieve accuracy and precision of performance as well as to achieve immediate results & achieve a synchronized performance.

6. Project Based Learning: In Project Based Learning, teachers make learning come alive for students. Students work on a project over an extended period of time from a week up to a semester that engages them in solving a real-world problem or answering a complex question. They demonstrate their knowledge and skills by creating a public product or presentation for a real audience. Project based learning is an instructional methodology that encourages students to learn and apply knowledge and skills through an engaging experience. PBL presents Page 8 opportunities for deeper learning in-context and for the development of important skills tied to college and career readiness.

7. Discovery Based Learning: Discovery learning takes place in problem solving situations where the learner draws on his own experience and prior knowledge and is a method of instruction through which students interact with their sports environment by exploring and manipulating objects, wrestling with questions and controversies, or performing experiments. According to skinner “you can teach anybody anything provided you know how to teach.

8. Phenomenon-Based Learning: The goal of phenomenon-based learning is to prepare learners to solve problems in real life. In Phenomenon Based Learning and teaching, holistic real-world phenomena provide the starting point for learning. The phenomena are studied as complete entities, in their real context, and the information and skills related to them are studied by crossing the boundaries between subjects. In phenomena based learning we can use the following methods like experimental activities, teacher demonstrations, engaging & relevant videos, audio experience and picture or image.

9. Guest Lectures: Some topics/concepts need extra attention and efforts as they either may be high in difficulty level or requires experts from specific industry/domain to make things/concepts clear for a better understanding from the perspective of the industry. Hence, to cater to the present needs of industry we

organize such lectures, as part of lecture-series and invite prominent personalities from academia and industry from time to time to deliver their vital inputs and insights.

10. Special Assistance Program for Slow Learners & Fast Learners: The student commonly called a slow learner is one who cannot learn at an average rate from the instructional resources, texts, workbooks, and learning materials that are designed for the majority of students in the classroom. For solving this problem, we used Remedial classes for slow learners & fast learners.

11. Orientation Program: Colleges instituted orientation for incoming students to ease the transition into college. Freshman orientation is a way for students to meet other students, become familiar with campus services, and register for fall classes.

12. Mentoring Scheme & Personal Counselling: A mentor is a person who has professional & life experience and who voluntarily agrees to help a mentee to develop skills, competencies or goals. A mentor is an advisor who is willing to invest in the mentee's personal growth and professional development. The purpose of the mentorship programme is twofold. It intends both to create a good environment for studying in the department and to develop knowledge of the subject for all involved. The mentorship programme is intended to enhance the quality of your education. There is mentor – mentee system for B.P.Ed., & M.P.Ed., students. The system is updated time to time. Each allotted faculty takes care of students, asks questions about their problems, difficulty in studies or other personal issues. The mentor handbooks are updated timely and grievances/complaints of students are noted and tried to be sort out and informed to the concerned authority. Page 9 At the end of each session mentor-mentee handbooks are handed over to the coordinator mentor-mentee program after duly signed by Principal. The coordinator checks all the essentials, ensures that student's grievances are met and transfers the mentor-mentee handbooks to the next allotted faculties. The whole data is filed in a format present with the coordinator and record is maintained. Periodic meetings are held among mentor-mentee and between mentors and coordinator for smooth functioning of the program.

13. Competitive Exam Preparation: Our highly experienced and committed faculty members always motivate and guide the students for their competitive exam preparations. After this degree students are eligible to participate in various government and non-government examinations i.e., TGT, PGT, KVS, NVS, DSSSB etc.

14. Extracurricular Activities: Organizing & participation in extracurricular activities will be mandatory to help students develop confidence & face audience with care.

15. MOOCs (Massive Open Online Course): The Academic Review Committee (ARC) will approve the list of MOOC courses/platforms before the commencement of the academic year and if any student(s) want to peruse MOOC course(s) during his/her program, they must select the same from the approved list.

Semester-I

| Part- A Theoretical Course | | | | | | | |
|-----------------------------------|-------------|--|-------------|---------|----------------|----------------|-------|
| Course Type | Course Code | Title of the papers | Total Hours | Credits | Internal Marks | External marks | Total |
| Core Course | | | | | | | |
| CC | BPD-C101 | History, Principles and foundation of Physical Education | 4 | 4 | 30 | 70 | 100 |
| | BPD-C102 | Anatomy and Physiology | 4 | 4 | 30 | 70 | 100 |
| AECC | BPD-C103 | Health Education and Environmental Studies | 4 | 4 | 30 | 70 | 100 |
| Elective course(Anyone) | | | | | | | |
| DSEC | BPD-E104 | Olympic Movement | 4 | 4 | 30 | 70 | 100 |
| | BPD-E105 | Officiating and Coaching | | | | | |
| Part – B Practical Course | | | | | | | |
| CC | BPD-C151 | Track and Field(Running Events) | 6 | 4 | 30 | 70 | 100 |
| | BPD-C152 | Gymnastic | 6 | 4 | 30 | 70 | 100 |
| DSEC | BPD-C153 | *Indigenous Activity | 6 | 4 | 30 | 70 | 100 |
| | BPD-C154 | **Mass Demonstration Activities | 6 | 4 | 30 | 70 | 100 |
| Total | | | 40 | 32 | 240 | 560 | 800 |

*Indigenous Sports: Lezium/March Past/ Flag hoisting

**Mass Demonstration Activities: Dumbbells/Free Hand Exercise/ Indian Club/ Hoops

Semester-II

| Part- A Theoretical Course | | | | | | | |
|------------------------------------|-------------|--|-------------|---------|----------------|----------------|-------|
| Course Type | Course Code | Title of the papers | Total Hours | Credits | Internal Marks | External marks | Total |
| Core Course | | | | | | | |
| CC | BPD-C201 | Yoga Education | 4 | 4 | 30 | 70 | 100 |
| | BPD-C202 | Educational Technology and Methods of Teaching in Physical Education | 4 | 4 | 30 | 70 | 100 |
| | BPD-C203 | Organization and Administration | 4 | 4 | 30 | 70 | 100 |
| Elective course(Anyone) | | | | | | | |
| DSEC | BPD-E204 | Contemporary issues in physical education, fitness and wellness | 4 | 4 | 30 | 70 | 100 |
| | BPD-E205 | Sports Nutrition and Weight Management | | | | | |
| Part – B Practical Course | | | | | | | |
| CC | BPD-C251 | Track and Field (Jumping Events) | 6 | 4 | 30 | 70 | 100 |
| DSEC | BPD-C252 | Yoga | 6 | 4 | 30 | 70 | 100 |
| CC | BPD-C253 | Racket Sports- Badminton/ TT/Squash/Tennis | 6 | 4 | 30 | 70 | 100 |
| Part – C Teaching Practices | | | | | | | |
| SEC | BPD-T254 | Teaching Practices: (05 lessons) in Class room teaching | 6 | 4 | 30 | 70 | 100 |
| Total | | | 40 | 32 | 240 | 560 | 800 |

Semester-III

| Part- A Theoretical Course | | | | | | | |
|------------------------------------|-----------------|---|-------------|---------|----------------|----------------|-------|
| Course Type | Course Code | Title of the papers | Total Hours | Credits | Internal Marks | External marks | Total |
| Core Course | | | | | | | |
| CC | BPD-C301 | Sports Training | 4 | 4 | 30 | 70 | 100 |
| SEC | BPD-C302 | Computer Application in Physical Education | 4 | 4 | 30 | 70 | 100 |
| CC | BPD-C303 | Sports Psychology and Sociology | 4 | 4 | 30 | 70 | 100 |
| Elective Course (Anyone) | | | | | | | |
| DSEC | BPD-E304 | Sports Medicine Physiotherapy and Rehabilitation | 4 | 4 | 30 | 70 | 100 |
| | BPD-E305 | Curriculum Design | | | | | |
| Part – B Practical Course | | | | | | | |
| CC | BPD-C351 | Track and Field (Throwing Events) | 6 | 4 | 30 | 70 | 100 |
| DSEC | BPD-C352 | Combative Sports: Judo/Wrestling | 6 | 4 | 30 | 70 | 100 |
| | BPD-C353 | Team Games:Hockey/Basketball | 6 | 4 | 30 | 70 | 100 |
| Part – C Teaching Practices | | | | | | | |
| SEC | BPD-T354 | Teaching Practice: (Teaching lesson plan for Racket Sports) (out of 10 Lesson 5 internal 5 external at practicing school) | 6 | 4 | 30 | 70 | 100 |
| Total | | | 40 | 32 | 240 | 560 | 800 |

Semester-IV

| Part- A Theoretical Course | | | | | | | |
|--|-----------------|--|-------------|---------|----------------|----------------|-------|
| Course Type | Course Code | Title of the papers | Total Hours | Credits | Internal Marks | External marks | Total |
| Core Course | | | | | | | |
| CC | BPD-C401 | Measurement and Evaluation in Physical Education | 4 | 4 | 30 | 70 | 100 |
| | BPD-C402 | Kinesiology and Biomechanics | 4 | 4 | 30 | 70 | 100 |
| | BPD-C403 | Research and Statistics in Physical Education | 4 | 4 | 30 | 70 | 100 |
| Elective Course (Anyone) | | | | | | | |
| DSEC | BPD-E404 | Theory of Sports and Game | 4 | 4 | 30 | 70 | 100 |
| | BPD-E405 | Sports Management | | | | | |
| AECC | BKT-A401 | Bhartiya Gyan Parampara | 4 | 4 | 30 | 70 | 100 |
| Part – B Practical Course | | | | | | | |
| CC | BPD-C453 | Track and Field marking/ Gym Training/Aerobics(Any 1) | 6 | 4 | 30 | 70 | 100 |
| DSEC | BPD-C452 | Games specialization (any one) | 6 | 4 | 30 | 70 | 100 |
| Part – C Teaching Practices (Coaching Lesson) | | | | | | | |
| SEC | BPD-T451 | Teaching Practice Class room | 6 | 4 | 30 | 70 | 100 |
| | BPD-T454 | Teaching Practice Games:- (Teaching lesson plan for Games and Sports) (out of 06 Lesson 5 at practicing school and 1 in front of external Examiner) | 6 | 4 | 30 | 70 | 100 |
| PROJ | BPD-C461 | Leadership Camp – (Project) | | 2 | 100 | | 100 |
| Total | | | 44 | 38 | 370 | 630 | 1000 |
| Grand Total | | | 164 | 134 | 1090 | 2310 | 3400 |

B. P. Ed. – Outline of Syllabus
Semester – I BPD-C101 Theory Courses
HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Telling the concepts, history, principles and foundation of physical education.

CO-2. Recognizing the concepts of biological and sociological aspect of physical education and sports.

CO-3. Describing different body types based on both psychological and physiological parameters.

CO-4. Discussing the different kinds of Society, Culture and leadership in physical education.

CO-5. Determining the different philosophies of physical education and laws of learning in teaching learning situations.

Unit – 1: Introduction

(10 Hrs.)

Meaning, Definition and Scope of Physical Education

Aims and Objective of Physical Education

Importance of Physical Education in present era.

Misconceptions about Physical Education.

Relationship of Physical Education with General Education.

Physical Education as an Art and Science.

Unit- 2 – Historical Development of Physical Education in India

(15 Hrs.)

Indus Valley Civilization Period. (3250 BC – 2500 BC)

Vedic Period (2500 BC – 600 BC)

Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)

Medieval Period (1000 AD – 1757 AD)

British Period (Before 1947)

Physical Education in India (After 1947)

Contribution of Akhadas and Vyayamshala

Y.M.C.A. and its contributions.

Unit- 3- Foundation of Physical Education

(15 Hrs.)

Philosophical foundation:

Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture.

Play: Meaning and Definition of Play, play & work, Importance of games, Theories of play.

Physical Education as profession: Physical Education and profession, Meaning & types of

Leadership in Physical Education, Future development of Physical Education Profession.

Unit-4- Principles of Physical Education

(15 Hrs.)

Biological

Meaning of Growth and development

Principles of Growth and development

Structural & Physiological Characteristics (age & sex differences)

Age and gender characteristics

Body Types

Sociological Aspects

Society and culture

Social acceptance and recognition

Leadership

Social integration and cohesiveness

Changing trends in modern era.

Semester I BPD-C102 Theory Courses
ANATOMY AND PHYSIOLOGY

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Memorizing the concepts of anatomy and physiology.

CO-2. Estimating the concepts of human body systems, fuel for muscular work, neuromuscular junction and hormones.

CO-3. Identifying the effects of exercises on various body systems.

CO-4. Explaining the functions of various body organs and systems.

CO-5. Establishing the concept of diet for performance enhancement and recovery of the body.

UNIT-I Anatomical and Physiological Basis

(10 Hrs.)

Brief Introduction of Anatomy and physiology in the field of Physical Education.

Introduction of Cell and Tissue.

The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities – joints of the body and their types

Gender differences in the skeleton.

Types of muscles.

UNIT-II Anatomical and Physiological Basis

(15 Hrs.)

Blood and circulatory system: Constituents of blood and their function – Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic, circulation. Cardiac output.

The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.

The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism

UNIT-III Excretory & Nervous Systems, Endocrine glands & Sense Organs

(15 Hrs.)

The Excretory system: Structure and functions of the kidneys and the skin.

The Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.

Nervous systems: Function of the Autonomic nervous system and Central nervous system. Reflex Action,

Sense organs: A brief account of the structure and functions of the Eye and Ear
Neuromuscular junction

Transmission of nerve impulse across it.

Fuel for muscular activity

UNIT-IV Musculo-Physiological Concepts

(15 Hrs.)

Effect of exercise and training on cardiovascular system.

Effect of exercise and training on respiratory system.

Effect of exercise and training on muscular system

Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

References:

Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.

Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.

Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.

Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.

**Practical Courses
Semester – II**

BPD-C251 Track and Field

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1.Reciting the different techniques of jumps (high, long & triple).

CO-2.Describing the concepts of various jumping techniques.

CO-3.Interpreting the various phases of jumping events.

CO-4.Practicing and demonstrating of different jumping techniques.

CO-5. Analysing the different techniques of jumping.

Athletics: Jumping Events

High Jump: - Approach Run, Take off, Clearance over the bar & Landing

Long Jump: - Approach Run, Take off & Landing

Triple Jump: - Approach Run, Take off, Hop, Step & Landing

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 |
|------|-----|-----|-----|-----|-----|-----|-----|-----|
| CO 1 | | | | | | | | |
| CO 2 | | | | | | | | |
| CO 3 | | | | | | | | |
| CO 4 | | | | | | | | |
| CO 5 | | | | | | | | |

BPD-C252 Yoga:

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1.Reciting the various concepts of yoga.

CO-2.Describing the various Mudras and Pindasth Meditation.

CO-3.Interpreting the various postures in yoga asanas and process of performing kriyas, pranayama, mudras and meditations.

CO-4.Practicing the various asanas in sitting, standing and laying position.

CO-5. Applying and demonstrating of various yoga asanas.

Surya Namaskara,

Pranayams

Corrective Asanas

Kriyas

Asanas:-Sitting, Standing, Laying Prone Position, Laying Spine Position

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 |
|------|-----|-----|-----|-----|-----|-----|-----|-----|
| CO 1 | | | | | | | | |
| CO 2 | | | | | | | | |
| CO 3 | | | | | | | | |
| CO 4 | | | | | | | | |
| CO 5 | | | | | | | | |

BPD-C253 Badminton:

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1.Reciting the techniques of badminton.

Part – B
Practical Courses

Semester – III

BPD-C351 Track and Field's (Throwing Events)

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Reciting the concepts of throwing events.

CO-2. Describing the various types of grip and stance.

CO-3. Interpreting the various throwing techniques.

CO-4. Practicing the knowledge throwing during competition.

CO-5. Estimating the various throwing techniques.

Contents: -

Discus Throw, Javelin, Hammer throw, shot-put, Basic Skills and techniques of the Throwing events, Ground Marking / Sector Marking, Interpretation of Rules and Officiating, Grip, Stance, Release, Reserve/ (Follow through action), Rules and their interpretations and duties of officials.

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 |
|------|-----|-----|-----|-----|-----|-----|-----|-----|
| CO 1 | | | | | | | | |
| CO 2 | | | | | | | | |
| CO 3 | | | | | | | | |
| CO 4 | | | | | | | | |
| CO 5 | | | | | | | | |

BPD-C352 Combative Sports:

Judo: Fundamental skills

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Reciting the fundamentals and rules of Judo.

CO-2. Describing the various techniques of Judo.

CO-3. Interpreting and applying various offensive and defensive techniques.

CO-4. Practicing various techniques that used in Judo.

CO-5. Focusing on the rules and regulation of Judo.

Rei (Salutation)-Ritsurei (Salutation in standing position), Zarai (Salutation in the sitting position)

Kumi kata (Methods of holding judo costume)

Shisei (Posture in Judo)

Kuzushi (Act of disturbing the opponent posture)

Tsukuri and kake (Preparatory action for attack)

Ukemi (Break Fall)-Urhiro Ukemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae

Ukemi (Front Break Fall), Mae mawari Ukemi (Front Rolling break fall)

Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps).

Tai Sabaki (Management of the body)

Nage Waze (Throwing techniques)-Hiza Guruma (Knee wheel), Sesae Twurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm),

Seoi Nage (Shoulder throw).

Katamawaze (Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.**Reciting the fundamentals and rules of wrestling.
- CO-2.**Describingthe various techniques of wrestling.
- CO-3.**Interpreting and applying various offensive and defensive techniques.
- CO-4.**Practicing various techniques that used in wrestling.
- CO-5.**Focusingon the knowledge of rules and regulation of wrestling.

Wrestling: Fundamental Skills

Take downs, Leg tackles, Arm drag.
 Counters for take downs, Cross face, Whizzer series.
 Escapes from under-sit-out turn in tripped.
 Counters for escapes from under-Basic control back drop, Counters for stand up.
 Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
 Escapes from pinning: Wing lock series, Double arm lock roll, Cridge.
 Standing Wrestling-Head under arm series, whizzer series
 Referees positions.

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 |
|------|-----|-----|-----|-----|-----|-----|-----|-----|
| CO 1 | | | | | | | | |
| CO 2 | | | | | | | | |
| CO 3 | | | | | | | | |
| CO 4 | | | | | | | | |
| CO 5 | | | | | | | | |

BPD-C353Team Games: Hockey/Basketball:

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.**Reciting the fundamentals and rules of hockey.
- CO-2.**Describingthe various techniques of hockey.
- CO-3.**Interpreting and applying various offensive and defensive techniques.
- CO-4.**Practicing various techniques that used in hockey.
- CO-5.**Focusingthe knowledge of rules and regulation of hockey.

Hockey: Fundamental Skills

Player stance & Grip, Rolling the ball, Dribbling, Push, Stopping, Hit, Flick, Scoop
 Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,
 Reverse hit, Dodging
 Goal keeping – Hand defence, foot defence
 Positional play in attack and defence.
 Rules and their interpretations and duties of officials.
 Rules and their interpretations and duties of officials.
 Ground Marking.

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.**Reciting the fundamentals and rules of basketball.
- CO-2.**Describingthe various techniques of basketball.
- CO-3.**Interpreting and applying various offensive and defensive techniques.
- CO-4.**Practicing various techniques that used in basketball.
- CO-5.**Focusingthe knowledge of rules and regulation of basketball.

| | | | | | | | | |
|------|--|--|--|--|--|--|--|--|
| CO 5 | | | | | | | | |
|------|--|--|--|--|--|--|--|--|

Semester – IV Theory Courses
BPD-E404 THEORY OF SPORTS AND GAMES (ELECTIVE)

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Defining the fundamental concepts of various games and sports.

CO-2.Memorizing the layout of various games and sports.

CO-3.Explaining the concepts of General rules and regulations of various games and sports.

CO-4.Explaining the concepts of skills and equipment's of various games and sports.

CO-5.Establishing various scientific principles for ground marking of various games and sports.

UNIT-I-INTRODUCTION

General Introduction of specialized games and sports– (15 Hrs.)

Athletics: Layout of Track and Field, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Badminton: Layout of Badminton Court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Basketball: Layout of Basketball Court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Cricket: Layout of Cricket ground, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

UNIT- II

(15 Hrs.)

Football: Layout of Football field, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Gymnastic:Layout of Gymnastic floor, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Hockey: Layout of Hockey field, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Handball: Layout of Handball court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Kabaddi: Layout of Kabaddi court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Kho-Kho: Layout of Kho-kho court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

UNIT-III

(15 Hrs.)

Squash: Layout of Squash court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Softball: Layout of Softball diamond, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Tennis: Layout of Tennis court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Volleyball: Layout of Volleyball court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Wrestling: Layout of Wrestling arena, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

UNIT-IV

Each game or sports to be deal under the following heads

History and development of the Game and Sports

Ground preparation, dimensions and marking

Standard equipment and their specifications

Ethics of sports and sportsmanship

| | | | | | | | | |
|------|--|--|--|--|--|--|--|--|
| CO 5 | | | | | | | | |
|------|--|--|--|--|--|--|--|--|

Part – B
Practical Courses

Semester – IV

BPD-C453

Sports Specialization: Track and field Marking / Gym Training / Aerobics (Any One)

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Reciting the concepts of track marking.
- CO-2.** Describing the various types of aerobics exercises and exercises.
- CO-3.** Interpreting the various dancing techniques in aerobics.
- CO-4.** Practicing the knowledge during track marking.
- CO-5.** Focusing the various training techniques.

(The students will perform the skills, a Scrape file based on Specialization and Viva-voce)

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 |
|------|-----|-----|-----|-----|-----|-----|-----|-----|
| CO 1 | | | | | | | | |
| CO 2 | | | | | | | | |
| CO 3 | | | | | | | | |
| CO 4 | | | | | | | | |
| CO 5 | | | | | | | | |

BPD-C452

Games Specialization: Kabaddi, Kho-Kho, Baseball, cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis (Any One)

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Reciting the fundamentals and rules of Game specialization.
- CO-2.** Describing the various techniques of Game specialization.
- CO-3.** Interpreting various offensive and defensive techniques.
- CO-4.** Practicing various techniques that used in Game specialization.
- CO-5.** Focusing the knowledge of rules and regulation of Game specialization.

(The students will perform the skills, a Scrape file based on Specialization and Viva-voce)

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 |
|------|-----|-----|-----|-----|-----|-----|-----|-----|
| CO 1 | | | | | | | | |
| CO 2 | | | | | | | | |
| CO 3 | | | | | | | | |
| CO 4 | | | | | | | | |
| CO 5 | | | | | | | | |

BPD-T451 Teaching Practice Class room

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the various teaching methods.
- CO-2.** Developing his experience to take lectures in class room situation.
- CO-3.** Associating the various concepts of teaching methods.

CO-4. Practicing on various teaching techniques and teaching aids.

CO-5. Composing lesson plans.

Teaching lesson plan (Theory): Six teaching lesson plans for subject matter from the syllabus of B.P.Ed. (five internal and one external). The first five lessons will be supervised by the faculty members who were discussed the merits and demerits of the concerned lessons and guide them for the future. In these lessons plans duration should slowly increase (30-45 minutes) and all parts of the lessons covered progressively. After the completion of this internal process students will have discussed with his class mentor / lesson supervisor and they will allot him the final (sixth) lesson for external examination.

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 |
|------|-----|-----|-----|-----|-----|-----|-----|-----|
| CO 1 | | | | | | | | |
| CO 2 | | | | | | | | |
| CO 3 | | | | | | | | |
| CO 4 | | | | | | | | |
| CO 5 | | | | | | | | |

BPD-T454 Teaching Practice Games:-

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the various teaching skill errors.

CO-2. Developing his experience to take lectures in class room situation.

CO-3. Associating the various concepts of teaching methods.

CO-4. Practicing various teaching techniques and teaching aids.

CO-5. Composing lesson plans.

Teaching lesson plan (Theory): Six teaching lesson plans for Game/ Sport (five internal and one external). The first five lessons will be supervised by the faculty members who were discussed the merits and demerits of the concerned lessons and guide them for the future. In these lessons plans duration will be 45 minutes and all parts of the lessons covered progressively. After the completion of this internal process students will have discussed with his class mentor / lesson supervisor and they will allot him the final (sixth) lesson for external examination.

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 |
|------|-----|-----|-----|-----|-----|-----|-----|-----|
| CO 1 | | | | | | | | |
| CO 2 | | | | | | | | |
| CO 3 | | | | | | | | |
| CO 4 | | | | | | | | |
| CO 5 | | | | | | | | |

BPD-C461 Leadership Camp – (Project)

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Examining the concepts of leadership camp.

CO-2. Identifying the history and importance of other places.

CO-3. Tracing the importance/parameters/checklist for tour/camps.

CO-4. Establishing leadership quality and group-cohesion.

CO-5. Developing his creativity to perform minor games and activities.

A five days camping

At least 3 days Camping program will be organized at any spot for the student trainee and 100 marks will be awarded on the basis of criteria given in

