

SCHEME OF EXAMINATION

AND

COURSE OF STUDY

IN

PHYSICAL EDUCATION

B.A. I, II, III YEAR

(w. e. f. 2018-2019)

(Revised)



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
GURUKUL KANGRI VISHWAVIDYALAYA, HARIDWAR – 249404

JUNE 2019

Revised Syllabus w. e. f. 2019

Gurukula Kangri Vishwavidyalya, Haridwar

B.A. I, II, III Year

B.A. (ELECTIVE) IN PHYSICAL EDUCATION

S.N	Subject Code	Subject Title	Credits	Evaluation Scheme			Subject Total		
				Sessional		ESE			
				CT	TA			Total	
B.A. I Year									
Semester – I (core)									
1	BPE-C101	Psycho-Developmental Aspects of Physical Education	4	20	10	30	70	100	
2	BPE-C151	Lab/Practical Course - I	2	-	-	30	70	100	
Semester – II (core)									
1	BPE-C201	Psycho-Philosophical Foundation of Physical Education	4	20	10	30	70	100	
2	BPE-C251	Lab /Practical Course – II	2	-	-	30	70	100	
							Total	400	
B.A. II Year									
Semester – III (core)									
1	BPE-C301	Scientific Basis of Physical Education	4	20	10	30	70	100	
2		Skill Enhancement Course (elect Any One)	4	20	10	30	70	100	
	BPE-S301	BHMDR (Badminton, Hockey & Middle Distance Races)							
	BPE-S302	FSJ(Football, Squash & Jumps)							
3	BPE-C351	Lab / Practical Course – III	2	-	-	30	70	100	
Semester – IV (core)									
1	BPE-C401	General Coaching and Fitness in Physical Education	4	20	10	30	70	100	
2		Skill Enhancement Course (elect Any One)	4	20	10	30	70	100	
	BPE-S401	CTTS DR (Cricket, Table Tennis & Short Distance Races)							
	BPE-S402	VWLT (Volleyball, Weight Lifting & Throws)							
3	BPE-C451	Lab / Practical Course – IV	2	-	-	30	70	100	
							Total	600	
B.A. III Year									
Semester – V									
1		Discipline Specific Elective (elect Any One)	4	20	10	30	70	100	
	BPE-E501	Health education and personal hygiene							
	BPE-E502	Managerial aspect of Officiating in physical education							
2		Skill Enhancement Course (elect Any One)	4	20	10	30	70	100	
	BPE-S501	BPLDR (Basketball, Power Lifting & Long Distance Races)							
	BPE-S502	HKS (Handball, Kho-Kho & Shooting)							
3	BPE-E551	Lab/Practical Course – V	2	-	-	30	70	100	
4		GENERIC ELECTIVE COURSE	4			30	70	100	
	BPE-G501	INTRODUCTION OF PHYSICAL EDUCATION							
	BPE-G502	OLYMPIC MOVEMENT							
Semester – VI									
1		Discipline Specific Elective (elect Any One)	4	20	10	30	70	100	
	BPE-E601	General Coaching and Training in Physical Education							
	BPE-E602	Conditioning Methods of Physical Education							
2		Skill Enhancement Course (elect Any One)	4	20	10	30	70	100	
	BPE-S601	LTWG (Lawn Tennis, Wrestling & Gymnastic)							
	BPE-S602	SKMR (Softball, Kabaddi & Miscellaneous Races (Relay, Hurdles & Stipple Chase))							
3	BPE-E651	Lab/ Practical Course – VI	2	-	-	30	70	100	
4		GENERIC ELECTIVE COURSE	4						
	BPE-G601	HEALTH EDUCATION AND ATHLETIC CARE		-	-	30	70	100	
	BPE-G602	OFFICIATING AND COACHING							
Total Credits			60						
							Total	800	
							G Total	1800	

SKILL ENHANCEMENT COURSE (SEC) (ELECTIVE)

1. BHMDR (Badminton, Hockey & Middle Distance Races)
2. FSJ (Football, Squash & Jumps)
3. CTTSDR (Cricket, Table Tennis & Short Distance Races)
4. VWLT (Volleyball, Weight Lifting & Throws)
5. BPLDR (Basketball, Power Lifting & Long Distance Races)
6. HKS (Handball, Kho-Kho & Shooting)
7. LTWG (Lawn Tennis, Wrestling & Gymnastic)
8. SKMR (Softball, Kabaddi & Miscellaneous Races
(Relay, Hurdles & Stipple Chase))

Discipline Specific Elective (DSE) (ELECTIVE)

1. Health education and personal hygiene
2. Managerial aspect of Officiating in physical education
3. General Coaching and Training in Physical Education
4. Conditioning Methods of Physical Education

Semester-I
BPE-C101
**PSYCHO-DEVELOPMENTAL ASPECTS OF PHYSICAL
EDUCATION**

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

UNIT – I

Meaning, Concept and Objectives of Education.
Meaning, Definitions and Objectives of Physical Education.
Modern Trends and Scopes in Physical Education and sports.

UNIT – II

Historical background of Physical education in India.
Pre and Post Independence, Development of Physical Education in India

UNIT – III

Objectives and Functions of the Following –
a. Raj Kumari Amrit Kaur Coaching Scheme
b. NS NIS
c. SAI
d. LNUPE
e. YMCA

UNIT – IV

Meaning and Definitions of Psychology.
Meaning and Definitions of Sports Psychology.
Learning-Meaning and Definitions.
Types of learning.
Historical background of Ancient Olympic Games

Text books and References:

1. Barrow, Harold, "Man and Movement: Principles of Physical Education"
Philadelphia, Lea and febiger, 1983, 3rd edition.
2. Bucher, Charles A, "Foundations of Physical Education" 8th edition, 1979; St.
Louis C.V. Mosby Company.
3. Chauhan, S.S. "Advanced Educational Psychology",1985 edition: New Print
India Pvt. Ltd., Sahibabad, U.P.
4. Indian Olympic Association, Jan., 1976.

BPE-C151

Lab Course

Practical= 70 Marks External+ 30 Marks Internal = 100 Marks Pass Marks: 40%

Credits-2

History of cricket and TT.

Marking, measurements skills and equipments

Types of Races (Short distance, Athletics)

LIST OF EXPERIMENTS

Teaching of skills and marking of grounds

1. Team game Cricket
2. Individual game T.T.

NOTE:

1. Each experiment shall carry 10 marks and 15 marks shall be assigned for viva-voce examination 15 marks shall be reserved for practical record.
2. In practical examination the student shall be required to perform 02experiments
3. A teacher shall be assigned student for daily practical work in laboratory.
4. No batch for practical class shall consist of more than student.
5. The numbers of students in a batch allotted to an examiner for practical examination shall not exceed students.
6. Addition/deletion in above list may be made in accordance with the facilities available with the approval of H.O.D./Dean.

Semester-II
BPE-C201
PSYCHO-PHILOSOPHICAL FOUNDATION OF PHYSICAL
EDUCATION

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

UNIT-I

Growth & Development
Differences between Growth and Development
Factors affecting Growth & Development.
Age and Sex Differences.

UNIT-II

Meaning and Definitions of Motivation.
Types and Nature of Motivations.
Meaning of sociology & Importance of Sociology in Physical Education.
Games and Sports as Man's Cultural Heritage.

UNIT-III

Role of physical education in promotion of social values
Meaning and Definition of Personality.
Factors Affecting Development of Personality.
Meaning and Definitions of Emotions.

UNIT-IV

Meaning of Communicable Disease and its effects on the Society.
Give Detail Notes on- AIDS, Rabies, Tetanus, Malaria, Tuberculosis and Hepatitis.
Role of WHO in irradiation of communicable disease.
Modern Olympic Games.
Objectives, Charter, Olympic Torch, Motto and Olympic Flag.

Text books and References:

1. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
2. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
3. Dagar,R.K.S. et. al., "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005.
4. Dagar,R.K.S. & Chauhan, S.K "Historical and Modern bases of Physical Education" friends publications, New Delhi 2007.

BPE-C251

Lab Course

Practical= 70 Marks External+ 30 Marks Internal = 100 Marks Pass Marks : 40%

Credits-2

History of Football and Squash.

Marking, measurements, basic skills and equipments.

Types of Jumps (Athletics)

LIST OF EXPERIMENTS

Teaching of skills and marking of grounds

1. Team Game Football
2. Individual Game Squash

NOTE:

1. Each experiment shall carrymarks andmarks shall be assigned for viva-voce examination.marks shall be reserved for practical record.
2. In practical examination the student shall be required to perform.....experiments
3. A teacher shall be assigned student for daily practical work in laboratory.
4. No batch for practical class shall consist of more than student.
5. The numbers of students in a batch allotted to an examiner for practical examination shall not exceed students.
6. Addition/deletion in above list may be made in accordance with the facilities available with the approval of H.O.D./Dean.

Semester-III
BPE-C301
SCIENTIFIC BASIS OF PHYSICAL EDUCATION

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

UNIT-I

Definition of Warming up and cooling down
Significances of Warming up and cooling down in Sports.
Principles of Physical Fitness Developments.
General Fitness Programme-Aerobics, Jogging, Cycling.

UNIT-II

Types of Bone.
Types of Joints and their Classification.
Muscles and types of muscles.

UNIT-III

Meaning and Definitions of Anatomy.
Meaning and Definitions of Physiology.
Structure and Function of Cell.
Meaning and Definitions of Tissue, Organs and systems.

UNIT-IV

Meaning and Definitions of Health.
Role of WHO in promoting health services.
Meaning, Aims and Objectives of School/College Health Programme.
Variations in Temperature
Exercise in Heat and Cold

Text books and References:

1. Wilmore, Jack H. "Athletic Training and Physical Fitness", 1977, Allyn and Bacon, Inc., 470, Atlantic A venue, Boston, Massachusetts.
2. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
3. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
4. Dagar,RKS & Chauhan, SK "Kinesiology in Physical Education" friends publications, New Delhi 2007

Semester-III
BPE-S301

SKILL ENHANCEMENT COURSE (SEC) (ELECTIVE)
BHMDR (Badminton, Hockey & Middle Distance Races)

BHMDR

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Historical background of Badminton
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Strokes
Governing bodies
Competitions

Unit – III

Historical background of Hockey
Origin and development
Equipments and rules

Unit – IV

Marking
Measurements/ Dimensions
Skills
Governing bodies
Competitions
Athletics- introduction
Middle distance races
Types of start and finish
Rules and Equipments
Text books and References:

BPE-S302
SKILL ENHANCEMENT COURSE (SEC) (ELECTIVE)
FSJ (Football, Squash & Jumps)
FSJ

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Historical background of Football
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
competitions

Unit – III

Historical background of Squash
Origin and development
Equipments and Rules

Unit – IV

Measurements/ Dimensions
Strokes
Governing bodies
Competitions
Athletics- introduction
Types of jumps
Rules and Equipments

Text books and References:

BPE-C351

Lab Course

Practical= 70 Marks External+ 30 Marks Internal = 100 Marks Pass Marks: 40%

Credits-2

History of Badminton and Hockey.

Marking, measurements, basic skills and equipments

Types of Races (Middle distance, Athletics)

LIST OF EXPERIMENTS

Teaching of skills and marking of the ground

1. Team Game Hockey
2. Individual Game Badminton

NOTE:

1. Each experiment shall carrymarks andmarks shall be assigned for viva-voce examination.marks shall be reserved for practical record.
2. In practical examination the student shall be required to perform.....experiments
3. A teacher shall be assigned student for daily practical work in laboratory.
4. No batch for practical class shall consist of more than student.
5. The numbers of students in a batch allotted to an examiner for practical examination shall not exceed students.
6. Addition/deletion in above list may be made in accordance with the facilities available with the approval of H.O.D./Dean.

BPE-C401
GENERAL COACHING AND FITNESS IN PHYSICAL
EDUCATION

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

UNIT-I

Meaning and definition of sports coaching.
Need and Role of sports coaching.
Various methods of sports coaching.

UNIT-II

Principles of coaching.
Role of a coach.
Importance of coaching.

UNIT-III

Meaning and concept of Athletic care.
Introduction of common sports injuries i.e. Contusion, Strain, Sprain and Abrasion.
Prevention and management of common sports injuries.

UNIT-IV

Role of A.I.U. in promotion games and Sports.
Eligibility of participants in A.I.U. Games.
List of A.I.U. Games.
Meaning and definition of Fixture.
Draw of Fixture
a. Knock out
b. League
c. Combination

Text books and References:

1. Singh, Shamsher, "Anatomy and Physiology".
2. Pears, Elwin C., "Anatomy and Physiology for Nurses", London, 1972.
3. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000.
4. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000.

Semester-IV
BPE-S401

SKILL ENHANCEMENT COURSE (SEC) (ELECTIVE)
CTTSDR (Cricket, Table Tennis & Short Distance Races)

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Historical background of Cricket
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
competitions

Unit – III

Historical background of Table Tennis
Origin and development
Equipments and rules

Unit – IV

Measurements/ Dimensions
Strokes
Governing bodies
competitions
Athletics- introduction
Short distance races
Types start and finish
Rules and Equipments

BPE-S402
SKILL ENHANCEMENT COURSE (SEC) (ELECTIVE)
VWLT(Volleyball, Weight Lifting & Throws)

VWLT

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Historical background of Volleyball
Origin and development
Equipments and Rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
Competitions

Unit – III

Historical background of Weight lifting
Origin and development
Equipments and Rules

Unit – IV

Measurements/ Dimensions
Techniques
Governing bodies
Competitions
Athletics- introduction
Types of Throws
Rules and Equipments

Text books and References:

BPE-C451

Lab Course

Practical= 70 Marks External+ 30 Marks Internal = 100 Marks Pass Marks : 40%

Credits-2

History of Volleyball and Weight lifting.
Marking, measurements, basic skills and equipments
Types of Throws (Athletics)

LIST OF EXPERIMENTS

Teaching of skills and marking of Grounds

MM-100

1. Team Game Volleyball
2. Individual game Weight lifting

NOTE:

1. Each experiment shall carrymarks andmarks shall be assigned for viva-voce examination.marks shall be reserved for practical record.
2. In practical examination the student shall be required to perform.....experiments
3. A teacher shall be assigned student for daily practical work in laboratory.
4. No batch for practical class shall consist of more than student.
5. The numbers of students in a batch allotted to an examiner for practical examination shall not exceed students.
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Semester- V
DISCIPLINE SPECIFIC ELECTIVE
BPE-E501

HEALTH EDUCATION AND PERSONNEL HYGIENE

MM : 100

Time : 3 hrs

L T P

3 1 0

Credits-4

Sessional : 30

ESE : 70

Pass Marks : 28

Unit-I

Meaning and need of health education.

Meaning and concept of school/ college health programme.

Importance of school/ college health programme-

Unit - II

Components of school/ college health programme and their inter- relationship with healthful health services.

Components of school/ college health programme and their inter- relationship with healthful living.

Components of school/ college health programme and their inter- relationship with comprehensive school/ college health education (Health instructions).

Unit -III

Introduction of digestive System.

Organs of digestive System.

Functioning of digestive System.

Effect of exercises on digestive System.

Unit -IV

Meaning and functions of family.

Importance of family as a social institution.

Problems of Adolescence and their management.

Preparation for marriage and parenthood.

Role of parents in child care.

Role of individual as a citizen.

Text books and References:

1. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
2. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
3. Sharma, Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi.
4. Dagar,R.K.S. et. al. "Swasthya siksha evm yog ke tatwa",friends publication, New Delhi
5. Sharma,V.K.,& Sharma, Bindu, "Health and physical education", lakshmi publishing house,Rohtak,2011

Semester- V
DISCIPLINE SPECIFIC ELECTIVE
BPE-E502

**MANAGERIAL ASPECT OF OFFICIATING IN PHYSICAL
EDUCATION**

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Meaning and general principles of officiating
Financial aspects of officiating.
Legal aspects of officiating.

Unit- II

Qualifications of an official.
Qualities of an official.
Duties of an official.

Unit – III

Meaning & definition of ingredients of officiating.
Rules of enforcement.
Facilities, Arrangement and environment for officiating.

Unit –IV

Relations of officials-
Management
Players, Coaches, Captains, Spectators, Fans
Pre game preparation of an official.
During game preparation of an official.
After game preparation of an official.
Duties of an officials (pre, during and post games).
Dresses, signals and equipments of an officials
Improving the standards of officiating.

Text books and References:

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

SKILL ENHANCEMENT COURSE
BPLLDR (Basketball, Power lifting & Long Distance Races)
BPE-S501
BPLLDR

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Historical background of Basketball
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
Competitions

Unit – III

Historical background of Power Lifting
Origin and development
Equipments and Rules

Unit – IV

Marking
Measurements/ Dimensions
Techniques
Governing bodies
Competitions
Athletics- introduction
Long distance races
Rules and Equipments

SKILL ENHANCEMENT COURSE
HKS (Handball, Kho-Kho Shooting)
BPE-S502
HKS

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Historical background of Handball
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
Competitions

Unit – III

Historical background of Kho-kho
Origin and development
Equipments and Rules

Unit – IV

Marking
Measurements/ Dimensions
Techniques
Governing bodies
Competitions
Shooting- introduction
Rules and Equipments
Types of Shooting
Scoring and marks

BPE-E551

Lab Course

Practical= 70 Marks External+ 30 Marks Internal = 100 Marks Pass Marks : 40%

Credits-2

History of Basketball and Power lifting.
Marking, measurements, basic skills and equipments
Types of Races (Long distance, Athletics)

LIST OF EXPERIMENTS

Teaching of skills and marking of grounds

1. Team Game Basketball
2. Individual Game Power lifting

NOTE:

1. Each experiment shall carrymarks andmarks shall be assigned for viva-voce examination.marks shall be reserved for practical record.
2. In practical examination the student shall be required to perform.....experiments
3. A teacher shall be assigned student for daily practical work in laboratory.
4. No batch for practical class shall consist of more than student.
5. The numbers of students in a batch allotted to an examiner for practical examination shall not exceed students.
6. Addition/deletion in above list may be made in accordance with the facilities available with the approval of H.O.D./Dean.

GENERIC ELECTIVE COURSE
INTRODUCTION OF PHYSICAL EDUCATION
BPE-G501 PAPER-I

UNIT-I

Meaning, Definitions, and Objectives of Physical Education.

Foundations of Physical, Education:-

Biological foundation – Introduction, Growth and Development and Body types.

Psychological Foundation – Introduction, Learning process and theories.

Sociological Foundation – Introduction, Socialization process.

UNIT-II

Modern and Ancient Historical perspectives: USA

Modern and Ancient Historical perspectives: UK

Modern and Ancient Historical perspectives: Greece

Modern and Ancient Historical perspectives: Rome

Modern and Ancient Historical perspectives: India.

UNIT-III

Physical Fitness and Wellness:- meaning, Importance and Components

Factors Affecting Physical Fitness and Wellness

Principles of Physical Fitness

UNIT-IV

Professional preparation in Physical education.

National Sports awards and Honors.

**GENERIC ELECTIVE COURSE
OLYMPIC MOVEMENT
BPE-G502 PAPER-II**

UNIT – I Origin of Olympic Movement

Philosophy of Olympic movement
The early history of the Olympic movement
The significant stages in the development of the modern Olympic movement
Educational and cultural values of Olympic movement

Unit – II Modern Olympic Games

Introduction of Modern Olympic Games
Significance of Olympic Ideals
Significance of Olympic Rings
Significance of Olympic Flag
Olympic Protocol for member countries
Sports for All

Unit – III Different Olympic Games

Para Olympic Games
Summer Olympics
Winter Olympics
Youth Olympic Games

Unit – IV Committees of Olympic Games

International Olympic Committee - Structure and Functions
National Olympic committees and their role in Olympic movement
Olympic commission and their functions
Olympic medal winners of India

Reference:

Osborne, M. P. (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.
Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner

Semester- VI
DISCIPLINE SPECIFIC ELECTIVE
GENERAL COACHING AND TRAINING IN PHYSICAL
EDUCATION
BPE-E601

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Meaning and purpose of coaching.
Meaning and purpose of training.
Meaning and purpose of teaching.

Unit-II

Difference between coaching & training.
Aims and Objectives of coaching.
Aims and Objectives of training.

Unit-III

Qualities of a good coach.
Qualification of a good coach.
Significance of the scientific training.
Duties of a trainer.

Unit – IV

Meaning and Definitions Excretory System.
Structure of skin and kidney (Excretory System).
Effect of exercises on Excretory System.
Qualifications of a P.E.T(PRT, TGT & PGT), Coach and college lecturer.
Awards-
Bharat ratan
Rajiv Gandhi khel ratn award
Dronacharya
Arjuna
Maulana abul kalam azad trophy.

Introduction of Major trophy in games and sports in India.

HOCKEY-Aga khan cup, Begam Rasul Trophy (woman's), Maharaja Ranjit Singh Gold Cup, Lady Ratan Tata Trophy(woman's national championship), Dhyanchand

Trophy, Nehru Trophy, Sindhia Gold Cup, Murugappa Gold Cup, Wellington Cup betten cup(national championship).

FOOTBALL- Beghum Hazrat Mahal Cup, BILT Cup, Bordoloi Trophy Colombo Cup, Confederation Cup, Durand Cup, Rovers Cup, B.C. Raj Trophy (National Championship), Santosh Trophy (National Championship), Subroto mukherjee Cup.

CRICKET-Ashes, Asia Cup, Benson and Hedges cup, C.K. Naidu trophy, Deodhar trophy, G.D. Birla trophy, Irani Trophy, Merchant cup, Rani Jhansi trophy, Ranji trophy, Sheesh Mahal Trophy, Vijay Hazare Trophy, Vijay Merchant Trophy, Vizzy Trophy.

BADMINTON-Aggrawal cup, Amrit Diwan Cup, Chaddha cup, Thomas cup, Uber cup, Yonex cup.

BASKETBALL- Basalat Jha Trophy, B.C. Gupta Trophy, Federation Cup, Todd memorial trophy, Nehru cup.

ATHLETICS- Charminar Trophy, Fedration cup.

VOLLEYBALL- Centennial cup, Fedration cup, Indira Predhan trophy, Shivanthi gold cup.

Text books and References:

1. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
2. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
Sharma,Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi.

Semester- VI
DISCIPLINE SPECIFIC ELECTIVE
CONDITIONING METHODS OF PHYSICAL EDUCATION
BPE-E602

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Meaning of sports training and physical detraining.
Scientific principles of coaching.
Types of motion, Newton's laws of motion, Forces Centripetal & centrifugal

Unit -II

Kinds of equilibrium.
Centre of gravity & line of gravity.
Lever and its application in games and sport.

Unit -III

Principles of training
Training period.
Warming up exercises (general & specific)
Importance & Advantages of warming up

Unit – IV

Cooling down (importance, causes & methods)
Conditioning.
Principles of conditions.
Periodisation of conditioning.
Types of exercises (isometric, isotonic & isokinetic)
Training methods
Circuit training
Fartlek training
Interval training

Text books and References:

1. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
2. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
Sharma,Vyas Dev. "introduction to physical and health education", avichal publishing company, New Delhi.
3. Dagar,RKS & Chauhan, SK "Kinesiology in Physical Education" friends publications, New Delhi 2007

SKILL ENHANCEMENT COURSE
LTWG (Lawn Tennis, Wrestling & Gymnastic)
BPE-S601

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Historical background of Lawn Tennis
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
Competitions

Unit – III

Historical background of Wrestling
Origin and development
Equipments and Rules

Unit – IV

Platform-Measurements/ Dimensions
Techniques
Governing bodies
Competitions
Gymnastic- introduction
Events-Men/Women
Rules and Equipments

SKMR SKILL ENHANCEMENT COURSE
SKMR (Softball, Kabaddi & Miscellaneous Races)
BPE-S602
SKMR

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Historical background of Softball
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
Competitions

Unit – III

Historical background of Kabaddi
Origin and development
Equipments and Rules

Unit – IV

Marking
Measurements/ Dimensions
Skills and Techniques
Governing bodies
Competitions
Athletics- introduction
Miscellaneous Races (Relay, Hurdles and stipple chase)
Rules and Equipments

Semester-VI

BPE-E651 Lab Course

Practical= 70 Marks External+ 30 Marks Internal = 100 Marks Pass Marks : 40%

Credits-2

History of Softball and Kabaddi.

Marking, measurements, basic skills and equipments

Types of Miscellaneous Races (Relay, Hurdles and stipple chase, Athletics)

LIST OF EXPERIMENTS

Teaching of skills and marking of grounds

1. Team Game Softball/ Kabaddi
2. Individual Game Best Physique/ Lawn Tennis

NOTE:

1. Each experiment shall carrymarks andmarks shall be assigned for viva-voce examination.marks shall be reserved for practical record.
2. In practical examination the student shall be required to perform.....experiments
3. A teacher shall be assigned student for daily practical work in laboratory.
4. No batch for practical class shall consist of more than student.
5. The numbers of students in a batch allotted to an examiner for practical examination shall not exceed students.
6. Addition/deletion in above list may be made in accordance with the facilities available with the approval of H.O.D./Dean.

**GENERIC ELECTIVE COURSE
HEALTH EDUCATION AND ATHLETIC CARE
BPE-G601 PAPER-I**

UNIT-I: HEALTH EDUCATION

Meaning, Definition & Concepts of Health
Definition of Health Education, Health Instruction, Health Supervision
Aim and objectives of Health Education
Principles of Health Education

UNIT-II HEALTH PROBLEMS IN INDIA

Communicable and Non Communicable Diseases
Obesity, Malnutrition, Adulteration in food, Environmental sanitation.
Personal and Environmental Hygiene for schools
Objective of school health service, Role of health education in schools

UNIT-III HEALTH SERVICES

Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment
Health Service and guidance instruction in personal hygiene

UNIT-IV ATHLETIC CARE

Health and Safety in Daily Life
Concept of RICE
First Aid and Emergency Care
Common Injuries and their Management

GENERIC ELECTIVE COURSE OFFICIATING AND COACHING

BPE-G602 PAPER-II

UNIT-I

Meaning and Definition of Officiating
General principles of Officiating
Financial and Legal aspects of Officiating
Qualities of an Official.

UNIT-II

Essential Ingredients of Officiating
Relations of the Officials
Personal preparation of an official
Duties of an Official

UNIT-III

Meaning and definition of Teaching, Training and Coaching
Aims and Objectives of Coaching
Qualities of a good Coach
Philosophy of Coaching

UNIT-IV

Rules, Regulations, laws and Governing bodies of below said games
Athletics, Badminton, Basketball, Cricket, Football and Hockey