

New Scheme of Examination for B.P.Ed (One year Course) -2011.

B.P.Ed- One year course

Theory: 3 hours

	Theory	Int.Assment	Total	Minimum
pass marks				
Paper-I. History & Principles of Physical Education & Sports	80	20	100	35
Paper –II. Psychology & Sociology with reference to Physical Education & Sports	80	20	100	35
Paper –III. Anatomy, Physiology & Kinesiology	80	20	100	35
Paper – IV. Sports Management	80	20	100	35
Paper – V. Techniques of Officiating & Coaching	80	20	100	35
Paper – VI. Health Education, Yoga & Recreation	80	20	100	35
			<u>600</u>	<u>35</u>
			<u>Total: 600</u>	<u> .</u>

PART-II PRACTICALS

: 300 Marks

- a) **External Evaluation : 240 marks**
- b) **Internal Assessment : 60 Marks**

B.P.Ed

Paper-I HISTORY & PRINCIPLES OF PHYSICAL EDUCATION & SPORTS

Time- 3 Hours

Total Marks : 100
Theory Marks: 80
Int. Assessment :20

Note : Paper setter is required to set 10 questions, two questions from each Unit.

Candidate is

required to attempt five questions, selecting at least one question from each unit.
All questions carry equal marks.

Unit-I

- i) Definition, Meaning & Scope of Physical Education
- ii) Aims & Objectives of Physical Education
- iii) Relationship of Physical Education & Recreation
- iv) Contribution of Physical Education towards general education.

Unit-II

- i) History of Physical Education in ancient Greek, comparative study of Spartan & Athanian education
- ii) The origin and development of Olympic Games
- iii) Development of Asian games

Unit-III

- i) Physical Education in Germany, Sweedan & Denmark (Emphasis only on contribution of Basedaw, Guts-Muths, John Spiess, Machteggall, Ling)
- ii) Present status of Physical education & Recreation in Russia and Japan.
- iii) History of Physical Education in India (Pre & Post Independence Era).

Unit-IV

- I) Critical appreciation of the following :
 - i) Haryana Sports Department
 - ii) I.O.C Policies for development Physical Education & Sports
 - iii) Compulsory programme of Physical Education & Sports for School.
 - iv) Modern Olympics
 - v) Sports Authority of India
 - vi) South Asian Federation Games

Unit-V

- I) Foundation of Physical Education
 - i) Biological Activity, its need, principle of use and dis-use
 - ii) Growth and development
 - iii) Age & Sex difference
 - iv) Classification of Physique

REFERENCE BOOKS :

1. Charles & Bucher : Foundations of Physical Education
2. Harold M. Barrow : Man & his movement Principles of Phy. Education.
3. J.F. Williams : Principles of Physical Education
4. Cowel & France : Philosophy and Principles of Physical Education
5. D.G. Wakharkar : Mannual of Physical Education
6. M.L.Kamesh & M.S. : Principles & History of Physical Education

Sangral

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**Paper –II PSYCHOLOGY & SOCIOLOGY WITH REFERENCE TO
PHYSICAL EDUCATION & SPORTS**

Time- 3 Hours

**Total Marks : 100
Theory Marks: 80
Int. Assessment :20**

Note : Paper setter is required to set 10 questions, two questions from each Unit.

Candidate is

required to attempt five questions, selecting at least one question from each unit.
All questions carry equal marks.

Unit-I

- i) Sports Psychology its meaning and nature
- ii) Scope, concept and goal of sports psychology
- iii) Phenomenon of growth
- iv) Heredity & Environment
- v) Organic and behavioral changes at various age levels
- vi) Individual differences and their implications in Physical Education & Sports.

Unit- II

- i) Emotions and their implications in Sports.
- ii) Hazards of emotional involvement
- iii) Frustration, aggression, anger, fear, anxiety, stress and tension.
- iv) Nature of motivation and its need in physical education & sports.

Unit-III

- i) Learning & nature of learning
- ii) Laws of learning and learning curve
- iii) Some learning concepts applied to physical education and sports.
- iv) Relaxation and automatizing of motor skills and feedback.
- v) Factors affecting motor learning
- vi) Transfer of training and its importance in learning physical skills.

Unit-IV

- i) Sociology and its meaning and importance in physical education and sports.
- ii) Psycho-physical unity of human organism
- iii) Physical Education, Sports and Socializing institutions (Family, School, College, University and Voluntary associations)
- iv) Socio-psychological factors in selecting teams
- v) Influence of social factors on sports performance.

Unit-V

- i) Socio-cultural forces and sports
- ii) Competition and cooperation in physical activity
- iii) Tradition and their influence on human behavior social inheritants.
- iv) Influence of group on the individual and vice-versa
- v) Physical Education & Sports as a socializing agency

Reference Books

1. Frost, R.S : Psychological concepts applied to Physical Education & Coaching
2. Lawther, J.S. : Psychology of coaching, Englewood chief, N.J. Prentice Hall

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Paper –III ANATOMY, PHYSIOLOGY & KINESIOLOGY

Time- 3 Hours

Total Marks : 100

Theory Marks: 80

Int. Assessment :20

Note : Paper setter is required to set 10 questions, two questions from each Unit.

Candidate is

required to attempt five questions, selecting at least one question from each unit.
All questions carry equal marks.

Unit-I

- i) Meaning & importance of Anatomy and Physiology
- ii) Structure, function and properties of living cell
- iii) Skeleton system – classification of bones, joints and their types.
- iv) Muscular system – properties and types of muscles.

Unit-II

- i) Circulatory system – structure of Heart, blood vessels, Arteries and blood circulation
- ii) Blood pressure and its measurement
- iii) Respiratory system – Organs of respiration, structure and function
- iv) Physiology of respiration and mechanism of respiration
- v) Effects of exercise on circulatory and respiratory system.

Unit-III

- i) Digestive system – organs of digestion, structure, function of digestive track
- ii) Absorption and assimilation of food.
- iii) Excretory system – organs of excretion, structure and function of kidney and skin.
- iv) Nervous system – Brain and its parts, spinal cord and reflex actions.

Unit-IV

- i) Meaning, scope and importance of kinesiology
- ii) History of kinesiology
- iii) Terminology of various movements around the joints
- iv) Structural and functional classifications of muscles.

Unit-V

- i) Concept of balanced posture
- ii) Postural deformities and their corrective exercises
- iii) Basis concepts of force, motion equilibrium, lever & Projectiles

Reference Books

1. Harbert A Debries : Physiology of Exercise
2. Laurence E. Morchouse : Physiology of Exercise
3. Peter V.Korpevich : Physiology of Muscular Activity
4. J.S.Roses K.W.J Silson : Foundation of Anatomy & Physiology

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Paper – IV SPORTS MANAGEMENT

Time- 3 Hours

Total Marks : 100

Theory Marks: 80

Int. Assessment :20

Note : Paper setter is required to set 10 questions, two questions from each Unit.

Candidate is

required to attempt five questions, selecting at least one question from each unit.

All questions carry equal marks.

Unit -I

- i) Meaning, importance and scope of sports management
- ii) Factors influencing sports management
- iii) Meaning & importance of teaching methods
- iv) Factors effecting teaching methods and various methods of teaching
- v) Steps of personnel and technical preparation
- vi) Meaning, importance and types of audio-visual aids.

Unit-II

- i) Meaning & types of class management
- ii) Salient features of good class management
- iii) Factors effecting good class management
- iv) Meaning & values of lesson plan- game, Gymnestic, Athletic and Indigenous activity
- v) Classification of exercises and activities and its importance.
- vi) Meaning & importance of tournaments. Types of tournament –knock out and league, their advance and dis-advantages.

Unit-III

- i) Meaning, importance and principles of administration and organization
- ii) Factors influencing good administration
- iii) Qualifications and qualities of Physical Education teachers
- iv) Play ground, area, location, lay-out and care of sports equipments
- v) Need, importance, purchase of sports equipments.

Unit-IV

- i) Need & Importance of curriculum planning
- ii) Time –table, factors effecting time –table , objectives, principles and precautions in preparation of time-table.
- iii) Intramural objectives and organization
- iv) Budget – importance and criteria for a good budget
- v) Meaning & importance, types of records and registers

Unit-V

- i) Evaluation- Meaning need, importance and methods of evaluation
- ii) Characteristics of a good test
- iii) Supervision and inspection –meaning and methods of supervision and inspection
- iv) Qualities of a good supervisor

v) Organization and conduct of tournaments and Athletic meets.

Reference Books

1. P.M Joseph : Organization of Physical Education
2. Suraj Singh : Administration of Physical Education
3. D.G.Wakherker : Manual of Physical Education

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Paper – V
Time- 3 Hours

TECHNIQUES OF OFFICIATING & COACHING

Total Marks : 100
Theory Marks: 80
Int. Assessment :20

Note : Paper setter is required to set 10 questions, two questions from each Unit.
Candidate is

required to attempt five questions, selecting at least one question from each unit.
All questions carry equal marks.

Unit-I

- i) Importance and principles of officiating
- ii) Qualities of a good official
- iii) Relations of official with management, players, coaches and spectators
- iv) Duties of officials in general-pre, during and post game duties.
- v) Measures of improving the standard of officiating

Unit-II

- i) Rules of games and Athletic events and their interpretation (Hockey, Football, Volley ball, Basketball, Kabaddi, Handball, Kho-kho, Table-Tennis, Badminton, Judo, Weight-lifting and Wrestling).
- ii) Score sheet of different games and all Athletic events
- iii) Layout of different play fields/grounds/court/track

Unit-III

- i) Principles of coaching
- ii) Qualities, qualification and responsibilities of a coach
- iii) Warming up, cooling down and their physiological trends

Unit-IV

- i) Methods of condition (Circuit training, fartlek, interval, training, weight-lifting)
- ii) Principles of training
- iii) Dopping and its effects on performance

Unit-V

- i) Periodisation – types of periodisation
- ii) Preparation of training schedule
- iii) Psychology of competition and coaching
- iv) Factors effecting sports performance
- v) Eligibility rules of inter-collegiate and inter-university
- vi) Preparation of TA/DA bills.

REFERENCE BOOKS

1. Rules of Games and Sports by Y.M.C.A. Madras
2. The Art of Coaching by John Bunn
3. Athletic Training by Claffs.
4. Rules of Games & Sports by Lokesh Thani

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Paper – VI

Health Education, Yoga & Recreation

Time- 3 Hours

Total Marks : 100

Theory Marks: 80

Int. Assessment :20

Note : Paper setter is required to set 10 questions, two questions from each Unit.

Candidate is

required to attempt five questions, selecting at least one question from each unit.

All questions carry equal marks.

Unit- I

- i) Definition of Health Education, Health instruction, Health Supervision, health services & moral education
- ii) Guidance instruction in personal hygiene & medical check-up.
- iii) Food, its constituents, caloric value of diet.
- iv) Balanced diet, diet for children & sportspersons.

Unit-II

- i) Meaning, need & importance of safety education
- ii) Safety in playground, home, laboratories, road, pedestrian
- iii) Meaning, scope, aim& objectives of first aid.
- iv) Need and importance of first aid in Physical Education & Sports, causes and prevention aids.

Unit-III

- i) Meaning & objectives of Yoga.
- ii) Types of yoga and importance of yoga in the field of physical education & sports.
- iii) Cleansing processes and its role and purpose of shat karma.
- iv) Meaning of Asanas, types of asanas and principles, effect, technique & benefits of following asanas.
 - a) Meditative : Padma, Sidha, vajre
 - b) Relaxative : Shev and Maker
 - c) Cultural & Corrective : Bhujanga, shalabha, phanush, hal, makaya, vakre, pushchimottan, chakre, bak, mayor, garud, tab and trikna.

Unit-IV

- ii) Meaning, objectives and types of Pranayama
- iii) Techniques & benefits of Ujjai, Bhastrka, Shitali, Sitkari and Bharamari.
- iv) Applications of Bandhas in the process of Pranayama
- v) Role of Hatha Yoga in the process of Physical fitness, mental health and its effect on the sports performance

Unit –V

- i) Definition, need and scope of recreation.
- ii) Types of recreation – indoor, outdoor, active, passive, commercial, rural recreation.
- iii) Various agencies which provide recreation in India.
- iv) Qualities & qualifications of a good Recreation leader.

- v) Camping- organization of camp, facilities required for camp & different types of camps.
- vi) Gardening – layout and its planning
- vii) Hobbies : As a leisure time activity and their educational value.

REFERENCE BOOKS

1. Joshi J.S : Science of Yoga
2. Fitzarlad, Gerald : Leadership in recreation education B.A.S.Barnett & Co.

PART-II PRACTICALS

: 300 Marks

a) External Evaluation : 240 marks

Note:- (i) Practical of 240 marks will be evaluated internally as well as externally in the

Following lessons.

1. Officiating and coaching of athletic : 80 marks
2. Officiating and coaching of game : 80 marks
3. Gymnastic & indigenous to activities : 80 marks

Note : (ii) There will be 20 lessons in all (five lessons in athletic) five in game, five in gymnastic and five in indigenous, activities.

All the lessons will be on the note book and student will not be allowed to sit in the examination without the completion of the note book and the certificate to this effect will be issued by the Head of the Institution. The following will be covered under Part-II (Practicals).

- a) Athletic (both for man & women)
 - i) Track events : Sprints, middle, long distance and relay races.
 - ii) Field events : Jumps and throws.
- b) Games :- Hockey, Football, Basketball, Handball, Wrestling (judo for women), Kabaddi, Kho-kho, Weight-lifting , Volleyball, Boxing (table-tannis for women).
- c) Gymnastic & Indigenous activities
Mass P.T., Exercise tables, drill and marching, yogic exercises, lazium and dumbbell.

b) Internal Assessment : 60 Marks

Internal assessment will be evaluated internally by the committee consisting of principal of the College s Convener of the Committee, head of the department and activity incharge as its members. Assessment marks will be sent to the Controller of Examination in the month of March every year.

Internal assessment will be based on the following criterion

- i) Project work (organization of competitions and college athletic meet).
- ii) Performance on various fundamentals skills of games.
- iii) Performance on various fundamentals skills of athletic events.
- iv) Assessment of organization of educational tour and picnic budgeting of sports material

Note :- While making the assessment on the basis of above mentioned criterion, the regularity, discipline & punctuality etc. of the students will also be taken into consideration.