

**DEPARTMENT OF PHYSICAL EDUCATION
FACULTY OF EDUCATION**

(KURUKSHETRA UNIVERSITY, KURUKSHETRA)

**SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION (B.P.Ed)
(ANNUAL SYSTEM)**

SESSION: 2013-2014

PREFACE:

The Bachelor of Physical Education (B. P. Ed) – One Year Programme prepares qualified teachers in Physical Education for Secondary / Senior Secondary Schools.

OBJECTIVES:

1. To prepare quality physical education teachers of physical education.
2. To provide excellent research and teaching in Physical Education in order to promote and develop the health and well being of people.
3. To lay down a sound foundation for higher and advance studies in Physical Education in India.
4. To prepare students for advance coaching Diplomas in disciplines – Athletics, Gymnastics and Games.
5. To fulfill the eligibility criteria of Foreign Universities to get admission in post graduate courses abroad since it is a basic and global programme.
6. To generate employment in the fields of Health Fitness and Gym- Management, Physiotherapy, Journalism, Aquatics and Yoga.
7. To provide opportunity to talented students to excel in sports and become outstanding sports persons.
8. To promote mass participation in Physical Education activities through intra – mural and Extra- mural programmes.
9. To cultivate the spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.
10. To promote interest for indigenous games, sports and yogic exercises.

New Scheme of Examination for B.P.Ed (One year Course) -2013.

B.P.Ed- One year course

Theory: 3 hours

	Theory	Int.Assment	Total	Min	Time
Paper-I. History & Principles of Physical Education & Sports	80	20	100	35	3 hours
Paper –II. Psychology & Sociology	80	20	100	35	3 hours
Paper –III. Anatomy & Physiology	80	20	100	35	3 hours
Paper – IV. Sports Management	80	20	100	35	3 hours
Paper – V. Techniques of Officiating & Coaching	80	20	100	35	3 hours
Paper – VI. Health Education, Yoga & Recreation	80	20	100	35	3 hours

Total: 600 Marks

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

Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I: INTRODUCTION TO PHYSICAL EDUCATION

- i) Definition, Meaning & Scope of Physical Education
- ii) Aims & Objectives of Physical Education, Contribution of Physical Education towards general education
- iii) Importance of physical Education as profession. Career options in Physical Education & Sports.
- iv) Misconceptions about Physical Education.

Unit-II: HISTORY OF PHYSICAL EDUCATION

- i) History of Physical Education in ancient Greek, comparative study of Spartan & Athenian education.
- ii) The origin and development of Ancient Olympic Games
- iii) Modern Olympic Games, South Asian Federation Games
- iv) Physical Education in Germany, Sweden & Denmark (Emphasis only on
- v) Contribution of Basedaw, Guts-Muths, John Spiess, Machteggall, Ling)

Unit-III: PHYSICAL EDUCATION IN INDIA

- i) History of Physical Education in India (Pre Independence Era).
- ii) Post-Independence Developments of Physical Education in India: All India Council of Sports (AICS), Sports Authority of India(SAI), Indian Olympic Association (IOA),
- iii) Laxmibai National Institute of Physical Education(LNIPE), NSNIS
- iv) Haryana Sports Department, Structure and function of Haryana Sports Department.
- ii) National Awards: Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, M.A.K.A. Trophy.

Unit-IV: Foundation of Physical Education

- i) Biological basis of Physical Education
- ii) Biological Activity, its need, principle of use, dis-use & over-use
- iii) Growth and development, , Individual differences
- iv) Classification of Physique
- v) Competition and Cooperation, Subjective & Objective outcomes of Competitions.

REFERENCE BOOKS:

1. Khan, E.A. *History of Physical Education*, Scientific Book Company. Patna, 1964
2. Barow, H.M. *Man and His Movement-Principles of Physical Education*, Philadelphia, Lea and Febiger, 1971
3. Bucher, C.A. *Foundations of Physical Education*, St. Louis; C.V. Mosby Co., 1972.
4. Dalen, V. *A World History of Physical Education*, Prentice Hall Inc.

B.P.Ed - Paper-II - PSYCHOLOGY & SOCIOLOGY IN PHYSICAL EDUCATION

Time- 3 Hours

Total Marks: 100

Theory Marks: 80

Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I INTRODUCTION TO PSYCHOLOGY

- i) Psychology: Meaning & Branches of Psychology.
- ii) Sports Psychology: meaning, definition and nature.
- iii) Importance of Sports Psychology in the field of sports.
- iv) Concept of Heredity &Environment. Role of Heredity &Environment in athletic performance.
- v) Organic and behavioral changes at various stages of growth.

Unit- II EMOTION AND MOTIVATION

- i) Emotions: Meaning, Definition and factors effecting emotions.
- ii) Types of emotions: frustration, aggression, fear, anxiety, and stress
- iii) Effects of emotions on sports performance.
- iv) Personality: meaning, types & factors effecting development of personality.
- v) Nature, techniques of motivation and its need in physical Education & Sports.

Unit-III LEARNING CONCEPTS OF PHYSICAL EDUCATION

- i) Learning & nature of learning . Factors effecting motor learning
- ii) Laws of learning, learning curve: Types & characteristics.
- iii) Adjustment: meaning, definition, Characteristics of a well adjusted individual.
- iv) Adjustment in sports.
- v) Transfer of training and its importance in learning motor skills.

Unit-IV SOCIOLOGY AND SPORTS

- i) Sociology and its meaning and importance in Physical Education and Sports.
- ii) Physical Education, Sports and Socializing institutions (Family, School, College, University and Voluntary associations)
- iii) Socio-psychological factors in selecting teams. Influence of social factors on sports performance.
- iv) Character and Sportsmanship, Role of Physical Education for character Development.
- v) Group cohesion: concept, meaning and relationship between cohesion and performance.

Reference Books

1. Blair, Jones and Simpson, Educational Psychology, McMillan Co., New York, 1962.
2. Mathur, S.S., Educational Psychology. Vinod Pustak Mandir, Agra, 1962.
3. Cratty, B. J., Psychology and Physical activity. Eaglewood Cliffs. Prentice Hall, 1968.
4. Crow and Crow, Educational Psychology. Eurasia Publishing House, N. Delhi, 1979.
5. Skinner, Charles. E., Education Psychology. Prentice Hall of India, N. Delhi, 1984.
6. Walia, J.S. Foundation of Educational Psychology. Paul Publishers, Jalandhar city, 1992
7. Kamlesh, M.L. Psychology in Physical Education and Sport. Metropolitan Book Co., N. Delhi. 1998

B.P.Ed - Paper –III ANATOMY & PHYSIOLOGY

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I INTRODUCTION AND SKELETON SYSTEM

- i) Meaning & importance of Anatomy and Physiology, Exercise physiology.
- ii) Structure, function and properties of living cell
- iii) Muscular system: Types of muscles & functions.
- iv) Skeleton system – classification of bones, joints and their types. Effects of exercise on skeleton system.

Unit-II CIRCULATORY AND RESPIRATORY SYSTEM

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

Unit-III DIGESTIVE AND EXCRETORY SYSTEM

- i) Digestive system – organs of digestion, structure & function of digestive track
- ii) Absorption and assimilation of food. Effects of exercise on Digestive System.
- iii) Excretory system – organs of excretion, structure & function of kidney & skin.
- iv) Effects of physical activities on excretory system.

Unit-IV NERVOUS SYSTEM AND ENDOCRINE SYSTEM

- i) Nervous system – Brain and its parts, spinal cord and reflex actions
- ii) Effects of yogic & physical exercise on Nervous System.
- iii) Endocrine System: Endocrine Glands, Location, structure & function.
- iv) Effects of exercise & on Endocrine system

Reference Books

1. Wellgoose. Health Teaching in secondary Carl.E. Schools. W.B. Saunders, 1977.
2. Wilson Kathleen J. W. Anatomy and Physiology, Health and illness. 6th Edition. Churchill Livingstone Edinburgh, 1987
3. Pearce. E. Anatomy and Physiology for Nurses, Delhi, Oxford University Press, 1989.
4. Wilmore, Jack H and Costill, David L. Physiology of Sports and Exercise. Human kinetics, 1994.
5. Hoeger, Werner W.K, Hoegen, Sharon A. Principles and Labs for fitness and wellness. 7thed, 2004.
6. Richardson, Seano, Anderson, Mark B: Overtraining Athletes: Personal Journey in Sports.2008.
- 7.

B.P.Ed - Paper – IV SPORTS MANAGEMENT

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit –I INTRODUCTION TO SPORTS MANAGEMENT

- i) Meaning, importance and scope of sports management ,
- ii) Factors influencing sports management
- iii) Meaning & importance of teaching methods, Factors effecting teaching methods.
- iv) Public Relation in Physical Education, Need of public Relation in Physical Education.
- v) Important Devices of Public Relation in Physical Education, Principles of Public Relation in Physical Education.

Unit-II CLASS MANAGEMENT LESSONPLAN AND TOURNAMENT

- i) Meaning & types of class management,
- ii) Salient features of good class management, Factors effecting good class management,
- iii) Class formation, Types of Class formation.
- iv) Meaning & values of lesson plan- Game, Gymnastic, Athletics.
- v) Classification of exercises and activities and its importance.
- vi) Meaning of classification of students in Physical Education &advantages of classification.

Unit-III ADMINISTRATION AND ORGANISATION

- i) Meaning, importance and principles of administration and organization
- ii) Factors influencing good administration
- iii) Types and procedure of Administration.
- iv) Qualifications and qualities of Physical Education teachers
- v) Facilities of Physical Education in an ideal school: Play field, Gymnasium, Swimming pool
- vi) Care & purchase of sports equipments.

Unit-IV TOURNAMENT AND PROGRAMME PLANNING

- i) Meaning & importance of tournaments.
- ii) Types of tournament –knock out and league, their advantages and disadvantages.
- iii) Organization and conduct of tournaments and Athletic meets.

- iv) Need & Importance of Intramural, Objectives and organization of intramurals.
- v) Meaning of Programme Planning, Principles of Programme planning in physical education.
- vi) Characteristics of a good Physical education Programme.

Reference Books

1. Kazmar, H.C. and Cassidy, Methods in Physical Education, W. B. Saunder Co., Philadelphia, London, 1958.
2. Charles E. Forsy, Administration of High School Athletic, Sixth Edition, Prentice Hall, Inc. Englewood, New Jersey, 1979.
3. M.L. Kamlesh and M.S. Sangral, Methods in Physical Education, Prakash Brothers, 516, Book Market Ludhiana (1986).
4. Charles A. Bucher, Management of Physical Education and Athletic Programmes, Louis C.B. Mosby. Co. 1987.
5. Brar, R.S et al Teaching Methodology and Education Technology in Physical Education, Kalyani Publisher, New Delhi, 2008.

B.P.Ed - Paper – V TECHNIQUES OF OFFICIATING & COACHING

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit –I

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

Unit-II

- i) Rules of games and Layout of the following games:
- ii) Hockey, Football, Volley ball, Basketball, Kabaddi, Lawn-Tennis, Badminton.
- iii) Score sheet of different games: Hockey, Football, Volley ball, Basketball, Kabaddi, Lawn-Tennis, Badminton.
- iv) Layout of 400 meters track
- v) Layout of Field events: Long jump, Triple jump, Shot-put, Discus Javelin

Unit-III

- i) Qualities, qualification and responsibilities of a coach
- ii) Principles of coaching.
- iii) Ergogenic Aids: Meaning and importance in sports.
- iv) Doping and its effects on performance, Describe: WADA,NADA

Unit-IV

- i) Meaning and importance of warming up, Physiological Effects of warming up.
- ii) Meaning of cooling down. Effects of cooling down after exercise.
- iii) Factors effecting sports performance
- iv) Eligibility rules of inter-collegiate and inter-university sports participation.
- v) Preparation of TA/DA bills of students and teacher.

REFERENCE BOOKS

1. Gian Singh, How to play Hockey, New Delhi-1966.
2. Bunn, J.W., Art of Officiating Sports, Prentice Hall, Englewood 1968.
3. Singh, H. Science of sports training. New, Delhi. D, V.S. Publications, 1991.
4. De Souza A. J. Track Geography and Field Sites. Chennai. DBAC Sports Envisions. 1999.
5. Brar. T. S. Officiating techniques in Track and Field, Gwalior. Bhargava Press. 2002.
6. Brundle, Fred, Teach Yourself Badminton. The English University Press Ltd., London.
7. Buck, H. W., Rules of Games & Sports. Y.M.C.A. Pub. House, Delhi (Latest Edition)
8. Bunn. J. W., Basketball techniques and team play, Prentice Hall, Englewood Cliffs.

B.P.Ed - Paper – VI Health Education, Yoga & Recreation

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I HEALTH AND SAFETY EDUCATION

- i) Definition of Health Education, Health instruction, Health Supervision, health services.
- ii) Guidance instruction in personal hygiene & medical check-up
- iii) Balanced diet & its constituents, diet for children & sportspersons, caloric value of diet.
- iv) Meaning, need & importance of safety education, Safety in playground, home, laboratories, road.
- v) Meaning, scope, aim & objectives of first aid. Need and importance of first aid in Physical Education & Sports.

Unit-II YOG SHUDHI KRISAS& ASANAS

- i) Meaning & objectives of Yoga.
- ii) Types of yoga and importance of yoga in the field of Physical Education & Sports.
- iii) Meaning and type of shat karma.
- iv) Meaning of Asanas, types of asanas and principles, technique & benefits of following asanas:
 - o Meditative : Padma, Sidha, vajre Asanas
 - o Relaxative : Shav and Mayoor Asanas
 - o Cultural Asanas : Bhujanga, shalabha, dhanush, hal, matsaya, vakre Asanas
 - o pushchimottan, chakra , tad and trikna.

Unit-III PRANAYAM AND RECREATION

- i) Meaning, objectives and types of Pranayama, Techniques & benefits of Ujjai, Bhastrika, Shitali, Sitkari and Bharamari.
- ii) Role of Hatha Yoga in the process of Physical fitness, mental health and its effect on the sports performance
- iii) Definition need and scope of recreation.
- iv) Types of recreation – indoor, outdoor, active, passive, commercial, rural recreation

Unit –IV AGENCIES AND MODES FOR RECREATION

- i) Various agencies which provide recreation in India.
- ii) Qualities & qualifications of a good Recreation leader.
- iii) Camping- organization of camp, facilities required for camp & different types of camps.
- iv) Hobbies: As a leisure time activity and their educational value.

REFERENCE BOOKS

1. Butter, George D. Introduction to Community Recreation, McGraw Hill Book Co., N. York, 1959.
2. The Curriculum in Health and Physical Education, Iowa: UMC Brown Co. Publisher, 1960.
3. Ellis, M. J., Why people play, Prentice Hall Inc. Eaglewood Cliffs, 1973.
4. Chubb, Michael and Chubb, Holly, one Third of Our Time: An Introduction to Recreation Behaviour and Resources, John Wiley and Sons, New York, 1981.
5. Torkildsen, George, Leisure and Recreation Management, E. and F. N. Spon., London, 1992.

PART-II PRACTICALS: 300 Marks

a) **External Evaluation: 240 Marks**

Note:

Practical of 240 marks will be evaluated internally as well as externally in the following lessons:

- | | |
|---|-----------------|
| 1. Officiating and coaching of athletics: | 80 Marks |
| 2. Officiating and coaching of game: | 80 Marks |
| 3. Gymnastic & indigenous activities: | 80 Marks |

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

The following curriculum will be covered under Part-II (Practical).

a) Athletics (both for men & women) – Technique, Officiating & Marking

- i) Track events: Sprints, middle, long distance and relay races
- ii) Field events: Jumps and throws: Long jump, High jump, Triple jump, Shot-put, Discus & Javelin throw.

b) Games- Technique, Officiating & Marking

Hockey, Football, Basketball, Handball, Wrestling (judo for women), Kabaddi, Kho-kho, Weight-lifting, Volleyball, Boxing (table-tennis for women).

c) Gymnastic & Indigenous activities

Mass P.T., Exercise tables, drill and marching, yogic exercises, lazium and Dumbbell. Medicine Ball exercise, Skipping Rope, Tipri.

b) **Internal Assessment: 60 Marks**

Internal assessment will be evaluated internally by the committee consisting of principal of the Colleges, Convener of the Committee, head of the department and activity in charge 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).
(15marks)
- ii) Performance on various fundamentals skills of games Hockey, Football, Basketball, Handball, Wrestling (judo for women), Kabaddi, Kho-kho, Weight-lifting, Volleyball, Boxing (table-tennis for women).
(15 marks)
- iii) Performance on various fundamentals skills of athletic events, Track events: Sprints, middle, long distance and relay races, Field events: Jumps and throws: - Long jump, High jump, Triple jump, Shot-put, Discus & Javelin throw.
(15 marks)
- iv) Assessment of organization of educational tour and picnic budgeting of sports material
(15 marks)

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.