Kurukshetra University, Kurukshetra
Scheme of Examination for Bachelor in Physical Education (B.P.Ed.)
w.e.f. 2015-16

**Semester - I**

**Credits= 26**

**Total Marks = 800**

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Subjects</th>
<th>Type of Course</th>
<th>Contact Hours Per Week</th>
<th>Credit</th>
<th>Examination Scheme</th>
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<td>BPEd -101</td>
<td>History and foundation of Physical Education</td>
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<td>BPEd - 102</td>
<td>Anatomy and Physiology</td>
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<td>BPEd - 103</td>
<td>Health Education and Environmental Studies</td>
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<td>BPEd -105</td>
<td>Practicum: (i) Athletics (Track Events)</td>
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<td>BPEd -107</td>
<td>(iii) Game –II (Football &amp; Kho Kho)</td>
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<tr>
<td>BPEd -108</td>
<td>(iv) Anatomy ,Physiology and Health Education</td>
<td>CCC</td>
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.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course
Kurukshetra University, Kurukshetra
Scheme of Examination for Bachelor in Physical Education (B.P.Ed)
w.e.f. 2015-16

**Semester - II**

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Subjects</th>
<th>Type of Course</th>
<th>Contact Hours Per Week</th>
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<tr>
<td>BPEd-201</td>
<td>Yoga Education</td>
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<td>BPEd-202</td>
<td>Computer Applications in Physical Education</td>
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<td>BPEd-203</td>
<td>Sports Psychology and Sociology</td>
<td>CFC</td>
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<td>BPEd-204</td>
<td>Contemporary issues in Physical Education, Fitness and Wellness</td>
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<td>(i) Athletics</td>
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<tr>
<td></td>
<td>(Throwing Events)</td>
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<tr>
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<td>(Volleyball &amp; Yoga)</td>
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<td>(Handball &amp; Gymnastics)</td>
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<td>BPEd-208</td>
<td>(iv) Computer Application, Rehabilitation &amp; Sports Psychology</td>
<td>CCC</td>
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C.C.C = Compulsory Core Course
C.F.C = Compulsory Foundation Course
### Kurukshetra University, Kurukshetra

**Scheme of Examination for Bachelor in Physical Education (B.P.Ed)**

#### Semester - III

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Subjects</th>
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<td>BPEd - 301</td>
<td>Sports Training</td>
<td>CCC</td>
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<tr>
<td>BPEd - 302</td>
<td>Educational Technology and Methods of Teaching in Physical Education</td>
<td>CFC</td>
<td>04 -- 04</td>
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<td>BPEd - 303</td>
<td>Organization and Administration</td>
<td>CFC</td>
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<td>BPEd - 304</td>
<td>Curriculum Design</td>
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<td>04 -- 04</td>
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<tr>
<td>BPEd - 305</td>
<td>Practicum: (i) Athletics (Jumps)</td>
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<td>BPEd - 306</td>
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<td>BPEd - 307</td>
<td>(iii) Game –II (Weight Training &amp; Hockey)</td>
<td>CCC</td>
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<td>BPEd - 308</td>
<td>(iv) Mass Display Activity (Free Hand)</td>
<td>CCC</td>
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C.C.C = Compulsory Core Course  
C.F.C = Compulsory Foundation Course
## Kurukshetra University, Kurukshetra

Scheme of Examination for Bachelor in Physical Education (B.P.Ed)

### Semester-IV

<table>
<thead>
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<th>Paper Code</th>
<th>Subjects</th>
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<td>BPEd - 401</td>
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<td>BPEd - 402</td>
<td>Sports Nutrition and Weight Management</td>
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<td>BPEd - 403</td>
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<td>BPEd - 404</td>
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<td>(i) Athletic Meet (Opening, March Past, Victory Ceremony &amp; Closing)</td>
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<td>BPEd - 406</td>
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<td>BPEd - 407</td>
<td>(iii) Game – II (Boxing &amp; Wrestling)</td>
<td>CCC</td>
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<td>BPEd - 408</td>
<td>(iv) Mass Display Activity (Lezium, Dumbbell &amp; Tipri)</td>
<td>CCC</td>
<td>-- 05 05 -- 2.5 2.5</td>
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<td>Total</td>
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<td>16 20 36 16 10 26 80</td>
<td>320 400</td>
<td>800</td>
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C.C.C = Compulsory Core Course  
C.F.C = Compulsory Foundation Course
B. P. Ed. –Syllabus
(From Session 2015-16)
Semester – I
Theory Courses

BPEd- 101: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION

Time : Three Hours       Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all carrying 2 marks of each short answer.

Unit – I: Introduction of Physical Education
i. Meaning, Definition and Scope of Physical Education
ii. Aims and Objective of Physical Education
iii. Importance of Physical Education in present era.
iv. Misconceptions about Physical Education.
v. Relationship of Physical Education with General Education.
vi. Physical Education as an Art and Science.

Unit- II: Historical Development of Physical Education in India
i. Indus Valley Civilization Period. (3250 BC – 2500 BC)
ii. Vedic Period (2500 BC – 600 BC)
iii. Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
iv. Medieval Period (1000 AD – 1757 AD)
v. British Period (Before 1947)
vi. Physical Education in India (After 1947)

Unit- III: Foundation of Physical Education
i. Philosophies of Education as applied to Physical Education – Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism
ii. Contribution of Akhadas and Vyayamshals in the development of Physical Education.
iii. Y.M.C.A. and its contributions in the development of Physical Education.

Unit- IV: Historical Development of Physical Education Overseas
History of Physical Education in Ancient Greece, Rome and Contemporary, Germany, Sweden, Denmark and Russia.

References:
Semester I  
Theory Courses  
BPEd - 102 ANATOMY AND PHYSIOLOGY  

Time : Three Hours                  Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)  

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

**UNIT- I**  
i. Meaning of Anatomy and Physiology. Its scope of in the field of Physical Education.  
ii. Introduction of Cell, Tissue and organ.  
iii. Meaning of skeleton, Functions of the skeleton, Types of Bones in Human Skeleton  
v. Gender difference in the Skeleton systems.

**UNIT- II**  
i. **Blood and Circulatory System:** Constituents of blood and their function, structure of the heart, Types of Blood circulation: Systemic, Pulmonary and Coronary, Meaning of Blood pressure, Heart Rate, Stroke volume, Cardiac output. Effect of exercise on the blood and circulatory system.  
ii. **The Digestive System:** Organs of Digestive System, Structure and functions of the digestive system, Name and functions of various digestive juices and enzymes, Effect of exercise on the Digestive System.

**UNIT- III**  
i. **The Respiratory System:** Organs of Respiratory system and their functions. Structure of lungs, exchange of gases in the lungs and tissues, Meaning of various lung capacities and volumes, oxygen debt, second wind, Effect of exercise on the respiratory system  
ii. **The Excretory System:** Structure and functions of the kidneys and skin, Effect of exercise on the Excretory System

**UNIT- IV**  
i. **Muscular System:** Types of muscles, Gross Structure of Skeletal Muscle, Functions of Skeletal muscles, Effect of exercise on the Skelton muscles.  
ii. **The Endocrine Glands:** Functions of Endocrine glands: Pituitary, Thyroid, Parathyroid, Adrenal and Sex glands. Effect of exercise on the secretion of endocrine glands.  
iii. **Nervous Systems:** Organs and Functions of the central nervous system (CNS) and Peripheral Nervous System (PNS).

**References:**  


Semester I
Theory courses

BPEd - 103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Time: Three Hours                      Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

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

Unit – I Health Education
i. Meaning, Concept and Dimensions of Health.
ii. Definition of Health, Health Education, Health Instruction and Health Supervision
iii. Aim, objective and principles of Health Education
iv. First aid and emergency care
v. Health Service and guidance instruction in personal hygiene

Unit – II Health Problems in India
i. Meaning and description of Communicable and Non Communicable Diseases
ii. Meaning of Obesity and Malnutrition, Basic concept of Balance Diet.
iii. Objective of school health service, Role of health education in schools
iv. Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health record,
v. Healthful school environment

Unit – III Environmental Science
i. Definition, Need and Importance of environmental studies.
ii. Concept of environmental education, Historical background of environmental education,
iii. Celebration of various days in relation with environment.
iv. Waste Management: Different types of waste materials and their management.
v. Role of school in environmental conservation and sustainable development.

Unit – IV Natural Resources and related environmental issues:
   i. Meaning and Conservation of Water resources, food resources and Land resources.
   ii. Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution and Thermal Pollution,
   iii. Govt. policies for Management of environment, Role of pollution control board.

References:
Semester – I
Theory courses

BPEd - 104 OFFICIATING AND COACHING

Time : Three Hours               Total Marks : 100 (Theory Marks: 80 + Internal Assessment : 20)

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

Unit- I: Introduction of Officiating and coaching
i. Meaning, concept and importance of officiating and coaching
ii. Principles of officiating
iii. Principles of Coaching
iv. Relation of official and coach with management, players and spectators.
v. Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor
i. Duties of coach in general, pre, during and post game.
ii. Philosophy of coaching
iii. Responsibilities of a coach on and off the field.
iv. Coach as role model for young players
v. Ethics of coaching

Unit- III: Duties of Official
i. Duties of official in general, pre, during and post game.
ii. Philosophy of officiating
iv. Use of latest technology in the officiating of various games.
v. Ethics of officiating

Unit- IV: Qualifications of Coach and Official
i. Academic and professional qualification of a coach for various levels.
ii. Academic and professional qualification of an official for various levels.
iii. Eligibility rules of Inter-School and School National.
iv. Traveling and Dearness Allowances rules for Inter-School and School National.
v. Method of taking sanction and bill preparation for Traveling and Dearness Allowances for various Competitions.

Reference Books:
Part – B

Practical Courses

Semester – I

BPEd – 105: Athletics (Track Events) Marks - 100

Track Events

i. Teaching ability of Starting techniques (Marks – 20)
ii. Teaching ability of Finishing Techniques (Marks – 10)
iii. Teaching ability of Baton Exchange (Marks - 10)
iv. Interpretation of various rules of Track Events (Marks – 10)
v. Marking of Track 400m and 200m. (Marks – 50)

Note: Candidate have to take at least 5 teaching lessons of various techniques.

BPEd – 106: (Basketball and Kabaddi) Marks - 100

i) Basketball Marks – 50
1. Marking of Basketball Court (Marks – 20)
2. Teaching ability of various basic skills of Basketball (Marks – 20)
3. Interpretation of Various rules of Basketball (Marks – 10)

ii) Kabaddi Marks – 50
1. Marking of kabaddi Court (Marks – 20)
2. Teaching Ability of various basic skills of kabaddi (Marks – 20)
3. Interpretation of Various rules of kabaddi (Marks – 10)

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 107: (Football and Kho - Kho) Marks - 100

i) Football Marks – 50
1. Marking of Football Ground (Marks – 20)
2. Teaching ability of various basic skills of Football (Marks – 20)
3. Interpretation of Various rules of Football (Marks – 10)
ii) **Kho - Kho**

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<tr>
<td><strong>1.</strong> Marking of kho - Kho Court          (Marks – 20)</td>
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<tr>
<td><strong>2.</strong> Teaching Ability of various basic skills of kho - Kho (Marks – 20)</td>
</tr>
<tr>
<td><strong>3.</strong> Interpretation of Various rules of kho - Kho (Marks – 10)</td>
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Note: Candidate have to take at least 5 teaching lessons of each game.

**BPEd – 108: Anatomy, Physiology and Health Education**

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<tr>
<td><strong>i.</strong> Name and location of various bones of Human Body (Marks – 10)</td>
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<tr>
<td><strong>ii.</strong> Measurement of peak expiratory flow and its interpretation (Marks – 10)</td>
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<tr>
<td><strong>iii.</strong> Measurement of BMI and its interpretation (Marks – 20)</td>
</tr>
<tr>
<td><strong>iv.</strong> Measurement of Leg, back and grip strength (Marks – 20)</td>
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<tr>
<td><strong>v.</strong> Measurement of Blood Pressure (Marks – 10)</td>
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<tr>
<td><strong>vi.</strong> First Aid for various conditions and articles of first aid box (Marks – 30)</td>
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Semester – II
Theory Courses

BPEd - 201 YOGA EDUCATION

Time : Three Hours                 Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

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

Unit – I: Introduction
i. Meaning and Definition of Yoga
ii. Historical background Yoga
iii. Aims and Objectives of Yoga
iv. The Yoga Sutra: General Consideration
v. Need and Importance of Yoga in Modern Society
vi. Misconceptions about Yoga

Unit - II: Foundation of Yoga
i. The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
ii. Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

Unit - III Asanas and Paranayam
i. Meaning of Asanas and Paranayam, Different Types of Paranayams
ii. Effect of Asanas and Paranayam on Respiratory, Circulatory, Digestive, Endocrine and Muscular system.
iii. Classification of asanas with special reference to physical education and sports
iv. Influences of meditative posture on various system of the body

Unit – IV Yoga Education
i. Types of Bandhas and Mudras
ii. Type of kriyas
iii. Difference between yogic practices and physical exercises
iv. Yoga education centers in India and abroad

References:
Semester – II
Theory Courses

BPEd - 202 Computer Applications in Physical Education

Time : Three Hours                  Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

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

Unit – I: Introduction to Computer
i. Meaning, need and importance of information and communication technology (ICT).
ii. Application of Computers in Physical Education
iii. Components of computer: input and output device
iv. Application software used in Physical Education and sports

Unit – II: MS Word
i. Introduction to MS Word
ii. Creating, saving and opening a document
iii. Formatting, page setup, paragraph alignment, spelling and grammar check, printing option, inserting: page number, graph, footnote and notes.
v. Drawing table, Inserting row and column, deleting row and column

Unit – III: MS Excel
i. Introduction to MS Excel
ii. Inserting data in to excel sheet
iii. Creating, saving and opening worksheet
iv. Preparing bar Diagrams
v. Format and editing features adjusting columns width and row height understanding charts.

Unit – IV: MS Power Point
i. Introduction to MS Power Point
ii. Creating, saving and opening a ppt. file
iii. Format and editing features: design, inserting slide number, picture, graph and table.
v. Stating slide show, Animations in the slides show
v. Preparation of Power point presentations

References:
Semester – II
Theory Courses

BPEd - 203 Sports Psychology and Sociology

Time : Three Hours                  Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

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

Unit-I: Introduction
i. Meaning, Importance and scope of Educational and Sports Psychology.
ii. General characteristics of Various Stages of growth and development.
iii. Types and nature of individual differences; Factors responsible – Heredity and environment

Unit-II: Sports Psychology
i. Meaning and definition of personality, dimensions of personality and Effect of Personality on the Sports performance
ii. Meaning and definition of motivation, Factors influencing motivation in sports and techniques of motivation in sports.
iii. Meaning and definition of anxiety and effect of anxiety on sports performance.

Unit-III: Relation between Social Science and Physical Education.

i. Meaning of Orthodoxy, Customs and Tradition, their relation with Physical Education.
ii. Concept of Socialization through Physical Education
iii. Meaning of Group Dynamics, Structure of Group, Social Group life, Primary group and Remote group.
iv. Meaning of Cohesion and development of team Cohesion.

Unit-IV Culture and Leadership

i. Meaning and definition of culture.
ii. Features and Importance of culture.
iii. Meaning and definition of leadership.
iv. Effects of culture on people life style and sports.
v. Theories of leadership and Types of leadership.

References:


Semester – II
Theory Courses

BPEd - 204  Contemporary issues in Physical Education, Fitness and Wellness

Time : Three Hours                 Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

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

Unit – I Concept of Physical Education and Fitness
i. Definition, Aims and Objectives of Physical Education, fitness and Wellness
ii. Importance and Scope of fitness and wellness
iii. Modern concept of Physical fitness and Wellness
iv. Physical Education and its Relevance in Inter Disciplinary Context.

Unit – II Fitness, Wellness and Lifestyle
i. Fitness – Types of Fitness and Components of Fitness
ii. Understanding of Wellness: Body Wellness, Mind Wellness and Spiritual Wellness.
iii. Ethics of Wellness Coaching
iv. Principles and factors of fitness and wellness

Unit – III Principles of Exercise Program
i. Means of Fitness development – aerobic and anaerobic exercises
ii. Exercises and Heart rate Zones for various aerobic and anaerobic exercise intensities
iii. Various isometric, isotonic and isokinetic exercise for various major muscle groups: Hamstring, Quadriceps, Deltoid, Latissimus Dorsi and Pictorials Major.
iv. Concept of free weight Vs Machine, Sets and Repetition etc.

Unit – IV Safety Education and Fitness Promotion
i. Health and Safety in Daily Life
ii. Medical Considerations for exercise
iii. Common sports Injuries and their Management
iv. Modern Life Style and Hypo-kinetic Disease –Prevention and Management

References:
Part – B
Practical Courses
Semester – II

BPEd – 205: Athletics (Throwing Events)  
Marks - 100

Track Events
i. Marking of Short Put, Discus and Javelin throw Sector (Marks – 30)
ii. Teaching ability of Short Put Techniques (Standing and Parry O’Brien Technique) (Marks – 20)
iii. Teaching ability of Discus Throw Technique (Marks - 20)
iv. Teaching ability of Javelin Throw Technique (Marks - 20)
v. Interpretation of various rules of Throwing Events (Short Put, Discus and Javelin throw) (Marks – 10)

Note: Candidate have to take at least 5 teaching lessons of Throwing Events.

BPEd – 206: (Volleyball & Yoga)  
Marks - 100

i) Volleyball  
Marks – 50

1. Marking of Volleyball Court (Marks – 20)
2. Teaching ability of various basic skills of Volleyball (Marks – 20)
3. Interpretation of Various rules of Volleyball (Marks – 10)

ii) Yoga  
Asana (Marks – 40)  
Paranayam (Marks - 10)

1. Shirsh Asana  
2. Vipratakarani  
3. Hal Asana  
4. Bhujang Asana  
5. Ardh-Shalb Asana  
6. Vakra Asana  
7. Ardha Matasyaendrasana  
8. Paschimottan Asana  
9. Vajra Asana  
10. Supta Vajra Asana  
11. Yoga Mudra  
12. Nauka Asana  
13. Bak Asana  
14. Mayur Asana  
15. Ustra Asana  
16. Vriksh Asana  
17. Padma Asana  
18. Trikon Asana  
19. Sarvang Asana  
20. Surya Namaskar  
1. Ujjai  
2. Bhastrika  
3. Shitali  
4. Sitkari  
5. Bhramri

Note: Students are required to do any 10 of above mentioned Asanas and two Pranayama

Note: Candidate have to take at least 5 teaching lessons of each Volleyball and Yoga.
BPEd – 207:  (Handball & Gymnastics)  

i)  Handball  
Marks – 50

1. Marking of Handball Ground  
2. Teaching ability of various basic skills of Handball  
3. Interpretation of Various rules of Handball

ii) Gymnastics  
Marks – 50

1. Dimensions of various gymnastic apparatus  
2. Teaching Ability of various basic skills of Gymnastics  
   (Gymnastics should be chalked out internally considering advance level of students and suitable to their age and gender)  
3. Interpretation of Various rules of Gymnastics

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 208:  Computer Application, Rehabilitation & Sports Psychology  
Marks - 100

i. Operating of MS Word, MS Excel & MS Power Point  
   (Marks – 40)

ii. Identification and rehabilitation of various types of sports injuries  
   (Marks – 20)

iii. Assessment of reaction time, anticipation and Hand Eye co-ordination  
   (Marks – 20)

iv. Assessment of Motivation and Anxiety.  
   (Marks – 20)