

**CURRICULUM STRUCTURE FOR
TWO-YEAR TEACHER EDUCATION
PROGRAMMES
(B.P.ED. &M.P.ED.)
IN WEST BENGAL**

**FOLLOWING
NCTE REGULATIONS, 2014**

**Prepared by the Curriculum Committee
Constituted by the
Higher Education Department
Government of West Bengal
Bikash Bhavan, Salt Lake, Kolkata – 700091**

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**REGULATIONS RELATING TO CONDUCT OF EXAMINATION OF BACHELOR OF
PHYSICAL EDUCATION (B.P.ED) PROGRAMME UNDER SEMESTER SYSTEM
(I+I+I+I) WITH EFFECT FROM 2015 – 2017 SESSION**

1. In all there shall be 17 (Seventeen) theoretical papers. Total distribution of marks for B.P.Ed. course under four semester will be as follows:

Semester	Theory Course	Practical Course	Teaching Practice	Total
I	04 Papers = 300 marks	200 marks	----	500 marks
II	04 Papers = 400 marks	150 marks	----	550 marks
III	04 Papers = 400 marks	----	200	600 marks
IV	05 Papers = 400 marks	150 marks	----	550 marks
Total	17 Papers = 1500 marks	500 marks	200	2200 marks

The candidates will be evaluated out of 2200 mark (Semester I, II, III and IV) including theory course, practicum and teaching practice.

2. Each candidate appearing in the B.P.Ed. Examination shall submit the examination form duly filled in along with the prescribed fees within stipulated time period before each semester.

Condonation: Student must have 80% of attendance in Theory and 90% attendance in practicum in each course for appearing the examination. Students who have 79% to 65% of attendance shall apply for Condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for Condonation in prescribed form with the prescribed fee along with the Medical Certificate/ any other certificate with reasonable ground. Students who have below 50% of attendance are not eligible to appear for the examination.

- In addition to the above clause, for B.P.Ed., to be eligible for filling up forms of 4th semester examination candidate should complete 16 weeks of internship programme (School & Internal).
- Submission of all the components of internal assessment (assignments, projects etc.) is the essential precondition for appearing semester end examinations under normal circumstances.

3. 4. Examinations:

- There shall be examinations at the end of each semester, for first semester in the month of November /December: for second semester in the month of May / June. A candidate who does not obtain pass marks in the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or May / June.
- A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed or belated joining or on medical grounds, such

candidates will not be permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

5. A candidate shall be allowed to write in Bengali or in English language in the University examinations.
6. If a candidate after completion of regular course of study in any of the semester fails to enroll as a candidate to present him/her in the examination or appears but fails to complete the respective semester examination due to any reason, he/she will have a chance to appear in the same examination in the following semester.
7. To pass a particular semester examination a candidate must secure at least 40% marks in the theory course for CIA and external examination and 50% marks for the practical courses.
8. If a candidate fails to secure 50% marks in any of the theory course or 50% marks in any of the practical course in a semester he/she will have to appear in the respective theory and practical course alongwith the following semester examination.
9. If a candidate fails to secure 50% marks in teaching practice he/she will have one chance to qualify the same.
10. Questions are to be set in Bengali and in English version as well.
11. A candidate shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.
12. A candidate of either semester shall be allowed to attend classes of following semester if he/she does not have two back papers either in theory, practical course or teaching practice.
13. Format of question papers for four units: Each question paper shall have five questions and the patterns are as follows:

Question No.	Description	Marks
1	Answer in detail (Long question) Or Answer in detail (Long question) (from Unit 1)	15
2	Answer in detail (Long question) Or Answer in detail (Long question) (from Unit 2)	15
3	Answer in detail (Long question) Or Answer in detail (Long question) (from Unit 3)	15
4	Write short notes: Any two out of four (From Unit 4)	15
5	M.C.Q. type questions (10 out of 12 questions) (Three questions from each unit)	10
	Total	70

14. (a) Each theory paper will be set by two examiners and one of them will act as an examiner
- (b) For evaluation of practical course and teaching practice the external examiner be appointed in such a way that he/she does not represent the home college or department.
- (c) Re assessment system of answer scripts to be exercised by the university.
- (d) For each theory, practical and teaching practice 30% marks are assigned for CIA and 70% marks for term end examination.

15. Spot evaluation procedures to be followed for examining the theory course in respective semester and the result for each semester is to be published before commencement of following semester.
16. Provision of awarding two (+01) grace mark for securing 1st class in the final end semester examination be rest upon the discretionary authority of the Hon'ble Vice Chancellor.
17. A Board of Studies for B.P.Ed. course shall be formed with 07 (Seven) members (As per provision of the University Statuette. The B.O.S. shall recommend the panel of paper setters, examiners, moderators and head examiners and shall forward the same to the Hon'ble Vice Chancellor for approval.
18. The proposed curriculum of B.P.Ed. Programme as per NCTE Regulations, 2014 shall replace the existing content and structure of B.P.Ed. course.
19. Notwithstanding anything covered in the above regulations, Hon'ble Vice Chancellor shall have the authority to exercise his discretionary power from time to time.

Duration of the Course

Bachelor of Physical Education (B.P.Ed.) is a professional programme of two academic year duration consists of four semesters Choice Based Credit System (CBCS) meant for preparing teachers of Physical Education.

However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

Intake: As per NCTE norms and standards.

Eligibility Criteria:

As per with the NCTE norms and regulations which has been notified in the Gazette.

Admission Procedure:

- | | |
|---|-----------------|
| (1) Physical Fitness Test–5 (Five) test items from AAHPERD Youth Fitness Test (50 Yard Dash, 600 Yard Run & Walk, Standing Broad Jump, Shuttle Run & Bent Knee Sit Ups) | 10 X 5=50 marks |
| (2) Knowledge Test – (Covering the syllabus of Physical Education) | =15 marks |
| (a) Multiple Choice Questions: 10 marks | |
| (b) Small Answer Type : 05 marks
(Maximum 100 words) | |
| (3) Personality Test -
(Knowledge about recent and past of the Country/State, Vocabulary and Expression) | =05 marks |

The CBCS System

All 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 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.

Semesters

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from July to December and even semester from January to June including examination and evaluation. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

Credits

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.Ed. programme is 88 credits (Theory, Practicum, Class Teaching & Internship).

Provision of Bonus Credits (Maximum 06 Credits in each Semester)

Sr. No.	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation (International level Competition)	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two game)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
7	Organization / Officiating – State / National level in any two game	2
8	News Reporting / Article Writing / Book Writing / Progress Report Writing	1
9	Research Project	4

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

Examinations:

i. There shall be examinations at the end of each semester, for first semester in the month of November /December: for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in December or June.

ii. A candidate should get enrolled /registered for the first semester examination. If enrolment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall rejoin the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

Pattern of Question Papers

Question Papers shall have five questions corresponding to four units of each theory course.

B.P.Ed.: Format of Question Paper for 4 Units

Each question paper shall have five questions. The pattern will be as follows:

Question No.	Description	Marks
1	Answer in detail (Long Question) or Answer in detail (Long Question) (Form Unit 1)	15
2	Answer in detail (Long Question) or Answer in detail (Long Question) (Form Unit 2)	15
3	Answer in detail (Long Question) or Answer in detail (Long Question) (Form Unit 3)	15
4	Write short notes: any two out of four (Form Unit 4)	15
5	M.C.Q. Type Questions (10 out of 12 Que.) (3 Questions. from each unit)	10
Total		70

Evaluation

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

One Test	15 Marks
Seminar/ Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration for full paper (70 marks) and 2 hours for half paper (35 marks), would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. In case of practical activity evaluation will be made by the internal and external examiners equally and the ratio will be fixed at 50:50 i.e. for an activity of 50 marks Internal : 25 marks and External : 25 marks. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

Minimum Passing Standard

The minimum passing standard in case of theory and practical papers 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. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for the practical courses.

Grading System

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded 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). These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

$$CGPA = \frac{\sum_{j=1}^n SGPA_j}{N}$$

Where C_i is the Credit earned for the course in any semester; G_i is the Grade point obtained by the student for the course i and n number of courses obtained in that semester; $SGPA_j$ is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

Classification of Final Results

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second class / Pass class, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should score First / Second Class separately in both the grand total and end Semester (External) examinations.

Award of the B.P.Ed. Degree

A candidate shall be eligible for the award of the degree of the B.P.Ed. only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

Letter Grades and Grade Points

i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Grade Conversion Table (GCT)

Six point grading system for evaluation will be adopted as per the following table:

Percentage	Grade Point	Letter Grade	Description
90-100	5	A	Excellent
80-89.99	4	B	Very Good
70-79.99	3	C	Good
60-69.99	2	D	Average
50-59.99	1	E	Fair
Below 50	0	F	Failed

Note:

- (1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum E grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- (3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
- (4) For the award of the class, CGPA shall be calculated on the basis of

- (a) Marks of each Semester End Assessment
 (b) Marks of each Semester Continuous Internal Assessment for each course.

The final Class for B.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from all the four semester examinations.

Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

Revision of Syllabi:

1. Syllabi of every course should be revised according to the NCTE.
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. In the courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.

COURSE STRUCTURE: AIMS AND OBJECTIVES

Semester – I: To enhance the basic knowledge on Physical Education including history and Olympic movement, concept on human body and its functioning, concept on Health and Environment, concept on the theory of games and sports and introduction of indigenous games and some mass demonstration activities.

Semester – II: To impart knowledge of the educational technology and teaching methodology, yoga education, sports management and introduction of Aerobics and Racket Sports.

Semester – III: To enhance knowledge on Sports training, use of ICT in the field of sports and games, Physiotherapy, measures of rehabilitation, application of psychology in physical education and in the society and introduction of teaching practice.

Semester – IV: To impart knowledge on measurement and evaluation, on application of statistics and research and mechanics of movements, on the influence of gender on physical education and sports, on adapted physical education, on different games along with combative sports.

**COURSE STRUCTURE FOR BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
PROGRAMME**

SEMESTER – I

COURSE CODE	PAPER TITLE	MARKS	CREDIT (PRACTICUM+ INTERNSHIP)
PART – A THEORY COURSE			
BCC – 101	History, Principles and Foundations of Physical Education & Olympic Movement	100	4
BCC – 102	Anatomy and Physiology	100	3 + 1 = 4
BCC – 103	Health Education & Environmental Studies	50	2
BCC – 104	Theory of Games & Sports, Officiating and Coaching	50	2
PART – B PRACTICUM			
BPCC - 101	Track and Field (Running Events)	50	1 + 1 = 2
BPCC - 102	Swimming / Gymnastics / Shooting	50	1 + 1 = 2
BPCC - 103	Indigenous Sports: Kabaddi / Malkamb / Lezium / March Past	50	1 + 1 = 2
BPCC - 104	Mass Demonstration Activities: Kho-Kho / Dumbbell / Tipri / Wands / Hoops / Umbrella	50	1 + 1 = 2
Total		550	15 + 5 = 20
Practicum/Student Activity/Seminar Assignment/Project File/Workshop/Volunteering, etc. In addition to the number of hours mentioned in the table above, time has to be provided for Library Work, Self Study, Planning, Field Visits, Taking Up add on Courses (Vocational Sports Education) and so on.			

SEMESTER – II			
COURSE CODE	PAPER TITLE	MARKS	CREDIT (PRACTICUM+ INTERNSHIP)
PART – A THEORY COURSE			
BCC - 201	Yoga Education and Inclusive Education	100	2 + 2 = 4
BCC - 202	Educational Technology and Methods of Teaching in Physical Education	100	2 + 2 = 4
BCC - 203	Sports Management	100	2 + 2 = 4
BCC - 204	Contemporary Issues in Physical Education	100	4
PART – B PRACTICUM			
BPCC - 201	Track and Field (Jumping Events)	50	1 + 1 = 2
BPCC - 202	Aerobics/Gymnastics/Swimming	50	1 + 1 = 2
BPCC - 203	Racquet Sports: Badminton/Table Tennis/Squash/Tennis	50	1 + 1 = 2
Total		550	13 + 9 = 22
Practicum/Student Activity/Seminar Assignment/Project File/Workshop/Volunteering, etc. In addition to the number of hours mentioned in the table above, time has to be provided for Library Work, Self Study, Planning, Field Visits, Taking Up add on Courses (Vocational Sports Education) and so on.			

SEMESTER – III

COURSE CODE	PAPER TITLE	MARKS	CREDIT (PRACTICUM+ INTERNSHIP)
PART – A THEORY COURSE			
BCC - 301	Sports Training	100	3 + 1 = 4
BCC - 302	ICT in Physical Education & Sports Sciences	100	2 + 2 = 4
BCC - 303	Sport Psychology & Sociology	100	3 + 1 = 4
BCC - 304	Sports Medicine, Physiotherapy and Rehabilitation	100	3 + 1 = 4
PART – B TEACHING PRACTICES			
BTPCC - 301	Teaching Practice	200	1 + 7 = 8
Total		600	12 + 12 = 24
<p>Practicum/Student Activity/Seminar Assignment/Project File/Workshop/Volunteering, internship, etc. Preparation Time: 60 hours: School Based Activity: 100 hours. Teacher Monitoring: 34 hours (Demonstration, etc.), Practice Teaching: 30 hours. In addition to the number of hours mentioned in the table above, time has to be provided for Library Work, Self Study, Planning, Field Visits, Taking Up add on Courses (Vocational Sports Education) and so on.</p>			

SEMESTER – IV			
COURSE CODE	PAPER TITLE	MARKS	CREDIT (PRACTICUM+ INTERNSHIP)
PART – A THEORY COURSE			
BCC - 401	Measurement and Evaluation in Physical Education	100	3 + 1 = 4
BCC - 402	Kinesiology & Biomechanics	100	3 + 1 = 4
BCC - 403	Basics of Research and Statistics in Physical Education	100	2 + 2 = 4
BCC - 404	Adapted Physical Education	50	2
BCC - 405	Gender Studies	50	2
PART – B PRACTICUM			
BPCC - 401	Track & Field / Gymnastics / Swimming (Any one out of three)	50	1 + 1 = 2
BPCC - 402	Team Games (Any two)	50	1 + 1 = 2
BPCC - 403	Combative Sports	50	1 + 1 = 2
Total		550	15 + 7 + 22
<p>Practicum/Student Activity/Seminar Assignment/Project File/Workshop/Volunteering, internship etc. Theory & Practical Assessment Weightage shall be detailed in the syllabus. Practicum Assessment on field: 12 credits and Game / Activity Theory: 4 credits. In addition to the number of hours mentioned in the table above, time has to be provided for Library Work, Self Study, Planning, Field Visits, Taking Up add on Courses (Vocational Sports Education) and so on.</p>			

4.1.3	Body Types
4.1.4	Anthropometric differences
4.2	Psychological
4.2.1	Learning types, learning curve
4.2.2	Laws and principles of learning
4.2.3	Attitude, interest, cognition, emotions
4.3	Sociological
4.3.1	Socialization through Physical Education
4.3.2	Leadership
4.3.3	Social integration, cohesiveness and facilitation
Unit-5 Credit- 1/2	Olympic Movement
5.1	Origin of Olympic Movement
5.1.1	History of ancient Olympic movement
5.1.2	Significant stages in the development of the modern Olympic movement
5.2	Modern Olympic Games
5.2.1	Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic oath
5.2.2	
5.2.3	Olympic Code of Ethics
	IOC and its Structure and function

References

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10. Reet Howell, Maxwell Howell, A.K.Uppal *Foundation of P.E.*
11. Dr. M.L.Kamlesh *Foundation of Physical Education*,
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16. A World History of Physical Education Culture, Philosophy, Comparative: D.B. Van Dalen & B. L. Bennett
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Paper – II	Subject: ANATOMY AND PHYSIOLOGY					
Course Code:	Credit	Class	Internship/	Total	Internal	External

BCC- 102		Teaching Hours	Practicum	Teaching Hours	Assessment Weightage	Assessment Weightage
Marks: 100	3	48	1 C : 32	80	30	70
UNITS / CREDIT	CONTENT					
Unit-1 Credit- ½	Introduction					
1.1	Definition and importance of studying Anatomy and Physiology in Physical Education					
1.2	Cell, Function of cell					
1.3	Tissue, Types of tissue					
Unit- 2 Credit – 2	Systems: Effect of Exercise on Various Systems					
2.1	Circulatory System: Heart, Its function, Mechanism of circulation, Cardiac Cycle, Blood Composition and function					
2.2	Skeletal System: Bone, Clarification and function, Anatomical difference between male and female					
2.3	Muscular System: Structure of muscle, Types of muscle, Functions					
2.4	Nervous System: Central and Autonomic Nervous System, Synapse					
2.5	Endocrine System: Glands, location, secretion and function of different endocrine glands of human					
2.6	Digestive and Excretory System: Parts of digestive tract, Process of digestion, Digestive juice					
Unit-3 Credit – ½	Effect of Exercise on Different Systems					
3.1	Types of Muscular Contraction, Effect of exercise on Muscular System					
3.2	Cardiac output, Stroke Volume, Athletic Heart, Effect of exercise on					
3.3	Circulatory System					
3.4	O ₂ Debt, Second Wind, Vital Capacity, Effect of Exercise on Respiratory System					

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2. Gupta, M. and Gupta, M. C. (1980). *Body and Anatomical Science*. Delhi: Swaran Printing Press.
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7. Morehouse, L. E. & Miller, J. (1967). *Physiology of Exercise*. St. Louis: The C.V. Mosby Co.
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Paper - III	Subject: HEALTH EDUCATION AND ENVIRONMENTAL STUDIES					
Course Code: BCC- 103	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
Marks: 50	2	32	32	15	35

UNITS / CREDIT	CONTENT
Unit-1 Credit- 1/2	Health Education
1.1 1.2 1.3 1.4	Concept, Dimensions, Spectrum and Determinants of Health Aim, objectives and Principles of Health Education Definition of Health, Health Education, Health Instruction, Health Supervision Health Services and guidance instructions in personal hygiene
Unit-2 Credit – 1/2	Health Problems in India
2.1 2.2 2.3 2.4 2.5	Communicable and Non Communicable Diseases Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, Environmental Hygiene for school Objectives of school health service, Role of health education in school Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, First- Aid and emergency care
Unit-3 Credit – 1/2	Environmental Sciences
3.1 3.2 3.3 3.4 3.5	Definition, Scope, Need and Importance of environmental studies. Concept of environmental education and Historical background of environmental education, Celebration of various days in relation with environment. Plastic recycling & probation/prohibition of plastic bag / cover. Role of school in environmental conservation and sustainable development.
Unit-4 Credit- 1/2	Natural Resources and related environmental issues
4.1 4.2 4.4	Water resources, Food resources and Land resources Definition, effects and control of- Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution Management of environment and Govt. Policies. Role of pollution control board.

References

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Paper – IV	Subject: THEORY OF GAMES & SPORTS, OFFICIATING AND COACHING					
Course Code: BCC– 104	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
Marks: 50	2	32	32	15	35
UNITS / CREDIT	CONTENT					
Unit-1 Credit – 1/2	Introduction of Officiating and Coaching					
1.1 1.2 1.3 1.4	Concept of officiating and coaching Philosophy of Officiating and Coaching Duties of coach in general, pre, during and post game. Responsibilities, Qualities and Qualifications of a coach on and off the					

	field
Unit-2 Credit – ½	Theories of Sports and Games
2.1	General Introduction of specialized games and sports: Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga (Any two)
2.2	
2.2.1	Each game or sports to be dealt under the following heads
2.2.2	History and development of the Game and Sports
2.2.3	Ground preparation, dimensions and marking
2.2.4	Standard equipment and their specifications Ethics of sports and sportsmanship
Unit –3 Credit – 1	Advance Training (for particular specialized Games or Sports)
3.1	Concept of Conditioning and warming up.
3.2	Role of weight training in games and sports.
3.3	Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
3.4	Recreational and Lead up games
3.5	Strategy – Offence and defence, Principles of offence and defence.

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1. Bunn, J. W. (1968). *The Art of Officiating Sports*. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). *Scientific Principles of Coaching*. Englewood cliffs N. J. Prentice Hall.
3. Dyson, G. H. (1963). *The Mechanics of Athletics*. London: University of London Press Ltd.
4. Lawther, J.D. (1965). *Psychology of Coaching*. New York: Pre. Hall.
5. Singer, R. N. (1972). *Coaching, Athletic & Psychology*. New York: M.C. Graw Hill.
6. O.P. Sharma *Rules of Games & Sports*. Khel Sahitya Kendra

PART – B PRACTICUM SEMESTER – I

Course Code: BPC-101	Subject: Track and Field (Running Events)
Full Marks – 50	
Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25	
Course Code: BPC-101	Running Event
Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug Ground Marking, Rules and Officiating Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques. Types of Hurdles Ground Marking and Officiating.	
Relays: Fundamental Skills	
Various patterns of Baton Exchange Understanding of Relay Zones Ground Marking Interpretation of Rules and Officiating.	
Course Code: BPC-102 Subject: Gymnastics/ Swimming/ Shooting (Any One out of	

Three) Full Marks – 50	
Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25	
Course Code: BPC-102	Gymnastics: Floor Exercise
Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap. Vaulting Horse Approach Run, Take off from the beat board, Cat Vault, Squat Vault.	
Course Code: BPC-102	Swimming: Fundamental Skills
Entry into the pool. Developing water balance and confidence Water fear removing drills. Floating-Mushroom and Jelly fish etc. Gliding with and without kickboard. Introduction of various strokes Body Position, Leg, Kick, Arm pull, Breathing and Co ordination. Start and turns of the concerned strokes. Introduction of Various Strokes. Water Treading and Simple Jumping. Starts and turns of concerned strokes. Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.	
Course Code: BPC-102	Shooting Fundamental Skills
Basic stance, grip, Holding rifle/ Pistol, aiming target Safety issues related to rifle shooting Rules and their interpretations and duties of officials	
Course Code: BPC-103	Subject: Indigenous Sports: Kabaddi / Malkambh / Bratachari / Lezuim /Mass P.T. Exercise / March Past (Any two out of these)
Full Marks– 50	
Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25	
Course Code: BPC-103	Kabaddi
Fundamental Skills: Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing. Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques. Additional skills in raiding-Bringing the artis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense. Ground Marking, Rules and Officiating	
Course Code: BPC-103	Malkambh
Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing. Rope Malkhamb-Salaami, PadmasanaChadh,	
Course Code: BPC-103	Brotochari
Brotochari Sabdhan, Bishram, Brotochari Pan, Brotochari Byam, Brotochari Gan (6)	
Course Code: BPC-103	Lezuim

Ghati: Aath Aawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadambaal, Pavitra, Uchhakpavitra, Kadampavitra.
Hindustani: Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.
Course Code: BPC-103 Marching
Sabdhan, Bishram, Diane moor, Biye moor, Piche moor, Diane ghum, Biye ghum, Kadam tal, Tej Chal, Samne salute, Dine dekh
Course Code: BPC – 104 Subject: Mass Demonstration Activities: Kho-Kho/ Dumbbells/Tipri/Wands/Hoops/Umbrella Full
Marks – 50
Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25
Course Code: BPC – 104 Kho Kho
General skills of the game-Running, chasing, Dodging, Faking etc. Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul. Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills. Ground Marking Rules and their interpretations and duties of officials.
Course Code: BPC – 104 Dumbbells/ Wands/ Hoops/ Umbrella/Tipri
Apparatus/ Light apparatus Grip Attention with apparatus/ Light apparatus Stand – at – ease with apparatus/ light apparatus Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count. Standing Exercise, Jumping Exercise, Moving Exercise and Combination of above all

SEMESTER - II

PART – A		THEORY PAPER				
Paper - V	Subject: YOGA EDUCATION AND INCLUSIVE EDUCATION					
Course Code: BCC– 201	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
Marks: 100	2	32	2C:64	96	30	70
UNITS / CREDIT	CONTENT					
Unit – 1 Credit – 1/2	Foundation of Yoga					
1.1	Meaning and Definition of Yoga					
1.2	Aim and Objectives of Yoga					
1.3	The Yoga Sutras: General Consideration					
1.4	Need and Importance of Yoga in Physical Education and Sports					
1.5	The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi					
1.6	Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga					
Unit – 2 Credit – 1/2	Yoga Education and Yoga Practices					

2.1	Effect of Asanas and Pranayamas on various systems of the body
2.2	Classification of Asanas with special reference to Physical Education and Sports
2.3	Influences of relaxative, meditative posture on various system of the body
2.4	Types of Bandhas, Mudras and Kriyas
2.5	Basic, applied and action research in Yoga
2.6	Difference between yogic practices and physical exercises
2.7	Yoga as active healthy life
2.8	Yoga as therapy
Unit – 3 Credit – 1/2	Introduction to Inclusive Education
3.1	Concept and history of special education, integrated education and inclusive education and their relationship
3.2	Philosophical, Sociological, Economical and Humanitarian dimensions of inclusive education.
3.3	Advantages of inclusive education for the individual and society
3.4	Factors affecting inclusion
Unit – 4 Credit – 1/2	Inclusion in Operation & Teacher preparation for inclusive school
4.1	Class room management and organizations, curricular adaptations, learning designing and development of suitable TLM
4.2	Pedagogical strategies to respond to individual needs of students: Cooperative learning strategies in the class room, peer tutoring, social learning, buddy system, reflective teaching, multisensory teaching etc.
4.3	Technological Advancement and its applications – ICT, Adaptive and Assistive devices, equipment , aids and appliances
4.4	Problems in inclusion in the real class room situations; ways for overcoming the problems in inclusions.
4.5	Review of existing educational programmes offered in secondary school (General and Special School).
4.6	Skills and competencies of teachers and teacher educators for secondary education in inclusive settings.
4.7	Teacher preparation for inclusive education in the light of NCF, 2005. Characteristics of inclusive school.
Engagement with the Field / Practicum	Any two (One from each group) of the following: Group – A Yogic Practices: Asanas/Pranayamas/Kriyas/Bandhas/Mudras/Meditation/Relaxation Visit to any one Yoga Centre, Preparation of teaching aids, toys, charts, flash cards for children having any one type of disability, treatment schedule for specific problems and collection of data in respect of value education. Group - B Collection of data regarding children with special needs from Municipal records. Visit to Inclusive Schools and to observe classroom transaction of any one of such school and make a report of the same. Identifying one/ two pupils with special needs in the primary schools and preparing a profile of these pupils. Preparation of teaching aids, toys, charts, flash cards for children having any one type of disability (Visit to Resource Room).

References

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7. Swami Kuvalananda, Asanas Kaivalyadhama, Lonavla, Maharashtra
8. Apple, M.W., &Beane, J.A. (2006). Democratic schools: Lessons in powerful education. Eklavya.
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21. Nanda,B.P. and Ghosh,S. (2010) Bishes Sikshar Itihas, Rabindra Bharati Prakasana, Kolkata.
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PART – A							THEORY PAPER						
Paper – VI		Subject: EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION											
Course Code: BCC– 202	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage							
Marks: 100	2	32	2C:64	96	30	70							
UNITS / CREDIT		CONTENT											
Unit – 1 Credit – ¹/₂		Introduction											

1.1	Education and Education Technology- Meaning and Definitions
1.2	Types of Education- Formal, Informal and Non- Formal education.
1.3	Educative Processes
1.4	Importance of Devices and Methods of Teaching.
Unit – 2 Credit – ½	Teaching Technique
2.1	Teaching Techniques – Lecture method, Command method, Demonstration method, Imitation method, Project method etc.
2.2	Teaching Procedure – Whole method, Whole – part – whole method, Part – whole method.
2.3	Presentation Technique – Personal and Technical preparation
2.4	Command- Meaning, Types and its uses in different situations.
Unit-3 Credit – ½	Teaching Aids
3.1	Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
3.2	Types of Teaching aids – Audio aids, Visual aids, Audio – visual aids,
3.3	Meaning, Principles and advantage of team teaching.
3.4	Difference between Teaching Methods and Teaching Aid.
Unit-4 Credit – ½	learning designing and Teaching Innovations
4.1	Meaning, Types and principles of learning designing.
4.2	General and specific learning designing.
4.3	Meaning, Types and steps of Micro and Macro teaching.
4.4	Simulation Teaching - Meaning, Types and steps of simulation teaching

References:

1. Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons.
2. Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House.
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PART – A							THEORY PAPER						
Paper - VII				Subject: SPORTS MANAGEMENT									
Course Code: BCC– 203				Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage				
Marks: 100				2	32	2C:64	96	30	70				
UNITS / CREDIT				CONTENT									
Unit – 1 Credit – ½				Introduction									
1.1				Brief introduction of Sports Management (Meaning, Definition, Purpose and Scope)									
1.2				Essential Skills of Sports Manager									
1.3				Planning and their basic principles,									
1.4				Program planning: Meaning, Importance, Principles of program planning in physical education.									
Unit – 2 Credit – ½				Office Management, Record, Register & Budget									
2.1				Office Management: Meaning, definition, functions and kinds of office management									
2.2				Records and Registers: Maintenance of attendance Register, Stock									

2.3	register, Cash register, Physical efficiency record, Medical examination Record.
2.4	Budget: Meaning, Importance of Budget making, Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.
2.5	Principles and Scope of Budgeting
Unit-3 Credit – 1/2	Facilities, & Time-Table Management
3.1	Facilities and Equipment management: Types of facilities: Infrastructure-indoor, outdoor, academic & administrative blocks, research wing, library etc.
3.2	Care and Maintenance of school building, Gymnasium, swimming pool, Play fields, Play grounds
3.3	Equipment: Need, importance, purchase, care and maintenance.
3.4	Time Table Management: Meaning, Need, Importance and Factor affecting time table.
3.5	Sports Management System in School, College and University
Unit-4 Credit – 1/2	Competition Organization
4.1	Importance of Tournament,
4.2	Types of Tournament and its organizational structure - Knock-out, League or Round Robin, Combination and challenge Tournaments.
4.3	Organizational structure of Athletic Meet
4.4	Intramurals & Extramural

References:

1. Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
2. Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Louis: The C.V. Mosby Co.
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6. Thomas, J. P. (1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.
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PART – A		THEORY PAPER				
Paper - VIII	Subject: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION					
Course Code: BCC– 204	Credit	Class Teaching Hours	Internship/Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
Marks: 100	4	64		64	30	70
UNITS / CREDIT	CONTENT					
Unit – 1	Concept of Fitness and Wellness					

Credit – 1	
1.1	Definition, Physiological, Psychological and Sociological objectives of Fitness and Wellness
1.2	Fitness: Types of Fitness and Components of Fitness
1.3	Importance and scope Fitness and Wellness
Unit – 2 Credit – 1	Principles of Exercise Program
2.1	Means of Fitness development – aerobic and anaerobic exercises
2.2	Exercises and Heart rate Zones for various aerobic exercise intensities
2.3	Concept of free weight Vs Machine, Sets and Repetition etc.
2.4	Concept of designing different fitness training program for different age groups.
Unit-3 Credit – 1	Introduction to Sports Nutrition
3.1	Meaning and Definition of Sports Nutrition
3.2	Role of Nutrition in sports
3.3	Carbohydrate, Protein, Fat, Vitamins, Minerals, Water- Meaning, classification and their functions
3.4	Role of hydration during exercise, Water balance, Nutrition-daily calorie requirement and expenditure
Unit-4 Credit – 1	Nutrition and Weight Management
4.1	Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
4.2	Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.
4.3	Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight
4.4	Weight management program for sporty child, Role of diet and exercise in weight management. Design diet plan and exercise schedule for weight gain and loss

References:

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2. Giam, C.K &The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
3. Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
4. Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

**PART – B
PRACTICUM
SEMESTER – II**

Course Code: BPC-201	Subject: Track and Field (Jumping Events)	Marks – 50
Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25		
Jumping Event		
High Jump (Straddle Roll/Fosbury flop)		
Approach Run, Take off, Clearance over the bar, Landing		

Course Code: BPC-202	Subject: Gymnastics/Yoga/Swimming/Aerobics	Marks – 50
Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25		
Course Code: BPC-202	Gymnastics	
Parallel Bar		
Mount from one bar, Straddle walking on parallel bars, Single and double step walk, Perfect swing, Shoulder stand on one bar and roll forward, Roll side, Shoulder stand, Front on back vault to the side(dismount)		
Horizontal /Single Bar: Grip, Swings, Fundamental Elements, Dismount		
Uneven Parallel Bar: Grip, Swings, Fundamental Elements, Dismount		
Course Code: BPC-202	Yoga	
Surya Namaskara,		
Pranayams, Corrective Asanas, Kriyas,		
Asanas		
Sitting, Standing, Laying Prone Position Laying Spine Position		
Course Code: BPC-202	Swimming	
Introduction of water polo game		
Fundamental skills, Swimming with the ball, Passing, Catching, Shooting, Goal keeping, Rules of the games and responsibility of officials		
Introduction of Diving sports		
Basic Diving Skills from spring boards		
Basic Diving Skills from platform		
Course Code: BPC-202	Aerobics	
Introduction of Aerobics		
Rhythmic Aerobics - dance		
Low impact aerobics and High impact aerobics		
Aerobics kick boxing		
Postures – Warm up and cool down		
THR Zone – Being successful in exercise and adaptation to aerobic workout.		
Course Code: BPC-203	Subject: Racquet Sports: Badminton/Table Tennis/Squash/Tennis	Marks – 50
Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25		
Course Code: BPC-203	Badminton	
Fundamental Skills		
Racket parts, Racket grips, Shuttle Grips.		
The basic stances.		
The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm		
Drills and lead up games		
Types of games-Singles, doubles, including mixed doubles.		
Rules and their interpretations and duties of officials.		
Course Code: BPC-203	Table Tennis	
Fundamental Skills		
The Grip-The Tennis Grip, Pen Holder Grip.		
Service-Forehand, Backhand, Side Spin, High Toss.		
Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop, Drive.		

Stance and Ready position and foot work. Rules and their interpretations and duties of officials.
Course Code: BPC-203 Squash
Fundamental Skills Service- Under hand and Over hand, Service Reception Shot- Down the line, Cross Court, Drop, Half Volley Tactics – Defensive, attacking in game, Rules and their interpretations and duties of officials.
Course Code: BPC-203 Tennis
Fundamental Skills. Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip. Stance and Footwork. Basic Ground strokes-Forehand drive, Backhand drive Basic service., Basic Volley, Over-head Volley, Chop Tactics – Defensive, attacking in game Rules and their interpretations and duties of officials.

SEMESTER - III

PART – A						
THEORY PAPER						
Paper - IX	Subject: SPORTS TRAINING					
Course Code: BCC- 301	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
Marks: 100	3	48	1C:32	80	30	70
UNITS / CREDIT	CONTENT					
Unit – 1 Credit – 1/2	Introduction to Sports Training					
1.1	Meaning and Definition of Sports Training					
1.2	Aim and Objectives of Sports Training					
1.3	Principles of Sports Training					
1.4	System of Sports Training – Basic Performance, Good Performance and High Performance Training					
Unit – 2 Credit – 1	Training Components					
2.1	Strength – Means and Methods of Strength Development					
2.2	Speed – Means and Methods of Speed Development					
2.3	Endurance - Means and Methods of Endurance Development					
2.4	Coordination – Means and Methods of coordination Development					
2.5	Flexibility – Means and Methods of Flexibility Development					
Unit – 3 Credit – 1/2	Training Process					
3.1	Definition and Types of Training Load					
3.2	Principles of Intensity and Volume of stimulus					
3.3	Technical Training – Meaning and Methods					
3.4	Tactical Training – Meaning and Methods					
Unit – 4 Credit – 1	Training programming and planning					
4.1	Periodisation – Meaning and types					
4.2	Aim, Objectives and Content of Periods – Preparatory, Competition, Transitional etc.					
4.3	Planning – Training sessions					
4.4	Talent Identification and Development					

PART – A							THEORY PAPER						
Paper - X		Subject: ICT IN PHYSICAL EDUCATION AND SPORTS SCIENCES											
Course Code: BCC– 302		Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage						
Marks: 100		2	32	2C:64	96	30	70						
UNITS / CREDIT		CONTENT											
Unit – 1 Credit – 1/2		Introduction to Computer Application											
1.1		Meaning, need and importance of information and communication technology (ICT).											
1.2		Application of Computers in Physical Education											
1.3		Components of computer, input and output device											
1.4		Application software used in Physical Education and sports											
Unit – 2 Credit – 1/2		MS Word											
2.1		Introduction to MS Word											
2.2		Creating, saving and opening a document											
2.3		Formatting, Editing features, Drawing tables											
2.4		Page setup, Paragraph alignment, Spelling and grammar check, Printing option, Inserting, Page number, Graph, Footnote and Notes											
Unit – 3 Credit – 1/2		MS Excel											
3.1		Introduction to MS Excel											
3.2		Creating, saving and opening spreadsheet											
3.3		creating formulas											
3.4		Format and editing features- adjusting columns' width and row- height for understanding charts.											
Unit – 4 Credit – 1/2		MS Power Point											
4.1		Introduction to MS Power Point											
4.2		Creating, saving and opening a PPT. file											
4.3		Format and Editing features- slide show , design , inserting slide number Picture ,graph ,table											
4.4		4.4. Preparation of Power point presentations and Animation											
4.5													

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PART – A							THEORY PAPER						
Paper - XI		Subject: SPORTS PSYCHOLOGY AND SOCIOLOGY											
Course Code: BCC– 303		Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage						

Marks: 100	3	48	1C:32	80	30	70
UNITS / CREDIT	CONTENT					
Unit – 1 Credit – 1/2	Introduction					
1.1	Meaning, Importance and scope of Sports Psychology and Sports Sociology					
1.2	General characteristics of Various Stages of growth and development					
1.3	Types and nature of individual differences; Factors responsible for Heredity and environment					
1.4	Psycho-social aspects of Human behavior in relation to Physical Education and Sports					
Unit – 2 Credit – 1 1/2	Sports Psychology					
2.1	Nature of learning, theories of learning, Laws of learning, Plateau in Learning & transfer of training					
2.2	Meaning and definition of personality, characteristics of personality, Dimension of personality, Personality and Sports performance					
2.3	Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.					
2.4	Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imagery.					
2.5	Aggression and Sports; Meaning and nature of anxiety, Kinds of anxiety					
2.6	Stress: Meaning and nature, Types of stress, Anxiety, Arousal and their effects on sports performance					
Unit – 3 Credit – 1/2	Relation between Social Science and Physical Education.					
3.1	Orthodoxy, customs, Tradition and Physical Education.					
3.2	Festivals and Physical Education.					
3.3	Socialization through Physical Education.					
3.4	Social Group life, Social conglomeration and Social group, Primary group and Remote group.					
Unit – 4 Credit – 1/2	Culture : Meaning and Importance.					
4.1	Features of culture,					
4.2	Importance of culture.					
4.3	Effects of culture on people life style.					
4.4	Different methods of studying Observation/Inspection method, Questionnaire method, Interview method					

References:

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4. Kamlesh, M.L. (1998). *Psychology in physical education and sport*. New Delhi: Metropolitan Book Co.
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PART – A							THEORY PAPER							
Paper - XII				Subject: SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION										
Course Code: BCC- 304				Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage					
Marks: 100				3	48	1C:32	80	30	70					
UNITS / CREDIT				CONTENT										
Unit – 1 Credit – 1/2				Introduction										
1.1				Brief Introduction of Physiotherapy										
1.2				Need and Importance of Physiotherapy										
1.3				Different types of physiotherapy										
1.4				Guiding principles of Physiotherapy										
Unit – 2 Credit – 1				Sports Medicine										
2.1				Meaning and concept of Sports Medicine										
2.2				Aim and Objectives of Sports Medicine										
2.3				Common regional injuries and their management-shoulder, elbow, wrist, knee and ankle										
2.4				Low back problem and management, stretching and strengthening exercise in sports.										
Unit – 3 Credit – 1/2				Doping										
1.1				Concept and meaning of Doping										
1.2				Types of Doping and Doping-agents										
1.3				Effects of Doping and dope tests										
1.4				Role of oxygen- physical training, oxygen debt, second wind, vital capacity.										
Unit – 4 Credit – 1				Athletic Care, First Aid and Rehabilitation										
4.1				Rehabilitation in sports- Meaning, Principles, Means and Methods										
4.2				Diagnosis of injuries-signs and symptoms of injuries										
4.3				Different forms of Hydrotherapy and Thermo-therapy- hot and cold packs, whirlpool, contrast bath, infra-red, short wave diathermy and ultrasound										
4.4				First Aid- meaning and principles, Athletic bandage and massage-its classification, indication & contraindication, general principles of massage										

References

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
- Harre, D. (1982). *Principles of sports training*. Berlin: Sporulated.
- Jensen, R. C. & Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2nd Edn.
- Matvew, L.P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.
- Singh, H. (1984). *Sports training, general theory and methods*. Patials: NSNIS.

6. Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.

7. Basics of Sports Training Methodology, Oleksandr Krasilshchikov, Sports & Spiritual Science

PART – C
TEACHING PRACTICE
SEMESTER – III

Course Code: BTECC-301		Subject: Teaching Practice	Full Marks – 200
Credit – 1 Teaching Hours – 16, Internship/Practical – 7C: 224, Total Teaching Hours – 240, Weightage on Internal Assessment – 60 & on External Assessment – 140			
Course Code	Activities		Marks
BTECC-301	10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within the college premises on the students of B.P.Ed course.		50
BTECC-301	10 teaching learning designings for Racket Sport/ Team Games/ Indigenous Sports out of which 5 lessons internal and 5 lessons external at school.		50
BTECC-301	Sports Specialization Track and Field/Gymnastics/Swimming (4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)		50
BTECC-301	Teaching practices Games Specialization: Kabaddi, Kho-Kho, Baseball, Cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis (4 internal lessons at practicing school and 1 final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.)		50

PART - A
THEORY COURSE
SEMESTER-IV

PART – A							THEORY PAPER						
Paper - XIII				Subject: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION									
Course Code: BCC– 401				Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage				
Marks: 100				3	48	1C:32	80	30	70				
UNITS / CREDIT				CONTENT									
Unit – 1 Credit – 1/2				Introduction to Test, Measurement & Evaluation									
1.1				Meaning of Test, Measurement & Evaluation in Physical Education									
1.2				Need & Importance of Test, Measurement & Evaluation in Physical Education									
1.3				Principles of Evaluation									
Unit – 2 Credit – 1/2				Criteria, Classification and Administration of test									
2.1				Criteria of a good Test and Scientific authenticity (reliability,									

2.2	objectivity, validity and availability of norms)
2.3	Types and classification of Test
	Administration of test, Advance preparation, Duties during after testing.
Unit – 3 Credit – 1	Physical Fitness Tests
3.1	AAHPER Youth Fitness Test
3.2	National Physical Fitness Test
3.3	Indiana Motor Fitness Test
3.4	JCR test
3.5	U.S Army Physical Fitness Test
Unit – 4 Credit – 1	Sports Skill Tests
4.1	Lockhart and McPherson Badminton Test
4.2	Johnson Basketball Test
4.3	McDonald Soccer Test
4.4	S.A.I Volleyball Test
4.5	S.A.I Hockey Test

References

1. Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho Storm.
2. Barron, H. M., & Mchee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
3. Barron, H.M. & Mchee, R. (1997). *A Practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
4. Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.
5. Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B.SoundersCompnay.
6. Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.
7. Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and Sons.
8. Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and selection of sports- a kinanthropometric study*. Patiala: Punjab Publishing House.

PART – A							THEORY PAPER						
Paper – XIV			Subject: KINESIOLOGY AND BIOMECHANICS										
Course Code: BCC– 402			Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage					
Marks: 100			3	48	1C:32	80	30	70					
UNITS / CREDIT			CONTENT										
Unit – 1 Credit – 1/2			Introduction to Kinesiology and Sports Biomechanics										
1.1			Meaning and Definition of Kinesiology and Sports Biomechanics										
1.2			Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.										
1.3			Terminology of Fundamental Movements										

1.4	Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity
Unit – 2 Credit – 1/2	Fundamental Concept of Anatomy and Physiology
2.1	Classification of Joints and Muscles
2.2	Types of Muscle Contractions
2.3	Posture – Meaning, Types and Importance of good posture.
2.4	Fundamental concepts of the following terms- Angle of Pull, All or None Law, Reciprocal Innervations
Unit – 3 Credit – 1	Mechanical Concepts
3.1	Force - Meaning, definition, types and its application to sports activities
3.2	Lever - Meaning, definition, types and its application to human body.
3.3	Newton's Laws of Motion – Meaning, definition and its application to sports activities.
3.4	Projectile – Factors influencing projectile trajectory.
Unit – 4 Credit – 1	Kinematics and Kinetics of Human Movement
4.1	Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
4.2	Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
4.3	Linear Kinetics – Inertia, Mass, Momentum, Friction.
4.4	Angular Kinetics – Moment of inertia ,Couple, Stability.

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1. Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
2. Hay, J. G. & Reid, J. G.(1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
3. Hay, J. G. & Reid, J. G.(1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
4. Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
5. Simonian, C.(1911). *Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.

PART – A							THEORY PAPER						
Paper – XV		Subject: RESEARCH AND STATISTICS IN PHYSICAL EDUCATION											
Course Code: BCC– 403	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage							
Marks: 100	2	32	2C:64	96	30	70							
UNITS / CREDIT		CONTENT											
Unit – 1 Credit – 1/2		Introduction to Research											
1.1		Definition of Research											
1.2		Need and importance of Research in Physical Education and Sports.											
1.3		Scope of Research in Physical Education & Sports.											
1.4		Classification of Research											
1.5		Research Problem, Meaning of the terms, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.											

Unit – 2 Credit – 1/2	Survey of Related Literature
2.1	Need for surveying related literature.
2.2	Literature Sources, Library Reading
2.3	Research Proposal- Meaning and Significance of Research Proposal.
2.4	Preparation of Research proposal / project.
2.5	Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.
Unit – 3 Credit – 1/2	Basics of Statistical Analysis
3.1	Statistics: Meaning, Definition, Nature and Importance
3.2	Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
3.3	Graphical Presentation of Class Distribution: Histogram, Frequency Curve. Cumulative Frequency Polygon, O-give, Pie Diagram
Unit – 4 Credit – 1/2	Statistical Models in Physical Education and Sports
4.1	Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Uses, Advantages, Disadvantages and Calculation from Group and Ungrouped data
4.2	Measures of Variability: Meaning, importance, computing from group and ungroup data
4.3	Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

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8. Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). *Introduction to research: A guide for the health science professional*. Landon: J.B. Lippincott Company.
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11. Uppal, A. K. (1990). *Physical fitness: how to develop*. New Delhi: Friends Publication.
12. Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.

Paper – XVI	Subject: ADAPTED PHYSICAL EDUCATION					
Course Code: BCC– 404	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
Marks: 50	2	32		32	15	35
UNITS / CREDIT	CONTENT					
Unit – 1 Credit – 1/2	Introduction					
1.1	Meaning of handicapped and disabled					
1.2	Historical development of adapted Physical Education					
1.3	Education for handicapped children – meaning and purpose					
1.4	Relation between special education, adapted physical education and physical education					
1.5						
Unit – 2 Credit – 1/2	Types of Disabilities and their causes					
2.1	Hearing disabled, Visual impairments, Orthopedically handicapped, Mentally retarded					
2.2	Cerebral Palsy: Hearing disability, Behavioural disorder and other health impaired conditions					
2.3	Adapted physical education programme for the disabled					
2.4	Programme organisation and administration: Adjustment problems of handicapped, Teaching methods for the disabled, safety needs.					
Unit – 3 Credit – 1/2	Competitive Sports for the Handicapped					
3.1	Sports associations for the handicapped					
3.2	National Organisations for the disabled					
3.3	Government plans and actions for the disabled					
3.4	Placement of disabled individuals					
Unit – 4 Credit – 1/2	Assessment technique					
4.1	Assessment technique for disabled persons – assessing basic physical and motor proficiency					

PART – A THEORY PAPER						
Paper – XVII	Subject: GENDER STUDIES					
Course Code: BCC– 404	Credit	Class Teaching Hours	Internship/ Practicum	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
Marks: 50	2	32		32	15	35
UNITS / CREDIT	CONTENT					
Unit – 1 Credit – 1/2	Concept on Gender					
1.1	Meaning and concept on gender					
1.2	Types					
1.3	Transgender and third gender, sex, patriarchy.					
1.4	Gender bias, gender stereotyping, and empowerment					
1.5	Equity and equality in relation with caste, class, religion, ethnicity, disability and region.					
Unit – 2 Credit – 1/2	Gender studies					
2.1	Paradigm shift from women's studies					
2.2	Historical backdrop: some landmarks on social reform movements of the 19 th and 20 th centuries with focus on women's experiences of education with special reference to RajaRammohan Roy, PanditIsvar Chandra					

2.3 2.4	Vidyasagar, Swami Vivekananda and Rabindranath Tagore. Commissions and committees on women education
Unit – 3 Credit – 1/2	Gender and Education
3.1 3.2 3.3 3.4	Gender Identity Socialisation Practices in Family, Schools, and Other formal and informal organization. Schooling of Girls and Women Empowerment
Unit – 4 Credit – 1/2	Gender Issues in Physical Education Curriculum
4.1	Curriculum and the gender question Teacher as an agent of change Sexuality Sexual harassment Agencies perpetuating violence: Family, school, work place and media

References:

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2. Bandarage, A. (1997). *Women Population and Global Crisis: A Political Economic Analysis*. London : Zed Books.
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7. Di Stefano, C. (1983). "Masculinity as ideology in political theory: Hobbesian man considered", *Women's Studies International Forum*, Vol. 6.
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**PART – B
PRACTICUM
SEMESTER – IV**

Course Code: BPC-401	Subject: Track and Field/Gymnastics/Swimming : Throwing Events (Any one of the three)
Full Marks – 50 Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25	
Course Code: BPC-401	Throwing Event
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	
Course Code: BPC-401	Gymnastics
Floor Exercise, Balancing Beam exercise and Exercises on the Bar (Horizontal and Parallel) will be decided by the University.	
Course Code: BPC-401	Swimming
Events will be decided by the University	

Course Code: BPC-402	Team Games (Any Two)	Full Marks – 50
Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25		
Course Code: BPC-402	Base Ball	
Fundamental Skills		
Player Stances – walking, extending walking, L stance, cat stance.		
Grip – standard grip, choke grip,		
Batting – swing and bunt.		
Pitching –		
Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball,		
Softball: windmill, sling shot,		
Starting position: wind up, set.		
Fielding		
Catching: basics to catch fly hits, rolling hits,		
Throwing: over arm, side arm.		
Base running		
Base running: single, double, triple, home run,		
Sliding: bent leg slide, hook slide, head first slide.		
Rules and their interpretations and duties of officials.		
Course Code: BPC-402	Netball	
Fundamental Skills		
Catching: one handed, two handed, with feet grounded, in flight.		
Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).		
Footwork: landing on one foot; landing on two feet; pivot; running pass.		
Shooting: one hand; two hands; forward step shot; backward step shot.		
Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.		
Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).		
Intercepting: pass; shot.		
The toss-up.		
Role of individual players		
Rules and their interpretations and duties of officials.		
Course Code: BPC-402	Cricket	
Fundamental Skills		
Batting-Forward and backward defensive stroke		
Bowling-Simple bowling techniques		
Fielding-Defensive and offensive fielding		
Catching-High catching and Slip catching		
Stopping and throwing techniques		
Wicket keeping techniques		
Course Code: BPC-402	Football	
Fundamental Skills		
Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick		
Trapping-trapping rolling the ball, trapping bouncing ball with sole		
Dribbling-With instep, inside and outer instep of the foot.		
Heading-From standing, running and jumping.		
Throw in		

<p>Feinting-With the lower limb and upper part of the body. Tackling-Simple tackling, Slide tackling. Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.</p>
<p>Course Code: BPC-402 Hockey</p>
<p>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 defense. Rules and their interpretations and duties of officials. Rules and their interpretations and duties of officials. Ground Marking.</p>
<p>Course Code: BPC-402 Softball</p>
<p>Fundamental Skills Catching: one handed, two handed, with feet grounded, in flight. Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce). Footwork: landing on one foot; landing on two feet; pivot; running pass. Shooting: one hand; two hands; forward step shot; backward step shot. Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed. Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in). Intercepting: pass; shot. The toss-up. Role of individual players Rules and their interpretations and duties of officials.</p>
<p>Course Code: BPC-402 Volleyball</p>
<p>Fundamental Skills Players Stance-Receiving the ball and passing to the team mates, The Volley (Over head pass), The Dig(Under hand pass). Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. Rules and their interpretations and duties of officials.</p>
<p>Course Code: BPC-402 Handball</p>
<p>Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense. Rules and their interpretations and duties of officials.</p>
<p>Course Code: BPC-402 Basketball</p>
<p>Fundamental Skills Player stance and ball handling</p>

<p>Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.</p> <p>Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.</p> <p>Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.</p> <p>Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.</p> <p>Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.</p> <p>Individual Defensive-Guarding the man with the ball and without the ball.</p> <p>Pivoting.</p> <p>Rules and their interpretations and duties of the officials.</p>
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<p>Course Code: BPC-403 Combative Sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling/Lathi (Any two out of these)</p> <p>Full Marks – 50</p> <p>Credit – 1 Teaching Hours – 16, Internship/Practical – 1C-32, Total Teaching Hours – 48, Weightage on Internal Assessment – 25 & on External Assessment – 25</p>
<p>Course Code: BPC-403 Boxing</p> <p>Fundamental Skills Player stance Stance - Right hand stance, left hand stance. Footwork – Attack, defense. Punches – Jab, cross, hook, upper cut, combinations. Defense slip – bob and weave, parry/block, cover up, clinch, counter attack Tactics – Toe to toe, counter attack, fighting in close, feinting Rules and their interpretations and duties of officials.</p>
<p>Course Code: BPC-403 Martial Arts/Karate</p> <p>Fundamental Skills Player Stances – walking, hand positions, front-leaning, side-fighting. Hand Techniques - Punches (form of a punch, straight punch, and reverse punch), Blocks (eight basic). Leg Techniques - Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house. Forms - The first cause Katas. Self Defense - against punches, grabs and strikes, against basic weapons (knife, club sticks). Sparring - One step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks). Rules and their interpretations and duties of officials.</p>
<p>Course Code: BPC-403 Taekwondo</p> <p>Fundamental Skills Player Stances – walking, extending walking, L stance, cat stance. Fundamental Skills – Sitting stance punch, single punch, double punch, triple punch. Punching Skill from sparring position – front-fist punch, rear fist punch, double punch, and four combination punch. Foot Techniques (Balgisul) – standing kick (soseochagi), Front kick (AP chagi), Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaeDollyoChagi), Jump kick (Twimyochagi), Poomsae (Forms) – Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal</p>

<p>Jang (Fundamental Movement – eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques) Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks), Free Sparring. Board Breaking (Kyokpa) – eye control, balance, power control, speed, point of attack. Rules and their interpretations and duties of officials.</p>	
<p>Course Code: BPC-403 Judo</p>	
<p>Fundamental skills 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)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (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) NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (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.</p>	
<p>Course Code: BPC-403 Wrestling</p>	
<p>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.</p>	
<p>Course Code: BPC-403 Fencing</p>	
<p>Fundamental Skill Basic Stance - on-guard position (feet and legs) Footwork – advance, retire, lunge, Step-lunge Grip – hold a foil correctly, Etiquette – salute and handshake to coaches and partners Hit a target (glove, mask, person) at riposte distance Lunge from an on-guard position. Attack - simple attacks from sixte – direct, disengage, doublé attack, compound attacks high line – one-two and cut-over disengage, Cut-over attack, Low line attacks Semi circular parries – octave and septime Understand the layout of a piste. Compound or successive parries. Lateral parry and direct riposte Fence a bout – judges etc. salutes and handshakes Rules and their interpretations and duties of officials.</p>	
<p>Course Code: BPC-403 Lathi</p>	

Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.

N.B. Internship (3rd Semester onwards) and field engagement in all semesters are to be done/conducted where credits have been allotted. Practicum/Student activity/Seminar assignment/Project File/Work Shop /volunteering, etc. Theory & Practical Assessment Weightage shall detailed be in the syllabus.

ACADEMIC CALENDER FOR B.P.ED. PROGRAMME

The Board of Studies shall prepare the Academic Calender for the course for the entire session of the two year programme. This will include Academic Activities (Teaching Learning), Internal and External Examinations (Practical) for each semester, School Internship and Final Theory Examination for the semester concerned.

Any change in the said programme shall be brought to the notice of the Chairperson of the Board of Studies of the concerned University for necessary action.

Necessary regulations for conducting B.P.Ed. Examination under semester system shall be followed by the respective University of the state. The University authority shall formulate guidelines in this respective Department or Institute offering B.P.Ed. programme before the commencement of the session.

CURRICULUM STRUCTURE FOR TWO- YEAR M.P.ED. PROGRAMME IN WEST BENGAL

FOLLOWING
NCTE REGULATIONS, 2014

Prepared by the Curriculum Committee
Constituted by the

Higher Education Department
Government of West Bengal

BikashBhavan, Salt Lake, Kolkata – 700091

**REGULATIONS RELATING TO CONDUCT OF EXAMINATION OF
MASTER OF PHYSICAL EDUCATION (M.P.ED) PROGRAMME UNDER
SEMESTER SYSTEM (I+I+I+I) WITH EFFECT FROM 2015 – 2017
SESSION**

1. In all there shall be 17 (Seventeen) theoretical papers of which 04 (Four) papers will be evaluated in each semester I, II & III but in Semester – IV where 5 (Five) papers will be evaluated. Total distribution of marks for M.P.Ed. course under four semester will be as follows:

Semester	Theory Course	Practical Course/Internship	Teaching/Coaching Practice
I	04 Papers = 400 marks	150 marks	----
II	04 Papers = 400 marks	50 marks	50 marks
III	04 Papers = 400 marks	150 marks	----
IV	05 Papers = 400 marks	100 marks	----
Total	17 Papers = 1600 marks	450 marks	50 marks

The candidates will be evaluated out of 2100 mark (Semester I, II, III and IV) including theory course, practical course and internship.

2. Each candidate appearing in the M.P.Ed. Examination shall submit the examination form duly filled in along with the prescribed fees within stipulated time period before each semester.
3. **Condonation:** Student must have 80% of attendance in Theory and 90% attendance in practicum in each course for appearing the examination. Students who have 79% to 65% of attendance shall apply for Condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for Condonation in prescribed form with the prescribed fee along with the Medical Certificate/ any other certificate with reasonable ground. Students who have below 50% of attendance are not eligible to appear for the examination.
 - In addition to the above clause, for B.P.Ed., to be eligible for filling up forms of 4th semester examination candidate should complete 16 weeks of internship programme (School & Internal).
 - Submission of all the components of internal assessment (assignments, projects etc.) is the essential precondition for appearing semester end examinations under normal circumstances.

4. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of November /December: for second semester in the month of May / June. A candidate who does not obtain pass marks in the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in December or June.
- ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates will not be permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however,

a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

5. A candidate shall be allowed to write in Bengali or in English language in the University examination either.
6. If a candidate after completion of regular course of study in any of the semester fails to enroll as a candidate to present him/her in the examination or appears but fails to complete the respective semester examination due to any reason, he/she will have a chance to appear in the same examination in the following semester.
7. To pass a particular semester examination a candidate must secure at least 40% marks in the theory course for CIA and external examination and 50% marks for the practical courses.
8. If a candidate fails to secure 40% marks in any of the theory course or 50% marks in any of the practical course in a semester he/she will have to appear in the respective theory and practical course alongwith the following semester examination.
9. If a candidate fails to secure 50% marks in teaching practice he/she will have one chance to qualify the same.
10. Questions are to be set in English version only.
11. A candidate shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.
12. A candidate of either semester shall be allowed to attend classes of following semester if he/she does not have two back papers either in theory, practical course or teaching practice.
13. Format of question papers for four units: Each question paper shall have five questions and the patterns are as follows:

Question No.	Description	Marks
1	Answer in detail (Long question) Or Answer in detail (Long question) (from Unit 1)	15
2	Answer in detail (Long question) Or Answer in detail (Long question) (from Unit 2)	15
3	Answer in detail (Long question) Or Answer in detail (Long question) (from Unit 3)	15
4	Write short notes: Any two out of four (From Unit 4)	15
5	M.C.Q type questions (10 out of 12 questions) (Three questions from each unit)	10
	Total	70

14. (a) Each theory paper will be set by two examiners and one of them will act as an examiner
- (b) For evaluation of practical course and teaching practice the external examiner be appointed in such a way that he/she does not represent the home college or department.
- (c) Re assessment system of answer scripts to be exercised by the university.
- (d) For each theory, practical and teaching practice 30% marks are assigned for CIA and 70% marks for term end examination.

15. Spot evaluation procedures to be followed for examining the theory course in respective semester and the result for each semester to be published before commencement of following semester.
16. Provision of awarding two (+02) grace mark for securing 1st class in the final end semester examination be rest upon the discretionary authority of the Hon'ble Vice Chancellor.
17. A Board of Studies for M.P.Ed. course shall be formed with 07 (Seven) members (As per provision of the University Statuette). The B.O.S. shall recommend the panel of paper setters, examiners, moderators and head examiners and shall forward the same to the Hon'ble Vice Chancellor for approval.
18. The proposed curriculum of M.P.Ed. programme as per NCTE Regulations, 2014 shall replace the existing content and structure of M.P.Ed. course.
19. Notwithstanding anything covered in the above regulations, Hon'ble Vice Chancellor shall have the authority to exercise his discretionary power from time to time.

M. P. ED. PROGRAMME

Preamble

The Master of Physical Education (M.P.Ed.) two years (Four Semesters, Choice Based Credit System) programme is a professional programme meant for preparing Physical Education Teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/Directors/Sports Officers in Colleges/Universities and Teacher Educators in College of Physical Education.

The M.P.Ed. programme is 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 comprise of compulsory and optional theory as well as practical courses and compulsory school internship in School/ College/Sports Organizations/Sports Academy/Sports Club.

Intake, Eligibility and Admission Procedure

The Intake, Eligibility and Admission Procedure is as per the NCTE norms and standards.

Duration

The M.P.Ed programme is of duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

C.B.C.S. System

All 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 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 M.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 M.P.Ed. Programme.

- Theory
 - Core Course
- Practicum
 - Compulsory Course (Track and Field)
 - Games Specialization
 - Internship

Semesters

An academic year is divided into four semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

Working Days

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

Credits

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing M.P.Ed. programme is 90 credits and for each semester 20 credits.

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits forte Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter University Participation (Any one game)	2
3	Inter College Participation (min. two games)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
7	News Reporting / Article Writing / Book Writing / Progress Report Writing	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

Evaluation

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester

examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Assignments / Lab Practical	10 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 80% attendance in theory and 90% attendance in practicum in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours durations for full paper Of 100 marks and 2 hours for half paper of 50 marks, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. In case of practical activity evaluation will be made by the internal and external examiners equally and the ratio will be fixed at 50:50 i.e. for an activity of 50 marks Internal: 25 marks and External: 25 marks. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

Grading

Once the marks of the CIA (Continuous Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in table. 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). These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

$$CGPA = \frac{\sum_{j=1}^n SGPA_j}{N}$$

Where C_i is the Credit earned for the course is in any semester; G_i is the Grade point obtained by the student for the course and n number of courses obtained in that semester is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

Classification of Final Results

For the purpose of declaring a candidate to have qualified for the Degree of Master of Physical Education in grades, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should score grades separately in both the grand total and end Semester (External) examinations.

Six point grading system for evaluation will be adopted as per the following table:

Percentage	Grade Point	Latter Grade	Description
90-100	5	A	Excellent
80-89.99	4	B	Very Good
70-79.99	3	C	Good
60-69.99	2	D	Average
50-59.99	1	E	Fair
Below 50	0	F	Failed

Note:

(1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4) For the award of the class, CGPA shall be calculated on the basis of:

(a) Marks of each Semester End Assessment

(b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for M.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from one to four semester examinations.

Grievance Redressal Committee

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

Revision of Syllabi:

5. Syllabi of every course should be revised according to the NCTE.
6. Revised Syllabi of each semester should be implemented in a sequential way.
7. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
8. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.

**COURSE STRUCTURE FOR MASTER OF PHYSICAL EDUCATION (M.P.ED.)
PROGRAMME**

SEMESTER – I		
Objectives: To enhance the basic knowledge on functioning of human body, health, fitness and wellness and to make them aware about research process, measurement and evaluation and concept on yoga. To orient about laboratory works, and make them specialized in games and sports.		
PART - A	THEORY PAPERS	
COURSE	SUBJECT	MARKS
MPCC-101	Physical Fitness, Health and Wellness	100
MPCC-102	Physiology of Exercise	100
MPCC-103	Research Methodology in Physical Education & Sports Sciences	100
MPCC-104	Test, Measurement and Evaluation in Physical	100

	Education	
PART - B	PRACTICUM PAPERS	
MPPC-101	Track and Field I Running Events, Swimming/Gymnastics (Any One)	50
MPPC-102	Combative Sports	50
MPPC-103	Adventure Activities	50
Practicum/Student Activity/Seminar Assignment/Project File/Workshop/Volunteering, etc.		
In addition to the number of hours mentioned in the table above, time has to be provided for Library Work, Self Study, Planning, Field Visits, Taking Up add on Courses (Vocational Sports Education) and so on.		
SEMESTER – II		
OBJECTIVES: To impart knowledge on application of statistics, biomechanics, sports medicine, nutritive values and management. To aware about rehabilitative measures for athletic injuries.		
PART - A	THEORY PAPERS	
COURSE	SUBJECT	MARKS
MPCC - 201	Applied Statistics in Physical Education and Sports	100
MPCC - 202	Sports Biomechanics and Kinesiology	100
MPCC - 203	Sports Medicine, Nutrition, Athletic Care and Rehabilitation	100
MPCC - 204	Sports Management and Yoga Education	100
PART - B	PRACTICUM PAPERS	
MPPC-201	Track and Field II (Jumping Events + Hurdles, Gymnastics/Swimming (Any One)	50
MPPC-202	Internship (Field Engagement during Semester Break)	50
Practicum/Student Activity/Seminar Assignment/Project File/Workshop/Volunteering, etc.		
In addition to the number of hours mentioned in the table above, time has to be provided for Library Work, Self Study, Planning, Field Visits, Taking Up add on Courses (Vocational Sports Education) and so on.		
SEMESTER – III		
OBJECTIVES: To enhance knowledge on scientific principles of Sports training. To enhance knowledge on application of engineering in the field of sports and concept on sports journalism and role of mass media. To gain practical knowledge on research.		
PART - A	THEORY PAPERS	
COURSE	SUBJECT	MARKS
MPCC - 301	Scientific Principles of Sports Training	100
MPCC - 302	Sports Journalism and Mass Media	100
MPCC - 303	Sports Engineering and Technology	100
MPCC - 304	Dissertation – I	100
PART - B	PRACTICUM PAPERS	
MPPC - 301	Track and Field III (Throwing Events + Introduction of Heptathlon Events, Gymnastics/Swimming (Any One)	50
MPPC - 302	Games Specialization – I	50

MPPC - 303	Games Specialization – II	50
<p>Practicum/Student Activity/Seminar Assignment/Project File/Workshop/Volunteering, etc.</p> <p>Theory and Practical Assessment Weightage shall be detailed in the syllabus.</p> <p>In addition to the number of hours mentioned in the table above, time has to be provided for Library Work, Self Study, Planning, Field Visits, Taking Up add on Courses (Vocational Sports Education) and so on.</p>		
SEMESTER – IV		
OBJECTIVES: To increase specialized knowledge on information and communication technology, sports psychology and educational technology. To impart knowledge on application of statistics and research.		
PART – A	THEORY PAPERS	
COURSE	SUBJECT	
MPCC – 401	ICT in Physical Education & Sports	100
MPCC – 402	Sports Psychology	100
MPCC – 403	Dissertation – II Writing Research Report	100
MPCC – 404	Gender Studies in Physical Education & Sports	50
MPCC – 405	Disability/Inclusive Sports Education	50
PART - B	PRACTICUM PAPERS	
MPPC – 401	Track and Field IV (Introduction of Decathlon Events, Gymnastics/Swimming Practical Skills (Any One))	50
MPPC – 402	Combative Sports (Any One)	50
<p>Practicum/Student Activity/Seminar Assignment/Project File/Workshop/Volunteering, etc.</p> <p>Theory and Practical Assessment Weightage shall be detailed in the syllabus.</p> <p>Practicum assessment on field: 12 credits and Game/Activity Theory: 4 credits</p> <p>In addition to the number of hours mentioned in the table above, time has to be provided for Library Work, Self Study, Planning, Field Visits, Taking Up add on Courses (Vocational Sports Education) and so on.</p>		

NUMBER OF HOURS TO BE PROVIDED

Part - A	Marks	Credit	Class Teaching Hours	Internship / Practical	Total Teaching Hours	Internal Assessment Weightage	External Assessment Weightage
SEMESTER – I							
COURSE	THEORY						
MPCC-101	100	2	32	2C-64	96	30	70
MPCC-102	100	3	48	1C-32	80	30	70
MPCC-103	100	4	64		64	30	70
MPCC-104	100	3	48	1C-32	80	30	70
PART - B	PRACTICAL						
MPPC-101	50	1	16	1C-32	48	25	25
MPPC-102	50	1	16	1C-32	48	25	25
MPPC-103	50	1	16	1C-32	48	25	25
	550	15	240	7	464	195	355
SEMESTER – II							
COURSE	THEORY						
MPCC-201	100	3	48	1C-32	80	30	70
MPCC-202	100	3	48	1C-32	80	30	70
MPCC-203	100	3	48	1C-32	80	30	70
MPCC-204	100	3	48	1C-32	80	30	70

PART - B	PRACTICAL						
MPPC-201	50	1	16	1C-32	48	25	25
MPPC-202	50			2C-64	64	25	25
	500	13	208	7	432	170	330

SEMESTER – III							
COURSE	THEORY						
MPCC-301	100	3	48	1C-32	80	30	70
MPCC-302	100	3	48	1C-32	80	30	70
MPCC-303	100	3	48	1C-32	80	30	70
MPCC-304	100	1	16	3C-48	64	30	70
PART - B	PRACTICAL						
MPPC-301	50	1	16	1C-32	48	25	25
MPPC-302	50	1	16	1C-32	48	25	25
MPPC-303	50	1	16	1C-32	48	25	25
	550	13	208	9	448	195	355
SEMESTER – IV							
COURSE	THEORY						
MPCC-401	100	2	32	2C-64	96	30	70
MPCC-402	100	3	48	1C-32	80	30	70
MPCC-403	100	1	16	3C-96	112	30	70
MPCC-404	50	2	32		32	15	35
MPCC-405	50	2	32		32	15	35
PART - B	PRACTICAL						
MPPC-401	50	1	16	1C-32	48	25	25
MPPC-402	50	1	16	1C-32	48	25	25
	500	12	192	8	448	170	330

N.B. Internship (3rd Semester onwards) and field engagement in all semesters are to be done/conducted where credits have been allotted. Practicum/Student activity/Seminar assignment/Project File/Work Shop /volunteering, etc. Theory & Practical Assessment Weightage shall detailed be in the syllabus.

ELIGIBILITY CRITERIA:

As per with the NCTE norms and regulations which has been notified in the Gazette.

ADMISSION PROCEDURE:

1. Physical Fitness Test – {Minimum 4 Four test items} 10 X 4 = 40 marks
(To be selected from AAHPERD Youth Fitness Test)
2. Knowledge Test–(Covering the syllabus of Physical Education) = 15 marks
 - (c) Multiple Choice Questions: 10 marks
 - (d) Small Answer Type : 05 marks
(Maximum 100 words)
3. Viva Voce - = 05 marks
(Knowledge about recent and past of the Country/State, Vocabulary and Expression)

SEMESTER – I

PAPER – I PHYSICAL FITNESS, HEALTH AND WELLNESS

Course Code: MPCC-101

Unit I –Physical Fitness

Credit: ½

Meaning and Definition of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identification of opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health, fitness and relationship between physical activity and lifelong wellness.

Unit II – Concept of Health and Health Problems

Credit 1

Concept, Dimensions, Spectrum and Determinants of Health, Definition of Health, Health Education, Health Instruction, Health Supervision, Aims and objectives, Principles of Health Education, Health Service and guidance instruction in personal hygiene.

Communicable and Non Communicable Diseases; Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, Personal and Environmental Hygiene for schools, Objective of school health service, Role of health education in schools; Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit III – Hygiene and Health

Credit ½

Meaning of Hygiene, Types of Hygiene, Dental Hygiene. Effect of Alcohol on Health. Effect of Tobacco on Health, Life Style Management of Hypertension, Obesity and Stress

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- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001
- Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education".
- Ghosh, B.N. "Treaties of Hygiene and Public Health".
- Hanlon, John J. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".
- Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A. "The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

PAPER – II PHYSIOLOGY OF EXERCISE

Course Code: MPCC-102

UNIT I – Skeletal Muscles and Exercise**Credit:** ½

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system.

UNIT II – Cardiovascular System and Exercise**Credit:** ½

Heart Valves and Direction of the Blood Flow – Conduction System of the Heart – Blood Supply to the Heart – Cardiac Cycle – Stroke Volume – Cardiac Output – Heart Rate – Factors Affecting Heart Rate – Cardiac Hypertrophy – Effect of exercises and training on the Cardio vascular system.

UNIT III – Respiratory System and Exercise**Credit:** ½

Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest and During Exercise. Diffusion of Gases – Exchange of Gases in the Lungs – Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold. Oxygen Debt – Lung Volumes and Capacities – Effect of exercises and training on the respiratory system.

UNIT IV – Metabolism and Energy Transfer**Credit:** 1

Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long Duration Exercises.

UNIT V – Climatic conditions and sports performance and ergogenic aids**Credit:** ½

Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

Note: Laboratory Practical in Physiology be designed and arranged internally.

REFERENCES:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
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- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

PAPER – III RESEARCH METHODOLOGY IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Course Code: MPCC-103

UNIT I – Introduction

Credit: ½

Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

UNIT II – Methods of Research

Credit: 1

Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research. Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III – Experimental Research

Credit: 1

Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

UNIT IV – Sampling

Credit: 1

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sampling, Judgement Sampling, Quota Sampling.

UNIT V – Research Proposal and Report

Credit: ½

Characterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.

REFERENCE

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
 Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
 Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press
 Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
 Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
 Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
 Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
 Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health,

Physical Education and Sports, New Delhi; Friends Publication
Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

PAPER – IV TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Course Code: MPCC-104

UNIT I – Introduction

Credit: ½

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing - Validity, Reliability, Objectivity. Norms – Administrative Considerations.

UNIT II –Physical Fitness and Motor Fitness Tests

Credit: 1

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's Physical Fitness Index. Cardio vascular test; Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test)

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test – Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

UNIT III – Anthropometric and Aerobic-Anaerobic Tests

Credit: ½

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

UNIT IV – Skill Tests

Credit: 1

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, McDonald Volley Soccer Test. Tennis: Dyer Tennis Test.

Note: Practical of indoors and out-door tests be designed and arranged internally.

REFERENCES

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc

- Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
- Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
- Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
- Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics
- Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

SEMESTER - I

PRACTICUM

MPPC- 101 TRACK AND FIELD I: RUNNING EVENTS / GYMNASTICS/ SWIMMING (ANY ONE)

Credit: 1

Course contents in Jumping, Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender

MPPC- 102 COMBATIVE SPORTS (ANY ONE)

BOXING/ KARATE/TAEKWONDO/ JUDO/ WRESTLING/ FENCING/ LATHI

Credit: 1

Course contents in Boxing/Karate/Taekwondo/Judo/Wrestling/Fencing/Lathi should be chalked out internally considering advance level of students and suitable to their age and gender

MPPC-103 ADVENTURE ACTIVITIES

Credit: 1

Trekking, Wall climbing, River crossing, Mountaineering, etc

SEMESTER – II

PAPER – V APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Course Code: MPCC-201

UNIT I – Introduction

Credit: ½

Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics.

UNIT II – Data Classification, Tabulation and Measures of Central Tendency

Credit: ½

Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode.

UNIT III – Measures of Dispersions and Scales

Credit: ½

Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation,

Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

UNIT IV – Probability Distributions and Graphs

Credit: ½

Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence from normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

UNIT V – Inferential and Comparative Statistics

Credit: 1

Tests of significance; Independent “t” test, Dependent “t” test , Chi – square test, level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation – calculation of co- efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

REFERENCES

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
 Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
 Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
 Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi
 Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
 Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
 Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, SenthilkumarPublications.

PAPER -VI SPORTS BIOMECHANICS AND KINESIOLOGY

Course Code: MPCC-202

UNIT I – Introduction

Credit: ½

Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars.

UNIT II – Muscle Action

Credit: ½

Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

UNIT III – Motion and Force

Credit: ½

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principals related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force - Force components .Force

applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

UNIT IV – Projectile and Lever

Credit: ½

Freely falling bodies - Projectiles -Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage -classes of lever - practical application. Water resistance - Air resistance -Aerodynamics.

UNIT V – Movement Analysis

Credit: 1

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis – Qualitative, Quantitative, Predictive
Note: Laboratory practical's should be designed and arranged for students internally.

REFERENCES

- Deshpande S.H.(2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005. Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall. Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)
- Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
- Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

PAPER -VII SPORTS MEDICINE, NUTRITION, ATHLETIC CARE & REHABILITATION

Course Code: MPCC-203

UNIT I – Introduction

Credit: ½

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise. Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.

UNIT II - Nutrition and Weight Management

Credit: ½

Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.
Concept of BMI (Body mass index), Obesity and its hazard, dieting versus exercise for weight control. Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

UNIT III – Common Sports Injuries, Care and Rehabilitation

Credit: ½

Sprain, Strain, Dislocation, and fracture at different joints and muscles.
Basic Rehabilitation: Strapping/Tapping: Definition, Principles of Precautions, Contraindications.

Proprioceptive neuromuscular facilitation: Definition of - hold, relax, repeated contractions. Show reversal technique. Exercises: Isotonic, Isokinetic, isometric stretching- Definition, Types of stretching, Advantages, dangers of stretching, Manual of muscle grading.

UNIT IV – Rehabilitation Exercises

Credit: ½

Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries. Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

UNIT V – Massage

Credit: 1

Brief history of massage – Massage as an aid for relaxation – Points under consideration in giving massage – Physiological, Chemical, Psychological effects of massage – Indication / Contra indication of Massage – Classification of the manipulation used massage and their specific uses in the human body – Stroking manipulation: Effleurage – Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling – Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

REFERENCES

- Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
- James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.
- Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
- Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra
- The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.
- Doherty. J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc. Lacey, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
- Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd. Rathbone, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

PAPER -VIII SPORTS MANAGEMENT AND YOGA EDUCATION

Course Code: MPCC-204

UNIT I – Introduction

Credit: ½

Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personal Management: Objectives of Personal Management, Personal Policies, Role of Personal Manager in an organization, Personnel recruitment and selection.

UNIT II – Program Management

Credit: ½

Importance of Programme development and the role of management, Factors influencing programme development. Steps in programme development, Competitive Sports Programs, Benefits, Management Guidelines for School, Colleges Sports Programs, Management Problems in

instruction programme. Community Based Physical Education and Sports program.

UNIT III – Equipments and Public Relation

Credit: ½

Purchase and Care of Supplies of Equipment, Guidelines for selection of Equipments and Supplies, Purchase of equipments and supplies, Equipment Room, Equipment and supply Manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipments. Public Relations in Sports: Planning the Public Relation Program – Principles of Public Relation – Public Relations in School and Communities – Public Relation and the Media.

UNIT IV – Introduction to Yoga and Yoga Philosophies

Credit: ½

Introduction to Yoga: Concept and Principles; Ancient systems of Yoga, Classical approach to yoga practices: Yama, Niyama, Asana, Pranayam, Kriya, Bandha, Mudra & Dhyana; General and Specific guidelines to yogic practices; Historical aspects of yoga philosophy; Modern trends in Yoga; Yoga and Sports.

UNIT V – Yoga, Health and Practical Approach

Credit: 1

Need of Yoga for a positive health for modern man; Concept of health and disease: Medical and Yogic perspectives; Concept of Pancha Kosha for integrated and positive health; Yoga and Modern age; Stress in yogic perspectives; Yoga as a way of life to cope up stress; Yoga and self development, Yoga for the children and human excellence.

Effect of specific yogic practices on different muscles, Functional improvement through specific yogic practices, Mechanical analysis of asanas, Yoga competitions and its rules.

REFERENCES

- Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.
- Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonavla: Kaivalyadhama.
- Rajjan, S. M. (1985). Yoga strenthening of relaxation for sports man. New Delhi:Allied Publishers.
- Shankar, G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.
- Shekar,K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.
- Gharote, M.L. Applied Yoga, Lonavla, Kaivalyadhama
- Swami Kuvalananda, Asanas Kaivalyadhama, Lonavla, Maharashtra
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- Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
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SEMESTER - II

PRACTICUM

MPPC- 201 TRACK AND FIELD: JUMPING EVENTS & HURDLES / GYMNASTICS/ SWIMMING (ANY ONE)

Credit: 1

Course contents in Jumping, Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender

MPPC- 202 INTERNSHIP

Field engagement during Semester Break

SEMESTER – III

PAPER – IX SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Course Code: MPCC-301

UNIT I – Introduction

Credit: ½

Sports Training: Definition, Aim, Characteristics, Principles of Sports Training. Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures – Super Compensation – Altitude Training – Cross Training

UNIT II – Components of Physical Fitness

Credit: 1½

Strength: Methods to improve Strength- Weight Training, Isometric, Isotonic, Circuit Training, Speed: Methods to Develop Speed - Repetition Method, Downhill Run, Parachute Running, Wind Sprints. Endurance: Methods to Improve Endurance- Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training
Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method. Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities- Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method. Types of Stretching Exercises.

UNIT III – Training Plan

Credit: ½

Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans. Periodisation: Meaning, Single, Double and Multiple Periodisation. Preparatory Period, Competition Period and Transition Period.

UNIT IV – Doping

Credit: ½

Definition of Doping – Side effects of drugs – Dietary supplements – IOC list of doping substances and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations: over-the- counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs). Reporting test results – Education

REFERENCES

- Beotra, Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
Cart, E. Klafs & Daniel, D. Arnhem (1999) Modern Principles of Athletic Training St. Louis C. V.

Credit: ½

Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types
Computer Memory: Concept & Types Viruses & its Management
Concept, Types & Functions of Computer Networks. Internet and its applications, Web Browsers & Search Engines. Legal & Ethical Issues

Unit III – MS Office Applications

Credit: ½

MS Word: Main Features & its Uses in Physical Education MS Excel: Main Features & its Applications in Physical Education MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education
MS Power Point: Preparation of Slides with Multimedia Effects MS Publisher: Newsletter & Brochure

UNIT IV – ICT Integration in Teaching Learning Process, E-Learning & Web Based Learning

Credit: ½

Approaches to Integrating ICT in Teaching Learning Process, Project Based Learning (PBL), Co-Operative Learning, Collaborative Learning, ICT and Constructivism: A Pedagogical Dimension, E-Learning, Web Based Learning, Visual Classroom

REFERENCES

- B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006 Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition- 2001 Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
Pradeep K. Sinha & Priti. Sinha. Foundations computing BPB Publications -2006. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999
Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006

PAPER – XIV SPORTS PSYCHOLOGY

Course Code: MPCC-402

UNIT I – Introduction

Credit: ½

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning – Motor Perception – Factors Affecting Perception – Perceptual Mechanism. Personality: Meaning, Definition, Structure – Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT II - Motivation

Credit: 1½

Meaning, Definition and Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning

and Definition, Method of Measurement.

UNIT III – Goal Setting and Personality

Credit: ½

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Relaxation: Meaning and Definition, types and methods of psychological relaxation, Personality: Influence of Sports on Personality development, Personality and Temperament, Personality of elite sports persons, Sublimization of emotions.

UNIT IV – Psychological Tests

Credit: ½

Types of Psychological Test: Instrument based tests: Pass-along test – Tachistoscope – Reaction timer – Finger Dexterity Board – Depth Perception Box – Kinesthesiometer Board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

Practicals: *Atleast five experiments related to the topics listed in the Units above shouldbe conducted by the students in laboratory. (Internal assessment.)*

REFERENCES

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.

Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.

Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.

John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.

Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.

Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.

Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.

Whiting, K, Karman.,. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

PAPER – XV

DISSERTATION - II

Course Code: MPCC-403

Writing a research report.

Credit: 1

Students will work on the problem which has already been selected in Semester - III. After completion of the dissertation they will submit to the authority for evaluation.

PAPER – XVI

GENDER STUDIES IN PHYSICAL EDUCATION AND SPORTS

Course Code: MPCC-404

UNIT I - Introduction

Credit: ½

Meaning of Gender, Transgender and third Gender, The role of Physical Education and Sports in addressing Gender issues: Women's and Girl's health and wellbeing, Self esteem, Self empowerment; Social inclusion and social integration of Women and Girls.

UNIT II– Gender Identity and Gender Issues in Curriculum and Physical Education

Credit: ½

Gender Identities and Socialisation Practices in family, schools, other formal and informal institutions, Physical Education curriculum and the gender question, Construction of gender in curriculum framework since Independence, Attitude of Women toward Physical Education and Sports, Teacher as an agent of change, Challenging and transforming Gender norms.

UNIT III – Gender Equity

Credit: 1

Promoting Gender equity through Physical Education and Sports: Claiming space, access to resources, structures and leadership. Choice of Sports, Traditional Games and Competitions, Incentives, Women in sports and media (print and electronic), Review of researches on Gender studies in Physical Education and Sports.

REFERENCES

- Basu, R. & Chakraborty, B. (2011). *Prasanga: Manabividyā*. Kolkata : Urbi Prakashan.
- Bandarage, A. (1997). *Women Population and Global Crisis: A Political Economic Analysis*. London : Zed Books.
- Maguise, P. (1987). *Doing Participatory Research: A Feminist Approach*, Amherst, M.A.
- Boserup, E. (1970). *Women's Role in Economic Development*. New York : St. Martins Press.
- Brock-Utne, B. (1985). *Educating for peace: A Feminist Perspective*, New York.
- Ruddick, S. (1989). *Maternal Thinking: Towards a Politics of Peace*, London.
- Di Stefano, C. (1983). "Masculinity as ideology in political theory: Hobbesian man considered ", *Women's Studies International Forum*, Vol. 6.
- Elshtain, J. B. (1981). *Public man, private woman: woman in social and political thought*, princeton.
- Grant, R. & Newland, K. (Eds.). (1991). *Gender and International Relations*. London.
- Harshman, M. (1995). *Women and Development: A Critique*. In Marchand, M and Parpart, J. (Eds.). *Feminism, Post Modernism, Development*. London : Routledge.
- Viswanathan, Nalini. (1997). *Women, Gender and Development Reader*, London : Zed Publication.
- Sidhu, L.S. et al (1987). *Sports Sciences: Health, Fitness and Performance*, Patiala: IASSPE Publication.
- Sidhu, L.S. et al (1988). *Trends in Sports Sciences: Health, Fitness and Performance*, Patiala: IASSPE Publication.
- Frederic, D (2010). *Strength Training Anatomy, Human Kinetics*; 1st edition, www.amazon.com
- Chrissie Wellington, (2013). *A Life without Limits: A World Champion's Journey*, Center Street, Amazon Publication/www.amazon.com

PAPER – XVII

DISABILITY/INCLUSIVE SPORT EDUCATION

Course Code: MPCC-405

UNIT I - Introduction

Credit: ½

Meaning of Disability and Inclusive Sports Education, Objectives, Important considerations, Types of impairment, Causes, Social recognition, Issues related to the behaviour of Disabled, Major considerations of Disability, Role of common people for the Disabled.

UNIT II – Assessment and Inclusion of Sports for Disability

Credit: ½

Understanding the problem of the disabled, Assessment procedures, Tests related to assessment of disability, Need for inclusion of Sports, Types of activities to be included to educate the disabled, Assessment of disability of the child in the school and remedial measures.

UNIT III – Task Ability

Credit: ½

The Movement Form, The Environment, Equipment, Rules and Instructions. Creating quality through teaching and communicating for inclusive Physical Education and Sports.

UNIT III – Sports for the Disable Persons

Credit: ½

Inclusion of physical education and sports in educational curriculum, Sports for different type of disability, Exercises as remedial measure for various type of disability, Modified sports for the disabled, Competitions for the disabled, Types of competitions and their participation, Fitness Counseling. Review of researches on Disability and Sport Education.

REFERENCES

- Kirk, S.A., (1970). Educating Exceptional Children. Oxford & IBH Publishing Company, New Delhi.
- Clarke, H.H. and Clarke D.H., ((1963). Developmental and Adapted Physical Education. Prentice Hall, Inc. Englewood Cliffs, N.J.
- Lowman, C.L., Colestock, C. and Cooper, H. (1928). Corrective Physical Education for Groups: A Text Book of Organization, Theory and Practice. A.S. Barnes and Company, New York
- Bancroft, Jessie, H. Posture and School Children. New York: Macmillan Co.
- Bucholz, C.H. Therapeutic Exercise and Massage. Philadelphia: Lea and Phebiger
- Clarke, H.H. (1960). Development of Volitional Muscle Strength as Related to Fitness. Exercise and Fitness, Chicago: Athlete Institute.
- Stanley, Seward C. (1953) Physical Exercise Programmes. St. Luis: C.V. Mosby Company
- Rosecrance, Francis C. and Velna D. Heyden. School Guidance and Personnel Service. Boston: Allyn and Bacon Inc. Professional Preparation for Teachers of ExExceptional Children: An Overview. U.S. Office of Education, Bulletin, 1959, No.6. Washinton: Governmeent Printing Office, 1960.

SEMESTER - IV

PRACTICUM

MPPC- 401 TRACK AND FIELD: DECATHLON EVENTS / GYMNASTICS/ SWIMMING (ANY ONE)

Credit: 1

Course contents in Decathlon events, Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender.

MPPC- 402 COMBATIVE SPORTS (ANY ONE)

Credit: 1

The Candidate has the choice to select any one of the following combative sports:

Boxing/Fencing/Judo/Karate/Wrestling/Taekwondo/Lathi.

ACADEMIC CALENDER FOR M.P.ED. PROGRAMME

The Board of Studies shall prepare the Academic Calendar for the course for the entire session of the two year programme. This will include Academic Activities (Teaching Learning), Internal and External Examinations (Practical) for each semester, Internship and Final Theory Examination for the semester concerned.

Any change in the said programme shall be brought to the notice of the Chairperson of the Board of Studies of the concerned University for necessary action.

Necessary regulations for conducting M.P.Ed. Examination under semester system shall be followed by the respective University of the state. The University authority shall formulate guidelines in this respective Department or Institute offering M.P.Ed. programme before the commencement of the session.