



# UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)  
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

## NOTIFICATION (20/July /Adp/06)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised Syllabi and Courses of Study for Two Year B.P.Ed course for semesters II (as given in the annexure) for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	for the examinations to be held in the year
B.P.Ed	Semester-II	May 2020, 2021 and 2022

The Syllabi of the courses is available on the University website: [www.jammuuniversity.ac.in](http://www.jammuuniversity.ac.in).

Sd/-  
DEAN ACADEMIC AFFAIRS

No. F.Acd/II/20/833-840  
Dated: 29-7-2020

Copy to:

1. Dean, Faculty of Education
2. HOD/Convener, Board of Studies in Teacher Education
3. Director, Physical Education, University of Jammu
4. All members of the Board of Studies
5. C.A. to the Controller of Examinations
6. Director, Computer Centre, University of Jammu
7. Asst. Registrar (Conf. /Exams. PG)
8. Incharge University Website for necessary action please

*Sumitasharma*  
29/7/2020  
Deputy Registrar (Academic)

*[Signature]*  
29/7  
*[Signature]*  
29/7/2020

# B.P.Ed. UNDER NON CHOICE BASED CREDIT SYSTEM

## Semester-II

Theoretical Course: 400 Marks

Practical Course: 400 Marks

Course Code	Title of the Papers	External Marks	Internal Marks	Teaching Hrs per week	Credits
CC-201	Educational technology and methods of teaching in physical education	80	20	05 Hrs	4
PC-201	<b>Track and Field:</b> Discus Throw, High Jump, Distance Races.	60	40	05Hrs	4
CC-202	Organization & Administration in Physical Education	80	20	05 Hrs	4
PC-202	Yoga	60	40	05 Hrs	4
CC-203	Sports Nutrition & Weight Management	80	20	05 Hrs	4
PC-203	Badminton & Volley ball.	60	40	05 Hrs	4
CC-204	Sports Training	80	20	05 Hrs	4
TP-204	Teaching Practice of Movement lesson (A) Action songs. (B) Motion Story. (C) Recreational and Minor Games	60	40	05 Hrs	4

### Contents to be covered:

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and magazines of the game /track and field.
- Officiating.
  - Play area dimensions/track and field.
  - Equipment specifications
  - Rules of the game/track and Field and their interpretation..
  - Duties of the concerned officials.
- Fundamental skills /Techniques.

**Note:** 40 Marks for each game (20 marks for skill and 20 marks for proficiency in game).  
Each activity will be continued for 21 working days.

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Signature of the Head of Department

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**B.P.Ed. UNDER NON CHOICE BASED CREDIT SYSTEM**  
**FOR THE EXAMINATION TO BE HELD IN MAY 2020, 2021, 2022**

**SEMESTER -II**

**Paper-I (CC-201)**

**EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN  
PHYSICAL EDUCATION**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Unit - I Introduction**

- i Education and Education Technology- Meaning and Definitions
- ii Types of Education- Formal, Informal and Non- Formal education.
- iii Educative Process
- iv Importance of Devices and Methods of Teaching.
- v. Principles of teaching

**Unit - II Teaching Technique / Methods**

- i Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method.
- ii Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- iii. Factors effecting teaching.
- iv Presentation Technique – Personal and technical preparation

**Unit - III Teaching Aids**

- i Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
- ii Teaching aids – Classification of teaching aid.
- iii. Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc

**Unit - IV Lesson Planning and Teaching Innovations**

- I Lesson Planning – Meaning, Type and principles of lesson plan.
- ii General and specific lesson plan.
- iii Micro Teaching – Meaning, Types and steps of micro teaching.

**NOTE :** *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

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**SEMESTER -II**

**Paper-I (CC-201)**

**EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN  
PHYSICAL EDUCATION**

**Suggested readings:**

- Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons.  
Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House.  
Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.  
Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.

Handwritten signatures and initials in blue ink, including "4H", "Kajal", "Sujal", "Dhruv", "Sujal", and "Sujal".

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**SEMESTER -II**

**Part B: Practical Course**

**100 marks  
External Marks:60  
Internal Marks: 40**

PC-201	<b>Track and Field:</b> Discus Throw, High Jump, Middle Distance Races.	60	40	05 Hrs	4
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**Contents to be covered:**

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

**Note:** 40 Marks for each game / activity (20 marks for skill and 20 marks for proficiency in game). Each activity will be continued for 21 working days.

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AA ✓  
ve ✓  
Sujin ✓  
Gyan ✓  
Dulpa ✓  
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M ✓  
Kajal ✓  
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**Paper-II (CC-202)**

**ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Unit - I: Organization and administration**

- i Meaning and importance of Organization and Administration in physical education
- ii Qualification and Responsibilities of Physical Education teacher
- iii Planning and their basic principles

**Unit- II: Office Management, Record, Register**

- i Office Management: Meaning, definition, functions and kinds of office management
- ii Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- iii Methods of write off / sports materials / sports notices.

**Unit-III: Facilities, & Time-Table Management**

- i Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- ii Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- iii Equipment: Need, importance, purchase, care and maintenance.
- iv Time Table Management: Meaning, Need, Importance and Factor affecting time table.

**Unit-IV: Competition Organization**

- i Importance of Tournament,
- ii Types of Tournament and its organization structure - Knock-out Tournaments, League, Combination Tournament.
- iii Sports Event Intramurals & Extramural Tournament planning
- iv. Organization and Structure of Athletic meet.

**NOTE :** *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

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**Part B: Practical Course**

**100 marks**

PC-202	Yoga	60	40	05 Hrs	4
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**Contents to be covered:**

- a) Historical development of the concerned game.
- b) Main tournaments organized at National and International level.
- c) Books and magazines of the yoga.
- d) Practice of Skills & Techniques of yoga asanas: sitting asanas, standing asanas in different posture.
- e) Practice of Pranayam.

**Note:** 40 Marks for each game / activity (20 marks for skill and 20 marks for proficiency in game). Each activity will be continued for 21 working days.

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**Paper-III (CC-203)**

**SPORTS NUTRITION AND WEIGHT MANAGEMENT**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Unit – I Introduction to Sports Nutrition**

- i Meaning and Definition of Sports Nutrition
- ii Role of nutrition in sports
- iii Factors effecting for development of nutrition plan for sports personal.
- iv. Basic nutritional guidelines.
- v. Balance diet, meaning of balance diet, balance diet for school children.

**Unit – II Nutrients: Ingestion to energy metabolism**

- i Carbohydrates, Protein, Fat – Meaning, classification and its function
- ii Role of carbohydrates, Fat and protein during exercise
- iii Vitamins, Minerals– Meaning, classification and its function
- iv Role of hydration during exercise
- v. Water balance.
- vi. Nutrition – daily caloric requirement and expenditure.

**Unit – III Nutrition and Weight Management**

- i Meaning of weight management Concept of weight management in modern era
- ii. Factor affecting weight management and values of weight management
- iii Concept of BMI (Body mass index)
- iv. Dieting versus exercise for weight control.
- v. Common Myths about Weight Loss
- vi. Obesity –Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

**Unit – IV Planning of Weight Management**

- i Nutrition – Calculating daily calorie intake and expenditure, Determination of desirable body weight
- ii Maintaining a Healthy Lifestyle
- iii Role of diet and exercise in weight management.
- iv. Design diet plan and exercise schedule for weight gain and loss

**NOTE :** *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

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S. J. Singh  
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**FOR THE EXAMINATION TO BE HELD IN MAY 2020, 2021, 2022**

**Paper-III (CC-203)**

**SPORTS NUTRITION AND WEIGHT MANAGEMENT**

**Suggested Readings:**

Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.*93(6), 2027-2034.

Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091-3096.

Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.

DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.

Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

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**FOR THE EXAMINATION TO BE HELD IN MAY 2020, 2021, 2022**

**Paper-IV (CC-204)**

**SPORTS TRAINING**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Unit - I Introduction to Sports Training**

- i Meaning and Definition of Sports Training
- ii Aim and Objectives of Sports Training
- iii Principles of Sports Training
- iv System of Sports Training - Basic Performance, Good Performance and High Performance Training

**Unit - II Training Components**

- i Strengths - Means and Methods of Strength Development
- ii Speed - Means and Methods of Speed Development
- iii Endurance - Means and Methods of Endurance Development
- iv Flexibility - Means and Methods of Flexibility Development

**Unit - III Training Process**

- i Training Load- Definition and Types of Training Load, Factors influencing training load.
- ii Technical Training - Meaning and Methods of Technique Training
- iii Tactical Training - Meaning and Methods of Tactical Training

**Unit - IV Training programming and planning**

- i Periodization - Meaning and types of Periodization
- ii Aim and Content of Periods - Preparatory, Competition, Transitional etc.
- iii Planning - Training session
- iv. Talent identification and development

**NOTE :** *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

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Part C: Teaching Practice

100 marks

External Marks: 60

Internal Marks: 40

TP-204	Teaching Practices of Movement Lesson (A) Action songs. (B) Motion Story. (C) Recreational and Minor Games.	60	40	05 Hrs	4
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Note: - Each candidate will be required to take a minimum of 10 supervised lessons in the movement lesson, preferably in class. The candidate shall prepare a note book covering action songs, motion stories, recreational and minor games which shall carry 40 marks and 60 marks in Internal and External Examinations respectively.

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