



# UNIVERSITY OF JAMMU

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


## NOTIFICATION (20/Nov. /Adp/44)

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 III & IV** (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-III	December 2020, 2021 and 2022
	Semester-IV	May 2021, 2022 and 2023

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

No. F.Acd/II/20/3654-3764  
Dated: 18-11-2020

  
DEAN ACADEMIC AFFAIRS  
Sumit Sharma  
17/11/2020

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

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

## Semester-III

Theoretical Course: 400 Marks

Practical Course: 400 Marks

Course Code	Title of the Papers	External Marks	Internal Marks	Teaching Hrs per week	Credits
CC-301	Officiating And Coaching	80	20	05 Hrs	4
PC-301	<b>Track and Field:</b> Triple Jump, Javelin Throw, Long Distance Races.	60	40	05Hrs	4
CC-302	Sports Psychology and Sociology	80	20	05 Hrs	4
PC-302	<b>Combative Sports :</b> Wrestling/ Boxing	60	40	05 Hrs	4
CC-303	Sports Medicine, Physiotherapy And Rehabilitation	80	20	05 Hrs	4
PC-303	<b>Team Games :</b> Football and Hockey	60	40	05 Hrs	4
CC-304	Olympic Movement	80	20	05 Hrs	4
TP-304	Class room Teaching on the topic of the syllabus	60	40	05 Hrs	4

### Contents to be covered in practical:

- 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.

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

**SEMESTER -III  
Paper-I (CC-301)**

**OFFICIATING AND COACHING**

*Duration of Examination: 3 Hours*

<i>Total Marks</i>	<i>: 100</i>
<i>Theory Marks</i>	<i>: 80</i>
<i>Sessional marks</i>	<i>: 20</i>

**UNIT- I: INTRODUCTION TO OFFICIATING AND COACHING**

- i Meaning and Importance of officiating and coaching
- ii Principles of Officiating, Principles of Coaching
- iii Measures to improve the standards of officiating and coaching
- iv. Relation of official and coach with management teams and spectators

**UNIT- II: COACH AS A MENTOR**

- i Philosophy of coaching,
- ii Duties of coach in general, pre, during and post-game/match.
- iii Responsibilities of a coach on and off the field
- iv Ethics of coaching
- v. Qualities of an ideal coach.

**UNIT- III: DUTIES OF OFFICIAL**

- i Philosophy of officiating,
- ii. Duties of official in general, pre, during and post-game Duties.
- iii. Ethics of officiating.
- iv. ~~Mechanics of officiating – position, signals and movement during officiating.~~
- v. Qualities of an ideal official.

**UNIT- IV: QUALITIES AND QUALIFICATIONS OF COACH AND OFFICIAL**

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

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

## Semester-III

Theoretical Course: 400 Marks

Practical Course: 400 Marks

Course Code	Title of the Papers	External Marks	Internal Marks	Teaching Hrs per week	Credits
CC-301	Officiating And Coaching	80	20	05 Hrs	4
PC-301	<b>Track and Field:</b> Triple Jump, Javelin Throw, Long Distance Races.	60	40	05Hrs	4
CC-302	Sports Psychology and Sociology	80	20	05 Hrs	4
PC-302	<b>Combative Sports :</b> Wrestling/ Boxing	60	40	05 Hrs	4
CC-303	Sports Medicine, Physiotherapy And Rehabilitation	80	20	05 Hrs	4
PC-303	<b>Team Games :</b> Football and Hockey	60	40	05 Hrs	4
CC-304	Olympic Movement	80	20	05 Hrs	4
TP-304	Class room Teaching on the topic of the syllabus	60	40	05 Hrs	4

### Contents to be covered in practical:

- 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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FOR THE EXAMINATION TO BE HELD IN DECEMBER 2020, 2021, 2022

**SEMESTER -III**

**Paper-I (CC-301)**

**OFFICIATING AND COACHING**

**Suggested Readings:**

- Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
- Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd.
- Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.
- Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill

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**SEMESTER -III**

**Part B: Practical Course**

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

PC-301	<b>Track and Field:</b> Triple Jump, Javelin Throw, Long 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.

**B.P.Ed. UNDER NON CHOICE BASED CREDIT SYSTEM  
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**Paper-II (CC-302)**

**SPORTS PSYCHOLOGY AND SOCIOLOGY**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**UNIT -I: INTRODUCTION TO SPORTS PSYCHOLOGY**

- i Meaning Educational and Sports Psychology, Importance and scope of Sports Psychology
- ii General characteristics of Various Stages of growth and development
- iii Types and nature of individual differences, Factors responsible –Heredity And environment
- iv Meaning and Nature of learning, Theories of learning: Trial & Error and Classical Conditioning, Laws of learning,

**UNIT-II: INTRODUCTION OF PERSONALITY, MOTIVATION AND ANXIETY**

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

**UNIT-III: RELATION OF SOCIAL SCIENCE AND PHYSICAL EDUCATION.**

- i. Meaning of Socialization, Concept of Socialization through Physical Education and sports.
- ii. Meaning of Group Dynamics, Structure of Group, Social Group life, Primary group and Remote group.
- iii. ~~Meaning of Cohesion and importance of cohesion in a society~~
- iv. ~~Development of team Cohesion through sports.~~

**UNIT-4 RELATION OF CULTURE AND SPORT**

- i Meaning and Features of culture, Importance of culture in the society
- ii Meaning of Orthodoxy, Customs and Tradition, their relation with Physical Education.
- iii. Effect of culture on sports.
- iv Effects of culture on people life style.

**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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**Paper-II (CC-302)**

**SPORTS PSYCHOLOGY AND SOCIOLOGY**

**Suggested Readings:**

- Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.
- Blair, J. & Simpson, R. (1962). *Educational psychology*, New York: McMillan Co.
- Cratty, B. J. (1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.
- Kamlesh, M.L. (1998). *Psychology in physical education and sport*. New Delhi: Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and social system*. London: Addison Wesley Publishing Company Inc.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea & Febiger.
- Mathur, S.S., (1962). *Educational psychology*. Agra. Vinod Pustak Mandir.
- Skinnner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.
- William, F. O. & Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Ltd.

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**Part B: Practical Course**

**Total 100 Marks**

**External Marks: 60**

**Internal Marks: 40**

PC-302	<b>Combative Sports :</b> Wrestling/ Boxing	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) Records/Statistics of the game / event at world, Olympic, Asia, National.
- d) Awardees in the game.
- e) Books and magazines of the game .
- f) Officiating.
  - i) Play area dimensions/ring and field.
  - ii) Equipment specifications
  - iii) Rules of the game/ring 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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**SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION**

*Duration of Examination: 3 Hours*

*Total Marks : 100  
Theory Marks : 80  
Sessional marks : 20*

**UNIT-I: - SPORTS MEDICINE:**

- i Sports Medicine: Meaning, Aims, Objectives, Modern Concepts and Importance.
- ii Ways and methods for the prevention of injuries in sports
- iii Meaning and principles of First Aid, First Aid for – Burning, Electric shock, Snake Bite, Fracture, Drowning.
- iv. Classification of Sports injuries, their symptoms and treatment of Common sports injuries - Laceration – Blisters – Contusion - Strain – Sprain – Fracture –Dislocation and Cramps
- v. Meaning of Bandages, Types of Bandages.

**UNIT-II: INTRODUCTION OF PHYSIOTHERAPY**

- i. Meaning and Definition of Physiotherapy, Meaning of Rehabilitation, Importance of physiotherapy in Sports
- ii. Guiding principles of physiotherapy
- iii. Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.
- iv Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.

**UNIT-III: TREATMENT THERAPIES:**

- i. Introduction and demonstration of treatments by Cryo-therapy, Thermo therapy, Hydro Therapy, Contrast Bath and Whirlpool Bath
- ii. ~~Introduction and demonstration of treatments by Steam Bath, Sauna Bath and Hot~~  
Water Fomentation
- iii. Massage: Brief History of Massage, Types of massages
- iv. Physiological Effects of Massage.

**UNIT-IV: THERAPEUTIC EXERCISE:**

- i. Meaning of Therapeutic Exercise, Scope and Principles of Therapeutic Exercise
- ii. Therapeutic exercise: Classification and Effects
- iii. Meaning and Types of Free Mobility Exercise
- iv. Therapeutic Exercises for Shoulder, Elbow, Wrist and Finger Joints, Hips, Knee, Ankle and Foot joints, Trunk, Head and Neck.

**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.**

Paper-III (CC-303)

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Suggested Readings:

- Christine, M. D., (1999). *Physiology of sports and exercise*. USA: Human Kinetics.
- Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), *Essentials of Strength Training and Conditioning* (pp. 73-90). Champaign, IL: Human Kinetics.
- David, R. M. (2005). *Drugs in sports*, (4<sup>th</sup> Ed). Routledge Taylor and Francis Group.
- Hunter, M. D. (1979). *A dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), *A Practical approach to measurement in Physical Education* (pp. 573-74). Philadelphia: Lea & Febiger.
- Jeyaprakash, C. S., *Sports Medicine*, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi: Lucky Enterprises.
- Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*. Philadelphia: W.B. Saunders Co.
- Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.

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**Part B: Practical Course**

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

PC-303	<b>Team Games</b> :Football and Hockey	60	40	05 Hrs	4
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**Contents to be covered:**

- a) Historical development of the concerned game/ event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game and field.
- f) Officiating.
  - i) Play area dimensions game and field.
  - ii) Equipment specifications
  - iii) Rules of the game 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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**Paper-IV (CC-304)**

**OLYMPIC MOVEMENT**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**UNIT - I ORIGIN OF OLYMPIC MOVEMENT**

- i. Philosophy of Olympic movement
- ii. The early history of the Olympic movement
- iii. The significant stages in the development of the Ancient Olympic movement
- iv. Educational and cultural values of Ancient Olympic movement

**UNIT - II MODERN OLYMPIC GAMES**

- i. Revival of Olympic Games
- ii. Olympic Symbols: Motto, Rings, Flag, Medals, Flame, Torch Relay and Anthem
- iii. Opening ceremony, Closing ceremony, medal ceremony
- iv. Olympic Protocol for member countries
- v. Olympic Code of Ethics

**UNIT - III DIFFERENT OLYMPIC GAMES**

- i. Paralympics Games: History and symbols. Its relation with other Olympics
- ii. Winter Olympics: History and symbols. Its relation with other Olympics
- iii. Youth Olympic Games: History and symbols. Its relation with other Olympics

**UNIT - IV COMMITTEES OF OLYMPIC GAMES**

- i. International Olympic Committee - Structure and Functions
- ii. ~~National Olympic committees and their role in Olympic movement~~
- iii. Indian Olympic Committee: Structure and functions
- iv. Olympic commission and their functions
- v. Olympic medal winners of India

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

**Paper-IV (CC-304)  
OLYMPIC MOVEMENT**

**Suggested Readings:**

- Osborne, M. P, (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.
- Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner.

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**Part C: Teaching Practice**

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

TP-304	Class room Teaching on the topic of the syllabus	60	40	5 Hrs	4
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Note: - The students will be required to prepare a file pertaining to each lesson given to them in support of their evaluation of lesson plan and viva-voce.

- Internal Evaluation of the topic will be based on the students performance.

## Semester-IV

Theoretical Course: 400 Marks

Practical Course: 400 Marks

Course Code	Title of the Papers	External Marks	Internal Marks	Teaching Hrs per week	Credits
CC-401	Kinesiology and Sports Biomechanics	80	20	05 Hrs	4
PC-401	<b>Track and Field :</b> Marking of Athletic Track ,Long Jump, High Jump	60	40	05Hrs	4
CC-402	Contemporary Issues in Physical Education, Fitness and Wellness	80	20	05 Hrs	4
PC-402	<b>Team Games :</b> HandBall and Table Tennis	60	40	05 Hrs	4
CC-403	Sports management	80	20	05 Hrs	4
PC-403	Calisthenics- March Past, Commands, Formations.	60	40	05 Hrs	4
CC-404	Yoga education and Recreation	80	20	05 Hrs	4
PC-404	Cricket	60	40	05 Hrs	4

### **Contents to be covered in practical:**

- 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).  
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**SEMESTER - IV  
Paper-I (CC-401)  
KINESIOLOGY AND SPORTS BIOMECHANICS**

Duration of Examination: 3 Hours

Total Marks : 100  
Theory Marks : 80  
Sessional marks : 20

**UNIT - I INTRODUCTION TO KINESIOLOGY AND SPORTS BIOMECHANICS**

- I Meaning and Definition of Kinesiology and Sports Biomechanics
- ii Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- iii Terminology of Fundamental Movements, Fundamental and Anatomical body position
- iv Fundamental concepts of following terms - Axis and Planes

**UNIT - II FUNDAMENTAL CONCEPT OF KINESIOLOGY**

- i Classification of Joints and structural classification of Skeletal Muscles.
- ii Types of Muscle Contractions, Isotonic, Isometric and Isokinetic
- iii Posture - Meaning, Types and Importance of good posture, spinal curves of good postural
- iv Causes and Remedies for Postural deformities: knock knees, Bow legs, Flat foot, Scoliosis, Lordosis and Kyphosis..

**UNIT - III MECHANICAL CONCEPTS**

- i Force - Meaning, definition, types and its application to sports activities
- ii Lever - Meaning, definition, types and its application to human body.
- iii Newton's Laws of Motion - Meaning and its application to sports activities.
- iv Projectile - Meaning and Characteristics.

**UNIT - IV KINEMATICS AND KINETICS OF HUMAN MOVEMENT**

- i Introduction to Linear Kinematics - Distance, Displacement, speed, velocity and acceleration
- ii Introduction to Angular kinematics - Angular Distance and Displacement, Angular Speed, velocity and Angular Acceleration.
- iii Linear Kinetics - Concept of Inertia, Mass and Weight.
- iv Angular Kinetics - Concept of Moment of inertia

**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.**

**B.P.Ed. UNDER NON CHOICE BASED CREDIT SYSTEM  
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**SEMESTER - IV**

**Paper-I (CC-401)  
KINESIOLOGY AND SPORTS BIOMECHANICS**

**Suggested Readings:**

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

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**Part B: Practical Course**

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

PC-401	<b>Track and Field : Marking of Atr.letic Track ,Long Jump, High Jump</b>	60	40	5 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.

B.P.Ed. UNDER NON CHOICE BASED CREDIT SYSTEM  
FOR THE EXAMINATION TO BE HELD IN MAY 2021, 2022, 2023

**SEMESTER - IV**

**Paper-I (CC-401)  
KINESIOLOGY AND SPORTS BIOMECHANICS**

**Suggested Readings:**

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

**B.P.Ed. UNDER NON CHOICE BASED CREDIT SYSTEM  
FOR THE EXAMINATION TO BE HELD IN MAY 2021, 2022, 2023**

**Part B: Practical Course**

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

PC-401	<b>Track and Field : Marking of Athletic Track ,Long Jump, High Jump</b>	60	40	5 Hrs	4
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**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 / 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-II (CC-402)**

**CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS**

Duration of Examination: 3 Hours

Total Marks : 100  
Theory Marks : 80  
Sessional marks : 20

**UNIT - I CONCEPT OF PHYSICAL EDUCATION AND FITNESS**

- Definition, Aims and Objectives of Physical Education, fitness and Wellness
- Importance and Scope of fitness and wellness
- Modern concept of Physical fitness and Wellness
- Physical Education and its Relevance in Inter Disciplinary Context.

**UNIT - II FITNESS, WELLNESS AND LIFESTYLE**

- Fitness - Types of Fitness and Components of Fitness
- Understanding of Wellness: Body Wellness, Mind Wellness and Spiritual Wellness.
- Ethics of Wellness Coaching
- Principles and factors of fitness and wellness

**UNIT - III PRINCIPLES OF EXERCISE PROGRAM**

- Means of Fitness development - aerobic and anaerobic exercises
- Exercises and Heart rate Zones for various aerobic and anaerobic exercise intensities
- Various isometric, isotonic and isokinetic exercise for various major muscle groups: Hamstring, Quadriceps, Deltoid, Latissimus Dorsi and Pectoralis Major.
- Concept of free weight Vs Machine, Sets and Repetition etc.

**UNIT - IV SAFETY EDUCATION AND FITNESS PROMOTION**

- Common Health and Safety issues of Daily Life
- Different Medical Considerations and exercise
- Common safety and fitness guidelines for daily life
- Modern Life Style and Hypo-kinetic Disease - Prevention and Management

**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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FOR THE EXAMINATION TO BE HELD IN MAY 2021, 2022, 2023**

**Paper-II (CC-402)  
CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS**

**Suggested Readings:**

- Difiore, J. (1998). *Complete guide to postnatal fitness*. London: A & C Black.
- Giam, C.K & The K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
- McGlynn, G. (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
- Sharkey, B. J. (1990). *Physiology of fitness*, Human Kinetics Book.

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**Paper-II (CC-402)  
CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS**

<i>Duration of Examination: 3 Hours</i>	<i>Total Marks</i>	<i>: 100</i>
	<i>Theory Marks</i>	<i>: 80</i>
	<i>Sessional marks</i>	<i>: 20</i>

**UNIT - I CONCEPT OF PHYSICAL EDUCATION AND FITNESS**

- Definition, Aims and Objectives of Physical Education, fitness and Wellness
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**Paper-II (CC-402)  
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- McGlynn, G. (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
- Sharkey, B. J. (1990). *Physiology of fitness*, Human Kinetics Book.

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**Part B: Practical Course**

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

PC-402	<b>Team Games : Handball and Table Tennis</b>	60	40	5Hrs	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) Records/Statistics of the game, Olympic, Asia, National.
  - d) Awardees in the game.
  - e) Books and magazines of the game.
  - f) Officiating.
    - i) Play area dimensions.
    - ii) Equipment specifications
    - iii) Rules of the game.
    - 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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**Paper-III (CC-403)  
SPORTS MANAGEMENT**

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

**Unit-I INTRODUCTION TO SPORTS MANAGEMENT**

- i. Meaning and need of Sports Management.
- ii. Progressive concept of Sports management.
- iii. Essential skills of required for Sports Management.
- iv. Qualities and competencies required for the Sports Manager.
- v. Event Management in physical education and sports.

**Unit-II LEADERSHIP AND SPORTS MANAGEMENT**

- i. Meaning and Definition of leadership
- ii. Various Leadership style and method.
- iii. Basic Elements of leadership.
- iv. Forms of Leadership: Autocratic, Laissez-faire, Democratic and Benevolent Dictator
- v. Qualities of good administrative leader.

**Unit-III PLANNING IN PHYSICAL EDUCATION AND SPORTS**

- i. Scope of Sports Management in Schools, colleges and Universities.
- ii. Factors affecting planning of sports event
- iii. Planning a school or college sports programme.
- iv. ~~Implementation of a school, college and university sports programme.~~
- v. Preparation of a programme report, writing a press note: before, during and after a sports event

**Unit-IV FINANCIAL MANAGEMENT IN PHYSICAL EDUCATION**

- i. Need of Financial management in Physical Education & sports in schools, Colleges and Universities.
- ii. Budget: Meaning and Importance of Budget making,
- iii. Criteria of good budget and Principles of budgeting
- iv. Steps of Budget making, Sources of Income and Expenditure.
- v. Procedure of taking Approval/sanction of expenditures for sports activities.

**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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**Paper-III (CC-403)  
SPORTS MANAGEMENT**

**SUGGESTED READINGS:**

- Ashton, D. (1968). *Administration of physical education for women*. New York: The Ronald Press
- C.I. Bucher C.A. *Administration of physical education and athletic programme*. 7<sup>th</sup> Edition, St. Louis: The C.V. Mosby Co.
- Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programmes, organisation and administration*. Philadelphia U.S.A. : W.B. Saunders Cp.
- Earl, F. Z. & Gary, W. B. (1963). *Management competency development in Sports and Physical Education*.

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**Part B: Practical Course**

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

PC-403	Calisthenics- March Past, Commands, Formations.	60	40	5Hrs	4
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**Contents to be covered:**

- i) Performance on various fundamental skills.
- ii) Assessment of Organization in sports event etc.
- iii) Mass, P.T, Drills, Lazium and marching, Dumbbells, Medicine, Ball exercise, skipping rope.

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

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

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**Paper-IV (CC-404)**

**YOGA EDUCATION AND RECREATION**

*Duration of Examination: 3 Hours*

*Total Marks : 100  
Theory Marks : 80  
Sessional marks : 20*

**UNIT - I: INTRODUCTION**

- i. Meaning and Definition of Yoga
- ii. Aims and Objectives of Yoga Education
- iii. Need and Importance of Yoga in Physical Education and Sports
- iv. Misconception about Yoga

**UNIT - II: FOUNDATION OF YOGA**

- i. The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- ii. Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga
- iii. Meaning and Types of Bandhas.
- iv. Meaning and Types of Mudras.

**UNIT - III ASANAS, PRANAYAMA AND KRIYAS**

- i. Meaning of Asanas and types of Asanas.
- ii. Classification of asanas with special reference to physical education and sports
- iii. Meaning of Pranayama and types of Pranayama.
- iv. Meaning of kriyas and types of kriyas.

**UNIT - IV RECREATION**

- i. Meaning and Definition of Recreation. Aims and objectives of Recreation
- ii. Need and importance of recreation in modern era.
- iii. Classification of Recreational activities: Indoor, Outdoor, Active and Passive
- iv. Camping: Organization of camps, Types of camps, Recreational activities and Yoga practice during the camps.

**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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**Paper-IV (CC-404)**

**YOGA EDUCATION AND RECREATION**

**SUGGESTED READINGS:**

- Brown, F. Y.(2000). *How to use yoga*. Delhi: Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaixydhmoe.
- Rajjan, S. M. (1985). *Yoga strengthening of relaxa ion 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.

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**Part B: Practical Course**

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

PC-404	Cricket	60	40	5 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.

*Signature*