

**DEPARTMENT OF PHYSICAL EDUCATION**  
**B.P.S.MAHILA VISHWAVIDYALAYA,**  
**KHANPUR KALAN, SONEPAT-131305**  
*(A State University Established under the Legislative Act No. 31/2006)*  
**ORDINANCE NO. BPSMV/PHY. EDU. / UG/ B.P.E.S/2016/**  
**ORDINANCE FOR BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S)**  
**(Three years)**  
**(w.e.f. – July 2016)**

**1. DEFINITIONS:**

- 1.1. **Programme of Study:** Programme of study stands for Bachelor of Physical Education and Sports (B.P.E.S.)
- 1.2. **Course:** Course stands for each individual paper in a semester.
- 1.3. **Credit Weightage:** Credit weightage is a weightage assigned to a course in terms of contact hours. One contact hour per week per course per semester is equivalent to one credit.
- 1.4. **Grade:** Grade stands for letter grade assigned in a particular course/semester/programme to a student on the basis of evaluation on the 10 point scale.
- 1.5. **Grade Point:** Grade point stands for the numerical equivalent of the letter grade on a 10 point scale.
- 1.6. **Semester Performance Index:** The Semester Performance Index (SPI) is the weight average of the grade points and describes the performance of the candidate in the courses of a particular semester.
- 1.7. **Cumulative Performance Index:** The Cumulative Performance Index (CPI) describes the overall performance of a candidate in first and second semester examination. It shall be computed in the manner similar to SPI.

**2. DURATION:**

- 2.1. The duration of the programme leading to the Degree of Bachelor of Physical Education and Sports (B.P.E.S) shall be of three academic years, comprising of six semesters. In normal circumstances an odd semester will start every year from July and ends in November/December, whereas the even semester starts in December and ends in May. There will be teaching/instruction of 90 days in a semester, comprising 180 days in a year.
- 2.2. The minimum and maximum duration to complete the B.P.E.S shall be 3 year (6 semesters) and 5 years respectively. A candidate, who fails to pass B.P.E.S examination within a period of five years of her admission to the programme, shall be required to repeat the course *de novo*.

**3. ADMISSIONS:**

- 3.1. **Eligibility:**

- (a) Candidate who has passed 10+2 with 50% Examination of Haryana Board of School Education or any other examination as equivalent there to.
- (b) Preference will be given to those candidates who are sportsperson or had participated in Co-curricular Activities.
- (c) No student who has crossed the age of 26 years as on 1<sup>st</sup> July of the relevant year will be allowed admission to B.P.E.S. (Bachelor of Physical Education and Sports) 3 years course. However, the vice-chancellor, BPSMV, has the power to relax the upper age limit by 6 months on the recommendation of the Head/Incharge, of the Department. The upper age limit may be relaxed by 1 Year for OBC and 3 years in the case of SC and ST candidates of Haryana.
- (d). Submission of Physical fitness certificate from Institute of Ayurveda, BPSMV is compulsory before admitting to the course.

**3.1.2** No candidate who is in employment (whole-time, part-time, or honorary service) shall be eligible to take admission in B.P.E.S. programme without taking leave from her institution/ office etc. from the date of admission to the termination of three year course. She has to submit an affidavit in this regard. If found in violation of this rule necessary action shall be taken against the candidate.

**3.2. Procedure:** Admission shall be done on the basis of the merit in 10+2 examination or equivalent examination will be considered for admission.

**4. FEE:** The programme fee to be paid by the candidate shall be as such as prescribed by the University/government from time to time.

**5. TEACHING METHODOLOGY:** The methods of teaching shall include theory, skill proficiency/practical, adventure sports/ educational tour and teaching practice in school etc. The medium of instruction shall be English/Hindi.

**6. CREDIT WEIGHTAGE:** The B.P.E.S. programme shall be of 210 credits in total. One contact hour (two in case of practical) per week for 15 weeks in a semester is equivalent to one credit.

## **7. EXAMINATION:**

7.1. Every candidate shall be examined according to the scheme of examination and syllabus as approved by the Academic Council from time to time.

7.2. The credits and relative weightage of Seasonal and term end examinations of each course shall be 80:20.

7.3. The medium of examination shall be as under:

7.3.1 The question-papers shall be set both in English and Hindi except for English and Foreign languages in which they will be set as per the nature of language.

7.3.2 The candidates shall write their answers:

- (a) In English in the subject of English
- (b) In a specific foreign language as the case will be.
- (c) In English or Hindi in case of other subjects

7.4 The examination for odd semester shall ordinarily be held in the month of November/December and for the even semester in the month of May/June or such dates as may be fixed by the

Controller of Examinations. Supplementary/reappear examination will be held for re-appear candidates as under:

- (a) Odd Semester along with odd semester in November/December of the academic year.
  - (b) Even Semester along with even semester in March/April of next academic year
  - (c) students having re-appear only in 5<sup>th</sup> semester can appear along with regular students of 6<sup>th</sup> semester and similarly students having re-appear in 6<sup>th</sup> semester only can appear with the regular students of 5<sup>th</sup> semester of next academic session or any other scheme approved by the university.
- The dates fixed under this clause shall be notified by the Controller of Examinations in consultation with the Head/Incharge Department of Physical Education.

7.5 The sessional and end-term examination shall be conducted as per the University rules. The schedule for conducting sessional examination shall be decided by the Head/ Incharge, Department of Physical Education.

## **8. EVALUATION AND GRADING:**

- 8.1. The evaluation of learners shall be a two-tier system depending upon various activities ranging from internal assessment to end semester (Theory and skill proficiency) examination in equal ratio. More specifically it comprises:
  - a. End semester external evaluation (theory, skill proficiency/practical) and;
  - b. Internal comprehensive continuous evaluation i.e. sessionals.
- 8.2. Sessional work (internal evaluation) in every semester shall be evaluated by the internal examiners. Terminal/ end semester theory paper/ course may be set and evaluated by the internal /external examiners depending on the situation.
- 8.3. In case of any biasness or skewed sessional evaluation, the moderation board constituted by the Head/Incharge of the Department shall be the competent authority to moderate the internal evaluation.
- 8.4. The academic performance of a student shall be graded on a ten-point scale as per the regulations of the university
- 8.6. If the candidate is not satisfied with the evaluation of the answer script of end-semester examination, she may apply to the Controller of Examinations for re-evaluation in accordance with the rules laid down by the University in this regard.
- 8.5. The Controller of Examinations shall publish the result of the examination within 2 weeks after the termination of examination, or as soon as possible.
- 8.6. Each successful candidate shall be awarded a Degree Stating the Letter Grade/ Division obtained.

## **9. PROMOTION:**

- 9.1. A candidate shall be eligible for promotion to 5<sup>th</sup> semester:
  - a) If she has been on the rolls of the Department during the semester preceding the respective semester examination and
  - b) if she has attended not less than 75% of the lectures in the concerned semester. In case of outstanding sportsperson at the level of Inter University/All India University / National or International, the above mentioned clause of attendance may be relaxed by the Vice Chancellor on the recommendation of Head/ Incharge, Department of Physical Education.
  - c) If she has passed at least 50% of the total papers of 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semester taken together.

9.2. A candidate shall have to pass all the 6 semester examinations within 5 years for obtaining the degree of Bachelor of Physical Education and Sports (B.P.E.S.).

9.3 Special Examination may be conducted on the recommendation of Head/ Incharge, Department Physical Education in consultation with examination branch on approval of Vice Chancellor for outstanding sportspersons at the level of Inter University/All India University / National or International.

## 10. ATTENDANCE:

10.1 If a candidate remains absent from classes for 2 weeks or more continuously without intimating to the Head/Incharge of the Department, her name shall be struck off from the departmental rolls.

10.2 A candidate who has been on the rolls of the Department for the course of B.P.E.S degree during each semester preceding to the examination and produces the following certificates, signed by the Head of the Department, is eligible to appear in the semester examination:

10.2.1 Of having attended not less than 75% of lectures delivered in each course in each semester including theory, tutorials, seminars, practicals, adventure/ educational assignment/projects and co-curricular activities etc. The attendance period shall be counted upto the last day when the classes break off for preparatory holidays;

10.2.2 Of having submitted all projects reports, assignments, teaching lesson files etc.

10.3 A deficiency up to 10 % in a prescribed course/subject (lectures or practical's or tutorials or skill in teaching) may be condoned, as described under, by the Head/ Incharge of the Department in case of serious illness, accident or where he/she is satisfied that the factors of absence were beyond the control of the student. These shall also include loss of attendance due to participation in cultural and sports assignments etc. additional condonation upto 5% in each paper will be given by the Vice-Chancellor. However, such candidates shall not be allowed to appear in semester examination if the attendance, after condonation on all counts, falls below 60%.

10.4 However the clause of 60% attendance may be relaxed on the recommendation of Head/ Incharge, of Physical Education Department and approval of Vice Chancellor for outstanding sportspersons at the level of Inter University/All India University / National or International.

11. Married women shall be eligible for admitted to the course. In case she gets pregnant and reaches a stage of expectancy during the course, she will have to discontinue her studies for a minimum period of one year.

12. Where this Ordinance remains silent the directions from the Vice Chancellor shall be final.

13. Nothing in this Ordinance shall debar the University from amending the Ordinance and the amended Ordinance, if any, shall be applicable to all the students whether old or new.

**DEPARTMENT OF PHYSICAL EDUCATION**  
**B.P.S. Mahila Vishwavidyalaya, Khanpur Kalan**  
**Bachelor of Physical Education and Sports (B.P.E.S) Three Years**  
**COURSE STRUCTURE AND SCHEME OF EXAMINATION**  
**(w.e.f. July 2016)**

**Programme outcomes (PO):-**

1. The study of physical education help the students know about the importance of physical education in personality development and participation in sports. it helps them for higher level of achievements.
2. Develop positive attitude towards participation in regular physical activity and an appreciation of the benefits of physical activity and of the aesthetic and technical qualities of movement.
3. To develop and refine motor skill necessary for participation in physical activity and acquire and apply movement Concepts to enhance performance.

**Programme specific outcomes (PSO):-** The specific outcome is preparing them to go for higher studies in physical education.

1. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.
2. Students will develop practical, theoretical skills in Physical Education.
3. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.
4. Developing, Team work, Sportsmanship and Co-operation:- Physical Education allows the students to experience healthy social interaction leading Co-operation through group activities and encouraging team work through identification as one part of the team.
5. Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed, ETC.

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<b>Semester -I</b>							
<b>S.No.</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Hours Per Week</b>	<b>Total Credits</b>	<b>Maximum Marks</b>		
					<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
<b>PART -A (THEORY)</b>							
1	BPES-101	Foundation of Physical Education	6	6	20	80	100
2	BPES-103	English and Communication Skills-I	6	6	20	80	100
3	BPES-105	Computer Application	6	6	20	80	100
<b>PART -B (SKILL PROFICIENCY/PRACTICAL)</b>							
4	BPES-109	Athletics (Sprint and shot-put)	3	3	20	80	100
5	BPES-111	Games ( Kabaddi and Volleyball)	3	3	20	80	100
6.	BPES-113	Other Activity ( Action Song, Motion Song)	3	3	20	80	100

**Note-** The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester.

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2. The draw for final examination (Athletic, Games& Gymnastic & other activities) will be drawn ten days before the final exams out of games and Athletics events given in each semester.

3. Supervisory lesson in teaching (one each from every game, athletics events, and Gymnastics & other activities) shall be prepared by students in their note books and got checked by the concerned teacher during each semester and countersigned by the HOD/Incharge.

4. For the final examination, final lesson will be prepared on a separate chart.



5. Duration of practical examinations will be three hours per group followed by Viva-voce.

6. The practical syllabi shall include all the games, Athletics, Gymnastics & other Activities events as given in semester

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**(w.e.f. July 2016)**

Semester -II							
S.No.	Course Code	Course Title	Hours Per Week	Total Credits	Maximum Marks		
					Internal Marks	External Marks	Total Marks
PART -A (THEORY)							
1	BPES-102	English and Communication Skills-II	4	4	20	80	100
2	BPES-104	Elementary Anatomy and Physiology	6	6	20	80	100
3	BPES-106	Yoga and Environment Education	6	6	20	80	100
PART -B (SKILL PROFICIENCY/PRACTICAL)							
4	BPES-110	Athletics ( Relay, High Jump, Discus)	3	3	20	80	100
5	BPES-112	Games(Badminton, Handball, Kho-Kho)	3	3	20	80	100
6	BPES-114	Other Activity ( Lazium, Tippi)	3	3	20	80	100

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<b>Semester -III</b>							
<b>S.No.</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Hours Per Week</b>	<b>Total Credits</b>	<b>Maximum Marks</b>		
					<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
<b>PART -A (THEORY)</b>							
1	BPES-201	English and Communication Skills-III	4	4	20	80	100
2	BPES-203	Health Education, First-aid and safety measures	6	6	20	80	100
3	BPES-205	Sports Management	6	6	20	80	100
<b>PART -B (SKILL PROFICIENCY/PRACTICAL)</b>							
4	BPES-209	Athletic( Javelin, Hammer, Long Jump)	3	3	20	80	100
5	BPES-211	Games ( Basketball, Cricket, Netball)	3	3	20	80	100
6	BPES-213	Other activity ( Mass P.T, Dumbles)	3	3	20	80	100

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**COURSE STRUCTURE AND SCHEME OF EXAMINATION**  
**(w.e.f. July 2016)**

Semester -IV							
S.No.	Course Code	Course Title	Hours Per Week	Total Credits	Maximum Marks		
					Internal Marks	External Marks	Total Marks
PART -A (THEORY)							
1	BPES-202	Officiating and Coaching	6	6	20	80	100
2	BPES-204	Bio-Mechanics & Kinesiology	6	6	20	80	100
3	BPES-206	English and Communication Skills-IV	6	6	20	80	100
PART -B (SKILL PROFICIENCY/PRACTICAL)							
4	BPES-208	Athletics(Hurdles, Triple jump)	3	3	20	80	100
5	BPES-210	Game(Hockey, Football and Table-Tennis)	3	3	20	80	100
6.	BPES-212	Other Activity (Aerobics)	3	3	20	80	100

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**COURSE STRUCTURE AND SCHEME OF EXAMINATION**  
**(w.e.f. July 2016)**

Semester -V							
S.No.	Course Code	Course Title	Hours Per Week	Total Credits	Maximum Marks		
					Internal Marks	External Marks	Total Marks
PART -A (THEORY)							
1	BPES-301	Sports Sociology	6	6	20	80	100
2	BPES-303	Organization & administration of Physical Education	6	6	20	80	100
3	BPES-305	Sports Nutrition	6	6	20	80	100
PART -B (SKILL PROFICIENCY/PRACTICAL)							
4	BPES-307	Athletics (Long Races and Pole vault ,	3	3	20	80	100
5	BPES-309	Games ( Boxing and Wrestling)	3	3	20	80	100
6.	BPES-311	Adventure trip with report	3	3	20	80	100

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Semester -VI							
S.No.	Course Code	Course Title	Hours Per Week	Total Credits	Maximum Marks		
					Internal Marks	External Marks	Total Marks
PART -A (THEORY)							
1	BPES-302	Foundation of Sports Training	6	6	20	80	100
2	BPES-304	Olympic movement	6	6	20	80	100
3	BPES-306	Sports Psychology	6	6	20	80	100
PART -B (SKILL PROFICIENCY/PRACTICAL)							
4	BPES-308	Athletics ( Marking of Athletics events, 100,200,400,long Jump, Shot-put, Javelin, Relay-races,	3	3	20	80	100
5	BPES-310	<b>Games-Specialization and officiating-</b> Basketball, volleyball, kabaddi, kho-kho, netball, wrestling, boxing, badminton	3	3	20	80	100
6.	BPES-312	Class Room Theory lesson	3	3	20	80	100

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# Department of Physical Education

## Brief Introduction

The department of Physical Education is the youngest teaching department of the university. It has been established to provide qualitative academic programmes in Physical Education. The department shall provide state of the art both theoretical and practical training to the admitted students. The department has good paraphernalia required for programmes in physical education.

## Programmes Offered

Sr. no.	Name	Duration	Eligibility for admission	Seats	Basic for Admission (Entrance and Merit)	Medium	Fee
1.	Bachelor of Physical Education and Sports and Sports	3 years	<p>1. 10+2 with 50% marks (5% relaxation in case of Participation in games at National/ International level recognized by IOA or students belonging to SC/ST category)</p> <p>2. Student should be below the age of 26 year on 1<sup>st</sup> July 2016 ( 3 years relaxation for participation in National/International Games recognized by IOA or students belonging to SC/ST category)</p> <p>3. Submission of</p>	50	Entrance Test /Merit	English/ Hindi	Rs. 7000/- per annum (Rs. 3000/- will be charged extra in the 3 <sup>rd</sup> year camp fee)

			<b>Physical fitness certificate issued by MSM Institute of Ayurveda, BPSMV is mandatory before admission.</b>				
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**B.P.E.S (Bachelor of Physical Education and Sports)  
Foundation of Physical Education**

**Max. marks - 80**  
**Internal assessment - 20**  
**Time - 3 hours**

**B.P.E.S – First Semester**  
**Course Outcomes**

1. The students can better understand the importance of physical education by studying the history.
2. Students would be able to know the history of Physical Education in India, Ancient Greek, Germany, Sweden, and Denmark. Students would be able to know the present status of Physical Education in Russia and Japan.



3. Students would be able to know about Indian sports personality and National awards: Arjuna Award, Rajive Gandhi Khel Ratna Award, Dronacharya Award
4. knowledge of Olympism in organizing various sport activities.

**Note :- a) for paper setter**

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

**ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.**

**b) For candidates**

**i. Attempt five questions in all, selecting atleast one questions from each unit.**

**Question no. 1 compulsory. All questions carry equal marks.**

**Unit – I**

Meaning & definition of physical education, aim and objective of physical education. Scope of physical education, need and importance of physical education in modern society. Relationship of physical education with general education. Leisure and physical education. Place of physical education in the present system of education.

**Unit –II**

National programme of physical education & sports. National institution of physical education & sports – NSNIS Patiala, LNIPE Gwalior, LNCPE Trivendrum (Kerala), sports authority of India (SAI), national sports talent contest scheme, army boys sports company scheme, special area scheme, SAI training center scheme, national coaching scheme, rural sports and national.

**Unit – III**

History of physical education in India, division of ancient period, British period till 1947. Physical Education in India after independence, physical education in Greece, Rome, Germany, China, USA. Indian Olympic Association, history, constitution and role of IOA. Organization and State Associations, National Games, Asian Games, SAF Games, Common Wealth Games.

**Unit – IV**

Olympic movement and its impact in physical education and sports. Games and sports as man's cultural heritage, role of games and sports in national and international integration. Sports policy of India and Haryana, Sports awards – Bhima, Arjun award, Rajiv Gandhi Khel Rattan award, Maulana Abul Kalam Azad Trophy, Dhyan Chand life time achievement award and Dronacharya Award.

**Reference: -**

**1. Buchor, Charles A Foundation of Physical Education St. Louis: the – C.V. Mosby company 1983.**

**Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S)  
English and Communication Skills-I**

**B.P.E.S – First Semester  
Time: 3 Hour**

**Max Marks: 100**

**External Theory: 80  
Internal Assessment: 20**

**B.P.E.S – First Semester  
Course Outcome:-**

1. The students would be able to know about the noun, pronoun, verb and adjective.
2. Students will heighten their awareness of correct usage of English grammar in writing and speaking.
3. Students will increase their reading speed and comprehension of academic articles.
4. The students would be able to know about the vocabulary.

**Note :- a) for paper setter**

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.

ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

b) For candidates

i. Attempt five questions in all, selecting atleast one questions from each unit.

**Question no. 1 compulsory. All questions carry equal marks.**

## UNIT-I

### 1 Poem, Story and Essay

#### 1.1. Poem

1.1.1 Eagle (Alfred Tennyson)

1.1.2 All the World is a Stage (William Shakespeare)

#### 1.2 Story

1.2.1 The Bet (Anton Chekov)

1.2.2 The Last Leaf (O' Henry)

1.2.3 The Canterbury Ghost (Oscar Wilde)

## UNIT-II

### 2 Language through Literature

2.1 Vocabulary

2.2 Precis Writing

2.3 Comprehension

## Unit-III

### 3 Grammar

3.1 Tenses

3.2 Noun, Pronoun, Verb and Adjective

3.3 Preposition

## Unit-IV

### 4 Visual study

#### 4.1 Pan Singh Tomar

(Examiners are instructed to ask questions like theme, character, incident and anything regarding their experience of watching the film)

### **Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S) Computer Application**

**Max Marks: 100**

**B.P.E.S – First Semester  
Time: 3 Hour**

**External Theory: 80  
Internal Assessment: 20**

#### **B.P.E.S – First Semester Course Outcome:-**

1. The students would be able to understand the basics & types of computer.
2. The students would be able to understand the theoretical and practical aspects of MS Word, Excel, Power Point and Internet.
3. The students would be able to aware about fundamentals of computer hardware and software.

**Note :- a) for paper setter**

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.

ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

b) For candidates

i. Attempt five questions in all, selecting atleast one questions from each unit.

Question no. 1 compulsory. All questions carry equal marks.

## **Unit – I          software & Communication Technology, MS Power Point.**

1.1. System, utility and application software with examples.

1.2. Need of networking, LAN, MAN, and WAN.

1.3. Introduction to presentation graphics, understanding the concept of slide show, basic element of slide, different types of slide layouts, creating and saving a presentation, different views of slide, editing and formatting a slide. Adding titles, sub titiss, text, background, water mark, headers and footers, numbering slides, inserting picture from files.

## **Unit – II          Information Technology Tools**

1.1. M.S. Windows (Basic concept of an operating system and its function).

1.2. Introduction to windows using mouse and moving icons on the screen, my computer, recycle bin, task bar, start menu and menu selection, setting system date and time, windows explorer to you files, folders and directories, creating and renaming of files and folders.

1.3. Basic components of windows: desktop, flame, title bar, menu bar, status bar using right button of mouse, creating short cut.

## **Unit- III          Basic Windows Accessories and MS Word**

3.1 Note pad, paint, calculator, word pad, using clip board.

3.2. Introduction to word processor, creating and saving a document, editing and formatting a document, inserting symbol, printing a document, adding headers and footers, numbering pages.

#### **Unit – IV MS Excel**

**4.1.** Introduction to spread sheets, concept of work sheet and workbook, creating and saving a work sheet, working with a spread sheet, inserting numbers, date/time, inserting and deleting cells, rows and columns,

### **Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S) English Communication skills- II**

**Max Marks: 100**

**B.P.E.S – Second Semester**

**Time: 3 Hour**

**External Theory: 80**

**Internal Assessment: 20**

#### **B.P.E.S – Second Semester**

##### **Course Outcome:-**

1. Poems, Short Stories included in the text help to develop the emotional quotient and critical thinking among the students towards various aspects of life.
2. the course offered aims to improve the vocabulary, grammar, speaking and writing skills of students.
3. It will help the students to develop the cognitive abilities, enhance their critical acumen and empower them through visual study of movies based on sports personalities.

##### **Note :- a) for paper setter**

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**



i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.

ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

b) For candidates

i. Attempt five questions in all, selecting atleast one questions from each unit.

Question no. 1 compulsory. All questions carry equal marks.

## UNIT-I

### 1 Literature

#### 1.1 Poems

- 1.1.1 Nature (H.W Long fellow)
- 1.1.2 Dreams (Langston Hughes)
- 1.1.3 The Road Not Taken (Robert Frost)

#### 1.2 Story

- 1.2.1 One Friday Morning (Langston Hughes)
- 1.2.2 A Cup of Tea (Katherine Mansfield)

## UNIT-II

### 2 Language through Literature

- 2.1 Notice writing, Report Writing, E-mail Writing
- 2.2 Personal letter and Official letter

## UNIT-III

### 3 Grammar

- 3.1 Articles
- 3.2 Connectors
- 3.3. Punctuation

## Unit-IV

### 4 Visual Study

#### 4.1 Bhag Milkha Bhag

*(Examiners are instructed to ask questions like theme, character, incident and anything regarding their experience of watching the film)*

### Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S) Elementary of anatomy and physiology

**Max Marks: 100**

**B.P.E.S – Second Semester**

**Time: 3 Hour**

**External Theory: 80**

**Internal Assessment: 20**

### **B.P.E.S – Second Semester**

#### **Course Outcome:-**

1. The students would be able to know the skeletal system, cell, tissue, organ , ligament, cartilage, Spinal column, Pelvic Girdle, The extremities, Joints and their movements.
2. Study of this subject helps the students to know more about the human body which helps him for higher level of sports achievements and adopt training method.
3. The students would be able to know the digestive system, respiratory system & excretory system and effects of exercise on it.
4. The students would be able to know Fatigue, staleness, muscle cramp.

**Note :- a) for paper setter**

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

**ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.**

**b) For candidates**

**i. Attempt five questions in all, selecting atleast one questions from each unit.**

**Question no. 1 compulsory. All questions carry equal marks.**

### **Unit – I**

Meaning of anatomy, cell, structure, properties of living matter. The role of anatomy in physical education & sports, anatomy of bones cartilages. Names and location and functions of bones, kinds of bones, joints and their types, tissues, organs and system of body.

### **Unit –II**

Anatomy of muscular system, structure of muscles and their kinds. Properties of muscles. Muscle work and fatigue, anatomy of respiratory organs, tissue and pulmonary respiration, anatomy of heart, function of heart, heart beat, stroke volume, cardiac output.

### **Unit – III**

Anatomy of digestive organs (alimentary canal), structure and functions of excretory system, meaning of endocrine glands and structure of the following glands- pituitary glands, thyroid, parathyroid, adrenal glands.

### **Unit –IV**

### **Physical – fitness:-**

Definition of physical fitness components of physical fitness, benefits of physical – activity, development of physical fitness. Controlling and management of your weight, determining the right weight to you. Factors influencing physical fitness. Planning a fitness programme. Identify your fitness goals. Design your programme, causes and prevention of fitness related injuries, selecting a nutritional plan for fitness.

Definition of Exercises, Type of Exercises, Benefits of Exercises, Meaning of Physiology & Exercise importance & Function of Exercise Physiology in the Field of Physical Education and sports. Long Term and Short term effects of exercise on various system of the body's.

### **Reference:**

1. Introduction of to anatomy & physiology – Dr. Shemsher Singh.
2. Bauer. WAV. (Editor). TODAY'S Health Guide, American Medical Association, Revised Edition 1968.

### **Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S) Yoga and Environment Education**

**Max Marks: 100**

**B.P.E.S – Second Semester  
Time: 3 Hour**

**External Theory: 80  
Internal Assessment: 20**

### **B.P.E.S – Second Semester Course Outcome:-**

1. The students would be able to know the historical background of yoga and importance of yoga
2. The students would be able to know the Astang yoga, Pranayam, its type, benefit of pranayam and types of Yoga.
3. The students would be able to know the effect of exercise on digestive system, respiratory system, circulatory system.

**Note :- a) for paper setter**

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

**ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.**

**b) For candidates**

**i. Attempt five questions in all, selecting atleast one questions from each unit.**

**Question no. 1 compulsory. All questions carry equal marks.**

## **Unit- I**

- Historical Background of Yoga
- Definition of Yoga and its objectives
- Importance of Yoga in the Modern Society
- Yogic diet, Suitable place for Yoga
- Meaning & Importance of Astang Yoga
- Pranayam, its types and techniques, Benefits of Pranayam, Shitali, Sheetkari, Kumbak, Kapal Bhatti

## **Unit – II**

- Effect of Yogic Exercises: Digestive System, Respiratory System and Circulatory System.
- Internal Purification/Satkarms- Jal Neti and its benefits & technique, Sutar Neti and its technique and benefits and Vaster Dhoti and its technique & benefit.
- Asanas: Types of Asnas, their benefits (How Asana are useful) prevention of diseases through Asana.
- Mudra & Bandha:- Jalander Bandh, Mula Bandh and Uddyuan Bandh, their Benefits and technique

- Gyan Mudra, prana Mudra, their techniques and benefits
- Famous Yogis : Maharishi patanjali, Grokh Nath, Swami Dayanand and Arvind Ghosh
- Famous Institutions: Gurukul Kangri Haridwar, Viveka Na.

### Unit – III

#### Environment

- The Nature and scope and importance
- Need for public awareness.
- Natural resources- renewable and non renewable.
- Over utilization of various resources and consequences.
- Role of individual in conservation of natural process

#### Ecosystem

- Concepts, structure and function of ecosystem.
- Energy flow, food chain, food web and ecological pyramids.
- Types of ecosystem-forest ecosystem, grassland aquatics ecosystem.
- Environmental pollution-definitions, cause effects and control measure.
- Types of pollutions-air pollution, water pollution, and soil-pollution.

### Unit – IV

- Basic issues and Environment
- Sustainable development
- Urban problems related to energy.
- Urban problems related to energy.
- Water conservation, rain water harvesting.
- Climate change, global warming, acid rain, ozone depletion.
- 
- Environmental legislation
- Environment protection Act
- Air (prevention and control of pollution) Act.
- Water (prevention and control of pollution) Act.

### Reference:

1. YOGA PHILOSOPHY- S.N. Dasgupta
2. BHARAT KA MAHAN YOGI – Vishwanath Mukherjee
3. TEXT BOOK OF YOGA - Yogeshwar



**Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S)  
English and Communication skill- III**

**Max Marks: 100**

**B.P.E.S – Third Semester  
Time: 3 Hour**

**External Theory: 80  
Internal Assessment: 20**

**B.P.E.S – Third Semester  
Course Outcome:-**

1. It will enhance the speaking and listening skills of students by helping them to learn how to prepare for extempore and correct pronunciation of the written words and interpreting them in their own words.
2. It will improve their comprehension and communication skills reading skills by learning effective way of writing book review.
3. It will help the students to understand the proper way of correspondence and to improve writing skills in the form of email, resume and job application.

4. It will help the learner's overall understanding of the public communication through tender notices, public notices auction notices etc.

**Note :- a) for paper setter**

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

**ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.**

**b) For candidates**

**i. Attempt five questions in all, selecting atleast one questions from each unit.**

**Question no. 1 compulsory. All questions carry equal marks.**

### **UNIT-I**

#### **1 Speaking and Listening Skills (Only for Practical Purpose)**

- 1.1 How to introduce yourself in different situations
- 1.2 Extempore
- 1.3 Pronunciation
- 1.4 Story Telling

### **UNIT-II**

#### **2 Reading Skills and its sub skills**

- 2.1 Types of reading: Extensive and Intensive
- 2.2 Book Review (Internal Choice)

### **UNIT-III**

#### **3 Practice in writing skills**

- 3.1 E-mail, Tele Conference, Fax, Telex

3.4 Resume Writing

3.5 Job Application and Editorial Letter

#### UNIT-IV

### 4 Official Communication Activities

4.1 Tender Notices,

4.2 Auction Notices, Public Notices, Memo.

4.3 Transformations of Sentences

### Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S) Health Education, First-aid and safety measures

**Max Marks: 100**

**B.P.E.S – Third Semester**

**Time: 3 Hour**

**External Theory: 80**

**Internal Assessment: 20**

### B.P.E.S – Third Semester

#### Course Outcome:-

1. The students would be able to understand the learn health, health education, personal hygiene, health problems-prevention and control, physical fitness and wellness, health and first-aid-management.
2. The students would be able to know the meaning, effects and control measures of disease- Small-pox, Malaria, Influenza, Typhoid

3. The students would be able to know the meaning, importance of health education and its role in physical education.

**Note :- a) for paper setter**

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

**ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.**

**b) For candidates**

**i. Attempt five questions in all, selecting atleast one questions from each unit.**

**Question no. 1 compulsory. All questions carry equal marks.**

#### **Unit – I**

- Meaning of Health, Importance of Health, factors influencing Health Status, Characteristics of healthy individual. Health yesterday and today. New health – health promotion, Physiological health, mental health, emotional health, social health, spiritual health & happiness. A key to will being does laughter enhance health?

#### **Unit – II**

- School health programme and health environment, School building, light renovation, Sanitation, School canteen, School health examination, academic programme, nutrition, balance diet, caloric value of food for competitive sports. Eating for health, today's dieting guide lines medicated value of food.

#### **Unit –III**

- Methods of Education in Health. Health instructions audio- visual methods. Health organizations – world health organizations, Red Cross, government health agencies. Communicable diseases- modes of transmission, control and prevention of following disease- (i) cholera (ii) small-pox (iii) typhoid (iv) malaria (v) influenza

#### **Unit- IV**

- First Aid: Definition and importance of first aid in modern life, types of first aid, first aid box. Reasons of sports injuries, principle of first aid, functions & qualities of a good first aider. – Basic steps in safety measures safety measures for the following (i) bites of animals, burns, control of bleeding, cuts and wounds. Safety for drawing artificial respiration. Safety measures environmental hazards. Heat stroke, heat syncope, wind chill and sunburn.

#### Reference –

- **Safety at School – ( Education Pamphlet numbers 53 London: Her Majesty's Stationery office 1969.**
- **Stack, Harbet J. Duke Elbow Education for safe Living : Englewood cliffs, New Jersey,**

### **Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S) Sports Management**

**Max Marks: 100**

**B.P.E.S – Third Semester  
Time: 3 Hour**

**External Theory: 80  
Internal Assessment: 20**

#### **B.P.E.S – Third Semester Course Outcome:-**

1. The Students would be able to know the concept, Meaning, Importance & Scope of Sports Management.
2. The Students would be able to know the Meaning and Types of Class Management.
3. The Students would be able to know and understand the concept of Tournaments.

**Note :- a) for paper setter**

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.

ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

**b) For candidates**

i. Attempt five questions in all, selecting atleast one questions from each unit.

**Question no. 1 compulsory. All questions carry equal marks.**

## UNIT-I

### 1 Introduction to Sports Management

- 1.1 Defining Sport Organisation, Administration and Management.
- 1.2 Functions of Sport Management- Planning, Organising, Staffing, Directing, Coordinating, Reporting, Budgeting, Evaluating and Reforming (POSDCORB+ ER).
- 1.3 Types of Management: Authoritarian Management, Laissez- Faire Management, Democratic Management and Eclectic Management.
- 1.4 Theories of Management: The Classical Theory, the Neo-Classical Theory and Modern Theory.

## UNIT-II

### 2 Managerial Skills, Roles and Techniques

- 2.1 **Managerial Skills for Managerial Task**- Personal, Interpersonal, Conceptual, Technical, and Conjoined
- 2.2 **Managerial Roles**: Interpersonal Roles, Informational Roles, Decision Making Roles.
- 2.3 **Office Management**: Meaning, nature (Centralized and Decentralized) and functions of office management, aspects of office management.
- 2.4 **Financial Management**: Introduction, objective and scope of financial management, Purpose and Principles of Financial Management in Physical Education and Sports.
- 2.5 **Human Resource Management**: Introduction, meaning, definition, planning, recruitment and selection, induction, training and personal development, managing diversity



### UNIT-III

#### 3 Management of Sports Facilities and Equipments

**3.1 Management of Facilities:** Introduction, Administrative and General Principles of Planning, Facilities, Types of Facilities, Facility Requirements, Construction and Management of Sports Infrastructures, Outdoor (Marking of Standard Track) and Indoor, Facilities-Gymnasium and Swimming pool.

**3.2 Management of Equipment and Material:** Introduction, Meanings of Equipment and Material, Need, Importance and Types of Equipment. Principles and Purchase Procedure of Sports Equipment. Important Considerations in Selecting Sports Equipment, Receiving-Stocktaking and Storing Equipment. Care and Maintenance & Conservation of Equipment, Improvisation and Modernization of Equipment, and Disposal of Equipment.

### UNIT-IV

#### 4 Supervision, Evaluation, Managerial and Administrative Duties of Physical Education teacher.

**4.1 Supervision:** Introduction, Meaning, Definitions, Aim and Objectives, Nature and Scope, Principles and Techniques, Need and Importance and Guidelines for Effective Supervision in Physical Education and Sports.

**4.2 Evaluation:** Introduction, Concept, Meaning, Definition, Nature, Purpose, Need and Importance of Evaluation for a Teacher and an Administrator of Physical Education and Sports. Important Points, Steps and Guidelines for an Effective Evaluation Programme.

**4.3 Managerial and Administrative Duties of a Physical Education Teacher:** Instructional, Office, Finance, Facilities, Public Relations, Personnel, Professional, Purchases, Intramurals, Extramurals etc.

**Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S)  
Officiating & Coaching**

**Max Marks: 100**

**B.P.E.S – Forth Semester  
Time: 3 Hour**

**External Theory: 80  
Internal Assessment: 20**

**B.P.E.S – Forth Semester  
Course Outcomes**

1. Students would be able to know the technical and tactical training and their methods.
2. Able to mark Track and Field and Officiate
3. Able to understand the rules of the games and sports
4. The students would be able to know the measurement, marking, equipment, rule & regulations of Kabaddi, badminton, judo, kho-kho.
5. The students would be able to know to know the criteria for selection of college/ university team.

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

**ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.**

**b) For candidates**

**i. Attempt five questions in all, selecting atleast one questions from each unit.**

**Question no. 1 compulsory. All questions carry equal marks.**

#### **Unit – I**

- Concept of Officiating: Meaning, Definition, Importance and Principles.
- Duties of Officials in General, Pre, During and Post game.
- Relation of Officials with Management, Players, Coaches and Spectators.

#### **Unit – II**

- Measurement, Marking, Equipment, Technique and Rule & Regulations of following:
- 400 meters, 200 meters, Track and Field Event
- Preparation of Score Sheet of Track & Field Events
- Layout of Standard Track.
- Preparation of TA/DA bills
- Qualities of good official.

#### **Unit – III**

- Measurement, Marking, Equipment, Basic Fundamentals, Rule & Regulations of following Games:
- Kabaddi, Badminton, Judo, Kho-Kho.
- Preparation of Score-sheet of Kabaddi, Badminton, Judo & Kho-Kho.

#### **Unit – IV**

- Methods of Conditioning:
- Interval Method, Circuit Training Method, Weight Training Method, Fartlek Training Method
- Principles of Training

- Doping and its Effects on Sports Performance on the Health of an Athlete.
- Criteria for Selection of College/University Team.
- Warming up, Cooling down and its Physiological Effect.

**Reference:**

- Rules of Games and Sports by YMCA Madras.
- Athletic training by Cliffs.
- Rules of Games and Sports by Likesh Hani.

**Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S)  
Bio-mechanics and Kinesiology**

**Max Marks: 100**

**B.P.E.S – Forth Semester  
Time: 3 Hour**

**External Theory: 80  
Internal Assessment: 20**

**B.P.E.S – Forth Semester  
Course Outcomes**

1. The students are able to better understand the body movement in sports and the body mechanism for higher achievements.
2. The Students would be able to know the Meaning, definition, functions and importance of biomechanics in Physical Education and Sports.
3. The Students would be able to know the Meaning, Definition, and Scope & Importance of kinesiology.
4. The Students would be able to know the Basic Concept of Planes and axis.

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.

ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

b) For candidates

i. Attempt five questions in all, selecting atleast one questions from each unit.

Question no. 1 compulsory. All questions carry equal marks.

## UNIT-I

### 1 Basics of Kinesiology

- 1.1 Kinesiology: Introduction, Meaning, and Definitions.
- 1.2 Importance of kinesiology for games and sports.
- 1.3 Fundamental and Anatomical positions and movements of joints.
- 1.4 Planes and axis.
- 1.5 Types of Muscular contractions.
- 1.6 Different roles of muscles in a movement.
- 1.7 Techniques of Muscular Analysis

## UNIT-II

### 2 Joint: Structure And Function

- 2.1 Functions Structure and functions of the following joints: Neck, shoulder girdle, shoulder joint, elbow, wrist joint, trunk, hip, knee, ankle and foot.
- 2.2 The attachment and actions of muscles of following joints: Neck, shoulder girdle, shoulder joint, elbow, trunk, hip, knee, ankle.

## UNIT-III

### 3 Biomechanics

- 3.1 Meaning, definition and scope of biomechanics.
- 3.2 Meaning of linear kinematics and their application in sports.

3.3 Meaning of linear kinetics and their application in sports.

3.4 Meaning of the terms: Centre of gravity, equilibrium, stability, levers, centripetal and centrifugal forces and their application in sports.

#### **UNIT- IV**

#### **4 Muscular analysis of fundamental movements, Postural and Deformities**

4.1 Muscular analysis of fundamental movements: Walking, running, jumping, throwing and catching.

4.2 Postural and Deformities:

4.2.1 Modern Concept of balanced posture.

4.2.2 Common postural deformities i.e., flat foot, bow legs, knock knees, lordosis, scoliosis, Kyphosis and round shoulders, their causes and remedial measure.

4.2.3 Causes of bad posture.

4.2.4 Common sports injuries- their classification and their care and prevention.

4.2.5 Therapeutic exercises (Active, Passive, Resistive and Stretching and their application for rehabilitation).

4.3 Application of Kinesiology in Physical Education and Sports.

#### **SUGGESTED READINGS**

- Jenson, C.R. & Schult, G.W, ***Applied Kinesiology***: The Scientific Study of Human Performance (2nd Ed.) New York: MC Graw-Hill Book co., 1977
- Deiels, L. and Worthingham, C., ***Muscle Testing Techniques of Manual Examination***, Lousion W.B. Esundeus Com, 1956
- Bunn, John, W. "Scientific Principles of Coaching".
- James G. Hay. "The Biomechanics of Sports Technique".
- Scott, M. "Analysis of human matters". New York.
- Simonian Charles. "Fundamentals of Sports Biomechanics".
- Wells, Katharine, P. "Kinesiology", Philadelphia.

**Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S)  
English and Communication skills- IV**

**Max Marks: 100**

**B.P.E.S – Forth Semester**

**Time: 3 Hour**

**External Theory: 80**

**Internal Assessment: 20**

**B.P.E.S – Forth Semester**

**Course Outcomes**

1. At the end of this semester the students will be able to enhance their written skills through various topics like paragraph writing, notice writing, letter writing etc.
2. The students will be able to understand the various grammar topics including Homophones, synonyms antonyms, idioms etc.
3. This course provides an opportunity to the students to understand the communication process by learning communication principles, barriers in communication and various techniques for communication.

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

b) For candidates

i. Attempt five questions in all, selecting atleast one questions from each unit.

Question no. 1 compulsory. All questions carry equal marks.

## UNIT-I

### 1 Development of Writing Skills

- 1.1 Paragraph Writing
- 1.2 Letter Writing: Official ,Business
- 1.3 Note Making
- 1.4 Summarizing

## UNIT-II

### 2 Grammar

- 2.1 Homophones
- 2.2 Phonemes
- 2.3 Synonyms and Antonyms
- 2.4 Idioms

## UNIT-III

### 3. Communication process:

- 3.1 Communication Principles of Communication
- 3.2 Barriers to Communication/Grapevine/Body Language.
- 3.3 Technique to improve communication

## Unit-IV

### Visual Study

- 4.1 Movie of Sports personalities who have remarkable contribution at national and international level.

*(Examiners are instructed to ask questions like theme, character, incident and anything regarding their experience of watching the film)*



**Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S)  
Sports Sociology**

**Max Marks: 100**

**B.P.E.S – Fifth Semester  
Time: 3 Hour**

**External Theory: 80  
Internal Assessment: 20**

**B.P.E.S – Fifth Semester  
Course Outcomes**

1. Understanding social relationships between sport participants is the basis of the need to study sports from a sociological perspective.
2. The amateur develops sports skills by socializing (engaging in the sports) with the professional who serves as the mentor.
3. Gender issues are central to sports sociology as the discipline defines the roles of males and females in different aspects of society. The study of female engagement in a sport or certain sports is an aspect of sports sociology that cannot be overemphasized.

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

b) For candidates

i. Attempt five questions in all, selecting atleast one questions from each unit.

Question no. 1 compulsory. All questions carry equal marks.

#### Unit-I

- Meaning, Definition of Sports Sociology, Importance of Sports
- Physical Education and Sports as a Social Phenomenon.

#### Unit – II

- Social Institutions: Role of Social Institution in participation in games and sports, Socialization through sports, Sports as regulating institution of society, Sports & Religion how influence in each other.

#### Unit – III

- Women in Sports: Social myths related with women.
- Attitude of Society towards sports man and Sports women
- Future of women participation in sports

#### Unit – IV

- Meaning, Definition and characteristics of leadership, qualities of a leader, leadership training in Physical Education, Need and Importance of leadership in Physical Education.

**Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S)  
Organization & Administration of Physical Education**

**Max Marks: 100**

**B.P.E.S – Fifth Semester  
Time: 3 Hour**

**External Theory: 80  
Internal Assessment: 20**

**B.P.E.S – Fifth Semester  
Course Outcomes**

1. Management, program organization, and administrative responsibility are main traits that develop by studying organization and administration of physical education.
2. This also helps in providing additional information on methods of organizing competition, athletic field and court layouts, and duties of a physical education administrator.

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

**ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.**

## b) For candidates

i. Attempt five questions in all, selecting atleast one questions from each unit.

**Question no. 1 compulsory. All questions carry equal marks.**

### Unit – I

#### Introduction

- Meaning and Definition of Planning, Organisation , Administration and Management and their nature and scope.
- Importance of Management in Educational Institutions.
- Principles of Management
- Theories of Management
- Scheme of Organisation in school, College and University
- Scheme of organizations of Physical Education and Sports at national, state and district levels.

### Unit – II

#### Facilities and Equipment

- Lay-out of Physical Education facilities-indoor and outdoor
- Need and importance of equipment for Physical Education
- Procedure in purchase of equipment
- Development of Improvised equipment
- Care, maintenance and disposal of unserviceable equipment

### Unit – III

#### Staff and Leadership in efficient management of Physical Education

- Role of leadership in efficient management of Physical Education programme in an organisation
- Importance of qualified teacher/leader of Physical Education
- Students leadership, its importance and limitations
- Staff Co-operations
- Selection and Training of students leader
- Recognition of staff and student leaders

### Unit – IV

#### Intramurals and Extramural

##### Intramurals

- Its importance and planning.
- Events of competitions, time and facility factor
- Point system, awards, recognitions

##### Extramural

- Outcomes of participations ( Educational )
- Limitations in participations

- Selection and training of terms
- Participation, finance and other aspects

#### References:

1. Joseph, P.M. Organization of Physical Education, The old students' Association, Tite Kandivali 1963.
2. Voltmer, EE et al, The Organization and Administrations of Physical Education, New Jersey, Prentice Hall Inc, 1979.
3. Maheshwari, B.L. Management by objectives, New Delhi, Tata Mcgraw Hill Publishing Company Ltd. 1982

### Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S) Sports Nutrition

**Max Marks: 100**

**B.P.E.S – Fifth Semester**

**Time: 3 Hour**

**External Theory: 80**

**Internal Assessment: 20**

#### B.P.E.S – Fifth Semester

##### Course Outcomes

1. Sports nutrition study helps in improving anyone's athletic performance.
2. Sports Nutrition study is an important part of many sports training regimens, being popular in strength sports (such as weightlifting and bodybuilding) and endurance sports (e.g cycling, running, swimming, rowing).
3. Sports nutrition focuses its studies on the type, as well as the quantity of fluids and food taken by an athlete. In addition, it deals with the consumption of nutrients such as vitamins, minerals, supplements and organic substances.

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

b) For candidates

i. Attempt five questions in all, selecting atleast one questions from each unit.

Question no. 1 compulsory. All questions carry equal marks.

### UNIT-I

#### 1. Nutrition concept balance diet and fitness

- 1.1 Concept of Nutrition, Sport Nutrition and Health
- 1.2 Types and Sources of Nutrients
- 1.3 Main function of Macro and Micro nutrients in health and sports
- 1.4 Balanced diet
- 1.5 **Fitness with reference to sports and its Measurement**
  - 1.5.1 Flexibility
  - 1.5.2 Coordination
  - 1.5.3 Equilibrium
  - 1.5.4 Speed
  - 1.5.5 Agility
  - 1.5.6 Strength
  - 1.5.7 Endurance

### UNIT-II

#### 3 Nutrition And Sports

- 2.1. Energy for sports performance and
  - 2.1.1 The role of carbohydrate, protein, fat and their sources.
  - 2.1.2 A factor affecting the energy needs in different categories of sports events.
  - 2.1.3 Sports supplements and their effect on performance.
  - 2.1.4 Nutritional requirements and allowances for sports person of different categories
- Competition nutrition and its management glycaemic index and sports nutrition

### UNIT-III

#### 3 Nutrition and different body conditions

- 3.1 Management of Hypertension atherosclerosis and dieters mellitus in sportsperson.
- 3.2 Management of the female sportsperson:
  - 3.2.1 Menarche and
  - 3.2.2 Menstruation
- 3.3 **Amenorrhea:** Anemia and Iron                      Supplementation
- 3.4 Bone Health and Calcium                      Supplementation
- 3.5 Eating Disorders

### UNIT-IV

#### 4 Weight Control

- 4.1 Basic principles of weight control
- 4.2 Calorie concept of weight control
- 4.3 Fat reduction and role of fat loss supplements

#### 4.4 Role of diet in weight control.

### SUGGESTED READINGS

- Bean, A. (2001). Sports Nutrition. Biddles Ltd, Guildford and Kings Lynn.
- Zimmermann, M. (2007). Handbook of Nutrition, Saurab Printers Pvt Ltd.
- Antonio, J and Stout, J.R. (2001). Sports supplements. Lippincott Williams & Wilkins.

### Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S) Foundation of Sports Training

Max Marks: 100

**B.P.E.S – Sixth Semester**  
**Time: 3 Hour**

**External Theory: 80**  
**Internal Assessment: 20**

#### **B.P.E.S – Sixth Semester** **Course Outcomes**

1. Foundation of Sport training helps in understanding how to improve activity involving physical activity and skill.
2. This helps in building the character and personality of a person. It certainly is an excellent tool to keep the body physically fit. Most noteworthy, the benefits of studying Foundation of Sports training are so many that books can be written. Sports training have a massive positive effect on both the mind and body.

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

**b) For candidates**

i. Attempt five questions in all, selecting atleast one questions from each unit.

**Question no. 1 compulsory. All questions carry equal marks.**

**Unit –I**

- Meaning, definitions,
- Aims and objectives of sports training
- Principles of sports training
- Importance of sports Training

**Unit – II**

- Training load, load adaptation, overload and recovery, factors of load
- Circuit training, interval training, (Fartlek training, plyometric training, Sprint training

**Unit – III**

- Development of Motor components: Speed, Strength, endurance, flexibility, agility.

**Unit – IV**

- Periodization: Meaning and definition of periodzation, importance of periodization single, double and triple, periodization, long term asnd short term plan, planning for competition main and build up competitions.

**Reference:**

- Batty, B: Articile and Motor Development in infants asnd Children, Prentice Hall,
- Dick, F.W: Sports Taining Principles Lepus, London 1980.
- Jenson, C.R. Bischer, A.G. Scientific Basic of Athletic Conditioning lea and Bebiger, Philedephic



**Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S)  
Olympic movement**

**Max Marks: 100**

**B.P.E.S – Sixth Semester  
Time: 3 Hour**

**External Theory: 80  
Internal Assessment: 20**

**B.P.E.S – Sixth Semester  
Course Outcomes**

1. The Olympic Movement study is the concerted, organized, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and entities who are inspired by the values of Olympism.
2. This study talks about and informs that it covers the five continents. It reaches its peak with the bringing together of the world's athletes at the great sports festival, the Olympic Games. Its symbol is five interlaced rings.
3. The goal of the Olympic Movement is to contribute to build a peaceful and better world by educating youth through sport practiced in accordance with Olympism and its values. It talks about belonging to the Olympic Movement requires compliance with the Olympic Charter and recognition by the IOC. The three main constituents of the Olympic Movement are the International Olympic Committee ("IOC"), the International Sports Federations ("IFs") and the National Olympic Committees ("NOCs").

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

**i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.**

**ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.**

**b) For candidates**

**i. Attempt five questions in all, selecting atleast one questions from each unit.**

**Question no. 1 compulsory. All questions carry equal marks.**

**Unit – I Origin of Olympic Movement**      Philosophy of Olympic movement

- The early history of the Olympic movement
- The significant stages in the development of the modern Olympic movement
- Educational and cultural values of Olympic movement

**Unit – II Modern Olympic Games**

- Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- Olympic Protocol for member countries
- Olympic code of Ethics
- Olympism in action
- Sports for All

**Unit – III Different Olympic Games**

- Para Olympic Games
- Summer Olympics
- Winter Olympics
- Youth Olympic Games

**Unit – IV Committees of Olympic Games**

- International Olympic Committee - Structure and Functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

**Reference:**

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., Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local*

politics: Lynne Rienner

**Theory Part A- Bachelor of Physical Education and Sports (B.P.E.S)  
Sports Psychology**

**Max Marks: 100**

**B.P.E.S – Sixth Semester  
Time: 3 Hour**

**External Theory: 80  
Internal Assessment: 20**

**B.P.E.S – Sixth Semester  
Course Outcomes**

1. Sports Psychology is about improving your attitude and mental game skills to help you perform your best by identifying limiting beliefs and embracing a healthier philosophy about your sport.
2. Sports psychology can be utilized as part of ongoing player management, or alongside other areas of recovery and rehabilitation such as physiotherapy, sports therapy and sports massage.
3. Through the services of a sports psychologist an athlete manages to overcome these pressures and develops a stronger level of positive focus and commitment, then improved performance is more than likely to follow.

**1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.**

i. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.

ii. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

b) For candidates

i. Attempt five questions in all, selecting atleast one questions from each unit.

Question no. 1 compulsory. All questions carry equal marks.

### UNIT-I

#### 1 General Concept of Sports Psychology

- 1.1 Historical Development of Sports Psychology.
- 1.2 Meaning and definitions of sports psychology.
- 1.3 Need and Importance of Sports Psychology in competitive sports.
- 1.4 Competition, sports competition, its merits and demerits.
- 1.5 Interest: Meaning, definition, types, ways and means of arousing and sustaining student's interests in physical education and sports.

### UNIT-II

#### 2 Motor Skill Learning

- 2.1 Meaning, definition and nature of motor skill learning.
- 2.2 Principles / conditions of motor skill learning.
- 2.3 Learning/sports performance curve, its types, characteristics; Plateau in learning/sports performance curve, its reasons and solutions.
- 2.4 Attention: Definition, nature, characteristics, types, and role of attention in physical education and sport. Strategies for improving attention

### UNIT-III

#### 3 Motivation and Sport

- 3.1 Meaning and definition of motivation, motives, drives and needs.
- 3.2 Types of motivation.

3.3 Conditions and factors for sports motivation.

3.4 Methods of motivation.

3.5 Need and importance of motivation in the field of physical education and sports.

## UNIT-VI

### 4 Personality and Sports

4.1 Concept, meaning, definition, characteristics, dimensions, traits of personality its classification.

4.2 Factors affecting the development of personality.

4.3 Athletic / Sports performance and personality.

4.4 Meaning, concept, types and management of the following Psychological factors affecting sports performance: Stress, Anxiety, Aggression, Arousal

## SUGGESTED READINGS

- Cratty, B.J (1989). "Psychology in contemporary sports". Prentice Hall, Englewood Cliffs, N.J.
- Kamlesh, M.L., (1998). "Psychology in Physical Education and Sports". Metropolitan Book Co., New Delhi.
- Punj, A.T. (1980). "Sports Psychology", NIS, Patiala.
- Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- Sahani, Sanjeev P. "Psychology and its application in Sports" (2005) 1st edition – D.V.S. Publication
- Kamlesh M.L. "Psychology in Physical Education and Sports" – 4th edition Metropolitan Book Co. New Delhi-2002
- Ward, Jame "Psychology applied to education" (2001) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.



