

‘SCHEME OF EXAMINATION’

Bachelor of Physical Education Semester-I

Paper	Subject		Internal	External	Total Marks
CC-101	THEORY (400)	History & Principles of Physical Education	20	80	100
CC-102		Anatomy and Physiology	20	80	100
CC-103		Organization and Administration in Physical Education	20	80	100
CC-104		Officiating and Coaching	20	80	100
PC-101	PRACTICAL (400)	Proficiency in Games: Volleyball, Basketball	30	120	150
PC-102		Proficiency in Athletics: Sprints, Middle, Long Distance and Hurdles	30	120	150
PC-103		Proficiency in Indigenous Activities: Drill & Marching, Minor Games/Recreational Games	20	80	100
Total			160	640	800

Note for Paper Setter:

The paper setter shall set 04 (four) questions (Medium type) for section A.01 (one) question from each unit with alternate choice carrying 12 marks each. Section B shall consist of 04 (long answer type).01 (one) question from each unit carrying 16 marks each.

Instructions for Candidates:

The candidate shall have to attempt 04 (four) questions from section ‘A’ answering about (200-250) words and 02 (two) questions from section ‘B’ answering about (300-350) words.

B. P. Ed Semester-I

Course Title: **History & Principles of Physical Education**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-101**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Introduction:

- Meaning, Definition and scope of Physical Education.
- Aims and Objectives of Physical Education.
- Importance of Physical Education in Present Era.
- Relationship of Physical Education with General Education.

Unit –II: Physical Education in Ancient Times:

- Physical Education in Ancient Greece.
- Physical Education in Ancient Rome.
- Ancient Period of Spartan and Athens.
- The origin and Development of Ancient Olympic Games.

Unit-III: Historical Development of Physical Education in India:

- Physical Education in India before 1947 (British period)
 - Contribution of Akhadas and Vyayamshalas
 - Y.M.C.A and its contributions.
- Physical Education in India (After 1947)
 - Central Advisory Board of Physical Education and Recreation.
 - All India Council of Sports.
 - Kunzuru Committee.
 - National Discipline Scheme.

Unit- IV: Modern Olympics:

- Revival of Modern Olympics.
- Olympic Flag, Olympic Torch, Olympic Emblem, Olympic Motto and Olympic Oath.
- International Olympic Committee/ Indian Olympic Association
- Winter Olympic Games/ Para Olympics.

References:

- Deshpande, S.H. (2014). Physical Education in Ancient India. Amravati: Degree College of Physical Education.
- Mohan, V.M. (1969). Principles of Physical Education. Delhi: Metropolitan Book Dep.
- Nixon, E.E. & Cozen, F.W. (1969). An introduction to Physical Education. Philadelphia: W.B. Saunders Co.
- Obertuffer, (1970). Delbert Physical Education. New York: Harper & Brothers Publisher.
- Sharman, J.R. (1964). Introduction to Physical Education. New York: A.S. Barnes & Co.

B. P. Ed Semester-I

Course Title: **Anatomy and Physiology**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-102**

Time allowed: 2:30 Hours

Internal: 20

Unit-I:

- Introduction of Anatomy and physiology in Physical Education.
- Importance of Anatomy and physiology in Physical Education.
- Structure and Function of Cell.
- Arrangement and Function of Skeletal System.

Unit –II:

- Muscle and its Types.
- Structure and Function of Skeletal Muscles.
- Mechanism of Muscle Contraction.
- Joints of the body and its types.

Unit-III:

- **Blood and Circulatory system:** Constituents of blood and their functions, Circulatory system and its functions, structure and function of the Heart.
- **The Respiratory System:** Structure of respiratory track, Exchange of gases in lungs, Mechanism of respiration (Inspiration and Expiration).
- **The Excretory System:** Structure and Function of Kidney.
- Structure and Function of Skin.

Unit- IV:

- **The Digestive system:** Structure and functions of Digestive system.
- **The Endocrine Glands:** Functions of Endocrine glands (pituitary glands, Thyroid gland, para thyroid gland, Adrenal glands, pancreatic and sex glands).
- **Nervous System:** Structure and Function of Central nervous system and Peripheral nervous system.
- Reflex Action, Neuro-muscular junction, transmission of impulse across it.

References:

- Gupta, A.P. (2010). Anatomy and Physiology. Agra: Sumit prakashan.
- Gupta,M. and Gupta,M.C. (1980). Body and anatomical science. Delhi: Swaran Printing press.
- Guyton, A.C. (1996). Textbook of medical physiology, 9th edition. Philadelphia: W.B.Saunders.
- Karpovich,P.V.(n.d.).Philosophy of muscular activity. London: W.B.Saunders Co.
- Lamb,G.S.(1982).Essentials of exercise physiology. Delhi: Surjeet Publication.
- Moorthy, A.M. (2014). Anatomy physiology and health education.Karaikudi :Madalayam Publications.
- Morehopuse,L.E. & Miller,J.(1967).Physiology of exercise. St.Louis : The C.V.Mosby Co.
- Pearce,E.C.(1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
- Sharma,R.D.(1979).Health and Physical Education.Gupta Prakashan.
- Singh, S. (1979). Anatomy of Physiology and health education.Ropar : Jeet Publications.

B. P. Ed Semester-I

Course Title: **Organization & Administration in Physical Education**

Course Code: **CC-103**

Maximum Marks: 80

Time allowed: 2:30 Hours

Minimum Pass Marks: 32

Internal: 20

Unit-I: Introduction

- Meaning and importance of Organization and administration in Physical Education.
- Guiding Principles of Organization.
- Organizational Structure of Physical Education and sports at- School Level, District Level, State level, college level and university level.
- Qualities, Qualification and responsibilities of Physical Education Teacher.

Unit –II: Classification

- Meaning and Importance of Classification.
- Indian classification (Y.M.C.A, Madras, Bombay, Indian School classification).
- Mclay Cozen classification index.
- Neilson classification index.

Unit-III: Facilities

- **Facilities:** Types of facilities, infrastructure – Indoor and outdoor
- Maintenance of Gymnasium, Swimming pool, Play Fields, Play grounds.
- care and Maintenance of sports equipment.
- Maintenance of various Records, Registers and preparation of reports.

Unit- IV: Budgeting and Organizational Structure of sports events

- **Budget:** Meaning and importance of Budget making.
- Preparation of Budget, Criteria of Good budget, sources of income and expenditure.
- Organizational structure of Athletic meet
- Sports Events: Intramural and Extramural.

References:

- Broyles,F.J. & Rober, H.D.(1979). Administration of Sports, Athletic Programme: A managerial Approach. New York: Prentice Hall Inc.
- Bucher,C.A.(1983).Administration of Physical Education and Athletic Programme.St.Louis: The C.V.Hosby Co.
- Kozman,H.C.Cassidy, R.& Jackson, C.(1960). Methods in Physical Education. London W.B.Saunders Co.
- Pandey,L.K.(1977).Methods in Physical Education.Delhi : Metropolitan Book depo.
- Sharma,V.M. & Tiwari, R.H.(1979).Teaching Methods in Physical Education. Amaravati: Shakti Publication.
- Thomas,J.P.(1967).Organization & Administration of Physical Education.Madras : Gyanodayal Press.
- Tirunaryanan,C.& Hariharan,S.(1969).Methods in Physical Education. Karailudi : South India Press.
- Voltmer,E.f. & Esslinger, A.A.(1979). The organization and Administration of Physical Education. New York: Prentice Hall Inc.

B. P. Ed Semester-I

Course Title: **Officiating & Coaching**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-104**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Introduction

- Meaning and importance of Officiating and Coaching in the field of Physical Education and sports.
- Principles of Officiating.
- Relationship of Officials with Management, Captain, coaches and spectators.
- Measures of improving the standards of Officiating and Coaching.

Unit –II: Coach as Mentor

- Meaning and Characteristics of Coaching.
- Principles of Coaching.
- Qualities and responsibilities of a coach on and off the field.
- Use of psychology in Coaching.

Unit-II: Duties of Official

- Duties of Official in general, pre, during and post-game.
- Positioning and Signalling in Officiating.
- Marking of Track and Field.
- Officials used for different Track and Field events.

Unit- IV: Tournaments

- Meaning, importance and types of Tournament.
- Fixtures and their Types.
- Criteria for selection of players at School level, District Level and University level.
- Score sheets- Major Games and Athletic events.

References:

- 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.
- Lawther,J.D.(1965). Psychology of coaching, New York: Pre.Hall.
- Singer,R.N.(1972). Coaching, athletic & psychology. New York: M.C.Graw

B. P. Ed Semester-I

Course Title: **Proficiency in Games:** (*Volleyball, Basketball*)

Course Code: **PC-101**

Maximum Marks: 120

Minimum Pass Marks: 60

Time allowed 2 ½ Hours

Internal: 30

*A number of similar e-books are available in the library of the institution. The students are advised to consult the library for the same.

VOLLEYBALL

A. Teaching:

- i. History of the Game,
- ii. Measurement,
- iii. Layout of the court,
- iv. Rules of the game.

B. Teaching of Fundamental Skill:

- i. **Servicing-** Under hand Service, Side arm Services, Round arm Services Simple tennis Services, Tennis Floating Services, Tennis Straight Services, Digging Services, Jump Services, Jump Floating Services, Jump-Spin Services, Jump-Top-Spin Services, Jump-Power Services,
- ii. **Passing-** Under-arm pass, Under-arm One Hand pass, Under-arm Dive pass, Upper-Hand Pass, Upper-hand One-Hand Pass, Upper-Hand Jump-Pass, Upper-Hand Finger Pass, High Passing,
- iii. **Setting-**
 - Slow Third Tempo- (The Four, the Five, The Two),
 - Second Tempo (The Hut, The 32, The Red, The Two),
 - Fast (First Tempo)- The Shoot, The Half Shoot, The 31, The One, The Back One, The Slide.
- iv. **Spiking-** Hard-Driven Spike, Off-Speed Spike, Standing Spike, Open Hand Tip, Slide Attack, Cross Court shot, Line Shot, Off-speed Hit, Cut Shot, Dink, Power Tip.
- v. **Blocking-** Single Block, Double Block and Triple Block.
- vi. **Digging**

C. Officiating:

- i. Officials,
- ii. Duties of Officials,
- iii. Signals,
- iv. Scoring.

D. Coaching & Training:

- i. Tactics of Game,
- ii. Strategies of the game,
- iii. Positioning of players,
- iv. Game planning,
- v. Efficiency of skills through Drills,
- vi. Practice of the skills.
- vii. Competition of the game.

BASKETBALL

A. Teaching:

- i. History of the Game,
- ii. Measurement,
- iii. Layout of the court,
- iv. Rules of the game.

B. Teaching of Fundamental Skill:

- i. **Passing-** Chest Pass, Bounce Pass, One Hand Baseball Pass, Side Arm Pass, Over Head Pass, Hook Pass, Round arm pass.
- ii. **Receiving-** Receiving with both hands, Receiving with one hand, Receiving in Stationary Position, Receiving while Jumping, Receiving while Running, Receiving from right, Receiving from left.
- iii. **Dribbling-** Dribble, Drop Dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.
- iv. **Tackling-**
- v. **Shooting-** Layup Shot and its Variations, One Hand Set Shot, One Hand Jump Shot, Hook Shot, Free Throw.
- vi. **Rebounding-** Defensive Rebound, Offensive Rebound, Knock-Out,
- vii. **Defensive-** Man-to-man Defences, Zone Defence, Combination Defences, Guarding the man with the Ball and without the Ball.
- viii. **Pivoting-**Front Pivot, Reverse Pivot.

C. Officiating:

- i. Officials,
- ii. Duties of Officials,
- iii. Signals,
- iv. Scoring.

D. Coaching & Training:

- i. Tactics of Game,
- ii. Strategies of the game,
- iii. Positioning of players,
- iv. Game planning,
- v. Efficiency of skills through Drills for various skills
- vi. Practice of the skills,
- viii. Competition of the game

References:

Volleyball:

- FIVB Handbook. Miller, B (2005).
- The Volleyball Handbook. Campaign, IL, Human Kinetics.
- Skills and rules Volleyball (Vivek Solanki).
- Peak conditioning training for volleyball (Thomas Emma).
- Joel Dearing 2018, Volleyball Fundamentals, Human Kinetics.
- Burton, M. T. (2009). A comprehensive statistics system for volleyball analysis, coaching volleyball, 16-19.

Basketball:

- NFHS Basketball Rule book 2019-20.
- FIBA Basketball Handbook. Goodson, Ryan, Basketball essentials 2016, Human Kinetics.
- Irfan Hussain Malik, Health and physical Education.
- Giorgio Gandolfi, The complete book of offensive Basketball Drills;
- Game changing drills from around the world, 2009, McGraw-Hills. Jerry Kraus, Donmeyer, Jerry Meyer, 2007, Basketball skills and Drills, Human Kinetics.

Course Title: **Proficiency in Athletics:** (*Sprints, Middle, Long Distance and Hurdles*)
 Course Code: **PC-102**
 Maximum Marks: 120
 Time allowed 2 ½ Hours

Minimum Pass Marks: 60
 Internal: 30

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SPRINTS, MIDDLE & LONG DISTANCE

A. Teaching:

- A. Teaching:**
- i. History of the Event,
 - ii. Marking of the Event,
 - iii. Layout of the track,
 - iv. Rules of the Event.

B. Teaching of Fundamental Technique:

- i. **Start-** Sitting/Crouch start:
 - Bunch start,
 - medium start and
 - elongated start
- ii. **Starting Blocks-** Specification and Plantation of blocks,
- iii. **Positioning** - On Your Mark, Set & Go,
- iv. **Phases of Running-** Approach Run, Acceleration, Maintenance, Deceleration
- v. **Finishing-** Chest Dip, Forward Lunging, Shoulder Shrug, Run, Through,
- vi. Middle Distance-Techniques,
- vii. Long Distance-Techniques.

C. Officiating:

- i. Officials/Judges,
- ii. Duties of Officials/Judges,
- iii. Commands of the Event,
- iv. Scoring & Ceremony.

D. Coaching & Training:

- i. Tactics of Event,
- ii. Strategies of the Event,
- iii. Practice for various Techniques,
- iv. Competitions.

HURDLES

A. Teaching:

- i. History of the Event,
- ii. Marking of the Event,
- iii. Fixing of Hurdles for 100m Women's, 110m for Men and 400m for Both,
- iv. Rules of the Event.

B. Teaching of Fundamental Technique:

- i. Starting Techniques,
- ii. ***Positioning***- On Your Mark, Set & Go,
- iii. Stride to the first Hurdle,
- iv. Stride between the Hurdle,
- v. Clearance of the first Hurdle,
- vi. Action to and over the Hurdles, Trail leg, Lead leg, The finish,

- vii. **Finishing**- Chest Dip, Forward Lunging, Shoulder Shrug and Run, Through method.

C. Officiating:

- i. Officials/Judges,
- ii. Duties of Officials/Judges,
- iii. Commands of the Event,
- iv. Score sheets & Ceremony.

D. Coaching & Training:

- i. Tactics of Event,
- ii. Techniques for Hurdle Clearance,
- iii. Strategies of the Event,
- iv. Practice of various Techniques,
- v. Competitions.

References:

Sprints, Middle & Long Distance:

- IAAF Rule Book (2018-19),
- Jake Knap, Sprint-How to solve big problems and test new ideas in just five days,
- Dr. Kavi S. Pothuvaal- How to play sprints,
- Jaad Adrian, Complete Sprinting Technique

Hurdle:

- McDonald, Craig (2004). "Hurdling Is Not Sprinting".
- In Jarver, Jess (ed.). The Hurdles, Contemporary Theory, Technique and Training.
- Longden, Bruce (2004). "Towards Better Hurdling".
- In Jarver, Jess (ed.). The Hurdles, Contemporary Theory, Technique and Training.
- IAAF Rule Book (2018-19)
- Jarver, Jess (2004). The Hurdles, Contemporary Theory, Technique and Training.

- i. Introduction
- ii. Savdhan, Vishram,
- iii. Aaram Sae- Jaisay Thay,
- iv. Kad War Aik Line Ban,
- v. Dahine Sajj, Bayian Sajj,
- vi. Aik sae Antt Tak Ginti Kar, 1 2 3 mai Ginti Karo,
- vii. Dahine Mudd, Bayian Mudd, Pichay Mud,
- viii. Adha Dahine/Bayain Mud,
- ix. Kadam Tal,
- x. Class Tham,
- xi. Visharjan (Break-off)
- xii. Samane Siloot,
- xiii. Dhire Chal Bayain Mud, Dhire Chal Dayain Mud, Dhire Chal Piche Mud,
- xiv. Tej Chal Dayain Mud, Tej Chal Bayain Mud, Tej Chal Pichay Mud,
- xv. Kadam Badal,
- xvi. Khule Line Chal, Niket Line Chal, Aagay Chal, Pichay Chal,
- xvii. Dayain Aur Bayain Goom,
- xviii. Tin o Tin Main Tej Chal (Dayain/Bayain Sae),
- xix. Dayain Saloot, Bayain Saloot, Samnay Saloot,

- i. On the Bank in the Tank,
- ii. Aik phool dou maali,
- iii. Cock fight,
- iv. Making grups,
- v. One leg race,
- vi. Judge aur wakil,
- vii. Reach to the home,
- viii. Pass the object,
- ix. Tug of war,
- x. Simon says,
- xi. Find your leader,
- xii. Music chair,
- xiii. Hop scotch,
- xiv. Satoliya,
- xv. Chain,
- xvi. Tunnel ball,
- xvii. Over-head ball pass,

- xviii. Spoon race,
- xix. Sac race,
- xx. Run statue.

References:

Drill & Marching:

- Bailey, Wayne, Caneva, Thomas – The Complete Marching Band Resource Manual, Techniques & Materials for Teaching, Drill Design and Music Arranging.
- Howard, The Mask of Command
- B. H Liddellhart, Thoughts on War 1944,
- Edwin Ellis, The Standar Drill & Marching.

Minor Games:

- Dr. Suresh Kutty, Minor Games
- Dr. N. P Sharma, Play and Lean Minor Games,
- Ajay Mathur, How to Play Minor Games,
- Dr. Sanjev Kumar, Minor Games