

‘SCHEME OF EXAMINATION’

Bachelor of Physical Education Semester-II

Paper	Subject		Internal	External	Total Marks
CC-201	THEORY (400)	Yoga Education	20	80	100
CC-202		Educational Technology & Methods of Teaching in Physical Education	20	80	100
CC-203		Health Education & Environmental Studies	20	80	100
CC-204		Physical Education, Fitness & Wellness	20	80	100
PC-201	PRACTICAL (400)	Proficiency in Games & Athletics: Football, Kabaddi, Long-Jump, Javelin	30	120	150
PC-202		Teaching & Coaching in Games & Athletics: Volleyball, Basketball, Football, Kabaddi, Sprints, Middle, Long Distance and Hurdles, Long-Jump, Javelin	40	160	200
PC-203		Proficiency in Indigenous Activities: Gymnastics, Freehand	20	40	50
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-II

Course Title: **Yoga Education**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-201**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Introduction

- History of Yoga
- Meaning and Definition of Yoga.
- Aims and Objectives of Yoga
- Need and Importance of Yoga in Physical Education and sports.

Unit –II: Yoga Education

- Meaning and scope of Yoga Education.
- Need and importance of Yoga Education.
- Difference between Yogic Practices and physical exercises.
- Competition in Yoga Asana.

Unit-III: Foundation of Yoga

- **Ashtang Yoga:** Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- **Yoga in Bhagavad-Gita:** Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga.

Unit- IV: Asanas

- Asanas- Padma Asana, Vajra Asana, Govemukh Asana, Hal Asana, Chakra Asana, Bujhang Asana, Dhanur Asana, Netraj Asana.
- Effect of Asanas and pranayama on various systems of the body.
- Bandhas, Mudras and its types.
- Kriyas and its types.

References:

- Brown,F.Y.(2000).How to use yoga. Delhi: Sports Publications.
- Gharote,M.L. & Ganguly,H.(1988). Teaching methods for yogic practices. Lonawala: Kaixydahmoe.
- Rajjan,S.M.(1985). Yoga strengthening of relaxation for sports man. New Dehli : Allied publishers.
- Shankar,G.(1998). Holistic approach of yoga. New Delhi: Aditya publishers
- Shekar,K.C.(2003). Yoga for Health.Delhi: Khel sahitya Kendra.

B. P. Ed Semester-II

Course Title: **Educational Technology & Methods of Teaching in Physical Education**

Course Code: **CC-202**

Maximum Marks: 80

Time allowed: 2:30 Hours

Minimum Pass Marks: 32

Internal: 20

Unit-I: Introduction

- Educational Technology- Meaning, Definitions, aims and objectives.
- Application of Educational Technology in the field of Physical Education.
- Types of Education- Formal, Informal and non- formal Education.
- Communication and its Types.

Unit –II: Teaching Technique

- **Teaching Methods-** Lecture method, command method, demonstration method, Imitation method, project method etc.
- **Teaching Procedure-** Whole method, Whole-part-whole method, Part-whole method.
- **Presentation technique-** Personal and technical preparation.
- Importance of Devices in Teaching.

Unit-III: Teaching Aids

- Meaning and Importance of Teaching Aids.
- Criteria for selecting teaching Aids.
- Types of Teaching Aids- Audio, visual, audio-visual aids.
- Team Teaching: Meaning, principles and advantages.

Unit- IV: Lesson Planning and Teaching Innovations

- Meaning and principles of lesson planning.
- Types of Lesson Plan- General and specific lesson Plan.
- Meaning, types and steps of Micro and Macro teaching.
- Meaning, types and steps of Simulation Teaching.

References:

- Bhardwaj,A.(2003).New media of educational planning. New Delhi: Sarup of sons. Bhatia, & Bhatia, (1959). The principles and methods of teaching, New Delhi: Doaba House.
- Kochar,S.K.(1982).Methods and Techniques of Teaching. New Delhi: Sterling publishers pvt. Ltd.
- Sampath,K., Pannirdselvam, A. & santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling publishers pvt.ltd.
- Walia,J.S.(1999). Principles and methods of education. Jullandhar : Paul Publishers

B. P. Ed Semester-II

Course Title: **Health Education**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-203**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Introduction

- Concept, Definitions of Health and Health Education.
- Aims and Objectives of Health Education.
- Principles of Health Education.
- First Aid, Basic life Support (BLS).

Unit –II: Health Related Diseases

- Define Infection, stages of spreading infection (incubation period, prodromal period, illness period and convalescent period).
- Communicable and non-communicable diseases.
- Introduction and prevention of following communicable diseases (Aids, T.B, Malaria, Flu and Cholera).
- Introduction and prevention of following non-communicable diseases (Heart disease, Diabetes and hypertension).

Unit-III: Nutrition

- Nutrition and types of Nutrition.
- Constituents of food.
- Balanced Diet.
- Malnutrition and Adulteration in food.

Unit- IV: School Health Services

- Personal and environmental hygiene for school.
- Care of skin, nails, eyes and teeth.
- Healthful school environment- school building, ventilation, light, seating arrangement, water supply, sanitary facility and play grounds.
- School periodical check-ups.

References:

- Agrawal,K.C.(2001). Environmental biology. Bilkaner : Nidhi publications ltd.
- Frank,H & Walter, H.(1976). Turners School health education. Saint Louis: The C.V.Mosby Company.
- Nemir,A.(n.d.).The School health Education. New York : Harber and Brothers.

B. P. Ed Semester-II

Course Title: **Fitness & Wellness**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-204**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Introduction

- Definitions, aims and objectives of fitness and wellness.
- Importance of fitness and wellness.
- Scope of fitness and wellness.
- Modern concept of physical fitness and wellness.

Unit –II: Fitness, wellness and Lifestyle

- Fitness- Types of fitness and components of fitness.
- Understanding of wellness.
- Modern lifestyle and hypo kinetic diseases- prevention and management.
- Physical activity and health benefits.

Unit-III: Principles of Exercise programme

- Meaning of fitness development-aerobic and anaerobic exercises.
- Exercises and Heart rate zones for various aerobic exercises intensities.
- Concept of free weight Vs machine, sets and repetition.
- Concept of designing different fitness training program for different age groups.

Unit- IV: Weight Management

- Definition of Over-weight and Obesity, concept of BMI.
- Factors contributing to excess body fat.
- Approaches to overcoming weight problems.
- Eating Disorder.

References:

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

B. P. Ed Semester-II

Course Title: **Proficiency in Games & Athletics:** (*Football, Kabaddi, Long-Jump, Javelin-Throw*)

Course Code: **PC-201**

Maximum Marks: 120

Minimum Pass Marks: 60

Time allowed 2 ½ Hours

Internal: 30

FOOTBALL

A. Teaching:

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

B. Teaching of Fundamental Skill:

- i. **Kicks-** Inside-Kick, Instep Kick, Inside-Instep Kick, Outer Instep Kick, Lofted Kick, Chip or Lob Shot, Low drive.
- ii. **Trapping-** Rolling the Ball, Trapping Bouncing Ball with Sole, Chest Trap, Thigh Trap, Shin Trap.
- iii. **Dribbling-** with Instep, Inside and outer Instep of the Foot.
- iv. **Heading-** From Standing, Running and Jumping.
- v. Throw In.
- vi. **Feinting-** with and without ball.
- vii. **Tackling-** Simple Tackling, Slide Tackling.
- viii. **Goal Keeping** - Collection of Balls, Ball Clearance- Kicking, Throwing and Deflecting.

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

KABADDI

A. Teaching:

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

B. Teaching of Fundamental Skill:

Skills in Raiding-

- i. Raid Mechanism – Raider Stepping, Cant, Crossing Baulk Line, Crossing the Bonus Line:
- ii. Hand Touch,
- iii. Toe Touch,
- iv. Sudden Leg Thrust,
- v. Squat Leg Thrust,
- vi. **Kicks-** Front, Side, Aero, Flying, Curve, Roll & Mule/Back Kick,
- vii. Pursuit.

Skills of Holding the Raider-

- i. Various Formations,
- ii. Block,
- iii. Chain Tackle.
- iv. Waist Hold.
- v. Ankle Hold.
- vi. Thigh Hold.
- vii. Diving Ankle Holds.
- viii. Bear Hug.
- ix. Wrist Catch.

C. Officiating:

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

D. Coaching & Training:

- i. **Tactics of Game-** Bringing the Antis into the Particular Position, escaping from the various Holds, Techniques of Escaping from the Chain Formation:
- ii. Catching Formations and Techniques
- iii. Strategies of the game,
- iv. Drills for various skills
- v. Practice of the skills.
- vi. Competitions.

LONG JUMPS

A. Teaching:

- i. History of the Event,
- ii. Marking,
- iii. Layout,
- iv. Rules of the Event.

B. Teaching of Fundamental Technique:

- i. Sailing/Floating Style,
- ii. Hanging Style,

- iii. Hitch Kick/Cycling Style,
- iv. **Phases** - Approach Run, Take-off, Flight & Landing.

C. Officiating:

- i. Officials/Judges,
- ii. Duties of Officials/Judges,
- iii. Score sheets and ceremony.

D. Coaching & Training:

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

JAVELIN THROW

A. Teaching:

- i. History of the Event,
- ii. Marking,
- iii. Layout & Equipment's,
- iv. Rules of the Event.

B. Teaching of Fundamental Technique:

Method of hold or the Grip-

- i. Fore finger method (American Grip)
- ii. Central finger method (Finish Grip)
- iii. Finland Grip

Carrying Techniques-

- i. Over the Head,
- ii. Side Arm

Executing Techniques-

- i. Approach Run,
- ii. Check Marks
- iii. Transitional Strides,
- iv. Impulse Strides,
- v. Delivery Strides,
- vi. Release & Recovery.

C. Officiating:

- i. Officials/Judges,
- ii. Duties of Officials/Judges,
- iii. Score sheets & Ceremony.

D. Coaching & Training:

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

Reference:

Football:

- Football-skills and techniques, Dr. N.P. Sharma, 2016.
- Football- Skills and rules, Arun Kumar Tyagi, 2018.
- Play and learn Football, N. Kumar, 2016.
- Manual of playing field, Dr. Jain, 2018.
- Soccer, Dr. N.P Sharma, 2007.
- IFAB, Laws of the game, 2020-21

Kabaddi:

- Kabaddi- Dr. S. Chandra Mishra,
- Pro-Kabaddi- Dr. Michale Kishore,
- Kabaddi by Nature, Vivek Chaudhary,
- Sports & Games Rules & Regulations, Pankaj Vivek Pathak.

Long-Jump:

- Long-jump: Track and Field Athletics Sports High Triple Jumping- Leon Ochoa,
- Kinematical Analysis of Hang Style Technique in Long-jump- T Onima Reddy,
- Angular Momentum and Landing Efficiency in Long-Jump- Bouchouras, G. Moscha, D. Papaiakevou, G. Nikodelis, T. & Kollais (2009),
- Analysis of Long-Jump Technoique in the Transition from Approach to Take-Off Based in Time- Jaitner, T.T, Mendoza, L.L & Schoellhorn, W.I (2001),
- Long-Jump (Track & Field) in The Biomechanics of Sports Techniques- Hay, J. G (1993).

Javelin-Throw:

- Complete Book of Throws- Jay Silvester,
- The Javelin Thrower, Paolo Volponi,
- Javelin Throwing- Carl Johnson & Wilf Paish,
- The Throws Manual, George D. Dun,
- Teach Yourself Javelin Throw- Dr. A. K Shrivastav.

Maximum Marks: 160

Minimum Pass Marks: 80

Internal: 40

- i. Preparation of Lesson,
- ii. Use of Teaching Aids,
- iii. Technical Preparation,
- iv. Personal Preparation.
- v. Presentation.
- vi. Command and Control.

- i. Game Lessons (04),
- ii. Athletic Lessons (04),
- iii. General Lessons (02).

- i. Game Lessons (04),
- ii. Athletic Lessons (04),
- iii. General Lessons (02).

Page 10 of 12

B. P. Ed Semester-II

Course Title: **Proficiency in Indigenous Activities:** (*Gymnastics & Freehand*)

Course Code: **PC-203**

Maximum Marks: 40

Minimum Pass Marks: 20

Time allowed 2 ½ Hours

Internal: 10

GYMNASTICS: FLOOR EXERCISE

- i. ***Rolls-*** Forward, Backward, Chest, Side-arm, Knee, Tuck position forward roll, Neck, Ankle, Jump & roll, Double, Rolls in Two, Dive & Roll,
- ii. ***Standing Position-*** Long Reach, Heal Click, Lung Forward, Hip-Firm, Knees Bending- Half, Full (Deep), Arms Bending- Forward, Upwards, Vertical, Side Horizontal, Raising Backwards, Raising on Toes, Sidewards, Backwards & Hand Spring-back, forward,
- iii. ***Sitting Position-*** Front Leaning-Prone Support, Back Leaning, Half Kneeling, V Seat & Kneeling on both Knees,
- iv. ***Balancing-*** V Balance, Frog Balance, Aeroplane Balance, T Balance, Hand Stand & Back Bend,
- v. ***Jumping Exercises-*** Summersault, Straight Jump, Vaulting Horse, Backward Summersault,
- vi. ***Different Kinds of Scales-*** Back-hand, Leg Split, Bridge, Dancing Steps, Cartwheel, Headstand, Hand Splitting, Single Leg Circle, Jumps-Leap, Scissors Leap.
- vii. ***Parallel & Horizontal Bars-***

Parallel Bars- *Basic Position:* Straight Arm Support, Bent Arm Support, Straddle Seat, Shoulder Stand & Fore Arm Support,

Exercises: Swinging in Support, Straddle Travel, Front Dismount, Rise from Fore Arm, J Support, Shoulder Roll, Rear Dismount at the end of Bar & Simple combination.

Horizontal Bars- *Basic Position:* Simple Stand, Front Support, Knee Hang, Picked Inverted Hang, Various Grasps, Over, under and combined etc. & Back Support.

Exercises: Simple Swing, Cast to Swing, Upward Circle, Hip Circle, Stien the Cat, Rear Dismount, Knee and Split Circle & Simple Combination.

Vaulting Horse: Sequential stages i.e., the run, the take-off, the flight, and the landing, Staddle vault, Cat Spring, Squat Vault, Stop Vault, Head Spring, Neck Spring,

Gymnastics for Women- Tumbling and Floor Exercise, Balancing Beam. Uneven Bars, Vaulting Horse.

FREE-HAND (Mass PT)

- i. Standing Table: 08 Exercises
- ii. Standing Table with Jump: 08 Exercises,
- iii. Sitting Table: 08 Exercises,
- iv. Moving and Combination of all the above.

Reference:

Gymnastics:

- Gymnastics Books for All Ages- Karina Glaser,
- The Flip Side- Shawn Johnson and A.L. Sonnichsen,
- Tumbling, Caela Carter,
- Exercising for Long Term, Dahlia Rose,
- Courage to Soar: A Body in Motion, A Life in Balance-Simone Biles , Mary Lou Retton