

‘SCHEME OF EXAMINATION’

Bachelor of Physical Education Semester-III

Paper	Subject		Internal	External	Total Marks
CC-301	THEORY (400)	Camping & Recreation	20	80	100
CC-302		Computer Application in Physical Education	20	80	100
CC-303		Foundation of Physical Education	20	80	100
CC-304		Sports Medicine, Physiotherapy & Rehabilitation	20	80	100
PC-301	PRACTICAL (400)	Proficiency in Games: Kho-Kho, Handball	30	120	150
PC-302		Proficiency in Athletics: Shot-Put, Relays	30	120	150
PC-303		Proficiency in Indigenous Activities: Yoga, Dumbbells, Wands	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-III

Course Title: **Camping & Recreation**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-301**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Camping

- Meaning, Aim and Importance of Camping in Physical Education.
- Selection and Layout of Camp Site.
- Objectives of Camping and outdoor activities.
- Different methods of Evaluating Camp work and Camp activities.

Unit –II: Camp Organization

- Types of Camps:
 - Government Camp.
 - Semi Government Camp.
 - Agency or Institutional Camps.
 - Private or Commercial Camps.
- Type of Camp Organization
 - Residential Camps.
 - Day Camps.
 - Special Interest Camps.
 - Trip Camps.
 - Pioneer Camps.

Unit-III: Recreation

- Meaning, Definition and Characteristics of Recreation.
- Importance of Recreation.
- Agencies providing Recreation.
- Difference between work, leisure and play.

Unit- IV: Adventure Sports

- Meaning of Adventure Sports.
- Difference between Normal and Adventure Sports.
- Mountaineering and Rock Climbing- Meaning and its Advantages.
- Places of Mountaineering and Rock Climbing in India.

References:

- J. S. Shivers, Introductio to Recreational Serrvices Adminstration,
- H. Dan Corbin, Recreational Programme & Leadership,
- J. S. Shivers, Camping Organisation & Operation,
- David Auxter Jean Pyfer, Principles & Methods of Adopted Physical Educational Recreation,
- Richad Kraus, Recreation & Leisures in Modern Society

B. P. Ed Semester-III

Course Title: **Computer Application in Physical Education**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-302**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Introduction to Computer

- Meaning, Need and Importance of Information and Communication Technology.
- Application of Computers in Physical Education.
- Components of Computer,
- Application software's used in Physical Education and Sports

Unit –II: MS Word

- Introduction to MS Word.
- Creating, Saving and Opening a document.
- Formatting & Editing Features, Drawing and Editing Tables.
- Page Setup, Header and Footer, Page Number/Footnote and end note.

Unit-III: MS Excel

- Introduction to MS Excel
- Creating, Saving and Opening Spreadsheet.
- Formulas in MS Excel.
- Format and Editing features, Adjusting columns, Width and Row height, Understanding Charts.

Unit- IV: MS Power Point

- Introduction to Power Point.
- Creating, Saving and Opening a PPT, File
- Formatting And editing features, Slide Show, Design, Inserting Slide Number, Picture Graph Table.
- Views

References:

- Irtegov,D.(2004).Operating System Fundamentals. Firewall Media.
- Marilyn,M. & Roberta, B. (n.d.).Computers in your future.2nd ed., India : Prentice Hall.
- Milke,M.(2007).Absolute Beginners Guide to Computer Basics. Pearson Education Asia.
- Sinha,P.K. & Sinha,P.(n.d.) Computer Fundamentals.4th Edition, BPB Publications.

B. P. ED Semester-III

Course Title: **Foundation of Physical Education**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-303**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Biological Principles of Physical Education

- Growth and Development.
- General Characteristics of Growth and Development.
- Various Stages of Growth and Development.
- Types and nature of individual Differences, factors responsible- Heredity and Environment.

Unit –II: Psychological Principles of Physical Education

- Meaning, Definitions and Importance of Sports Psychology.
- Learning, Laws of Learning.
- Principles of Learning.
- Transfer of Training.

Unit-III: Philosophical Basis of Physical Education

- Idealism
- Pragmatism
- Naturalism
- Realism

Unit- IV: Sociological Basis of Physical Education

- Physical Education and sports as a social Institution and their influence on Society.
- Leadership Through Physical Education.
- Competition and Co-operation.
- Games and sports as a cultural Heritage of mankind.

References:

- Bucher,C.A.(n.d.) Foundation of Physical Education.
- St.Louisn : The C.V. Mosby Co.
- Deshpande,S.H.
- Adams, William. C, Foundation of Physical Education Exercises & Sports Sciences, Philadelphia
- M. L Kamlesh, Foundation of Physical Education – New Delhi Metropolitan Book

B. P. ED Semester-III

Course Title: **Sports Medicine, Physiotherapy & Rehabilitation**

Course Code: **CC-304**

Maximum Marks: 80

Time allowed: 2:30 Hours

Minimum Pass Marks: 32

Internal: 20

Unit-I: Sports Medicine

- Meaning, Definition and Importance of Sports Medicine.
- Athletes care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- Common Sports Injuries- Causes and Treatment: Laceration, Blisters, Contusion, Strain, Sprain and Cramps.
- Causes and Treatment of Fracture and Dislocation.

Unit –II: Physiotherapy and Electrotherapy

- Definition and Importance of physiotherapy.
- Sports Physiotherapy and its role.
- Introduction and Demonstration of- Infra Red Rays and Ultra Violet Rays.
- Introduction and Demonstration of- Short Wave Diathermy and Ultrasonic Rays.

Unit-III: Hydrotherapy and Massage

- Definition and Importance of Hydrotherapy.
- Introduction and Demonstration of Cryotherapy, Contrast Bath, Whirl pool bath, Steam bath and Sauna Bath.
- Massage and its types.
- Physiological effects of Massage.

Unit- IV: Therapeutic Exercises

- Definition and scope of Therapeutic Exercises.
- Principles of Therapeutic Exercises.
- Effects and uses of Therapeutic Exercises:
 - Passive movements (Relaxed, Forced and passive- stretching).
 - Active Movements (Concentric, Eccentric and static).
- Application of the Therapeutic Exercises: Shoulder, Wrist, Knee and Ankle.

References:

- Christine, M.D., (1999). Physiology of Sports and Exercise. USA: Human Kinetics.
- Conley, M. (2000).
- Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds), Essentials of strength training and conditioning (pp.73-90). Champaign, IL:
- Human Kinetics. David, R.M. (2005). Drugs in Sports, (4th Ed.) Routledge Taylor and Francis Group.
- Hunter, M.D. (1979).
- A Dictionary for Physical Education. In H.M. Borrow & R. McGee, (Eds.),
- A Practical approach to measurement in Physical Education (pp.573-74). Philadelphia : Lea & Faber.
- Jayaprakash, C.S. (2003). Sports Medicine, J.P. Brothers, New Delhi.
- Khanna, G.L., (1990). Exercise physiology & Sports medicine. Delhi: Lucky Enterprises.
- Pandey, P.K. (1987). Outline of Sports Medicine. New Delhi: J.P. Brothers Pub.
- Williams, J.G.P. (1962). Sports Medicine. London: Edward Arnold Ltd.

B. P. Ed Semester-III

Course Title: **Proficiency in Games:** (*Kho-Kho, Handball*)

Course Code: **PC-301**

Maximum Marks: 120

Minimum Pass Marks: 60

Time allowed 2 ½ Hours

Internal: 30

KHO-KHO

A. Teaching:

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

B. Teaching of Fundamental Skill:

Chasing and Running Skills-

- i. ***Sitting in the Square-*** Bunch or Bullet Method, Parallel Method
- ii. Correct Kho.
- iii. Simple Kho,
- iv. Late Kho,
- v. Advance Kho,
- vi. Early Kho,
- vii. Fake Kho,
- viii. Abrupt Kho,
- ix. Moving on the Lanes.
- x. Pursuing the Runner.
- xi. Tapping on the Pole.
- xii. ***Leaving the square-*** Monkey or Frog Style- Standing Style, Combination of both,
- xiii. Chasing,
- xiv. Tapping,
- xv. Touching the foot with left and right hand,
- xvi. ***Diving-*** Spot Dive, Running Dive, Pole Dive, Tapping on the pole, Turning on the pole.
- xvii. ***Chain System-*** Simple Chain System, Double Chain System
- xviii. ***Ring Play-*** Short ring, Medium Ring, Long Ring.

C. Officiating:

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

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.

HANDBALL

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, Over-Head Pass, Side-arm Pass, Round-arm Pass, Hook Pass, Dodge Pass, Bounce Pass, Fake Pass, Running Pass, Wrist Pass, Back-Hand Pass, Pass from the Stationary Position, Lob Pass, Short Pass, Medium Pass, Long Pass & Jump Pass,
- ii. **Dribbling**: Low, Middle & High,
- iii. **Shooting**- Over-arm One Hand, Under-arm One Hand, Jump Shoot, Bounce Shoot, Fake Shoot, Corner Shoot & Dive Shoot,
- iv. **Defending**- Side-to-Side, Intercepting the Ball, Blocking, Jumping, Running, Running-Backward, Stopping, Changing Direction,
- v. **Faking**- Ball Fake- Fake Pass, Fake Shoot; Body Fake- Without Ball, With Ball,
- vi. **Goal Keeping**- Offensive Skill & Defensive Skill.

C. Officiating:

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

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.

References:

Kho-Kho:

- How to Play Kho-Kho- Navel Kishore,
- Kho-Kho- N Gangadhar Reddy,
- Learn to play Kabaddi & Kho-Kho- Kavita,
- Kho-Kho- Dr. Ajay Vasantroa Gulhane & Dr. Amit Arjun,
- Kho-Kho – Dr. Amit Arjun Buddhé

Handball:

- Handball Book - Peter Tyson, Jim Turman,
- Skills & Rules Handball- Arti Saroha,
- How to play Handball- Deepak Jain,
- Handball- Dr. Sudhir Kumar Sharma,
- Handball- N Gangadhar Reddy,
- Basics of Team Handball- Sukhbir Singh

B. P. Ed Semester-III

Course Title: **Proficiency in Athletics:** (*Shot-Put, Relays*)

Course Code: **PC-302**

Maximum Marks: 120

Minimum Pass Marks: 60

Time allowed 2 ½ Hours

Internal: 30

Shot-Put

A. Teaching:

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

B. Teaching of Fundamental Technique:

- i. ***Orthodox Technique-*** Hand Hold & Placement of the shot, The Initial Stance, The leg Swing, The shift, Delivery/Power Position, Release and Recovery.
- ii. ***Parry O 'Brien Technique-*** Hand Hold & Placement of the shot, initial Stance, Dip, Shift across the circle, Low Kick of the right leg towards the throwing sector, A forceful extension of the right leg, Turning/Shifting of body position, The delivery, The release and the recovery.
- iii. ***Disco Put Technique-*** Hand hold, Placement of the shot, The Initial stance, Shift Across the Circle, 1 and 1/2 Rotation, the delivery, the release and the recovery.

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

RELAYS

A. Teaching:

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

B. Teaching of Fundamental Technique:

- i. Starting Technique
- ii. Baton Grasp,
- iii. Technique of Baton passing- same hand pass, the alternate hand pass,
- iv. Styles of Arm- Hand positions,
- v. ***Method of Exchange-*** Visual pass, Non-Visual pass,
- vi. Overhand Pass,
- vii. Underhand pass.

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

References:

Shot-put:

- How to play Shot-put- Shahid Saleem Qureshi,
- Shot-put – Frank Ryan,
- Practical Coaching by Techniques for Shot-put – Ted McLaughlin,
- 101 Shot-Put Drills- Rob Lasorsa,
- Shot-put: A Simple Guide to Training- Dane Miller

Relays:

- Relay Race Break-down- Jake Maddox,
- Middle Distances and Relay Tactics- Thomas Carlsson,
- Youth Track & Field On-Track Event Drills, Strategies & Games- Bob Swope,
- The Relay 2nd Edition- Duane V. Grassell,
- An Introduction to the Track Relay- Sean Donnelly.

B. P. Ed Semester-III

Course Title: **Proficiency in Indigenous Activities:** (Yoga, Dumbbells, Wands)

Course Code: **PC-303**

Maximum Marks: 40

Minimum Pass Marks: 20

Time allowed 2 ½ Hours

Internal: 10

YOGA

A. Teaching:

- i. **Introduction of Yoga**
- ii. **General Directions**
- iii. **Sitting Position:**
 - a. Padmasana (Lotus Pose),
 - b. Sukhasana (Tailor Pose),
 - c. Paschimottasana (Forward Bend Pose),
 - d. Vajrasana (Thunderbolt Pose),
 - e. Gouemukasana (Cow Head Pose).
- iv. **Supine Position: (Laying on Back in Sleeping Position)**
 - a. Shavasana (Dead Pose)
 - b. Sarvangasana (Shoulder Stand)
 - c. Halasana (Plough Pose)
 - d. Chakrasana (Wheel Pose)
- v. **Prone Position: (Laying on abdomen in Sleeping Position)**
 - a. Makrasana (Crocodile Pose)
 - b. Bhinyangasana (Cobra Pose)
 - c. Shalabhasana (Locust Pose)
 - d. Noukasana (Boat Pose)
 - e. Dhanurasana (Bow Pose)
- vi. **Standing Position:**
 - a. Trikonasana (Triangle Pose)
 - b. Veerasana (Warrior Pose)
 - c. Suriya Namashkar (Sun Salute)

Dumbbells/Wands

- i. Apparatus/Light Apparatus Grip,
- ii. Attention with Apparatus/ Light Apparatus,
- iii. Stand-at-Ease with Apparatus/Light Apparatus,
- iv. Exercise with Verbal Command, Drum, Whistle and Music-Two Count, Four Count, Eight Count and Sixteen Count,
- v. Standing Exercise,
- vi. Jumping Exercise,
- vii. Moving Exercise,
- viii. Combination of above all.

References:

Yoga:

- The Complete Book of Yoga, Swami Vivekanand,
- Yoga Stress Management- Acharaya Yatendra,
- The Light on Yoga: The Classic Guide to Yoga by World Foremost Authority- B. K. S Iyengar,
- Yoga Anatomy- Leslie Kaminoff & Amy Mathews,
- Asana Pranayama Mudra Bandha- Swami Satyananda Saraswati,
- Yoga Body Anatomy: Insights to Muscular Movement- Dr. Shashirekha C. K,
- Yoga for Everyone: A Step-by-Step Illustrated Guide to Iyengar Yoga- B. K. S Iyengar.