

‘SCHEME OF EXAMINATION’

Bachelor of Physical Education Semester-IV

Paper	Subject		Internal	External	Total Marks
CC-401	THEORY (400)	Sports Training	20	80	100
CC-402		Kinesiology and Biomechanics	20	80	100
CC-403		Measurement & Evaluation in Physical Education	20	80	100
CC-404		Supervision in Physical Education & Sports	20	80	100
PC-401	PRACTICAL (400)	Proficiency in Games & Athletics: Hockey, Badminton, High-Jump, Discus	30	120	150
PC-402		Teaching & Coaching in Games & Athletics: Kho-Kho, Handball, Hockey, Badminton, Shot-Put, Relays, High-Jump, Discus	40	160	200
PC-403		Proficiency in Indigenous Activities: Lazium, Pyramid	10	40	500
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-IV

Course Title: **Sports Training**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-401**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Introduction

- Meaning and Definition of Sports Training.
- Aim and Objective of Sports Training.
- Characteristics of Sports Training.
- Principles of Sports Training.

Unit –II: Training Components

- Strength- Meaning and Methods of Strength Development.
- Speed- Meaning and Methods of Speed Development.
- Endurance- Meaning and Methods of Endurance Development.
- Flexibility- Meaning and Methods of Flexibility Development.

Unit-III: Training Methods

- Circuit Training.
- Weight Training.
- Interval Training.
- Fartlek Training.

Unit- IV: Training Programming and Planning

- Planning- Meaning and Importance.
- Principles of Planning.
- Types of Training Plans- Training Conception, Yearly Plan, Meso-Cycle Plan, Micro-Cycle Plan and Macro-Cycle Plan.
- Planning Programme- Training Session plan, Weekly plan and monthly plan.

References:

- Dick,W.F.(1980).Sports Training Principles. London: Lepus Books.
- Harre,D.(1982).Principles of Sports Training. Berlin: Sporulated.
- Jensen,R.C., & Fisher,A.G.(1979).Scientific basis of athletic conditioning. Philadelphia: Lea and Fiber,2nd Ed.
- Mathew,L.P.(1981).Fundamentals of Sports Training. Moscow: Progress Publishers.
- Singh,H.(1984).Sports Training, general theory and methods. Patials: NSNIS.
- Uppal,A.K.,(1999).Sports Training. New Delhi: Friends Publication.

B. P. Ed Semester-IV

Course Title: **Kinesiology & Biomechanics**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-402**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Introduction to Kinesiology and sports Biomechanics

- Historical Development of Kinesiology and Biomechanics in the field of Games and sports.
- Meaning and Definition of Kinesiology and Sports Biomechanics.
- Importance of Kinesiology and sports Biomechanics in the field of Physical Education and sports.
- Terminology of Fundamental Movements.

Unit –II: Kinematics

- Linear- Distance and Displacement.
- Speed, Velocity and Acceleration.
- Angular- Distance and Displacement.
- Speed, Velocity and Acceleration.

Unit-III: Kinetics

- Inertia, Mass and Momentum.
- Friction Types and Importance
- Moment of Inertia, Couple and Stability.
- Centre of Gravity, Equilibrium and Line of Gravity.

Unit- IV: Mechanical Concepts

- Force- Meaning, Definition types and its implication to sports activities.
- Lever- Meaning, Definition, types and its application to Human body.
- Motion and types of Motion.
- Newtons Laws of Motion and its application to sports.

References:

- Bunn, J.W. (1972). Scientific principle of coaching. Eaglewood Cliffs: N.J. Prentice Hall Inc.
- Hay, J.G. & Reid, J.G. (1982). The anatomical and mechanical basis of human motion. Eaglewood Cliffs: N.J. Prentice Hall Inc.
- Hay, J.G. & Reid, J.G. (1988). Anatomy, Mechanics and Human Motion. Eaglewood Cliffs: N.J. Prentice Hall Inc.
- Hay, J.G. (1970). The biomechanics of sports techniques, Eaglewood Cliffs : N.J. Prentice Hall Inc.
- Simonian, C. (1911). Fundamentals of Sport biomechanics. Eaglewood Cliffs: N.J. Prentice Hall Inc.

B. P. Ed Semester-IV

Course Title: **Measurement & Evaluation in Physical Education** Course Code: **CC-403**

Maximum Marks: 80

Time allowed: 2:30 Hours

Minimum Pass Marks: 32

Internal: 20

Unit-I: Introduction to Test and Measurement and Evaluation

- Meaning of Test and Measurement and Evaluation in Physical Education.
- Need and Importance of Test and Measurement and Evaluation in Physical Education.
- Principles of Evaluation.
- Modern Techniques in Physical Education Measurements.

Unit –II: Criteria: Classification and Administration of test

- Criteria of good test.
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms).
- Types and classification of tests.
- Administration of test, advance preparation-Duties during testing-Duties after testing.

Unit-III: Physical Fitness Tests

- AAHPER Youth Fitness Test.
- National Physical Fitness Test.
- Indiana Motor Fitness Test.
- JCR Test.

Unit- IV: Sports Skill Tests

- Johnson Basketball Test
- McDonald Soccer Test.
- S.A.I Volleyball Test.
- S.A.I Hockey Test

References:

- Bangsbo,J.(199). Fitness Training in Football: A Scientific approach.Bagsvaerd, Denmark : Hostrom.
- Kansal,D.K.(1996). Test and Measurement in Physical Education.New Delhi: D.V.S.Publications.
- Mathews,D.K. (1973).Measurement in Physical Education. Philadelphia: W.B.Sounders Company
- Pheasnt,S.(1996). Body Space: anthropometry, Ergonomics and design of work. Taylor & Francis, New York.
- Philiphs,D.A., & Hornak,J.E. (1979). Measurement and Evaluation in Physical Education. New York: John Wiley and Sons.

- Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and Selection of Sports-a Kin-anthropometric Study*. Patiala : Punjab Publishing House.

B. P. Ed Semester-IV

Course Title: **Supervision in Physical Education & Sports**

Maximum Marks: 80

Minimum Pass Marks: 32

Course Code: **CC-404**

Time allowed: 2:30 Hours

Internal: 20

Unit-I: Introduction

- Meaning, Definitions and Scope of Supervision,
- Modern concept of Supervision, how it differs from Inspection.
- Factors influencing Supervision.
- Guiding Principles of Supervision.

Unit –II: Functions of Supervision

- Major Functions of Supervision.
- Qualities and Qualifications of Good Supervisor.
- Duties pertaining to Supervision and Administration.
- Duties pertaining to Facilities, Equipment and Supply.

Unit-III: Methods in Supervision

- Visitation: Purpose, types, planning the visitation programme.
- Conferences: Individual and group Conferences, situation requiring conferences, planning of conferences, conducting of conferences and record of meeting.
- Demonstration: Meaning and purpose of Demonstration. Advantages and Disadvantages of Demonstration.
- Bulletins: Meaning, advantages and limitation of Bulletin.

Unit- IV: Curriculum and Evaluation

- Meaning and factors influencing the Physical Education Curriculum.
- Principles of Curriculum Development.
- Meaning and purpose of Evaluation.
- Types of Evaluation.

References:

- Bhatnagar & Kamlesh, *Educational Supervision*,
- Cassidy R, *Curriculum Development in Physical Education*,
- James Hary Humphrey, *Principles & Techniques of Supervision in Physical Education*,
- Lynda E, Randall, *Systematic Supervision for Physical Education*, Human Kinetics Publication,
- Micheal W. Metzler, *Introductory Supervision of Physical Education*, Human Kinetics

B. P. Ed Semester-IV

Course Title: **Proficiency in Games & Athletics:** (Hockey, Badminton, High-Jump, Discus)

Course Code: **PC-401**

Maximum Marks: 120

Minimum Pass Marks: 60

Time allowed 2 ½ Hours

Internal: 30

HOCKEY

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. Holding of Hockey Stick,
- ii. Straight Hit,
- iii. Stopping,
- iv. Push pass/Sweep Pass,
- v. Flick,
- vi. Scoop,
- vii. Dribble
- viii. ***Passing-*** Forward Pass, Back Pass, Diagonal Pass,
- ix. Reverse Hit,
- x. Turn Round and Hit,
- xi. Corner, Penalty corner,
- xii. Penalty Stroke,
- xiii. Tackle.

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. Goal Keeping- Hand Defence Foot defence.
- v. Positional Play in Attack and Defence.
- vi. Game planning,
- vii. Efficiency of skills through Drills,
- viii. Practice of the skills.
- ix. Competition of the game.

BADMINTON

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. ***Holding the Racket/Grip***- Fore-hand Grip, Back Hand Grip,
- ii. Holding the Shuttle Cock,
- iii. ***Foot Work for various Strokes***- Basic Stroke, Forehand Stroke, Back hand Stroke, Over-head Stroke, Round the Head Stroke,
- iv. ***Strokes/Shots***- Lob Toss or Clear, Drop Shot, Drive Shot, Net Shot, Smash.
- v. ***Service***- Short Serve, Long Serve and Flick Service,

C. Officiating:

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

D. Coaching & Training:

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

HIGH-JUMP

A. Teaching:

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

B. Teaching of Fundamental Technique:

- i. ***Scissor Cut***- The Approach, Addressing the bar, Take-Off, the bar Clearance & Landing,
- ii. ***Straddle/Western Roll*** - Approach Run, Addressing the bar, Take-Off, Clearance over the Bar & Landing,
- iii. ***Fosbury Flop***- Approach Run, Addressing the bar Take-Off, Clearance over the Bar & Landing.

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 Techniques,
- iv. Competitions.

DISCUSS

A. Teaching:

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

B. Teaching of Fundamental Technique:

- i. ***Standing Throw***- Holding the Discuss/Grip, Initial Stance, Preliminary Swing, Executing, Release & Recovery.
- i. ***Rotatory Throw***- The Hold, Initial Stance, The Preliminary Swings, Body Rotation or Turn, Delivery (Execution), The Release and Recovery.

C. Officiating:

- ii. Officials/Judges, Positioning of players,
- iii. Game planning,
- iv. Efficiency of skills through Drills,
- v. Practice of the skills.
- vi. Competition of the game
- vii. Duties of Officials/Judges,
- viii. Score sheets & Ceremony.

D. Coaching & Training:

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

References:

Hockey:

- Hockey: The Skills of the Game- John Cadman,
- Indian Hockey- Ramesh Tiger,
- Field Hockey: Steps to Success- Elizabeth Ander & Sue Myers,
- The Hockey Drill Book- Dave Chambers,
- Hockey Plays and Strategies Paperback –Ryan Walter & Mike Johnston.

Badminton:

- Downey, Jake (1982), Better Badminton for All, Pelham Books,
- Grice, Tony (2008), Badminton: Steps to Success, Human Kinetics,
- Guillain, Jean-Yves (2004), Badminton: An Illustrated History,
- Kim, Wangdo (2002), An Analysis of the Biomechanics of Arm Movement During a Badminton Smash,
- Badminton Handbook (Meyer & Meyer Sport)-Bernd-Volker Brahms,
- Badminton, George Thomas,
- Badminton: Steps to Success- Tony Grice.

High-Jump:

- The Gods of Eden and Operation High Jump-Moshe Mazin,
- The High Jump Book - David E. Martin,
- 101 High Jump Drills -Cliff Rovelto,
- High Jump- Frank W Dick.

Discuss:

- Complete Book of Throws -Jay Silvester,
- Discuss Throwing- Jones, Max,
- The Throws Manual - George D. Dunn,
- Handbook on Athletic Perfection - Wes Neal,
- Reebok Handbook of Indian Athletics – Ranjit Bhatia

B. P. Ed Semester-IV

Course Title: **Teaching & Coaching in Games & Athletics:** (*Kho-Kho, Handball, Hockey, Badminton, Shot-Put, Relays, High-Jump, Discus*)

Course Code: **PC-402**

Maximum Marks: 160

Minimum Pass Marks: 80

Time allowed 2 ½ Hours

Internal: 40

A. Teaching:

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

B. Internal Teaching Practice:

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

C. External Teaching:

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

Note:

The Teaching should include all the Games, Athletics events & Indigenous activities studied from Semester-I to Semester-IV.

B. P. Ed Semester-IV

Course Title: **Proficiency in Indigenous Activities:** (*Lazium, Rhythmics Exercise*)

Course Code: **PC-203**

Maximum Marks: 40

Minimum Pass Marks: 20

Time allowed 2 ½ Hours

Internal: 10

LAZIUM

- i. Lazium Skundh,
- ii. Lazium Pakad,
- iii. Lazium K liyay Hushyar,
- iv. Char-Awaz,
- v. Aath Awaz,
- vi. Aath Awaz, Agay Pawoon,
- vii. Aath Awaz Pichay Pawoon,
- viii. Aath Awaz Aagay Pawoon Aadhi Baithak,
- ix. Aath Awaz Pichay Pawoon Aadhi Baithak,
- x. Aath Awaz Aagay Pawoon Puree Baithak,
- xi. Aath Awaz Pichay Pawoon Puree Baithak,

RHYTHMICS EXERCISE

- i. Simple Rhythmic Movement,
- ii. Walk, Run, Leap, Hop, Jump, Skip, Slide Gallop,
- iii. Stop, Hop, Step, Hop,
- iv. Run 4 Steps, Walk 4 Steps,
- v. Hop on Right Foot 4 Times, Hop on Left Foot 4 Times,
- vi. Hop 4 Times in Place, Hop Forward 4 Times,
- vii. Left Foot Step, Hop Slide to the Left,
- viii. Right Foot Step Hop, Slide the Right