

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)

Course Objectives:

1. To prepare professionally qualified teachers in physical education for secondary school education.
2. To prepare professionally trained professionals for clubs, gyms, fitness centers etc.
3. To prepare competent, committed & willing to perform professionals.
4. To teach effective & efficient competency & skills required for professional growth of the prospective teachers.
5. To train teachers in modern technology as well as trends in Health, Wellness, Fitness and Personality Development.
6. To inculcate rational thinking & to develop scientific temperament among the prospective teachers.
7. To be able to use organizational, administrative & managerial skills in the field practical field.

Bachelor of Physical Education and Sports shall be of three academic years consisting six semesters. It shall contain 30 courses in all. A brief description of each course along with code, title, marks, duration of exam etc. is given below:

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Semester -I							
S.No.	Course Code	Course Title	Hours Per Week	Total Credits	Maximum Marks		
					Internal Marks	External Marks	Total Marks
PART –A (THEORY)							
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
PART –B (SKILL PROFICIENCY/PRACTICAL)							
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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- 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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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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Semester -III							
S.No.	Course Code	Course Title	Hours Per Week	Total Credits	Maximum Marks		
					Internal Marks	External Marks	Total Marks
PART –A (THEORY)							
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
PART –B (SKILL PROFICIENCY/PRACTICAL)							
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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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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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	Games-Specialization and officiating- 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 1st 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 Physical fitness certificate issued by MSM Institute of Ayurveda, BPSMV is mandatory before admission.</p>	50	Entrance Test	English/ Hindi	Rs. 7000/- per annum (Rs. 3000/- will be charged extra in the 3 rd year camp fee)

Faculty

Sr. no.	Name	Designation	Educational Qualification
1.	Dr. Suman Dalal	Dean, Faculty of Phy. Edu.	Ph.D
2.	Prof.(Dr.) Santosh Sharma	Visiting Prof. & I/C Phy. Edu.	Ph.D
3.	Smt. Krishna Rathee	Associate Prof.	M.P.Ed
4.	Dr. Yogesh Chander	Assistant Prof.	Ph.D
5.	Dr. Sanjeet Malik	DPE	Ph.D
6.	Mrs. Mukesh	T.A	M.P.Ed(NET. JRF)
7.	Ms. Sanesh Kumari	T.A	M.P.Ed (NET)

**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

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

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b) For candidates

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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

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b) For candidates

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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

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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

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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

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

Max Marks: 100

External Theory: 80
Internal Assessment: 20

B.P.E.S – Second Semester

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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**

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

Max Marks: 100

External Theory: 80

Internal Assessment: 20**B.P.E.S – Third Semester**

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b) For candidates

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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**

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 fo 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 Lonon: Her Majesty’s Stationery office 1969.**
- **Stack, Harbet J. Duke Elkow Education for sade Living : Englowood 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

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, Extra-murals 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

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, Fartlak 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**

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

Max Marks: 100

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

B.P.E.S – Third Semester

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 keens, 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 Grautids Book co., 1977
- Deiels, L. and Worthinghan, 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

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

B.P.E.S – Fifth Semester
Time: 3 Hour

Max Marks: 100

External Theory: 80
Internal Assessment: 20

B.P.E.S – Fifth Semester

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

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, Tipe 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 Structure And Scheme of Examination (w.e.f. July 2016)

Passing marks will be 40 % in internal and external papers.

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 **Amenorrhoea:** 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.
- Antoonio, 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

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

Max Marks: 100

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

B.P.E.S – Sixth Semester

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 periodization, importance of periodization single, double and triple, periodization, long term and 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**

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

Max Marks: 100

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

B.P.E.S – Sixth Semester

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

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.

