

HINN CHOKI - 58
Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Scheme of Examination for the 1st Semester:

Total Credits- 22

Sr. No.	Course code	Course Type	Course Title	Workload			Credits	Division		
				L	P	T		Internal	External	Total
1.	BPES-101	DSC	Foundation of Physical Education	3	0	1	4	30	70	100
2.	BPES - 102	DSC	Sports Sociology	3	0	1	4	30	70	100
3.	BPES - 103	MIC	Practical Athletic:- (Sprint and Shot Put) Practical Games:- Kabaddi & Volleyball	0	8	0	4	30	70	100
4.	BPES - 104	MDC	Yoga Science	2	0	1	3	25	50	75
5.	BPES - 105	AEC	English and Communication Skill-I	2	0	0	2	15	35	50
6.	BPES - 106	SEC	Athletic:- 100m, 200m, 400m (Sprint/Races) And Short Put	0	6	0	3	25	50	75
7.	BPES - 107	VAC	Human Values & Ethics	2	0	0	2	15	35	50
				12	14	03	22	170	380	550

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.

- 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. r. However, separate examination for each semester will be conducted as per syllabus of each semester.
- The draw for final examination (Athletic, Games & other activities) will be drawn ten days before the final exams out of games and Athletics events given in each semester.
- Supervisory lesson in teaching (one each from every game, athletics events, and 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.
- For the final examination, final lesson will be prepared on a separate chart.
- Duration of practical examinations will be three hours per group followed by Vjva-voce.
- The practical syllabi shall include all the games, Athletics, other Activities events as given in semester

W.e.f Academic Session 2024-25

Amay
Chairperson

Amay *Rajay* *Agkess*
Basant Singh 1465

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Scheme of Examination for the 2nd Semester

Total Credits- 22

Sr. No.	Course code	Course Type	Course Title	Workload			Credits	Division		
				L	P	T		Internal	External	Total
1.	BPES - 201	DSC	Health Education	3	0	1	4	30	70	100
2.	BPES - 202	DSC	Anatomy and Physical Fitness	3	0	1	4	30	70	100
3.	BPES - 203	MIC	Practical Athletic :- High Jump & Discuss Throw Practical Game:- Badminton & Handball	0	8	0	4	30	70	100
4.	BPES - 204	MDC	Computer Application - I	2	0	1	3	25	50	75
5.	BPES - 205	AEC	Hindi (संचारकौशल)	2	0	0	2	15	35	50
6.	BPES - 206	SEC	Athletic (Relay (4*100m, 4*400m, and High Jump)	0	6	0	3	25	50	75
7.	BPES - 207	VAC	Environmental Studies	2	0	0	2	15	35	50
				12	14	3	22	170	380	550

Note for Summer Internship:- Students exiting the programme after second semester and securing 48 Credits including 4 Credits of summer internship will be awarded UG Certificate in the relevant Discipline/ Subject

Note for Practical:- 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.

1. 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.
2. The draw for final examination (Athletic, Games & other activities) will be drawn ten days before the final exams out of games and Athletics events given in each semester.
3. Supervisory lesson in teaching (one each from every game, athletics events, and 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, other Activities events as given in semester

W.e.f Academic Session 2024-25

J. Prasad
Chairperson

Rajay *Ankesh*
Prasad *14/6/25* *Rajay*

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Scheme of Examination for the 3rd Semester:

Total Credits- 22



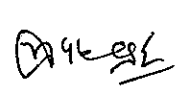
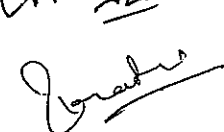
Sr. No	Course Code	Course Type	Course Title	Workload			Credits	Division		
				L	P	T		Internal	External	Total
1.	BPES - 301	DSC	Adapted Physical Education	3	0	1	4	30	70	100
2.	BPES-302	DSC	First Aid and Safety Measure	3	0	1	4	30	70	100
3.	BPES - 303	MIC	Practical Athletic:- (Long Jump & Hammer Throw) Practical Game:- Netball & Basketball	0	8	0	4	30	70	100
4.	BPES - 304	MDC	Computer Application – II	2	0	1	3	25	50	75
5.	BPES - 305	AEC	English Communication Skills-II	2	0	0	2	15	35	50
6.	BPES - 306	SEC	Athletic:- (Javelin) Game:- Kho-Kho & Cricket	0	6	0	3	25	50	75
7.	BPES - 307	VAC	To be Selected from University Common pull of Value Added Course	0	4	0	2	15	35	50
				10	18	03	22	170	380	550

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.

1. 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.
2. The draw for final examination (Athletic, Games & other activities) will be drawn ten days before the final exams out of games and Athletics events given in each semester.
3. Supervisory lesson in teaching (one each from every game, athletics events, and 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, other Activities events as given in semester

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Chairperson 

  
 Singh - 1467

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Scheme of Examination for the 4th Semester:

Total Credits- 24

Sr. No.	Course Code	Course Type	Course Title	Workload			Credits	Division		
				L	P	T		Internal	External	Total
1.	BPES - 401	DSC	Theory of Games & Athletics	3	0	1	4	30	70	100
2.	BPES - 402	DSC	Science of Kinesiology - I	3	0	1	4	30	70	100
3.	BPES - 403	DSC	Organization and Administration of Physical Education	3	0	1	4	30	70	100
4.	BPES - 404	DSC	Measurement and Evaluation in Physical Education	3	0	1	4	30	70	100
5.	BPES - 405	MIC (VOC)	Practical:- Athletic:- (Triple jump & Hurdles) Practical:- Games:- Football & Table Tennis	0	8	0	4	30	70	100
6.	BPES - 406	AEC	Hindi (संचारकौशल)	2	0	0	2	15	35	50
7.	BPES - 407	VAC	To be Selected from University Common pull of Value Added Course	0	4	0	2	15	35	50
				14	12	04	24	180	420	600

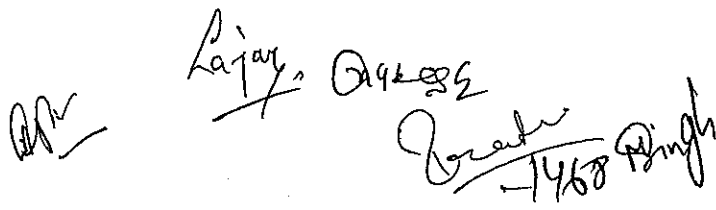
Note for Summer Internship:- Students exiting the programme after fourth semester and securing 94 Credits including 4 Credits of summer internship will be awarded UG Diploma in the relevant Discipline/Subject

Note for Practical:- 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.

1. 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.
2. The draw for final examination (Athletic, Games & other activities) will be drawn ten days before the final exams out of games and Athletics events given in each semester.
3. Supervisory lesson in teaching (one each from every game, athletics events, and 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/In-charge.
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, other Activities events as given in semester

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Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Scheme of Examination for the 5th Semester:

Total Credits- 24

Sr. No.	Course Code	Course Type	Course Title	Workload			Credits	Division		
				L	P	T		Internal	External	Total
1.	BPES - 501	DSC	Sports Management	3	0	1	4	30	70	100
2.	BPES - 502	DSC	Exercise of Physiology	3	0	1	4	30	70	100
3.	BPES - 503	DSC	Sports Nutrition	3	0	1	4	30	70	100
4.	BPES - 504	DSC	Science of Sports training	3	0	1	4	30	70	100
5.	BPES - 505	MIC (VOC)	Callisthenic Exercise (Mass P.T, Dumble & Aerobic Exercise)	0	8	0	4	30	70	100
6.	BPES - 506	Internship	Internship				4			100
				12	8	4	24	150	350	600

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.

1. 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.
2. The draw for final examination (Athletic, Games & other activities) will be drawn ten days before the final exams out of games and Athletics events given in each semester.
3. Supervisory lesson in teaching (one each from every game, athletics events, and 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, other Activities events as given in semester

W.e.f Academic Session 2024-25

Shruti
Chairperson

Shruti
Shruti - 1469 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Scheme of Examination for the 6th Semester:

Total Credits- 22

Sr. No.	Course Code	Course Type	Course Title	Workload			Credits	Division		
				L	P	T		Internal	External	Total
1.	BPES - 601	DSC	PPCD	3	0	1	4	30	70	100
2.	BPES - 602	DSC	Sports Psychology & Sociology	3	0	1	4	30	70	100
3.	BPES - 603	DSC	Balanced Education	3	0	1	4	30	70	100
4.	BPES - 604	DSC	Olympic Movement	3	0	1	4	30	70	100
5.	BPES - 605	MIC (VOC)	Practical:- Athletics:- Javelin & Discuss Throw Event Management:- (Kabaddi, Badminton & Volleyball)	0	8	0	4	30	70	100
6.	BPES - 607	SEC	Yoga-Pranayam and Assana	0	4	0	2	15	35	50
				12	12	04	22	165	375	550

Note:- Students will be awarded 3-Year UG Degree in relevant major Discipline/ Subject upon securing 136 Credits.

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.

1. 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.
2. The draw for final examination (Athletic, Games & other activities) will be drawn ten days before the final exams out of games and Athletics events given in each semester.
3. Supervisory lesson in teaching (one each from every game, athletics events, and 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, other Activities events as given in semeste

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Chairperson

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Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Scheme of Examination for the 7th Semester (Honours)

Total Credits- 24

Sr. No.	Course Code	Course Type	Course Title	Workload			Credits	Division		
				L	P	T		Internal	External	Total
1.	BPES-701	DSC	Officiating & Coaching	3	0	1	4	30	70	100
2.	BPES - 702	DSC	Sports Medicine, Physiotherapy and Rehabilitation	3	0	1	4	30	70	100
3.	BPES - 703	DSC	Bio-mechanic	3	0	1	4	30	70	100
4.	BPES - 704	DSC	Educational Technology and Method of Teaching in Physical Education	3	0	1	4	30	70	100
5.	BPES - 705	DSC	Research and Statistics in Physical Education - I	3	0	1	4	30	70	100
6.	BPES - 706	MIC	Practical Athletics:- Long Race & Pole vault Practical Games:- Boxing, Cricket and Judo	0	8	0	4	30	70	100
				15	08	05	24	180	420	600

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.

1. 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.

2. The draw for final examination (Athletic, Games & other activities) will be drawn ten days before the final exams out of games and Athletics events given in each semester.

3. Supervisory lesson in teaching (one each from every game, athletics events, and 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, other Activities events as given in semester

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Chairperson

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Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Scheme of Examination for the 8th Semester (Honours)

Total Credits- 24

Sr. No.	Course Code	Course Type	Course Title	Workload			Credits	Division		
				L	P	T		Internal	External	Total
1.	BPES-801	DSC	Sports Psychology	3	0	1	4	30	70	100
2.	BPES-802	DSC	Nature Studies	3	0	1	4	30	70	100
3.	BPES-803	DSC	Anatomy and Physiology	3	0	1	4	30	70	100
4.	BPES-804	DSC	Scientific Principles of Sports Training	3	0	1	4	30	70	100
5.	Optional: Anyone of the following:-									
	BPES-805	DSC	Science of Teaching & Coaching game (Wrestling)	3	0	1	4	30	70	100
	BPES-806		Science of Teaching & Coaching game (Kabaddi)							
	BPES-807		Science of Teaching & Coaching game (Basketball)							
6.	BPES-808	MIC	Practical Game:- Kho-kho Practical Athletics:- Sprint & Triple jump	0	8	0	4	30	70	100
				15	08	05	24	180	420	600

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.

- 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.
- The draw for final examination (Athletic, Games & other activities) will be drawn ten days before the final exams out of games and Athletics events given in each semester.
- Supervisory lesson in teaching (one each from every game, athletics events, and 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.
- For the final examination, final lesson will be prepared on a separate chart.
- Duration of practical examinations will be three hours per group followed by Viva-voce.
- The practical syllabi shall include all the games, Athletics, other Activities events as given in semester

W.e.f Academic Session 2024-25

Amay
Chairperson

Amay
Lajay *Chaudhary* - 1472 - *Amay*
Amay

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Scheme of Examination for the 8th Semester: (Hons. with Research)

Sr. No.	Course Type	Course Code	Course Title	Workload			Credits	Division		
				L	P	T		Internal	External	Total
1.	BPES - 809	DSC	Research and Statistics in Physical Education - II	3	0	1	4	30	70	100
2.	BPES - 810	DSC	Kinesiology - II	3	0	1	4	30	70	100
3.	BPES - 811	MIC	Sports Journalism And Mass Media	3	0	1	4	30	70	100
4.	BPES - 812	Dissertation	Dissertation				12		300	300
				9	3	24	90	510	600	

Note:- four credits of internship earned by a student during summer internship after 2nd Semester or 4th Semester will be counted in 5th Semester of a student who pursues 3 Year UG Programmes without taking exit option.

DSC - Discipline Specific Courses
VOC - Vocational Courses
MIC - Minor Course
MDC - Multidisciplinary Courses
AEC - Ability Enhancement Courses
SEC - Skill Enhancement Courses
VAC - Value Added Courses

Internship

Research Project/Dissertation

W.e.f Academic Session 2024-25

Amrta
Chairperson

Rajan *Chakraborty* *Bygh* - 1473 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Foundation of Physical Education
BPES – 101

Total Credits: 4
L – P – T
3 – 0 – 1

Total Marks:- 100
External Marks: – 70
Internal assessment: -30
Time :- 3 hours

Course Outcomes

- CO1. The students can better understand the importance of physical education by studying the history.
CO2. Students would be able to know the history of Physical Education in India, Ancient Greek, Germany, Sweden, and Denmark. Students would be able to know the present status of Physical Education in Russia and Japan.
CO3. Students would be able to know about Indian sports personality and National awards: Arjuna Award, Rajive Gandhi Khel Ratna Award, Dronacharya Award
CO4. Knowledge of Olympism in organizing various sport activities.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

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, sports authority of India (SAI), 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. Indian Olympic Association, history, constitution and role of IOA. Organization and State Associations, Asian Games, Common Wealth Games.

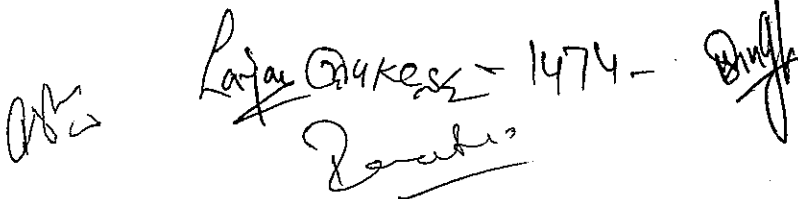
Unit – IV

Olympic movement and its impact in physical education and sports., 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, Cbarlee A Foundation of Physical Education St. Louis: the – C.V. Mosby company 1983.

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Chairperson


Laxmi Chakras - 1474 -
Rachar

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Sports Sociology
BPES – 102

Total Credits: 4
L – P – T
3 – 0 – 1

Total Marks:- 100
External Marks: – 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes

- CO1. Understanding social relationships between sport participants is the basis of the need to study sports from a sociological perspective.
- CO2. The amateur develops sports skills by socializing (engaging in the sports) with the professional who serves as the mentor.
- CO3. Gender issues are central to sports sociology as the discipline defines the roles of males and females in different aspects of society. The study of female engagement in a sport or certain sports is an aspect of sports sociology that cannot be overemphasized.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

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

Unit – III

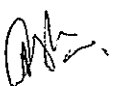
Women in Sports: Social myths related with women. Attitude of Society towards sports man and Sports women. Future of women participation in sports

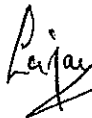
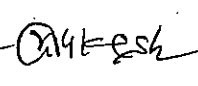
Unit – IV

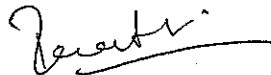
Meaning, Definition and characteristics of leadership, qualities of a leader, leadership training in Physical Education, Need and Importance of leadership in Physical Education.

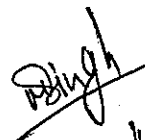
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Chairperson






- 175 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

YOGA SCIENCE
BPES – 104

Total Credits: 3
L – P – T
2 – 0 – 1

Total Marks:- 75
External Marks: – 50
Internal assessment:- 25
Time :- 3 hours

Course Outcome:-

- CO1. The study of foundation of yoga helps the students to understand the historical background.
- CO2. Demonstrate different types of asana and Pranayama Techniques.
- CO3. Effect of Yogic exercises on digestive system, respiratory system, circulatory system.
- CO4. Classify and exhibit various Mudras.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 10 marks each.

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

UNIT-II

Meaning & Importance of Astang Yoga Pranayam, its types and techniques, Benefits of Pranayam, Shitali, Sheetkari, Kumbak, KapalBhatti.

UNIT-III

Effect of Yogic Exercises: Digestive System, Respiratory System and Circulatory System. Internal Purification/Satkarms -JalNeti and its benefits & technique, SutarNeti and its technique and benefits and its technique & benefit. Asanas: Types of Asnas, their benefits (How Asana are useful) prevention of diseases through Asana.

UNIT-IV

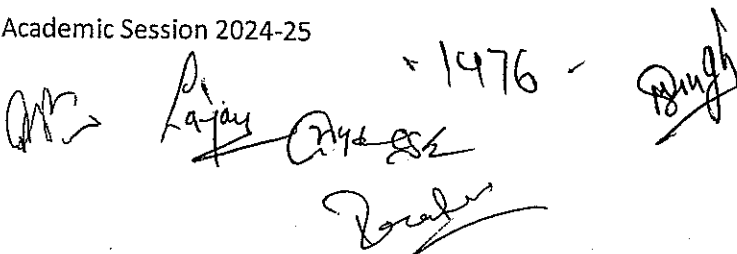
Mudra & Bandha:- JalanderBandh, MulaBandh and UddyuanBandh, their Benefits and technique Gyan Mudra, Prana Mudra, their techniques and benefits Famous Yogis: Maharishi Patanjali, GrokhNath, Swami Daya Nand, and Arvind Ghosh Famous Institutions: Gurukul Kangri Haridwar, Viveka Nand Yog Institutions, Bihar Yog Bharti Munger.

Reference Book:

YOGA PHILOSOPHY – S.N. Dasgupta
BHARAT KA MAHAN YOGI:-Vishwnath Mukherjee
TEXT BOOK OF YOGA- Yogeshwar
ANATOMY & PHYSIOLOGY – J.P. Brothers
ANATOMY & Physiology for Nurses PATANJALI YOGA PRADEEP- Geeta Press Gorakhpur

W.e.f Academic Session 2024-25


Chairperson

- 1976 -


Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

English and Communication Skills-I
BPES – 105

Total Credits: 2

L – P – T

2 – 0 – 0

Total Marks:- 50

External Marks: – 35

Internal assessment: - 15

Time :- 1.5 hours

Course Outcomes:-

- CO1. Developing sentence structure
- CO2. Developing speaking and writing skills.
- CO3. Use a variety of accurate sentence structures meaningfully in written and oral form.
- CO4. Developing students' ability to infer meaning.
- CO5. Acquiring linguistic competence for employability.

Instruction for paper setter / Examiner

The question paper shall be of 35 marks (Unit I—20 Marks, Unit II-15 marks) and must be strictly according to the prescribed syllabus. The question shall be set on all units covering all the topics and providing sufficient choice to the examinee. The questions may have sub-parts. Questions from the second unit may be based upon the movie.

UNIT - I

Sentence (Basic sentence patterns, Subject and predicate, Statements (affirmative and negative), questions, imperatives and exclamations, Subject –Verb Concord). Tenses, Active and Passive Voice, Direct and Indirect Speech


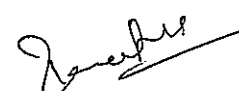
UNIT - II


Screening & Critical Analysis in English of Hindi Sports Movie (Mary Kom)

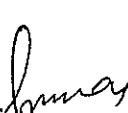
Recommended Readings:

1. Eastwood, John. *Oxford Guide to English Grammar*. OUP, 1994.
2. Hewing, Martin. *Advance English Grammar* (reprint) CUP, 2009.
3. Iver, Michelle. *Guide to Good Writing*. Random House, 1993.
4. Leech, G and M Deucar. *English Grammar for Today*. Macmillan, 2009.
5. Watch sports Movies

W.e.f Academic Session 2024-25

 Rajar Arora
 Jyoti

 Singh
- 1477

 Chairperson

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Human Values and Ethics
BPES – 107

Total Credits: 2
L – P – T
2 – 0 – 0

Total Marks:- 50
External Marks: – 35
Internal assessment:- 15
Time :- 1.5 hours

Course Outcomes:

CO1. It helps students understand practically the importance of trust, mutually satisfying human behavior and enriching Instruction with nature.

CO2. Ability to develop appropriate technologies and management patterns to create harmony in professional and personal life

Instruction for paper setter / Examiner

The question paper shall be of 35 marks (Unit I—20 Marks, Unit II-15 marks) and must be strictly according to the prescribed syllabus. The question shall be set on all units covering all the topics and providing sufficient choice to the examinee. The questions may have sub-parts. Questions from the second unit may be based upon the movie.

UNIT I:

Introduction Need, Basic Guidelines, Content and Process for Value Education. Understanding the need, basic guidelines, content and process for Value Education. Continuous Happiness and Prosperity & Ethics. Method to fulfill the above human aspirations, understanding and living in harmony at various levels.

UNIT -II:

Understanding Harmony in the Nature, Family and Society- Harmony in Human Relationship the basic unit of human Inturction . Understanding the meaning of Trust (Vishwas) and Respect (Samman) as the foundational values of relationship. Difference between intention and competence. Ethical Human Conduct.

W.e.f Academic Session 2024-25

AB

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Chairperson
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2024/25

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Chairperson

Dhagat Prakash Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

HEALTH EDUCATION
BPES – 201

Total Credits: 4

L – P – T

3 – 0 – 1

Total Marks:- 100

External Marks: – 70

Internal assessment: - 30

Time :- 3 hours

Course Outcome:-

CO1. Explain the meaning, Principles and Scope of health education and classify communicable disease, their transmission and prevention.

CO2. Care of personal hygiene and different aspects of school health Service.

CO3. Explain the causes, symptoms and preventions of communicable disease

CO4. Recall the concept of Communicable diseases and list out various programs for controlling diseases.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.

Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Health Education:- Concept, meaning, definition, and scope of Health & Health Education. Principles and practice of health education. Planning and evaluation in health education programmes. Organization and administrative set up of health services in India.

UNIT-II

Hygiene: The concept of hygiene and personal hygiene care of skin, mouth, nails And clothing: bathing etc. importance of rest, sleep and exercise. Community Health: Brief account of housing water supply, sewerage and refuse disposal. School Health Service: History, School Health Problems. Health appraisal, healthful school environment, nutritional services, mental health, school health, school health records, Safety measures in the playgrounds – first aid and emergency care.

UNIT-III

Diseases: Disease: Meaning of a disease, diseases cycle, epidemiological trials, modes of disease transmission, immunity. Health Problem in India: Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus) nutrition, environmental sanitation, medical care and population. Eating Disorders - Anaroxia Nervosa, Bullimia Nervosa and Binge Eating Disorders

UNIT-VI

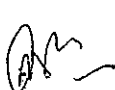

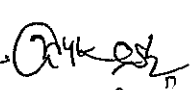
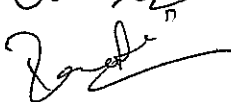
Sex Education and Family Planning:- Sex Education, Concept and meaning sex education ,Need of sex education professional students. Sexually transmitted diseases **Family Planning:** Meaning and concept of family planning. Methods to control child birth, National family welfare programme & Mother and child health.


SUGGESTED READINGS

- Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- Pandey, P.K. and Gongopadhyay, S. R. "Health Education for School Children", Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Park, J.E. and Park , K. "Text Book of Preventive and Social Medicine", (1985) Bnasidar 91 Bhanot , Publisher, Jabalpur-1985
- Park, J.E. and Park , K, "Text Book of Community Health for Nurses", (1982)Asrani Publisher, Jabalpur.

W.e.f Academic Session 2024-25


Chairperson


1479 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Anatomy and Physical Fitness
BPES – 202

Total Credits: 4
L – P – T
3 – 0 – 1

Total Marks:- 100
External Max. Marks: – 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes:-

- CO1. Know the basics of anatomy.
- CO2. Understand the circulatory, respiratory and digestive system.
- CO3. Understand the excretory, endocrine, nervous system & sense organs
- CO4. Understand feet exercise on various system of our body.
- CO5. Understand the physical fitness components of physical fitness.

Instruction for paper setter/examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit-I

Meaning of anatomy, cell, structure, properties of living matter. The role of anatomy in physical education & sports, anatomy of bones cartilage's, Names and location and functions of bones, kinds of bones, joints and their types of body.

Unit-II

Anatomy of digestive organs (alimentary canal), meaning of endocrine glands and structure of the following glands - pituitary glands, inguinal parathyroid, adrenal glands.

Unit-III

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, heartbeat, stroke volume, cardiac output.

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. Prevention of fitness related injuries, selecting a nutritional plan for fitness.

Reference:-

1. Introduction to anatomy & physiology - Dr. Shemsher Singh.
2. Bauer. WAV. (Editor). TODAY'S Health Guide, American Medical Association, Revised Edition 1968.

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Chairperson

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Computer Application – I
BPES – 204

Total Credits: 3
L – P – T
2 – 0 – 1

Max Marks: 75
External Theory: 50
Internal Assessment: 25
Time: 3 Hour

Course Outcome:-

- CO1. The students would be able to understand the basics & types of computer.
CO2. The students would be able to understand the theoretical and practical aspects of MS Word, Excel, Power Point and Internet.
CO3. The students would be able to aware about fundamentals of computer hardware and software.

Instruction for paper setter/examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 10 marks each.

Unit-I

Meaning and definition of computer, characteristics of computer, and basic applications of computer. Unit-II Components of a Computer System, Central Processing.

Unit-II

Visual Display Unit, Keyboard. Input and output devices, mouse, joy stick, scanner, microphone, OCR, MICR; light pen, bar code reader, digital camera, printer, speaker, plotter.

Unit-III

Concept of Memory, primary and secondary memory, RAM and ROM, units of memory - byte, kilobytes, megabytes, gigabytes.

Unit-IV

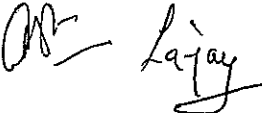

Computer languages, machine language, assembly language and high level language, role of assembler and compiler. Storage devices, floppy disc, hard disc, CD ROM and DVD.

Reference:-

1. Essential of computer and network Technology by Dr. N.S. Gill (Khanna Book Publications New Delhi).'
2. Fundamental of Computers by V. Rajaramars (Printice Hall - India).
3. Computer Fundamentals by B; Ram.
4. P.C. Software (MS-Excel etc.) by R.K. Taxali (Take Maegrew Hill).

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Chairperson

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 Singh
1481 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Hindi (संचारकौशल)
BPES – 205

Total Credits: 2
L – P – T
2 – 0 – 0

Total Marks:- 50
External Marks:- 35
Internal assessment:- 15
Time :- 1.5 hours

उद्देश्य: पाठ्यक्रम छात्राओं को निम्न बिन्दुओं को समझने में सक्षम करेगा:

छात्राओं में हिन्दी भाषा-सम्बन्धी योग्यताओं का विकास करना । छात्राओं में हिन्दी अध्यापन के उपरान्त अपेक्षित कुशलताओं का विकास करना । छात्राओं में हिन्दी भाषा के उच्चारण एवं शुद्ध लेखन की योग्यता उत्पन्न करना । छात्राओं में हिन्दी सम्बन्धी विभिन्न साहित्यिक क्रियाओं के आयोजन की क्षमता विकसित करना । छात्राओं में हिन्दी वर्तनी केशुद्ध रूप का ज्ञान करवाना । छात्राओं में हिन्दी के अक्षर विन्यास का ज्ञान करवाना ।

प्रश्नपत्र-निर्माण के लिये निर्देश:- प्रश्न पत्र में कुल 5 प्रश्न दिये जाएं। प्रश्न पत्र के लिये कुल 35 अंक निर्धारित हैं। सभी प्रश्न समान अंक के होंगे अर्थात् प्रत्येक यूनिट से प्रश्न सात अंको का होगा। प्रश्न-पत्र हल करने का समय डेढ़ घंटे होगा। प्रथम प्रश्न पाठ्यक्रम के दो घटकों में निर्धारित विषयों के आधार पर बनाया जाए। यह प्रश्न अनिवार्य होगा। इसके अन्तर्गत लघु उत्तर वाले विकल्परहित सात प्रश्न पूछे जाएं। प्रत्येक लघुत्तरात्मक प्रश्न एक अंक का होगा। द्वितीय, तृतीय, चतुर्थ तथा पंचम प्रश्न का निर्माण पाठ्यक्रम के क्रमशः प्रथम, द्वितीय, तृतीय, चतुर्थ घटक में निर्धारित विषय के आधार पर किया जाएगा। पाठ्यक्रम के प्रत्येक घटक से 50 प्रतिशत विकल्प के साथ ही परीक्षार्थी से प्रश्न पूछा जाएगा। प्रत्येक घटक से प्रश्न का उत्तर लिखने को कहा जाएगा। परीक्षार्थी को प्रश्न-पत्र की भाषा के चयन हेतु हिन्दी का विकल्प दिया जाएगा।

इकाई-1

देवनागरी लिपि की प्रकृति एवं विशेषताएं। उच्चारण प्रक्रिया के दोष, कारण एवं उपाय। हिन्दीवर्तनी के नियम एवं वर्तनी में सुधार के नियम। वाच्य,उसके भेद एवं उनके प्रयोग ।

इकाई-2

खेल-कूद से सम्बन्धित हिन्दी चलचित्र चक दे इंडिया का विश्लेषण करना।

सन्दर्भग्रन्थसूची

- डॉ० प्रतिभा खरब ,,2012ई हिन्दी शिक्षण और वर्तनी ,एन०सी०ई०आर०टी० नई दिल्ली।
- डा० नीलम (2016ई हिन्दी शिक्षण अर्थविज्ञान प्रकाशन नईदिल्ली
- डा० शिखा चतुर्वेदी, हिन्दी शिक्षण ,लालबुकडिपो, मेरठ।
- बी० एल० वत्स, हिन्दी शिक्षण ,अग्रवाल प्रकाशन, नईदिल्ली।
- बछोतिया हीरालाल (2011ई हिन्दी शिक्षण संकल्पना और प्रयोग, किताब घर प्रकाशन दिल्ली।
- भोलानाथ तिवारी, हिन्दी शिक्षण,लिपि प्रकाशन, नईदिल्ली।
- मंगलउमा (2009ई, हिन्दी शिक्षण आर्य बुक डिपो, नई दिल्ली।
- पाण्डेय राम शुक्ल हिन्दी शिक्षण ,अग्रवाल पब्लिकेशन, आगरा।
- पाण्डेय आर० एस० (1992ई, विनोद पुस्तक भण्डार, आगरा।
- निरंजनकुमार सिंह, हिन्दी शिक्षण ,राजस्थान ग्रन्थ अकादमी, जयपुर।

W.e.f Academic Session 2024-25

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Singh

Chairperson

Diagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Environmental Studies
BPES - 207

Total Credits: 2
L - P - T
2 - 0 - 0

Total Marks:- 50
External Marks: - 35
Internal assessment: - 15
Time :- 1.5 hours

Course Outcome:-

- CO1. Understand the types of pollutions-air pollution, water pollution, and soil-pollution.
CO2. The students would be able to know the Urban/Rural problems related to energy

Instruction for paper setter/examiner

The question paper shall be of 35 marks (Unit I—20 Marks, Unit II-15 marks) and must be strictly according to the prescribed syllabus. The question shall be set on all units covering all the topics and providing sufficient choice to the examinee. The questions may have sub-parts. Questions from the second unit may be based upon the movie.

Unit- I

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.

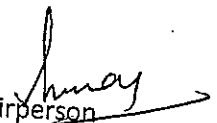
Unit - II


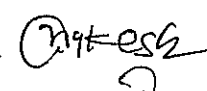

Environmental pollution-definitions, cause & Its Types. Types of pollutions-air pollution, water pollution, and soil-pollution. Concepts, structure and function of ecosystem. Types of ecosystem-forest ecosystem, grassland aquatics ecosystem.

REFERENCES:-

- 1) Aggarwal, K.C. 2001 Environmental Biology, Nidi Pub. Ltd., Bikaner.
- 2) Bharucha, Frach. The Biodiversity of India. Mapin Publishing Pvt. Ltd. Ahmedabad 380013. India. Email: mapin@icenet.net @
- 3) Brunner R.C. 1989. Hazardour Waste Incineration, MC.Graw Hill Inc. 480p.
- 4) Clark R.S. Marine Pollution, Slanderson Press Oxford (TB)
- 5) Cunningha, W.P. Cooper, T.H. Gorhani, E & Hepworth, M.T. 2001, Environmental Encyclopedia, Jaico Pub. House, Mumbai 1196 p.
- 6) De A.K. Environmental Chemistry, Wiley Eastern Ltd.
- 7) Down to Earth, Centre for Science and Environmental (R)
- 8) Gleick, H.P. 1993. Water in crisis, Pacific Institute for Studies in Dev. Environmental & Security. Stockholm Env. Institute Oxford Univ. Press, 473 p.
- 9) Hawkins R.E. Encyclopedia of Indian Natural History, Bombay Natural History Society, Bombay (R)
- 10) Jadhav, H & Bhosale, V.M. 1995. Environmental Protection and Laws. Himalaya Pub. House, Delhi 284 p.
- 11) Mhaskar A.K. Matter Hazardous, Tekchno-Science Publications (TB)
- 12) Miller T.G. Jr. Environmental Sciences. Wadsworth Publishing Co. (TB).
- 13) Odum, .P. 1971. Fundamentals of Ecology. W.B. Saunders Co. USA, 574 p.

W.e.f Academic Session 2024-25


Chairperson



1483

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Adapted Physical Education
BPES – 301

Total Credits: 4

L - P - T

3 - 0 - 1

Total Marks:- 100

External Marks: - 70

Internal assessment: - 30

Time :- 3 hours

Course outcome

- CO1. The students would be able to know the concept meaning importance and scope of adapted physical education
- CO2. The student would be able to know the adapted program in action classification of disability
- CO3. The students would be able to know and understand the concept of rehabilitation and welfare program

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Introduction to Adapted Physical Education

UNIT-II

The Adapted Programme in Action:-Scope of adapted program. The adapted programme for elementary schools. The adapted programme for high/ secondary schools. The adapted programming for college & universities The policies for adapted physical education

UNIT-III

Classification of Disability:-Physical Disabilities:-Causes, Functional Limitations, Characteristics, Mental Retardation:- Causes, Characteristics, Functional Limitations, Visual impairment Causes, Characteristics, Functional Limitations

UNIT-VI

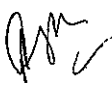
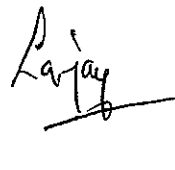
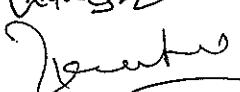
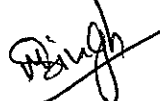
Rehabilitation and Governmental Welfare Programme:- Rehabilitation:-Aims and objectives of rehabilitation council of India, Meaning of functional and occupational rehabilitation, Importance of Adapted Programme in Rehabilitation, Psychological Rehabilitation-Adjust mental, Environmental and Personality Development.

SUGGESTED READINGS

- > H.H. Clark "Development and Adapted Physical Education" Englewood, Prentice Hall 1964.
- > D.H. Clark, A.S. Daniels "Adapted physical Education" New York Harpers & Brothers 1972.
- > G.T. Stafford, "Prevention & Corrective Physical Education"
- > J.L. Rathoone, "Corrective Physical Education" Philadelphia W.B. Saunders Co. 1968.
- > V.V. Hunt, "Recreation for the Handicapped" Prentice Hall inc., 1974
- > P.G. Rasch, "Kinesiology and applied anatomy" Lea & Febriger Philadelphia, 1978
- > B.J. Cratty, Adapted Physical Education in the main stream love Publishing Company, Denver Colorado 80222. 1989.

W.e.f Academic Session 2024-25


Chairperson

   1484. 

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

First-aid and safety measures
BPES – 302

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: – 70
Internal assessment: - 30
Time :- 3 hours

Course Outcome:-

- CO1. The students would be able to understand the learn health, health education, personal hygiene, health problems-prevention and control, physical fitness and wellness, health and first-aid-management.
- CO2. The students would be able to know the meaning, effects and control measures of disease- Small-pox, Malaria, Influenza, Typhoid
- CO3. The students would be able to know the meaning, importance of health education and its role in physical education.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit – I

School, health programme and 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-II

Methods of Education in Health. Health Instruction s 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- III

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.

Unit - IV

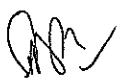

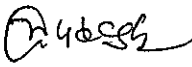
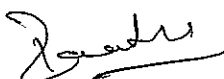
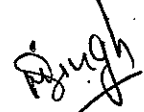
Basic steps in safety measures safety measures for the following (i) bites of animals, burns, control of bleeding, cuts and wounds. Safety for drawing artificial respiration. Safety measures environmental hazards. Heat stroke, heat syncope, wind chill and sunburn.

Reference –

- Safety at School – (Education Pamphlet numbers 53 Lonon: Her Majesty's Stationery office 1969.
- Stack, Harbet J. Duke Elkow Education for sadeLiving :Englowood cliffs, New Jersey,

W.e.f Academic Session 2024-25

Chairperson 

     -1485

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Computer Application – II
BPES – 304

Total Credits: 3
L – P – T
2 - 0 - 1

Max Marks: 75
External Marks: 50
Internal Assessment: 25
Time: 3 Hour

- CO1. The students would be able to understand the basics & types of computer.
CO2. The students would be able to understand the theoretical and practical aspects of MS Word, Excel, Power Point and Internet.
CO3. The students would be able to aware about fundamentals of computer hardware and software.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 10 marks each.

Unit – I

Software & Communication Technology, MS Power Point. System, utility and application software with examples. Need of networking, LAN, MAN, and WAN. 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:- M.S. Windows (Basic concept of an operating system and its function). 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. Basic components of windows: desktop, flame, title bar, menu bar, status bar using right button of mouse, creating short cut.

Unit- III

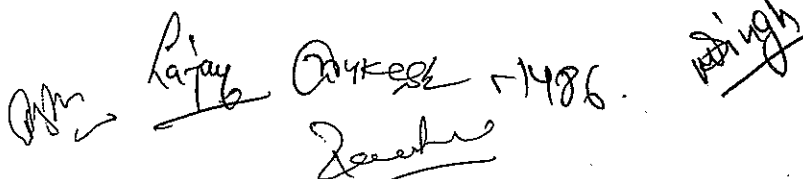
Basic Windows Accessories and MS Word:- Note pad, paint, calculator, word pad, using clip board. Introduction to word processor, creating and saving a document, editing and formatting a document, inserting symbol, printing a document, adding headers and footers, numbering pages.

Unit – IV

MS Excel:- 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,

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Chairperson


P. Singh
Ankur Singh
Rajesh Singh
1486

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

English and Communication Skill- II
BPES – 305

Total Credits: 2

L – P – T

2 - 0 - 0

Max Marks: 50

External Marks: 35

Internal Assessment: 15

Time: 1.5 Hour

Course Outcomes:

- CO1. Prepare student with writing skills needed in academic and the professional world.
CO2. Give them the opportunity to learn techniques, forms and traditions of various types of writing.
CO3. Learn drafting and proof reading.
Learners shall develop writing skill competence enhancing their employability.

Instruction for paper setter / Examiner

The question paper shall be of 35 marks (Unit I—20 Marks, Unit II-15 marks) and must be strictly according to the prescribed syllabus. The question shall be set on all units covering all the topics and providing sufficient choice to the examinee. The questions may have sub-parts. Questions from the second unit may be based upon the movie.

UNIT I

Letter Writing, E-mail Writing, Précis Writing, Paragraph Writing

UNIT II

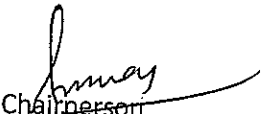
Screening & Critical Analysis in English of Hindi Sports Movie (Milkha Singh)


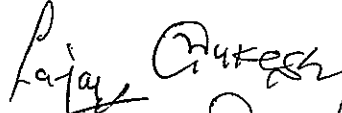
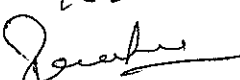
Recommended Readings:


1. Goatly, Andrew. *An Introductory Course book; Critical Reading and Writing*, London Routledge, 2000.
2. McLoughlin, Linda. *The Language of Magazines*. London and New York Routledge, 2000. (Reprint 2006)
3. Reah, Danuta. *The Language of Newspapers*. London and New York Routledge, 2004.
4. Goddard, Angela. *The Language of Advertising*. London and New York Routledge, 2005.
5. Booher, Dianna. *E-Writing; 21st Century Tools for Effective Communication*. New Delhi McMillan 2007.
6. Boardman, Mark. *The Language of Website* London and New York: Routledge, 2005
7. Mills, Sara. *Discourse*. London and New York: Routledge 1997.
8. Salkie, Raphael. *Text and Discourse Analysis*. London and New York: Routledge, 1995.
9. Butcher, Judith. *Copy Editing Cambridge: CUP (Third Edition)*.
10. Gibaldi, Joseph. *MLA Handbook for writers of research papers*. New Delhi: EWP 2000 (6th Edition).
11. Baran Stanley, J. and Dennis K. Davis. *Mass Communication Theory: Foundations, Ferment, and future*. Thomson Press, 2007 (Indian reprint).
12. Child, Peter. *Texts: Contemporary Cultural Texts and Critical Approaches*. Edinburgh: Edinburgh UP, 2006.

Watch Sports Movies

W.e.f Academic Session 2024-25


Chairperson


- 1487 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Theory of Games and Athletics
BPES – 401

Total Credits: 4

L – P – T

3 - 0 - 1

Total Marks:- 100

External Marks: – 70

Internal assessment: - 30

Time :- 3 hours

Course Outcomes:-

- CO1. To learn the technique of Sprinting, Jumping and Shot putting
- CO2. To learn the fundamental skills of major games
- CO3. To learn the rules of the games for efficient officiating
- CO4. To know the various drills for optimum skill development.
- CO5. To learn the Basics skills and their drills of Football, Handball, Swimming & Gymnastic

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

The Questions in different units given below should be based on the following games:

1. Football (2) Handball (3) Swimming (4) Gymnastic

UNIT-I

History of games

Role of Haryana's people for the development of games. Duties of officials (Pre-game, during the game & Post game).
Technical officials & their duties. Protective equipment used in games

UNIT-II

Dimension & marking of the play field/area, Rules & regulations of the games mentioned above
Interpretation of rules & regulations

The Questions in different units given below should be based on the following Athletic events:

- (i) 400 meter (ii) 800 meter and 10000 meter races

UNIT-III

History of athletics in India. Organization & administration of College athletic meet. Teaching & training of athlete (Track & Events)

UNIT-IV

Dimension, rules & regulations of track & field events given below. 400, 800 meters, 10000 meters races, Duties of technical officials in athletic meet. Equipment and their specifications used in various events of track & field.

REFERENCES:-

1. Wado Allen – The F.A. Guide to training and coaching
2. Seeton, D.C. Dhyton, I.A. Leibu, H.C. And Massumith, Book of sports, Englowood Cliffs, MD. Prephilice Hall.
3. Dr. Faaune Hero-The Modern Olympic games Budapost, Pennonic Press.
4. Cobarig A.L. Modern Basketball-A Fundaments Analysis of Skills and Tactics, London: Nicholes Kaya. 1966.
5. Bee, Clair and Norton, on Zone Defense and Attack, New York. The Ronld Press Company, 1959.
6. Bowland B.J Handball a complete Guide London: Faber & Faber Ltd., 24, Rosset Square, 1970.
7. Doherty J. Manneth – Modern track and Field, Englowood Cliffe, N.J. Prentice Hall, Ino.
8. Wado Allen – The F.A. Guide to training and coaching.
9. Uyenishi S.L.- The Text Book of JU- Jutsu-Athletic Publications Ltd. Link House, Store Street, London, W.C.I.

W.e.f Academic Session 2024-25

Sharma
Chairperson

Rajay Anish
Zanki - 1488. *Bhugh*

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Science of Kinesiology – I
BPES – 402

Total Credits: 4
L – P – T
3 – 0 – 1

Total Marks:- 100
External Marks:- 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes

- CO1. The students are able to better understand the body movement in sports and the body mechanism for higher achievements.
- CO2. The Students would be able to know the Meaning, definition, functions and importance of biomechanics in Physical Education and Sports.
- CO3. The Students would be able to know the Meaning, Definition, and Scope & Importance of kinesiology.
- CO4. The Students would be able to know the Basic Concept of Planes and axis.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Basics of Kinesiology : Introduction, Meaning, Definitions & Importance of kinesiology for games and sports. Fundamental and Anatomical positions and movements of joints. Planes and axis. Types of Muscular contractions. Different roles of muscles in a movement. Techniques of Muscular Analysis

UNIT-II

Joint: Structure And Function of the following joints: Neck, shoulder joint, elbow, wrist joint, hip, knee, ankle and foot. The attachment and actions of muscles of following joints: Neck, shoulder, shoulder joint, elbow, hip, knee.

UNIT-III

Common sports injuries- their classification and their care and prevention. Therapeutic exercises (Active, Passive, Resistive and Stretching and their application for rehabilitation). Application of Kinesiology in Physical Education and Sports.

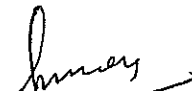
UNIT-IV


Muscular analysis of fundamental movements, Postural and Deformities Walking, running, jumping, throwing and catching. **Postural and Deformities**: Modern Concept of balanced posture. **Common postural deformities** i.e., flat foot, bow legs, knock knees, their causes and remedial measure. Causes of bad posture.

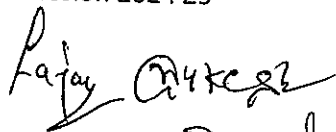
SUGGESTED READINGS

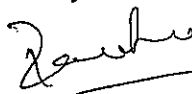
- Jenson, C.R. &Schult, G.W, *Applied Kinesiology*: The Scientific Study of Human Performance (2nd Ed.) New York: MC Grawtids Book co., 1977
- Deiels, L. and Worthinghan, C., *Muscle Testing Techniques of Manual Examination*, Lousion W.B. Esundeus Com, 1956
- Bunn, John, W. "Scientific Principles of 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.

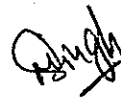
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Chairperson









1489

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Organization & Administration of Physical Education
BPES - 403

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks:- 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes:-

- CO1. Management, program organization, and administrative responsibility are main traits that develop by studying organization and administration of physical education.
- CO2. This also helps in providing additional information on methods of organizing competition, athletic field and court layouts, and duties of a physical education administrator.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit - I

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.

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 organization, 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

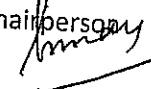
Intramurals and Extramural Intramurals, Its importance and planning. Events of competitions, time and facility factor, Point system, awards, recognitions


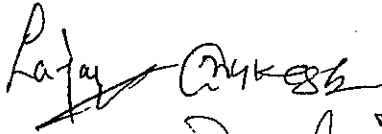
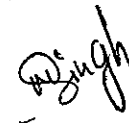
Extramural Outcomes of participations (Educational), Limitations in participations, Selection and training of terms, Participation, finance and other aspects

References:

1. Joseph, P.M. Organization of Physical Education, The old students' Association, TipeKandivali 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

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Chairperson


  
Date: 14/9/20

Diagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

MEASUREMENTS AND EVALUATION IN PHYSICAL EDUCATION
BPES - 404

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: - 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes

- CO1. The Students would be able to know the meaning, Principles, Needs & Importance of Test, Measurement and Evaluation.
CO2. The Students would be able to know and understand the Construct knowledge and specific fitness test.
CO3. The Students would be able to know the Illustrate various physical fitness and motor fitness test.
CO4. The Students would be able to know and understand the different Sports Skill Tests Course Contents
CO5. The Students would be able to know the Type and classification of Test

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit- I

Introduction to Test, Measurement & Evaluation

Meaning of Test, Measurement & Evaluation in Physical Education, Need & Importance of Test, Measurement & Evaluation in Physical Education, Principles of Evaluation

Unit-II

Criteria: Classification and Administration of test

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

Unit- III

Physical and motor Fitness Tests AAHPER youth fitness test, Sit & Reach test, JCR test

Unit- IV

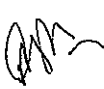
Sports Skill Tests Lockhart and McPherson badminton test, Johnson basketball test, McDonald soccer test, S.A.I volleyball test, S.A.I Hockey test


References:

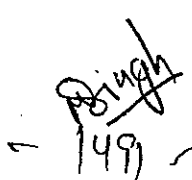
- Barrow, H. M., &McHee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.
Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B.SoundersCompnay.
Phillips, D. A., &Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and Sons.

W.e.f Academic Session 2024-25


Chairperson




Rajay Anshu


Singh
149

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Hindi (संचारकौशल)
BPES - 406

Total Credits: 2
L - P - T
2 - 0 - 0

Total Marks:- 50
External Marks: - 35
Internal assessment: - 15
Time :- 1.5 hours

उद्देश्य: पाठ्यक्रम छात्राओं को निम्न बिन्दुओं को समझने में सक्षम करेगा: छात्राओं में हिन्दी भाषा-सम्बन्धी योग्यताओं का विकास करना। छात्राओं में हिन्दी अध्यापन के उपरान्त अपेक्षित कुशलताओं का विकास करना। छात्राओं में हिन्दी भाषा के उच्चारण एवं शुद्ध लेखन की योग्यता उत्पन्न करना। छात्राओं में हिन्दी सम्बन्धी विभिन्न साहित्यिक क्रियाओं के आयोजन की क्षमता विकसित करना।

प्रश्नपत्र-निर्माण के लिये निर्देश:- प्रश्नपत्र में कुल 5 प्रश्न दिये जाएंगे। प्रश्नपत्र के लिये कुल 35 अंक निर्धारित हैं। सभी प्रश्न समान अंक के होंगे अर्थात् प्रत्येक यूनिट से प्रश्न सात अंकों का होगा। प्रश्न-पत्र हल करने का समय डेढ़ घंटे होगा। प्रथम प्रश्न पाठ्यक्रम के दो घटकों में निर्धारित विषयों के आधार पर बनाया जाए। यह प्रश्न अनिवार्य होगा। इसके अन्तर्गत लघु उत्तर वाले विकल्परहित सात प्रश्न पूछे जाएंगे। प्रत्येक लघुत्तरात्मक प्रश्न एक अंक का होगा। द्वितीय, तृतीय, चतुर्थ तथा पंचम प्रश्न का निर्माण पाठ्यक्रम के क्रमशः प्रथम, द्वितीय, तृतीय, चतुर्थ घटक में निर्धारित विषय के आधार पर किया जाएगा। पाठ्यक्रम के प्रत्येक घटक से 50 प्रतिशत विकल्प के साथ ही परीक्षार्थी से प्रश्न पूछा जाएगा। प्रत्येक घटक से प्रश्न का उत्तर लिखने को कहा जाएगा। परीक्षार्थी को प्रश्न-पत्र की भाषा के चयन हेतु हिन्दी का विकल्प दिया जाएगा।

इकाई-1

पत्र लेखन, कहानी लेखन, निबंध लेखन, वाक्य, उसके भेद एवं प्रयोग।


इकाई-2



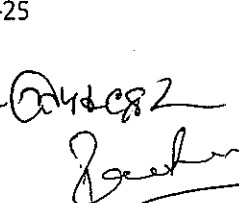
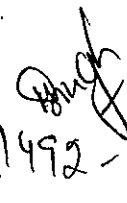
खेल-कूद से सम्बन्धित हिन्दी चलचित्र दंगल का विश्लेषण करना।

सन्दर्भग्रन्थसूची

- डॉ० प्रतिभा खरब., 2012 ई. हिन्दी शिक्षण और वर्तनी, एन.सी.ई.ओ.आर.टी. नई दिल्ली।
- डा० नीलाम (2016 ई. हिन्दी शिक्षण अर्थ विज्ञान प्रकाशन नई दिल्ली)
- डा० शिखा चतुर्वेदी, हिन्दी शिक्षण, लाल बुक डिपो, मेरठ।
- बी० एल० वत्स, हिन्दी शिक्षण, अग्रवाल प्रकाशन, नई दिल्ली।
- बछोतिया हीरालाल (2011 ई. हिन्दी शिक्षण संकल्पना और प्रयोग, किताब घर प्रकाशन दिल्ली।
- भोलानाथ तिवारी, हिन्दी शिक्षण, लिपि प्रकाशन, नई दिल्ली।
- मंगल उमा (2009 ई. हिन्दी शिक्षण भार्य बुक डिपो, नई दिल्ली।
- पाण्डेय राम शुक्ल हिन्दी शिक्षण, अग्रवाल पब्लिकेशन, आगरा।
- पाण्डेय आर० एस० (1992 ई. विनोद पुस्तक भण्डार, आगरा।
- निरंजन कुमार सिंह, हिन्दी शिक्षण, राजस्थान ग्रन्थ अकादमी, जयपुर।

W.e.f Academic Session 2024-25


Chairperson

   
Rajay 1492

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Sports Management
BPES - 501

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: - 70
Internal assessment: - 30
Time :- 3 hours

Course Outcome:-

- CO1. The Students would be able to know the concept, Meaning, Importance & Scope of Sports Management.
CO2. The Students would be able to know the Meaning and Types of Class Management.
CO3. The Students would be able to know and understand the concept of Tournaments.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Introduction to Sports Management Defining Sport Organisation, Administration and Management.

Functions of Sport Management- Planning, Organising, Staffing, Directing, Coordinating, Reporting, Budgeting, Evaluating and Reforming (POSDCORB+ ER). Types of Management: Authoritarian Management, Laissez- Faire Management, Democratic Management and Eclectic Management. Theories of Management: The Classical Theory, the Neo-Classical Theory and Modern Theory.

UNIT-II

Managerial Skills, Roles and Techniques, Managerial Roles: Interpersonal Roles, Informational Roles, Decision Making Roles. **Office Management:** Meaning, nature (Centralized and Decentralized) and functions of office management, aspects of office management. **Financial Management:** Introduction, objective and scope of financial management, Purpose and Principles of Financial Management in Physical Education and Sports. **Human Resource Management:** Introduction, meaning, definition, planning, recruitment and selection, induction, training and personal development, managing diversity.

UNIT-III


Management of Sports Facilities and Equipment's- 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. **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


Supervision, Evaluation, Managerial and Administrative Duties of Physical Education teacher.

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. **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. **Managerial and Administrative Duties of a Physical Education Teacher:** Instructional, Office, Finance, Facilities, Public Relations, Personnel, Professional, Purchases, Intramurals, Extramurals etc.

W.e.f Academic Session 2024-25


Chairperson


Lajay

Anshu


Singh - 1493



Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

EXERCISE OF PHYSIOLOGY

BPES - 502

Total Credits: 4

L - P - T

3 - 0 - 1

Total Marks:- 100

External Marks: - 70

Internal assessment: - 30

Time :- 3 hours

COURSE OUTCOMES:-

- CO1. The students would be able to explain concept of Exercise Physiology in sport.
CO2. The students would be able to understand the concept of Physiology of Cardiorespiratory changes, exercise & recovery.
CO3. The students would be able to understand the concept of Metabolism, Energy systems Anaerobic, Aerobic & ATP Production.
CO4. The students would be able to know about the Physiological changes in training.

Instruction for paper setter / Examiner Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Definition of exercise, types of exercise, benefit of exercise. Meaning of Physiology and Exercise Physiology, Importance & functions of Exercise Physiology in the field of Physical Education and Sports. Long term and short term effects of exercise on muscular system.

UNIT-II

Physiology of respiratory system and types of respiration, effects of exercise on respiratory system. effect of exercise on the functioning of endocrine glands

UNIT-III

Cardio-vascular system:- Adaptation of heart, Effect of exercise on heart, changes in heart, Blood, Blood pressure, effect of exercise on blood & blood pressure. Basic physiology of circulatory system effects of exercise on circulatory system

UNIT-IV

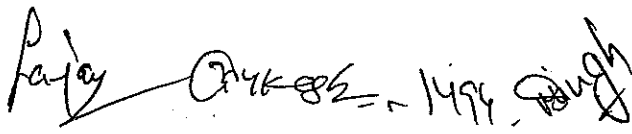
Physiology of Digestive system, stages of digestive process in mouth, stomach, small intestine, Large intestine, function of liver, effect of exercise on digestive system.

REFERENCE:-

1. Basic Anatomy of Physiology of exercise-Piyush Jain
2. Introduction to anatomy & Physiology of Exercise- Sandhya Tiwari
3. Essential of Physical Education & Sports - Dr. Ajmer Singh & others
4. Essential of Exercise Physiology - Lessy G. Shower.
5. Guyton, A.C. Text Book of Medical Physiology, W.B. Saunders Company, Philadelphia, 1981.
6. Devries, H.A. Physiology of Exercise for Physical Education and Athletics. London: Staoles Press, 1976.

W.e.f Academic Session 2024-25


Chairperson


P. Singh - 1474 Singh





Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Sports Nutrition
BPES - 503

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks:- 70
Internal assessment: - 30 Time :-
3 hours

Course Outcomes:-

- CO1. Sports nutrition study helps in improving anyone's athletic performance.
- CO2. Sports Nutrition study is an important part of many sports training regimens, being popular in strength sports (such as weightlifting and bodybuilding) and endurance sports (e.g cycling, running, swimming, rowing).
- CO3. Sports nutrition focuses its studies on the type, as well as the quantity of fluids and food taken by an athlete. In addition, it deals with the consumption of nutrients such as vitamins, minerals, supplements and organic substances.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Nutrition concept balance diet and fitness Concept of Nutrition, Sport Nutrition and Health, Types and Sources of Nutrients, Main function of Macro and Micro nutrients in health and sports, Balanced diet, **Fitness with reference to sports and its Measurement** Flexibility, Coordination, Equilibrium, Speed, Agility, Strength, Endurance

UNIT-II

Nutrition And Sports :Energy for sports performance and The role of carbohydrate, protein, fat and their sources. A factor affecting the energy needs in different categories of sports events. Sports supplements and their effect on performance. Nutritional requirements and allowances for sports person of different categories Competition nutrition and its management glycaemic index and sports nutrition

UNIT-III

Nutrition and different body conditions Management of Hypertension atherosclerosis and dieters mellitus in sportsperson. Management of the female sportsperson: Menarche and Menstruation, Amenorrhea: Anemia and Iron Supplementation, Bone Health and Calcium Supplementation
Eating Disorders.


UNIT-IV



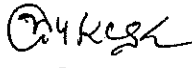
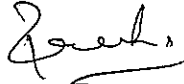
Weight Control Basic principles of weight control Calorie concept of weight control Fat reduction and role of fat loss supplements Role of diet in weight control.

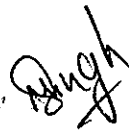
SUGGESTED READINGS

- Bean, A. (2001). Sports Nutrition. Biddles Ltd, Guildford and Kings Lynn.
- Zimmermann, M. (2007). Handbook of Nutrition, Saurab Printers Pvt Ltd.
- Antonio, J and Stout, J.R. (2001). Sports supplements. Lippincott Williams & Wilkins.

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Chairperson

 - 1495 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Science of Sports Training
BPES - 504

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: - 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes :-

CO1. Foundation of Sport training helps in understanding how to improve activity involving physical activity and skill.

CO2. This helps in building the character and personality of a person. It certainly is an excellent tool to keep the body physically fit. Most noteworthy, the benefits of studying Foundation of Sports training are so many that books can be written. Sports training have a massive positive effect on both the mind and body.

Interaction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit - I

Meaning, definitions, Aims and objectives of sports training. Principles & 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

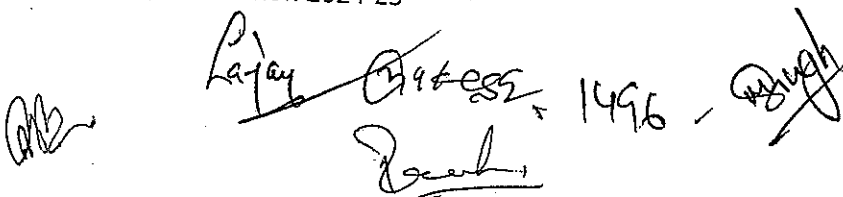
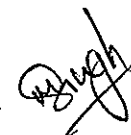
Periodization: Meaning and definition of periodization, importance of periodization single, double and triple, periodization, long term and short term plan, planning for competition main and build up competitions.

Reference:

- Batty, B: Article and Motor Development in infants and Children, Prentice Hall,
- Dick, F.W: Sports Training Principles Lepus, London 1980.
- Jenson, C.R. Bischer, A.G. Scientific Basic of Athletic Conditioning lea and Bebiger, Philedephic

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Rajay, 1496 - 

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Professional Preparation and Curriculum Design in Physical Education and
Sports Sc.-I
BPES – 601

Total Credits: 4

L - P - T

3 - 0 - 1

Total Marks:- 100

External Marks: - 70

Internal assessment: - 30

Time :- 3 hours

Course Outcomes:

- CO1. Students will know the foundation of profession, its criteria.
CO2. Students will understand the various perspectives of profession.
CO3. Students will understand the principles & process of professional development.

Interaction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Concept of Physical Education – Meaning and Definition. Foundations of Professional Preparation, Understanding of Foundations of Physical Education and Sports. Meaning of Profession, Preparation, Curriculum and Design. Basis of Professional Preparation in Physical Education and Sports Sciences.

UNIT-II

Forces and Factors Affecting Educational Policies and Programmes. Function of the State Govt. in implementation of the Educational and Professional Preparation of Physical Education and Sports Programme.

UNIT-III

Contribution, Aims and Purposes of General Education in the Professional. Preparation of Physical Education and Sports. Aims and Objectives of Physical Education. Historical Review of Physical Education in USA and Russia. Historical Review of Sweden & Denmark.

UNIT-IV

Professional Educational Qualification Desirable for Physical Education. Teachers for Library, Laboratory and Research. Historical Review of Professional Preparation in United Kingdom and Germany.

Suggested Readings:-

1. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation and Curriculum Design in Physical Education
2. Batia, K.K. and Narang, (1991) Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publisher
3. Bhatia, K.K.Kadian, K.S.Chanda, PC and Sharma (1990) Contemporary problem of Indian Education, Jalandhar Prakash Brother Educational Publishers.
4. Graily, J.Byrant, Career Potentials in Physical Activity (1990) New Jersey, Prentice Hall in Englewood cliffs USA

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Chairperson

AB

Rajay Rakesh
Book

Rajay Rakesh - 1497 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

SPORTS PSYCHOLOGY & SOCIOLOGY
BPES - 602

Total Credits: 4

L - P - T

3 - 0 - 1

Total Marks:- 100

External Marks:- 70

Internal assessment: - 30

Time :- 3 hours

Course Outcome:-

- CO1. Understand the importance of psychology and sports psychology.
- CO2. Understand the theories and laws of learning.
- CO3. Importance of perception and motivation.
- CO4. Types of anxiety, aggression and personality.
- CO5. Role of sociology in physical education and sports

Interaction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 10 marks each.

UNIT-I

INTRODUCTION Psychology its Meaning & Definition Psychology as a Science Scope & Importance of Psychology in Physical Education Intelligence Concept of Intelligence: Meaning, Definition & Nature Types of Intelligence Theories of Intelligence

UNIT-II

DEVELOPMENTAL PSYCHOLOGY Nature of Human Growth and Development General Characteristics of Physical, Intellect; Emotional and Social Development during Infancy, Childhood & Adolescence. **PERSONALITY** Concept of Personality: Meaning & Definition Types of Personality

UNIT-III


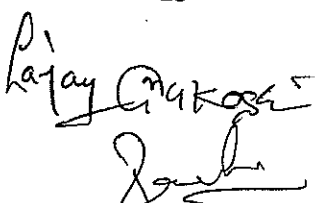

INDIVIDUAL PSYCHOLOGY Individual Differences: Types and Nature Determinants of Individual Differences: Heredity and Environment. **LEARNING** Concept of Learning: Meaning, Definition, Nature Laws & Theories of Learning Plateau in Learning & Transfer of Learning

UNIT-IV

Concept of Motivation: Meaning, Definition & its Nature Factors influencing Motivation Techniques of Motivation Motivation & Sports Performance **ANXIETY** Anxiety: its Nature and Kinds Anxiety and performance Management of Anxiety. **ADJUSTMENT** Concept of Adjustment: Meaning & Definition Personal & Social Adjustment Causes of Maladjustment Role of Physical Education in Preventing Maladjustment & Promoting Mental Health.

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Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

REFERENCE BOOKS:-

1. Crow, Educational Psychology-Little field adams& Co., 1979.
2. J.Ross, Ground work of Education Psychology.
3. Mathur, S.S., Educational Psychology, VinodPustakMandir, Agra-1962.
4. Jack H., Psychology of Coaching: Theory and Application

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Chairperson

 Rajay Anand
Deputy
- 1499 -


Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Balanced Education
BPES - 603

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: - 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes:-

- CO1.** Know the various Components of Balanced Education
- CO2.** Understand the Awareness to current status, Measurement & management of Health
- CO3.** Understand the Interdependence of health on sound body, mind, heart, soul, environment, genetics

Interaction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit - 1

Balanced Education: Introduction, Meaning, definition, Significance, Aims & Objectives; Components- Health; Wealth; Physical Fitness, Wellness; Longevity, Success; Happiness approach. Components of Balanced Education as Body, Mind, Intellect, Heart, Social, Spiritual, Environment and Genetics etc.

Unit - II

Health : Introduction, Meaning, Definition of Positive & Negative Health; Relation to Fitness, Illness, Wellness Continuum, Personality; Components of Health-Physical, Emotional, Mental, Spiritual, Social, Environmental, Genetic, Interdependence of health on sound body, mind, heart, soul, environment, genetics; holistic nature of health with examples of all components role on each component concept of divisions for convenience of understanding. Goal setting, Decision making for healthy behaviors; Analyzing information, Awareness to current status, Measurement & management of Health.

Unit - III


Wealth: Introduction, Meaning, Generation by work for all, Relation to MDG-2015; Right to Work, Equality, Occupational Skills; Vocational decision making, Goal Setting, Application of knowledge and enriching knowledge for progress harmony and development.

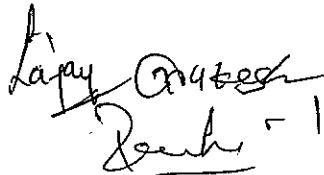
Unit - IV

Physical Fitness: Introduction, relation to health, Definition, health related physical fitness and its components, skill related physical fitness and its components exercises to improve and maintain physical fitness with physical fitness technology and principles of development of physical fitness.

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Chairperson


Lapy Anand
Rank - 1500.


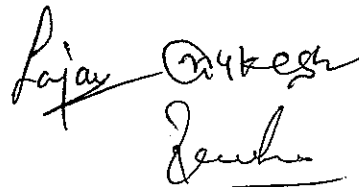
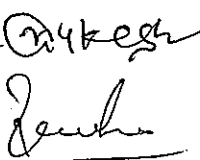


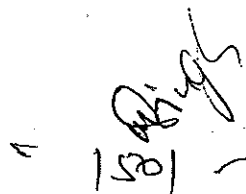
Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

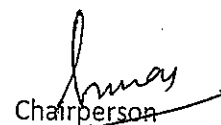
References:

1. Anspaugh, D.J., M.H. Hamrick & F.D. Rosato (2005). Wellness: Concepts and Application. McGraw Hill, USA.
2. Chopra, D. (1994). The Seven Spiritual Laws of Success. Amber-Allen Publishers, New World Library, New Delhi.
3. Covey, S.R. (2004). The Eighth Habit: From Effectiveness to Greatness. Franklin Covey Co., USA.
4. Kansal, D.K. (2013) Wholistic Personality Development. Sports & Spiritual Science Publications, New Delhi.
5. Kansal, D.K. (2015) Balanced Education , Sports & Spiritual Science Publications. In Press.
6. Loehr, J. And T. Schwartz (2003). The Power of Full Engagement : Managing Energy, not Time, Is the Key to High Performance and Personal Renewal. Free Press Paperbacks, New York, USA.

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1501


Chairperson

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Olympic Movement
BPES - 604

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: - 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes:-

- CO1. The Olympic Movement study is the concerted, organized, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and entities who are inspired by the values of Olympism.
- CO2. This study talks about and informs that it covers the five continents. It reaches its peak with the bringing together of the world's athletes at the great sports festival, the Olympic Games. Its symbol is five interlaced rings.
- CO3. The goal of the Olympic Movement is to contribute to build a peaceful and better world by educating youth through sport practiced in accordance with Olympism and its values. It talks about belonging to the Olympic Movement requires compliance with the Olympic Charter and recognition by the IOC. The three main constituents of the Olympic Movement are the International Olympic Committee ("IOC"), the International Sports Federations ("IFs") and the National Olympic Committees ("NOCs").

Interaction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

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

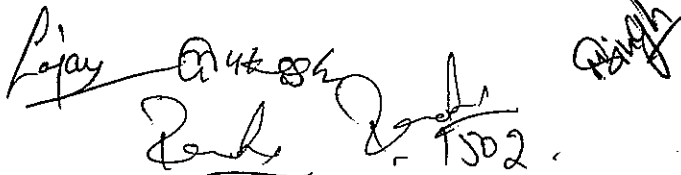
Modern Olympic Games Significance of Olympic Ideals, Olympic Rings, Olympic Flag Olympic Protocol for member countries, Olympic code of Ethics, Olympism in action, Sports for All

Unit - III

Different Olympic Games Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games

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Chairperson


Rajay Anand Singh
Rishi Singh
1502

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Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

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 non fiction 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

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1503

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Chairperson

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Officiating & Coaching
BPES - 701

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: - 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes:-

- CO1. Students would be able to know the technical and tactical training and their methods.
- CO2. Able to mark Track and Field and Officiate
- CO3. Able to understand the rules of the games and sports
- CO4. The students would be able to know the measurement, marking, equipment, rule & regulations of Kabaddi, badminton, judo, kho-kho.
- CO5. The students would be able to know the criteria for selection of college/university team.

Interaction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

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, Fartlek 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.

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- 1504 - 2024

Chairperson

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION
BPES - 702

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks:- 70
Internal assessment: - 30
Time :- 3 hours

Course outcome:-

- CO1. The students would be able to know the concept meaning importance and scope of sports medicine
- CO2. The students would be able to know the demonstration of treatments
- CO3. The students would be able to know and understand therapeutic exercise

Interaction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit-I

Sports Medicine: Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance. Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches. Need and Importance of the study of sports injuries in the field of Physical Education Prevention of injuries in sports—Common sports injuries—Diagnosis— First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

Unit-II

Physiotherapy Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays – Introduction and demonstration of treatments -Ultraviolet rays –short wave diathermy – ultrasonic rays.

Unit-III

Hydrotherapy Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) Physiological Effect of Massage.

Unit-IV


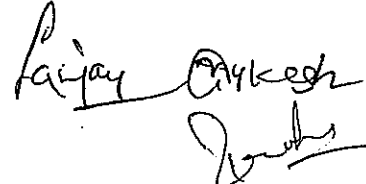

Therapeutic Exercise Definition and Scope – Principles of Therapeutic Exercise, Classification, Effects and uses of Therapeutic exercise. Passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints Hips, Knee, ankle and Foot joints – Trunk, head and neck exercises.

References:

- Christine, M. D., (1999). *Physiology of sports and exercise*. USA: Human Kinetics.
- David, R. M. (2005). *Drugs in sports*, (4th Ed). Routledge Taylor and Francis Group.
- Jayprakash, C. S., *Sports Medicine*, J.P. Brothers Pub., New Delhi, 2003.
- Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers
- Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.

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Chairperson

   - 1505 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

BIOMECHANICS
BPES - 703

Total Credits: 4
L – P – T
3 – 0 – 1

Total Marks:- 100
External Marks: – 70
Internal assessment: - 30
Time :- 3 hours

Course outcome:-

- CO1.** The students would be able to know the concept meaning importance and scope of by mechanics
- CO2.** The students would be able to know the meaning of motions and their applications in sports
- CO3.** The students would be able to know and understand the concept of liver, balance and Equilibrium.

Interaction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Meaning, definition, functions and importance of biomechanics in Physical Education and Sports. Fundamental Mechanical Concept of: Force, Pressure, Mass, Weight, Volume and Density. Forces acting on a system: properties of a force: Types of forces: Reaction Force, Friction Force, Centripetal and Centrifugal Force and their application in Sports.

UNIT-II

Linear Movement Linear speed and velocity Linear acceleration Relationship of force, mass and linear acceleration Linear momentum Linear impulse Newton laws of motion and their application in sports

UNIT-III

Spin, Rebound and Swing and their application in Physical Education & Sports A) Spin and its types, B) Effects of spin on speed of the ball on the surface. C Effects of spin on speed and direction of the ball in flight D The Magnus effect its application in Sports Meaning and Application of Following Aerodynamic forces in Physical Education & Sports

UNIT-IV

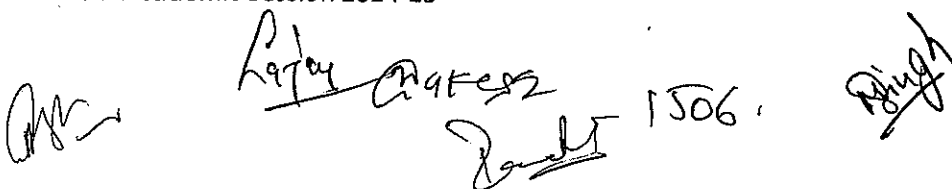
Definition description and application of levers in Physical Education and Sports Advantages of levers, Classes of levers Balance and Equilibrium a) Stable, unstable and neutral equilibrium b) Balance in static position c) Factors effecting stability

Reference Books:

1. Gowitzke, BA and Milner M. 1998, Scientific Basis of human movement (3rd Edition)
2. Hay. J (1978) The Bio-Mechanics of Sports Techniques 2nd Edition Englewood Cliffs: Prentice Hall
3. Kreighbaum & Bartheles, Biomechnis, Ny: Macmillan 1985.
4. Mood S.D. Beyond Biomechanics-New York – Taylor (1996)
5. Hall, S.J. Basic Biomechanics, London, Mosy 1991
6. Hay, J & Reid (1982) The Anatomical and Mechanical Basis of Human Motion.

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1506

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION
BPES - 704

Total Credits: 4
L – P- T
3 – 0 – 1

Total Marks:- 100
External Marks:- 70
Internal assessment: - 30
Time :- 3 hours

COURSE OUTCOMES

- CO1. The students would be able to know the meaning and types of education and educative process and importance of methods of teaching.
- CO2. The students would be able to know about teaching techniques, personal and technical preparation in presentation technique.
- CO3. The students would be able to know about command and its types & teaching aids and Lesson planning.
- CO4. The students would be able to know Micro teaching & macro teaching.
- CO5. The students would be able to know the meaning, types and steps of stimulation teaching.

Interaction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit – I

Introduction

Education and Education Technology- Meaning and Definitions, Types of Education- Formal, Informal and Non- Formal education. Educative Process, Importance of Devices and Methods of Teaching.

Unit – II

Teaching Technique

Teaching Technique – 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
Command- Meaning, Types and its uses in different situations.

Unit – III

Teaching Aids Teaching Aids–Meaning, Importance and its criteria for selecting teaching aids. Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc. Team Teaching–Meaning, Principles and advantage of team teaching. Difference between Teaching Methods and Teaching Aid.

Unit – IV

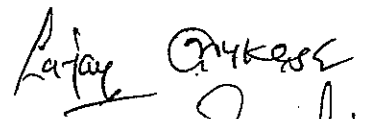
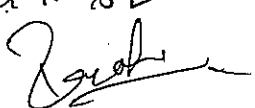

Lesson Planning and Teaching Innovations Lesson Planning–Meaning, Type and principles of lesson plan. General and specific lesson plan. Micro Teaching–Meaning, Types and steps of micro teaching. Simulation Teaching - Meaning, Types and steps of simulation teaching.

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.
- Sampath, K., Pannirselvam, 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.

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  1507 - 

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

RESEARCHES AND STATISTICS IN PHYSICAL EDUCATION – I
BPES - 705

Total Credits: 4

L – P – T

3 - 0 - 1

Total Marks:- 100

External Marks: – 70

Internal assessment: - 30

Time :- 3 hours

Course Outcomes:-

- CO1. The students would be able to explain the Classify and formulate the different methods of research.
- CO2. The Students would be able to know and understand the importance of statistics in the field of physical education and illustrate the graphical representation of data
- CO3. The Students would be able to know and understand the Mean, Median and Mode for grouped and ungrouped data, compute parametric statistical techniques to solve various problems.

Interaction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit –I

Research literature: Location of the research material,- Index, Books, Bibliography, Note- taking, Scanning and Skimming **Hypothesis:** significance, meaning, types, importance and sources
Sampling: meaning, definition, types of sampling, techniques of sampling, Characteristics of good sampling, sampling errors.

Unit –II

Tools of data collection: Collection of data through questionnaires and observation, Collection of data through schedule. Guidelines for constructing questionnaires/Schedule. Guidelines for successful interviewing

Unit –III

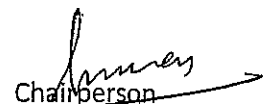
Meaning, Definition and Characteristics of a good statistics, Meaning of “Data”, Methods of Organizing Data through Frequency Distribution. Meaning of Variability, Measures of Variability and Dispersion Range, Average Deviation and Standard Deviation. Meaning of Percentile Rank, Computation of Percentile Rank.

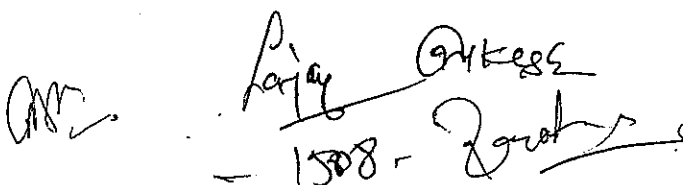
Unit – IV

Meaning of Normal Probability Curve, Characteristics and Properties of Normal Curve. Application of Normal Probability Curve, Meaning of Skewness and Kurtosis.

Suggested Readings:-

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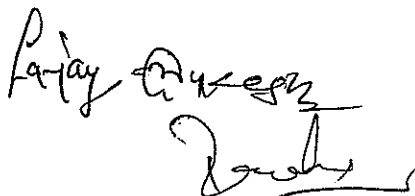
Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

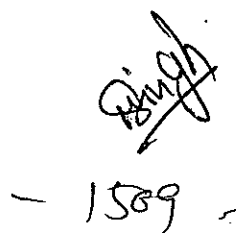
1. Best J.W. (1982) Research in Education, Prentice Hall Inc. : Delhi.
2. Clarke, H.David., (1985) Research Processes in Physical Education , Recreation & Health Prentice Hall Inc.
3. Thomas Jerry R. and Nelson Jack K., (1996) Research Methods, Physical Activity. Human Kinetics Champaign.
4. Weimer, Jon, (1994) Research Techniques in Human Engineering. Prentice Hall: New Jersey.
5. C.V.Good : (1954) Methods of Research , Appleton Century Crofts Inc., New York.
6. W.R.Mouly: (1975) Educational Research Introduction, David Making CO. Inc. New York,
7. J.W.Best (1980) Research in Education, Prentice Hall.
8. D.H. Clarke (1970) : Research Processes in Physical Education, Recreation and Health , Prentice Hall,
9. Clarke.HH. (1992) The Application of Measurement in Health and Physical Education.
10. Clarke,David H.and Clarke H.Hares N. (1986) Research Process in Health Education Physical Education and Recreation . Englewood Cliffs, New Jersey, Prentice Hall, Inc.
11. Shaw. Dhananjay (2007) Fundamental statistics in Physical Education & Sports sciences, sports publication.
12. Margaret J. Safrit (1998) Introduction to Measurement in Physical Education and Exercise Science, Time Mirror/ Mosy, College Publishing St. Louis. Toronto Boston (2Nd. Edition).
13. Morey E. Garrett : Statistics in Psychology and Education, David Meka Company Inc.
- . Devinder K. Kansal : Test and Measurement in Sports and Physical Education, D.V.S.Publications, Kalkaji,

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Rajay


- 1509 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Sports Psychology
BPES - 801

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: - 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes:-

- CO1. Sports Psychology is about improving your attitude and mental game skills to help you perform your best by identifying limiting beliefs and embracing a healthier philosophy about your sport.
- CO2. Sports psychology can be utilized as part of ongoing player management, or alongside other areas of recovery and rehabilitation such as physiotherapy, sports therapy and sports massage.
- CO3. Through the services of a sports psychologist an athlete manages to overcome these pressures and develops a stronger level of positive focus and commitment, then improved performance is more than likely to follow.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

General Concept of Sports Psychology Historical Development of Sports Psychology. Meaning and definitions of sports psychology. Need and Importance of Sports Psychology in competitive sports. Competition, sports competition, its merits and demerits. Interest: Meaning, definition, types, ways and means of arousing and sustaining student's interests in physical education and sports.

UNIT-II

Motor Skill Learning Meaning, definition and nature of motor skill learning. Principles / conditions of motor skill learning. Learning/sports performance curve, its types, characteristics; Plateau in learning/sports performance curve, its reasons and solutions. Attention: Definition, nature, characteristics, types, and role of attention in physical education and sport. Strategies for improving attention

UNIT-III


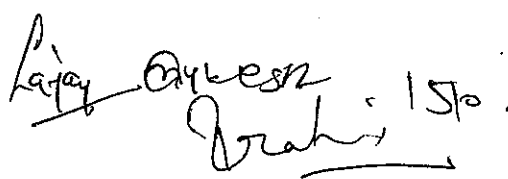

Motivation and Sport Meaning and definition of motivation, motives, drives and needs. Types of motivation. Conditions and factors for sports motivation. Methods of motivation. Need and importance of motivation in the field of physical education and sports.

UNIT-VI

Personality and Sports Concept, meaning, definition, characteristics, dimensions, traits of personality its classification. Factors affecting the development of personality. Athletic / Sports performance and personality. Meaning, concept, types and management of the following Psychological factors affecting sports performance: Stress, Anxiety, Aggression, Arousal

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Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Nature Study
BPES - 802

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: - 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes:-

- CO1. Understand the Concept of environmental science.
- CO2. Know the natural resources and its issues.
- CO3. Understand the Water Resources & Air Resources
- CO4. Understand the Air born infection caused by pollution other, than micro-organism, insecticide, control & measurements of Rodents.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

NATURAL PROCESS Solar System:- Sun, major planets and their satellites. Water cycle, wind, ice, ecosystem, components of ecosystem. Ecological succession, major biotic communities, biomes of India, whether modification, noise pollution.

UNIT-II

WATER RESOURCES AND AIR RESOURCES Uses of water, water sanitation, sources of water, water supply, water quality, water purification, drinking water standard, contamination of drinking water, water pollutants, water pollution. Causes of water pollution. Control of water pollution and water management. Effects of air pollution on human health and in other organism. Effects of air pollution on weather, air pollution control, control of gaseous pollution, control of air pollution by legislation and trees.

UNIT-III

PUBLIC HEALTH Epidemiology – meaning and its types, food born and water born diseases, food related health problems other than biological agents. Air born disease. Disease from animal to man. Air born infection caused by pollution

UNIT-IV

ENVIRONMENTAL MANAGEMENT AND PUBLIC PARTICIPATION: Environmental management objectives of environmental management, principle of Environmental Management, strategy of Environmental management. Natural resources management, solid waste management. Environment ethics environment conservation, bio-sphere reserve forest conversation, bio-diversity conservation, wild life conservation.

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Leja Anubesh

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Pr Singh



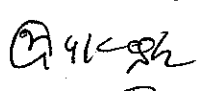
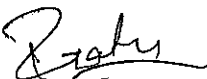
- 15/1 -

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

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- 14) Aggarwal, K.C. 2001 Environmental Biology, Nidi Pub. Ltd., Bikaner.
- 15) Bharucha, Frach. The Biodiversity of India. Mapin Publishing Pvt. Ltd. Ahmedabad 380013. India. Email: mapin@icenet.net @
- 16) Brunner R.C. 1989. Hazardour Waste Incineration, MC.Graw Hill Inc. 480p.
- 17) Clark R.S. Marine Pollution, Slanderson Press Oxford (TB)
- 18) Cunningha, W.P. Cooper, T.H. Gorhani, E & Hepworth, M.T. 2001, Environmental Encyclopedia, Jaico Pub. House, Mumbai 1196 p.
- 19) De A.K. Environmental Chemistry, Wiley Eastern Ltd.
- 20) Down to Earth, Centre for Science and Environmental (R)
- 21) Gleick, H.P. 1993. Water in crisis, Pacific Institute for Studies in Dev. Environmental & Security. Stockholm Env. Institute Oxford Univ. Press, 473 p.
- 22) Hawkins R.E. Encyclopedia of Indian Natural History, Bombay Natural History Society, Bombay (R)
- 23) Jadhav, H & Bhosale, V.M. 1995. Environmental Protection and Laws. Himalaya Pub. House, Delhi 284 p.
- 24) Mhaskar A.K. Matter Hazardous, Tekchno-Science Publications (TB)
- 25) Miller T.G. Jr. Environmental Sciences. Wadsworth Publishing Co. (TB).
- 26) Odum, .P. 1971. Fundamentals of Ecology. W.B. Saunders Co. USA, 574 p.

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Chairperson

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Anatomy and Physiology
BPES - 803

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: - 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes:-

- CO1.** Know the basics of anatomy and physiology.
- CO2.** Understand the circulatory, respiratory and digestive system.
- CO3.** Understand the excretory, endocrine, nervous system & sense organs
- CO4.** Know the concept of physiology and neuromuscular physiology.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Anatomy and Physiology: Introduction, Meaning & Definition, Scope, Need and Importance. **Cell & Tissues:** Introduction, Definition, Structure, Classification and Functions. **Human Skeleton:** Introduction, Axial and Appendicular Skeleton

UNIT-II

Bones: Structure, Types and their Functions. **Joints:** Introduction, Classification/Types and Functions of various Joints. **Muscular System:** Meaning, Structural Classification of Muscles (Skeletal, Smooth and Cardiac Muscles), General Characteristics of Muscles.

UNIT-III

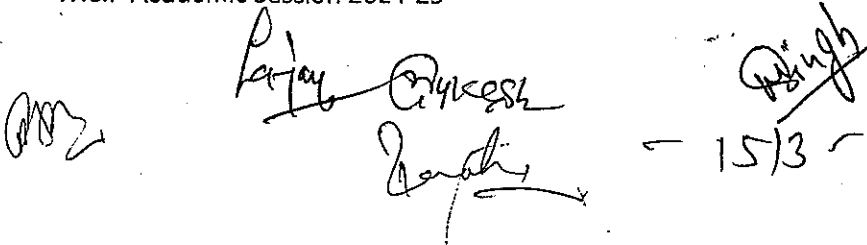
Cardio-Vascular System: Meaning, Structure & Functions of Heart and Major Blood Vessels of the Body, Circulation of blood, Pulmonary Circulation, Systemic and Portal Circulation. **Blood:** Structure & Functions of Blood, Formation of Blood Cells; Blood Groups & their Characteristics. **Respiratory System:** Introduction, Organs, Structure and Functions, Mechanism of Respiration.

UNIT-IV

Digestive System: Introduction, Organs, Structure and Functions, Mechanism of Digestion. **Excretory System:** Introduction, Organs, Structure & Functions of Kidney and Skin. **Nervous System:** Introduction, Autonomic Nervous System, Sympathetic Nervous System and Parasympathetic Nervous System, structure of nerve cell, Sensory Nerves (Afferent or Ascending), Motor Nerve (Efferent or Descending).

W.e.f Academic Session 2024-25


Chairperson


15/3

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

REFERNCE BOOKS:

1. Singh, Ajmer., Bains, Jagdish., Gill, Jagtar Singh. and Brar, Rashpal Singh "Essential of Physical Education" (2017) Kalyani Publisher, Ludhiana, Punjab.
2. Gerard, J. Tortora and Bryan, H. Derrickson., "Principles of Anatomy and Physiology" (2014) 14th edition – John Wiley and Sons, USA.
3. Albert Bluisdall, "Human Anatomy and Physiology" (2001) Sports Publication, Darya Ganj New Delhi. 4. Rose and Wilson, "Anatomy and Physiology in Health Illness" (2001) 9th edition Harcourt Publisher Ltd.
5. Winwood, R.S. and Smith, J. L. "Sears Anatomy and Physiology for Nurses" (1998) 6th edition (1st Indian edition) Published by London Edward Arnold.
6. Gray A. Thibodean and Kelvin T. Patton, "Anthony's Textbooks of Anatomy and Physiology" (1994) 14th edition Mosby year book inc. St. Louis Times Mirror, Mosby College Publishing.

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AB

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2024

- 1514 -

Bhagat

Sumay
Chairperson

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Scientific Principles of Sports Training
BPES - 804

Total Credits: 4

L P T
3 0 1

Total Marks:- 100

External Marks: - 70

Internal assessment: - 30

Time :- 3 hours

Course outcome:-

- CO1. The students would be able to know the concept meaning importance and scope of sports training
- CO2. The students would be able to know the meaning and types of sports training
- CO3. The students would be able to know and understand the concept of training program and planning

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit – I

Introduction to Sports Training Meaning and Definition of Sports Training Aim and Objective of Sports Training Principles of Sports Training System of Sports Training – Basic Performance, Good Performance and High Performance Training

Unit – II

Training Components Strength–Mean and Methods of Strength Development Speed–Mean and Methods of Speed Development Endurance - Mean and Methods of Endurance Development Coordination–Mean and Methods of coordination Development Flexibility–Mean and Methods of Flexibility Development

Unit – III

Training Process Training Load- Definition and Types of Training Load, Principles of Intensity and Volume of stimulus, Technical Training–Meaning and Methods of Technique Training Tactical Training–Meaning and Methods of Tactical Training

Unit – IV


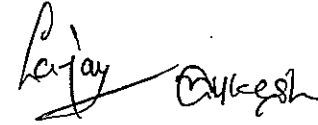
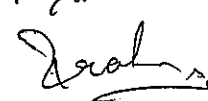

Training programming and planning Periodization–Meaning and types of Periodization Aim and Content of Periods–Preparatory, Competition, Transitional etc. Planning–Training session Talent Identification and Development

References:-

- Dick, W. F. (1980). *Sports training principles*. London: Lepus
- Harre, D. (1982). *Principles of sports training*. Berlin: Sporulated.
- Matvyew, L.P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.
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Chairperson

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Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Science of Teaching & Coaching game (Wrestling)
BPES – 805

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: – 70
Internal assessment: - 30
Time :- 3 hours

Course outcomes:-

- CO1. Students will be able to evaluate and analyze the Players.
- CO2. Students will be able to conduct specific Sports related tests.
- CO3. Students will manage Officiating and prepare specific programs

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Origin of Wrestling in Modern & Ancient Time, Role of FILA (International Federation of Associated Wrestling Styles) and (WFI) Wrestling Federation of India, **Define Wrestling**, Types of Wrestling Style, Scope of Wrestling in India, Achievement of India in Asian, Commonwealth, World Championship & Olympic games, Wrestling Tournaments in India.

UNIT-II

Structure of Wrestling Mat and Platform, Officials in Wrestling, Officials Dress, Competition Procedures, Drawing of lots, General Duties of Mat Chairman, Referee, Judge and Jury of Appeal Medical, Weighting, Wrestler/Competitors Dress, Duties of a Coach in Wrestling Bout, Age and Weight Categories (Male & Female)

UNIT-III

-Rules & regulations and their interpretation, Duration of wrestling bout for Junior, Sub-junior and Seniors (Free Style & Greco Roman), Famous Wrestlers of India, List of Arjun Awardee, Padam Shree, Rajiv Gandhi Khel Ratan & Bhim Awardee, Famous Dronacharya Awardee, Coach in India

UNIT-IV

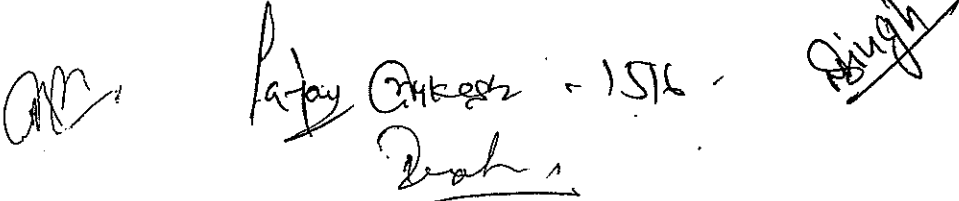
Point for Action & Holds, Evaluation of Importance of the Action & Holds, Danger position & fall, Prohibitions and illegal holds, Basic Vocabulary, Preparation of Score Sheet in Free Style & Greco-roman Styles, Diet of a Wrestler, Training & Coaching in Wrestling, Teaching Techniques, Tactics and Skill of Wrestling, Defensive & Offensive Wrestling, Importance of Warming up and Cooling down in Wrestling

REFERENCE BOOK:-

1. International Wrestling Rules- FILA
2. Training & Coaching-FILA

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Rajiv Chakraborty - 15/12 - Singh
Devi

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Science of Teaching & Coaching game (Kabaddi)
BPES – 806

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:- 100
External Marks: – 70
Internal assessment: - 30
Time :- 3 hours

Course outcomes:-

- CO1. It will be helpful in making difference between technique, tactics, skill and style.
CO2. The Students will be able to teach Game different Evaluation of skills of the players.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

- Define Kabaddi, Types of Kabaddi, Style and Formation of Kabaddi, Origin of Kabaddi. History of Kabaddi in India and Abroad, Origin of Kabaddi in Modern Time and Ancient Time. Scope of Kabaddi in India, Asian Games, World Championship, Common Wealth and Olympic Games. Kabaddi Tournament in India. Selection of Kabaddi Team. Methods for Selection of Kabaddi Team.

UNIT-II

- Dimension of Kabaddi Ground/Court and its Measurement in Different Style/Types/Kinds.
- Methods and Techniques to Formation of the Kabaddi Ground/Court, Official and Formation of Kabaddi to Conduct the good Competition/Tournaments of Championship and Duties & Uses of all the Official. Responsibility & Duties of the Team Manager, Coach and Captain of the Kabaddi Team During, After and Before the Competition

UNIT-III

- Rule and Regulation of Kabaddi, Duration, Time and Period of the Kabaddi Matches in Men, Women, Junior & Sub Junior Level. Famous Kabaddi Players, Teams, Arjuna Awardee, Trophies etc. Uniform, Diet Special Training & Coaching for Outstanding Kabaddi Players/Team Daily Training Schedule/Time Table of Kabaddi Team

UNIT-IV

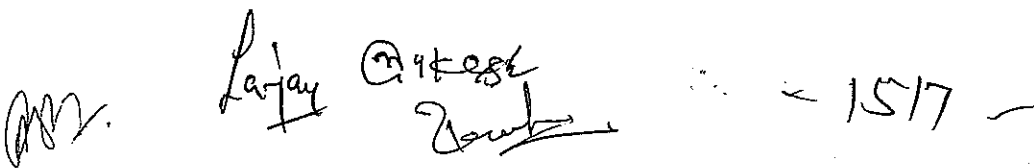
- Training & Coaching, Describe Specific Trg. And General Training & Coaching for Kabaddi Players. Technique of Training, Tactic & Skill of Training of Kabaddi, Defensive & Offensive Kabaddi Technique, Describe in Details About the Specific Training for Kabaddi Team.

Suggested Readings:-

1. John W. Dann: Scientific Principle of Coaching
2. Prentice Hall eglewood Clifs, JJ. 3. VN.Rao: Kabaddi.

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Larjay @ 15/7

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

Science of Teaching & Coaching game (Basketball)
BPES – 807

Total Credits: 4

L – P – T

3 - 0 - 1

Total Marks:- 100

External Marks: – 70

Internal assessment: - 30

Time :- 3 hours

Course outcomes:-

- CO1. Students will have technical knowledge about Sport.
- CO2. Students will demonstrate & inculcate basic skills.
- CO3. Students will inherit coaching attitude.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

- History and Development of Basketball Game, Fundamental of Basket Ball Game (Teaching and their Importance) Dribbling, Passing and Receiving, Shooting and Rebounding.

UNIT-II

Dimensions of the Basketball Court, Dimension of the Blackboard. Specification of the Basketball Ring, Upright and Ball.Equipments of the Basketball Game.

UNIT-III

- Administration of the Basketball game, Officials, Table Official, Commissioner and the Duties and Power of the Official, Playing Regulation, Violations in Basketball Game Fouls and Penalty in Basketball Game.

UNIT-IV



- Team Defense, Offense, Fast Break, Team Tactics Team/Talent, Signal of the Official, in Basketball Game.

REFERENCE:-

1. The complete handbook of individual skills: Robert Fox
2. Handbook of official Basketball rules-BFI
3. Complete Book of Basketball – Theory Balron berg

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  Rajay Chakraborty - 1518

Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

RESEARCHES AND STATISTICS IN PHYSICAL EDUCATION –II
BPES - 809

Total Credits: 4
L - P - T
3 - 0 - 1

Total Marks:-100
External Marks: – 70
Internal assessment: - 30
Time :- 3 hours

Course Outcomes

- CO1. The students would be able to explain the meaning, nature and scope of research in physical education.
- CO2. The students would be able to explain the Classify and formulate the different methods of research.
- CO3. The Students would be able to know and understand the importance of statistics in the field of physical education and illustrate the graphical representation of data
- CO4. The Students would be able to know and understand the Mean, Median and Mode for grouped and ungrouped data, compute parametric statistical techniques to solve various problems.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

Unit-I

Introduction to Research:- Definition of Research, Need and importance of Research in Physical Education and Sports. Scope of Research in Physical Education & Sports. Classification of Research. Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-II

Survey of Related Literature:- Need for surveying related literature. Literature Sources, Library Reading. Research Proposal, Meaning and Significance of Research Proposal. Preparation of Research proposal / project. **Research Report:** A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

Unit-III

Basics of Statistical Analysis:- Statistics: Meaning, Definition, Nature and Importance. Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit-IV

Statistical Models in Physical Education and Sports:- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data. **Measures of Variability:** Meaning, importance, computing from group and ungroup data **Percentiles and Quartiles:** Meaning, importance, computing from group and ungroup data

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Bhagat Phool Singh Mahila Vishwavidyalaya Khanpur Kalan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

References:

- Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.
Clark, H. H., & Clark, D. H. (1975). *Research process in physical education*. Englewood cliffs, New Jersey: Prentice Hall, Inc.
Garrett, H.E. (1981). *Statistics in psychology and education*. New York: VakilsFeffer and Simon Ltd.
Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.
Uppal, A. K. (1990). *Physical fitness: how to develop*. New Delhi: Friends Publication.
Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.

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Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

KINESIOLOGY - II

BPES - 810

Total Credits: 4

L - P - T

3 - 0 - 1

Total Marks:- 100

External Marks: - 70

Internal assessment: - 30

Time :- 3 hours

Course Outcomes:-

- CO1. The students would be able to explain the Concept, Scope and Role of Kinesiology and biomechanics in Physical Education and Sports.
- CO2. The students would be able to explain the Attachment and Action of the Muscles of upper limbs and lower limbs Joints.
- CO3. The students would be able to illustrate the concept of -Structural Classification, Functional Classification and Methods of Studying the Action of Muscles.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT-I

Meaning of Kinesiology brief history of Kinesiology. Importance of Kinesiology for games and sports; structural & functional classification of muscles. Role of muscles in Physical activity, anatomical standing position, planes and axes of movement. Terminology of fundamental movement.

UNIT-II

Newton's laws of motion and their implication in Physical Education and Sports. Levers, Equilibrium, Center of gravity, force centripetal and centrifugal force; Application of biomechanical principles to high jump, throwing movement, like discuss, shot put and javelin. Motor movement, movement coupling, movement precision and movement amplitude

UNIT-III

Location and actions of muscles at various joints: Upper extremity-shoulder girdle, shoulder joints & elbow joint. Deltoid, LatissimusDorsi, Pectoralis major, supra spinatus, pectoralis minor, Trepezius and levatorscapulas, Biceps Brachii, Brahialis and Triceps. **Lower sextremity:** Hip joint, Knew joint & Ankle joints, Gluteus Maximums, Gluteus medius, Gluteus minimum, Hamstring (Group), quadriceps (Groups), Gastrocnemicus, Sartorius.

UNIT-IV

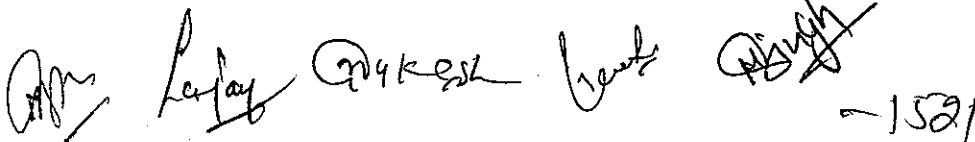
Meaning, importance, aims and objectives of biomechanics in Physical Education and Sports; kinetics, speed, velocity, acceleration, projectile, linear, kinetics, mass, weight, pressure, work energy, momentum, friction, impulse, inertia

Posture and postural deformities:

Meaning of posture type of posture, importance of posture, causes of poor posture, preventive and remedial measures of a poor posture, common postural deformities kyphosis, lordosis & Scoliosis.

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REFERENCE

1. Breer and Zarnicks, Efficiency of human movement W.B. Co., Philadelphia, 1970.
2. Nu. Scientific Principles of Coaching Prentice Hall 1962.
3. Per and Glassgow, C.V. Mosby Co. Saint
4. The mechanics of Athletics, Halmas and Meiar.
5. Miller, Mitoheigon, Paul and Smith, Techniques for of Human Movement Lapse Books London 1975.
6. Biomechanics of Sports technique inc. N.J. 1978.
7. Dejj, the Anatomical and Mechanical Bones of Motion, Prentice Hall Inc. N.J. 1982.
8. Mechnotach, BiomechanicsportlicherBowegungun sport-verley Berlin 1978.
9. Logan and Mckinney, Anatomic Kinesiology, M.C. Brown Co. 1977.
10. Marliyn and Hinsin, Kinesiology, Web DubugueLown 1977.

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Chairperson

Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

SPORTS JOURNALISM AND MASS MEDIA

BPES - 811

Total Credits: 4

L - P - T

3 - 0 - 1

Total Marks:- 100

External Marks: - 70

Internal assessment: - 30

Time :- 3 hours

Course Outcomes:-

CO1.To know the sports journalism and mass media concepts.

CO2.To know the concept of sports bulletin.

CO3.To know the effect of mass media in journalism.

CO4.To know report writing on sports.

CO5.To understand sports organization and sports journalism.

Instruction for paper setter / Examiner

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 14 marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. 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 14 marks each.

UNIT - I

Introduction:- Meaning and Definition of Journalism, Ethics of Journalism, Canons of Journalism Sports Ethics and Sportsmanship, Reporting Sports Events. National and International Sports News Agencies.

UNIT - II

-Sports Bulletin:- Concept of Sports Bulletin: Journalism and sports education, Structure of sports bulletin, Compiling a bulletin, Types of bulletin, Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education, Sports organization and sports journalism, General news reporting and sports reporting.

UNIT - III

Mass Media:- Mass Media in Journalism: Radio and T.V. Commentary, Running commentary on the radio, Sports expert's comments. Role of Advertisement in Journalism. Sports Photography: Equipment- Editing, Publishing

UNIT - IV

Report Writing on Sports:-

Brief review of Olympic Games, Asian Games, Common Wealth Games and Indian Traditional Games.Preparing report of an Annual Sports Meet for Publication in Newspaper.Organizaton of Press Meet.

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Rajay *Arkes* *Santhosh*

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BNagat Pnooi Singn Manila Vishwavidyalaya Knanpur Kanan
Department of Physical Education
Bachelor of Physical Education & Sports (Hon. with Research)

REFERENCE:-

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication,.
- Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
- Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
- Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
- Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

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