**COURSE STRUCTURE**

*Bachelor of Physical Education & Sports Sciences (B.P.E.S),
Kumaun University, Nainital*

**B.P.E.S. (1st Semester)**

<table>
<thead>
<tr>
<th>Part–A Theory Courses</th>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Marks Theory</th>
<th>Total marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>External</td>
<td>Internal</td>
</tr>
<tr>
<td>B.P.E.S.TC - 101</td>
<td>General Hindi/ General English (Optional)</td>
<td>35</td>
<td>15</td>
<td>50</td>
</tr>
<tr>
<td>B.P.E.S.TC - 102</td>
<td>History and Principles of Physical Education</td>
<td>35</td>
<td>15</td>
<td>50</td>
</tr>
<tr>
<td>B.P.E.S.TC - 103</td>
<td>Fundamentals of Physical Education</td>
<td>35</td>
<td>15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.TC - 104</td>
<td>Ancient and Modern Olympics</td>
<td>35</td>
<td>15</td>
<td>50</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td></td>
<td>140</td>
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<table>
<thead>
<tr>
<th>Part–B Practical Course</th>
<th>Course Code</th>
<th>Activities</th>
<th>Marks (Practical)</th>
<th>Total marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>External</td>
<td>Internal</td>
</tr>
<tr>
<td>B.P.E.S.PC– 101</td>
<td>Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc.</td>
<td>35</td>
<td>15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.PC– 102</td>
<td>Athletics:- Running events</td>
<td>35</td>
<td>15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.PC– 103</td>
<td>Yoga (Asanas)</td>
<td>35</td>
<td>15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.PC– 104</td>
<td>Swimming/Gymnastics (Ground)/Shooting (Any one)</td>
<td>35</td>
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<td>50</td>
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<tr>
<td>B.P.E.S.PC– 105</td>
<td>Drill &amp; Marching</td>
<td>35</td>
<td>15</td>
<td>50</td>
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<td><strong>TOTAL</strong></td>
<td></td>
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<td>175</td>
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# COURSE STRUCTURE

**Bachelor of Physical Education & Sports Sciences (B.P.E.S), Kumaun University, Nainital**

**B.P.E.S. (2nd Semester)**

<table>
<thead>
<tr>
<th>Part–A Theory Courses</th>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Marks Theory</th>
<th>Total marks</th>
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<tbody>
<tr>
<td></td>
<td>B.P.E.S.TC - 201</td>
<td>Anatomy and Physiology in Physical Education</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.TC - 202</td>
<td>Yoga in Physical Education</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.TC - 203</td>
<td>Kinesiology in Physical Education</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.TC - 204</td>
<td>Sports Nutrition and Balance Diet</td>
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<th>Part–B Practical Course</th>
<th>Course Code</th>
<th>Activities</th>
<th>Marks (Practical)</th>
<th>Total marks</th>
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<tbody>
<tr>
<td></td>
<td>B.P.E.S.PC – 201</td>
<td>Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc( (Different form 1st Sem)</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.PC – 202</td>
<td>Athletics</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.PC – 203</td>
<td>Yoga ( Kriyas, Bandhas &amp; Pranayama)</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.PC – 204</td>
<td>Swimming/Gymnastics( Ground)/Shooting (Any one)</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.PC –205</td>
<td>Lezim/ Hoop/Umbrella</td>
<td>35</td>
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<tr>
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# COURSE STRUCTURE

**Bachelor of Physical Education & Sports Sciences (B.P.E.S), Kumaun University, Nainital**

**B.P.E.S. (3rd Semester)**

## Part–A Theory Courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Marks Theory</th>
<th>Total marks</th>
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<tbody>
<tr>
<td>B.P.E.S.T C - 301</td>
<td>Health Education</td>
<td>35 15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.T C - 302</td>
<td>Sports Psychology in Physical Education</td>
<td>35 15</td>
<td>50</td>
</tr>
<tr>
<td>B.P.E.S.T C - 303</td>
<td>Physiology of Exercise in Physical Education</td>
<td>35 15</td>
<td>50</td>
</tr>
<tr>
<td>B.P.E.S.T C - 304</td>
<td>Management in Physical Education</td>
<td>35 15</td>
<td>50</td>
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**TOTAL** 140 60 200

## Part–B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Activities</th>
<th>Marks (Practical)</th>
<th>Total marks</th>
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<tbody>
<tr>
<td>B.P.E.S.P C – 301</td>
<td>Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc</td>
<td>35 15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.P C – 302</td>
<td>Officiating of Major Game (any One games)</td>
<td>35 15</td>
<td>50</td>
</tr>
<tr>
<td>B.P.E.S.P C – 303</td>
<td>Athletics:- Throwing events. (any two events)</td>
<td>35 15</td>
<td>50</td>
</tr>
<tr>
<td>B.P.E.S.P C – 304</td>
<td>Swimming/Gymnastics(Any One Apparatus)/Shooting (Any one)</td>
<td>35 15</td>
<td>50</td>
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## Part – C Teaching Practice

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Teaching Lesson A)General Lesson Plan (05lessons) B) Lessons in outdoor Sports &amp; Game activities (05lessons)</th>
<th>Marks Theory</th>
<th>Total marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>B.P.E.S.P C – 305</td>
<td></td>
<td>35 15</td>
<td>50</td>
</tr>
</tbody>
</table>

**TOTAL** 175 75 250
# COURSE STRUCTURE

**Bachelor of Physical Education & Sports Sciences (B.P.E.S), Kumaun University, Nainital**

**B.P.E.S. (4th Semester)**

<table>
<thead>
<tr>
<th>Part–A Theory Courses</th>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Marks Theory</th>
<th>Total marks</th>
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<tbody>
<tr>
<td></td>
<td>B.P.E.S.T C - 401</td>
<td>Fundamental of Computer and its use in Physical Education &amp; Sports</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.T C - 402</td>
<td>Basic Principles of Sports Training</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.T C - 403</td>
<td>Recreation in Physical Education</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.T C - 404</td>
<td>Biomechanics in Physical Education</td>
<td>35</td>
<td>15</td>
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<td></td>
<td><strong>TOTAL</strong></td>
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<td><strong>140</strong></td>
<td><strong>60</strong></td>
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<table>
<thead>
<tr>
<th>Part–B Practical Course</th>
<th>Course Code</th>
<th>Activities</th>
<th>Marks (Practical)</th>
<th>Total marks</th>
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<tbody>
<tr>
<td></td>
<td>B.P.E.S.P C – 401</td>
<td>Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc</td>
<td>35</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>B.P.E.S.P C – 402</td>
<td>Athletics:- Officiating of Throwing events. (any two events)</td>
<td>35</td>
<td>15</td>
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<tr>
<td></td>
<td>B.P.E.S.P C – 403</td>
<td>Racket Sports: Badminton/ Table Tennis/Squash/ Lawn Tennis. (Any one)</td>
<td>35</td>
<td>15</td>
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<tr>
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<td>B.P.E.S.P C – 404</td>
<td>Swimming/Gymnastics(One Apparatus)/Shooting (Any one)</td>
<td>35</td>
<td>15</td>
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</table>

<p>| Part – C Teaching Practices | B.P.E.S.P | Teaching Lesson A)Lessons | 35 | 15 | 50 |</p>
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Marks Theory</th>
<th>Total marks</th>
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<tr>
<td>B.P.E.S.TC - 501</td>
<td>Sports Sociology 35</td>
<td>15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.TC - 502</td>
<td>Methods in Physical Education 35</td>
<td>15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.TC - 503</td>
<td>Remedial and Corrective Physical Education 35</td>
<td>15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.TC - 504</td>
<td>Test and Measurement in Physical Education 35</td>
<td>15</td>
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<table>
<thead>
<tr>
<th>Course Code</th>
<th>Activities</th>
<th>Marks (Practical)</th>
<th>Total marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>B.P.E.S.PC - 505</td>
<td>Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc 35</td>
<td>15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.PC - 502</td>
<td>Athletics: Jumping events. (any two events) 35</td>
<td>15</td>
<td>50</td>
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<tr>
<td>B.P.E.S.PC - 503</td>
<td>Yoga Performance in Asanas, Kriyas, Bandhas &amp; Pranayama 35</td>
<td>15</td>
<td>50</td>
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<tr>
<td>Course Code</td>
<td>Title of the Papers</td>
<td>Part–A Theory Courses</td>
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<tr>
<td>B.P.E.S.TC</td>
<td>Professional Preparation in Physical Education &amp; Sports</td>
<td>External</td>
<td>Internal</td>
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<tr>
<td>- 601</td>
<td></td>
<td>35</td>
<td>15</td>
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<tr>
<td>B.P.E.S.TC</td>
<td>Educational Technology</td>
<td>35</td>
<td>15</td>
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<td>- 602</td>
<td></td>
<td>35</td>
<td>15</td>
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<tr>
<td>B.P.E.S.TC</td>
<td>Coaching and officiating in Physical Education</td>
<td>35</td>
<td>15</td>
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<tr>
<td>- 603</td>
<td></td>
<td>35</td>
<td>15</td>
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<tr>
<td>B.P.E.S.TC</td>
<td>Fitness &amp; Wellness in Physical Education</td>
<td>35</td>
<td>15</td>
</tr>
<tr>
<td>- 604</td>
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<td>35</td>
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<td>TOTAL</td>
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<table>
<thead>
<tr>
<th>Course Code</th>
<th>Activities</th>
<th>Part–B Practical Course</th>
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<tbody>
<tr>
<td>B.P.E.S.PC</td>
<td>Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/Tennis/Squash/Baseball/Volleyball/Basketball/Cricket/football/Handball/Hockey/Netball/Softball, etc</td>
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<tr>
<td>- 601</td>
<td></td>
<td>35</td>
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<tr>
<td>B.P.E.S.PC</td>
<td>Swimming/Gymnastics(Apparatus)/Shooting (Any one)</td>
<td>35</td>
</tr>
<tr>
<td>- 602</td>
<td></td>
<td>35</td>
</tr>
<tr>
<td>B.P.E.S.PC</td>
<td>Athletics:- Officiating Jumping events. (Any two events)</td>
<td>35</td>
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<tr>
<td>- 603</td>
<td></td>
<td>35</td>
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Part – C Teaching Practices

<p>| Course Code   | Officiating Lessons A)Game Specializations (5 Lessons each) B) Track and Field (5 Lessons) | 35       | 15       | 50          |</p>
<table>
<thead>
<tr>
<th>B.P.E.S.PC – 605</th>
<th>PROJECT ORGANIZED Athletic (any one events) / Games Specialization(any one Game) Events</th>
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<tbody>
<tr>
<td>TOTAL</td>
<td></td>
<td>140</td>
<td>110</td>
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B.P.E.S SEMESTER –I

PAPER –I HINDI LANGUAGE (Optional)

Max. Marks: 50
External Marks: 35
Internal Marks: 15
Time: 3 hours

fganh Hkk"kk vkJk lkrkJ; ( d vkJkud Hkkjrh; Hkk"kkvksa dk mn~Hko vkJk fokd
([k( fganh Hkk"k dk ifjp; ,oa fokd (x( fganh lkrkJ; dk bfrgkJ; (vkJkndky) eè;dky) %
lkekJ; ifjp; (?k( fghn lkrkJ; dk bfrgkJ; (vkJkqfdud dky) % lkekJ; ifjp; ikB~;&fokd;&
01& fgUnh /ofu;k;sa dk Lo#i & d& Lofu vkJk O;atu [k& laKk] loZuk;e] fØ;k;k] fo'ks".k.k
x& okD; lajpuk
02& fgUnh 'kCn lewg &
03& fgUnh 'kCn lajpuk& i;&oknh] lekukFkZd] fo'yekFkZd] vusdkFkZd] vusd
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04& fgUnh dk lkekJ;Kku
Hkkx&2] gjnso ckgjhj yksdHkkjrh] bykgkckn
05& 'kq) fgUnh& txnh'k izlkn dksfj;kd
PROPOSED SYLLABUS FOR B.A. Hindi C

B.P.E.S SEMESTER –I

PAPER –I ENGLISH LANGUAGE (Optional)

Max. Marks: 50
External Marks: 35
Internal Marks: 15
Time: 3 hours

Section-A

(1) Story/ Prose One essay type question on Summary/Character/Incident (one out of two with internal choice.)
(2) Story/ Prose: Short questions to test student’s grasp
(3) Poetry: Summary (one out of two with internal choice) Paraphrase/Explanation of a Stanza (one out of two with internal choice)

Section-B

Grammar THE GRAMMAR RELATED TO THE TEXT TO TEST THE UNDERSTANDING OF THE LANGUAGE, SYNTAX and TENSES ETC.

Section-C

Language-in-Use
1. Letter-Writing (Personal and Applications)
2. Essay: five or six topics to be given, out of which three topics should be related to Sports/physical education.
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-I SEMESTER

Paper II

HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT –I  Nature, Scope and Significance

- Education- Meaning, Definition, Old Modern, Western Concept, Aims and Objectives, Importance of Education in Modern Era
- Physical Education - Meaning, Definition, Aims and Objectives and Scope, Need and Importance of Physical Education in the Modern Society.
- Physical Education as an Art or a Science,

UNIT – II History of Physical Education

- Division of Ancient Period, Period of Indus Valley Civilization 3250 BC-600 BC,
- Vedic Period 2500BC- 600 BC.
- History of Physical Education in India- Pre Independence and Post-Independence.
- Central Advisory Board of Physical Education and Recreation, All India Council Of Sports, Inter University Control Board, Sports Authority of India, NSNIS

UNIT – III  Games and Sports as Human’s Cultural Heritage

- Games and Sports as Human’s Cultural Heritage
- Greece, Rome The Dark Ages, Middle Ages, Renaissance,
- Germany, Sweden, Denmark, England, United States of America, India
- Role of Games and Sports in National and International Integration

UNIT – IV Commonwealth Games Asian Games and National Game

- History of Commonwealth, Commonwealth Games Federation, Queen's Baton Relay, Ceremonies
- History of Asian games, Symbols, Participation, List of Asian games
- History of Indian National Games,
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-I SEMESTER

Paper III

FUNDAMENTALS OF PHYSICAL EDUCATION

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT-I Biological Aspects

• Biological Principles of Physical Education, Human Growth and development and Stages of Development
• Heredity and Environment- Meaning, Definition and Importance, Significance of Sex and Age difference
• Growth and development – Meaning, Definition, Principles of Growth and development, Body Types
• Chronological Age, Anatomical Age, Physiological Age and Mental, Muscle- Tonus,

UNIT-II Psychological Aspects

• Psychology, Reflex Action and Conditioned Reflex,
• Sports Psychology – Need and Importance, Motivation – Need and Types
• Learning – Its Theories and Laws, Meaning, Types, Principles and Factor affecting Learning, Learning curve
• Personality- Meaning, Definition, Characteristics and Traits

UNIT-III Sociological Aspects

• Social Principles of Physical Education, Social heredity, Influence of group life on the individual and Vice-Versa
• Physical Education and Sports as a need of society, Physical Education and Character Building, , Physical Education and Socialization of the individual
• Physical Activity and sports as a human cultural heritage
• Physical Education for National and International integration

UNIT- IV Philosophical Aspects
• Philosophy of Physical Education, Need of Philosophy of Physical Education
• Idealism and Physical Education
• Realism and Physical Education
• Pragmatism and Physical Education
• Naturalism and Physical Education

SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-I SEMESTER

Paper IV

ANCIENT AND MODERN OLYMPICS

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT-I THE OLYMPIC MOVEMENT
• Olympic Games –Ancient: Conduct of the games, Significance, Rules of Eligibility, Awards Decline and Termination
• The Olympic movement
• Aims and symbols of the Olympic movement
• The International Olympic Committee (IOC)

UNIT-II STRUCTURE OF THE OLYMPIC MOVEMENT
• Olympic Games- Modern: Renaissance and Beyond, Objectives, Motto, Flag, Charter. Opening and Closing Ceremonies
• The National Olympic Committee (NOC)
• The International Sports Federations (IFs)
• The National Sports Federations (NFs)
• Volunteerism

UNIT-III THE OLYMPIC GAMES
• Organization
• The international bid process for selecting sites for the games
• Participation in Olympic games
• Women and sports

UNIT-IV IOC PROGRAMMES
• Olympic academy, Economic and social impact on host cities and countries
• Olympic solidarity
• Olympic museum
• Paralympic games
• Sports for all Drug abuse and doping
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-II SEMESTER

Paper I

Anatomy and Physiology in Physical Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT –I Conceptual Design

- Meaning, Definition, Need and Importance of Anatomy and physiology in Physical Education and Sports
- Definition, Structure, Types of Function of Human Body Cell, Tissue and Organs
- Names, Structure and Types of Human Body (Long, Short, Irregular, Flat Bone, Seasmoid), Name Structure and Types of Human Body joints (Fibrous, Cartilaginous, Synovial)

UNIT – II Muscular System and Blood

- Structural and Functional Classification of Muscles
- Name of Muscles of following joints
  a) Shoulder
  b) Knee
- Muscle Fibers – Red and White Fibers
- Blood Groups, Composition and Function of Blood

UNIT-III Cardio- Respiratory System

- Structure of Heart, Cardiac Cycle, Circulation of Blood (Systemic, Cardiac and Pulmonary)
- Structure and function of lungs
- Effect of exercise in circulatory system,
- Internal and External respiration, Effect of exercise on Respiratory system

UNIT- IV: Digestive and Urinary System

- Introduction of Digestive system
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-II SEMESTER

Paper II

Yoga in Physical Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

• Yoga-Meaning and Aim of Yoga
• Mis-conceptions about Yoga
• -Relationship with physical education.
• Historical Background of yoga-yogic practices.

UNIT-II Nature

• Yoga as a discipline of life mode of living,
• Raj Yoga, Bhakti Yoga, Gyna Yoga, Karm Yoga
• Hatha yoga philosophy.

UNIT-III Asanas and Pranayams

• Astanga Yoga with special reference to – Yamas, Niyams, Asanas Pranayams ;
• Types of Asanas and Pranayams. Shat Karma
• Personal hygiene of Yoga
• Six purifactory methods of yoga-Neti, Dhauti, Vasti, Nauli, Gajkarni, Kunja.

UNIT-IV Advances in Yoga

• Bandhas, Mudras and Chakras of Yoga
• Recent advances in Yoga Education;
• Yoga as a Science
• The therapeutic values of Yogic practices, Corrective values of Yogic Practices
Kinesiology in Physical Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

- Introduction to Kinesiology, Definition and Objectives of Kinesiology
- Role of Kinesiology in Physical education
- Fundamental concepts of following terms with their application to the human body - Axes and planes, Centre of Gravity, Line of Gravity

UNIT- II Anatomical and Physiological fundamentals

- Classification of joints and muscles
- Terminology of fundamental movements.
- Types of Muscle contractions, Angle of Pull, Kinesiology of Joints, Two joints muscles, Roles in which muscles may act.

UNIT- III Upper and Lower Extremity

- Major characteristics of joints
- Location and action of major muscles acting at the following joints -Shoulder Elbow, Wrist, Lower Extremity, Major characteristics of joints
- Location and action of major muscles acting at the following joints – Hip, Knee, Ankle and Foot

UNIT- IV Mechanical Concept

- Application of Mechanical Concepts – Motion, Definition, Newton’s Laws of Motion
• Application to sports activities – Force, Definition, Magnitude of force, Direction of application of force, Application to sports activities, Equilibrium, Definition Major factors affecting equilibrium, Role of equilibrium in sports
• Lever –Definition Lever, Types of Lever, Application of Human body

SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-II SEMESTER

Paper IV

Sports Nutrition and Balance Diet

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

• 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

UNIT- II Energy Sources

• 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 Health Management

• 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 Concept

• 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.

SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL
THEORY-B.P.E.S-III SEMESTER

Paper I

Health Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

- Meaning and definition of Health Education, Factor effecting Health, Objectives of Health Education, Scope of Health Education
- Principles of Health Education, Importance of Health Education
- Components of Health
- Agencies promoting Health

UNIT- II Energy Sources

- Causes of diseases, Infections-spread of infections.
- Common communicable diseases like Malaria, Cholera, Small Pox, Whooping Cough, Tuberculosis and Leprosy with special emphasis on their preventive methods
- Meaning of Personal Hygiene, Importance of Personal Hygiene
- Cleanliness

UNIT- III Health Concept

- Balance diet, classification of food and role of various nutrients.
- Nutritional intake, Nutrient balance, Nutritional Tips, Ideal Weight
- International health agency- W. H. O., UNICEF.
- Factors Responsible for Occupational Health Hazards and Diseases

UNIT- IV Public and School health

- Public Health Administration.
- School health program and school health problems.
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-III SEMESTER

Paper II

Sports Psychology

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

• Introduction: Meaning definition and nature of Psychology and Educational Psychology.
• Psychology as a Science.
• Importance of Psychology in Physical Education.

UNIT- II Growth and Development

• Meaning of growth and development.
• Physical, Mental & Social development during following stages: Early childhood, Middle childhood, Late childhood, Adolescences,
• Individual Differences, Meaning of the term individual difference, Heredity and Environment as causes of Individual Differences, Interaction of Heredity and Environment

UNIT- III Learning Concept

• Learning, Meaning definition and nature of learning
• Principles/Laws of Learning
• Factors affecting Learning
• Meaning and Conditions of Transfer to Training
• Personality, Meaning and nature of Personality, Dimensions of Personality

UNIT- IV Motivation

• Motivation and Emotion, Meaning of Motivation
• Concept of need, drive, motive, incentive and achievement
• Types of Motivation, Role of Motivation in teaching physical activities,
• Meaning and nature of Emotion, Types of Emotion
• Introduction to Sports Psychology, Meaning and area/scope of sports psychology, Importance of sports psychology for physical educationists Coaches and players

SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-III SEMESTER

Paper III

Physiology of Exercise in Physical Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

• Definition of physiology and its importance in the field of physical education and sports.
• Structure, Composition, Properties and functions of skeletal muscles.
• Fuel for muscular activity, Role of oxygen- physical training, oxygen debt, second wind,

UNIT- II Muscles Fibers

• Muscles Types of muscles, Characteristics of skeletal muscles, blood supply.
• Microscopic structure of muscles fiber, sensory organ of muscle.
• Biochemical changes in muscles during exercise, Muscles fatigue

UNIT- III Circulation of Blood

• Circulatory System, Function of heart.
• Stoke volume, Cardiac output, Pulse rate, Effect of training on functioning of heart,
• Effect of exercise in circulatory system, Circulation of Blood (Systemic, Cardiac and Pulmonary)

UNIT- IV Respiration and Exercise

• Respiratory System, General functioning of the system, Vital capacity, tidal air, residual air, inspiration and expired air pressure.
• Internal and External Respiration
• Effect of exercise on respiratory system
UNIT – I Conceptual Design

- Management and Organizational Structure
- Meaning and Definition of the Terms – Administration and Management. Elements/Phases of Management (Planning; Organizing; staffing; Directing and Coordination, Supervision and Control/ Evaluation; Re-adjustments and Improvement/ Follow-up)
- Importance/Significance of the Subject Management in Physical Education and Sports. Principles of Management.

UNIT- II Facilities and Management


UNIT- III Leadership Concept
- Staff and Leadership Head of the Institute/Department and his Role in Imbibing the Spirit of Discipline among his Staff and Students.
- Qualifications of Physical Educators for Different Level Assignments.
- Qualities of a Good Physical Education Teacher.

**UNIT- IV Class Management**

- Class Management & Office Management Teacher’s Preparation before Class (Lesson Plan, Markings of the Courts, Necessary Equipments Suitable Uniform).
- Students Preparation Handling and Controlling the Class. Attendance System. Grading the Student. Preparing Reports.
- The Need for Office, It’s Location and Set up. Office Function and Practice.
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-IV SEMESTER

Paper I

Fundamental of Computer and its Use in Physical Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

- Introduction to Computers Brief history of development of computers
- Generations of computers Types of components of computer system Basic components of a computer system Memory RAM – ROM, and other types of memory.
- Operating system Need of software, types of software Types of virus, virus detection and prevention Binary number system

UNIT – II Window and Operating System

- Introduction to Windows Using mouse and moving icons on the screen. My computer, recycle bin, status bar. Start menu selection, running an application Window explorer to view files, folders and directories, creating and renaming of files and folders.
- Operating and closing of different windows, minimize, restore and maximize forms of windows. Basic components of a window: Desktop, frame, Title bar, menu bar, status bar, scroll bars, using right button of the mouse.
- Creating shortcut, basic windows accessories: power point presentation, notepad, paint, calculator, word pad, using clipboard.

UNIT- III Ms Office

- Introduction to Ms-office and word processor Types of word processor Creating and saving a documents, editing and formatting document including changing colour, size font, alignment of text.
- Formatting paragraphs with line or paragraph spacing adding headers and footers, numbering pages. Using grammar and spell check utilities, etc. printing document. Inserting word art, clipart and pictures.
UNIT- IV Communication Technology

- Introduction to information and communication technology Concept, importance, meaning and nature of information and communication technology.
- Need of information and communication technology in physical education Scope of ICT in education and physical education teaching learning process, publication, evaluation, research administration.
- Paradigm shift in education due to ICT content with special reference to curriculum. Role to teacher, methods of teaching, classroom environment, evaluation procedure. POP and WEB based E-mail, merits address, Basics of sending and receiving, E-mail, protocols, Mailing list free e-mails services.
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-IV SEMESTER

Paper II

Basic Principles of Sports Training

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

- Introduction, Meaning and Definitions of sports training.
- Meaning of terms: coaching, teaching, conditioning and training.
- Aims and Tasks of sports training. Systematization of sports training, Basic Training, Intermediate Training, High performance training

UNIT- II Speed and Flexibility

- Speed, Concepts and classification of speed, Methods of developing speed abilities
- Flexibility, Concept and types of flexibility, Methods of flexibility training

UNIT- III Strength and Endurance

- Strength, Concept and types of strength, Methods of strength training
- Endurance, Concept and types of endurance, Methods of endurance training

UNIT- IV Training and Periodization

- Technical Training, Definition of Technique and skill, Importance of Technique, Tactical Training, Concept of Tactics and Strategy, Methods of Tactical Training, Planning, Concept of Training Plan, Types of Training plan,
- Periodization Meaning and Importance of Periodization, Aim and Contents of Periods, Types of Periodization
UNIT – I Conceptual Design

- Introduction Meaning, Definitions
- Characteristics of recreation Importance of Recreation.
- Misconceptions about Recreation Scope of Recreation

UNIT- II Education Institution

- Influence of recreation in social institutions family
- Education institutions Community
- Cultural Religious organization

UNIT- III Planning and Facility

- Planning for recreation Planning criteria and objectives of recreation facilities. Different types of indoor and outdoor recreation for urban and rural population.
- Operation and maintenance of different recreation area and facilities.
- Sources of funding of recreational activities.

UNIT- IV Recreational Activities

- Programmes in recreation Classification of Recreational Activities Indoor and outdoor activities water activities
- Cultural activities Literary activities Nature and outing Social events Adventure activities Hobbies-Introduction to hobbies and types of hobbies Agencies providing Recreation.
- Camping and leadership Aim, objectives and importance of camping. Organization and types of camp. Selection and layout of camp site. Camping leadership Types and
functions of recreation leaders Qualification, qualities and training and recreation leaders.

SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL
THEORY-B.P.E.S-IV SEMESTER

Paper IV
Biomechanics in Physical Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I: Nature, Scope and Significance
- Meaning, Definition, and Objectives of Biomechanics,
- Importance of Biomechanics in Physical Education and Sports.

UNIT – II: Fundamental Movements
- Muscular analysis of Movements- Running, Throwing, Catching, Pulling, Pushing.
- Fundamental Movements- Walking, Throwing, Pulling and Pushing.

UNIT – III: Contraction, Different types of Exercises
- Types of Muscular Contraction- Concentric, Eccentric, Static, Isotonic, Isometric, Isokinetic.
- Exercise to develop the Front Upper arm, Rear Upper arm, Forearm, Calf, Upper back, Lower back, Neck and Abdomen.

UNIT – IV: Biomechanical Concept
- Mechanical Principles involved in Game and Sports – Displacement, Speed, Velocity, Acceleration, Momentum.
- Types, Laws (Newton’s Law) and Influence of Motion- Air, Water, Friction, Center of Gravity, Equilibrium.
- Levers- Meaning, Definition and Types of Leavers.
UNIT – I Conceptual Design

- Concept of Sociology, Meaning, nature and scope of sociology
- Methods of sociology and their relationship with other social sciences.
- Effect of various social forces on personality development, Sport – medium of socio-cultural change.

UNIT- II Introduction

- Introduction to sports sociology
- Meaning and scope of sports sociology, Sports sociology as a discipline, Sports as a social occurrence, Effect of appearance,
- sociability and specialization on sport participation

UNIT- III Sports and Society

- Sports and society, Socialization through games and sports, Recreation and its scope through games and sports
- Sport as an element of society, Sport as an element of cultural development
- Sport as an art.

UNIT- IV Tournament and Play field

- Tournaments and competitions : Group competitions and their importance, Methods of organizing competitions types of tournaments, methods of conducting tournaments
- Methods of conducting intra- Mural and Extra mural completions, games of law organization, organization of excursions.
- Construction and marking of play field for various games, laying out of running ‘s. Track, construction of jumping pits preparing and markings of different play fields. The admeasurements and requirements.
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL
THEORY-B.P.E.S-V SEMESTER
Paper II
Methods in Physical Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

- Meaning and scope of teaching methods in physical education
- Comparison of methods in physical education and general education
- Distinction between method and technique
- Factors which influence methods of teaching in physical education

UNIT- II Introduction

- Meaning and nature of teaching
- Types of method, chief method of teaching
- Presentation technique

UNIT- III Sports and Society

- Teaching aid in Physical Education
- Class management, principles of class management, factors influencing class management, steps in class management
- Types of competition, knock-out, consolation tournament, double knock-out tournament

UNIT- IV Test, Measurement and Evaluation

- Test and measurement, Physical Education and Evaluation, Limitation of Test and measurement, Areas of testing in Physical Education
- Sports skill Testing, Knowledge Understanding, Criteria for a good Test, Certain suggestions regarding evaluation in Physical Education
UNIT – I Conceptual Design

- Meaning, importance and scope of posture education.
- Concept and classification of posture, Correct and incorrect posture,
- Static and dynamic posture, Body type and posture

UNIT- II Posture

- Postural Deformities, A study of Physical defects in posture and the corrections to be arrived at – Kyphosis, Lordosis, Scoliosis
- Flat foot. Bowed legs Knocked knees Corrective exercise
- Assessment of posture-posture test. Therapeutic exercise and their classification.

UNIT- III Injury

- Sports Injuries, Introduction to sports injuries 3.1.2 Role of trained personnel in the management of the sports injuries 3.2 Prevention injuries: 3.2.1 Factors causing sports injuries 3.2.2 Factors sports injuries 3.2.3 Complications of incomplete treatment

UNIT- IV Sports Injury and Therapies

- Common sport injuries and their immediate treatment, Sprain, Strain, Contusion and hecatomb, Dislocation, Fracture, Rehabilitation Definition objectives and scope
- Effects and uses of the therapeutic modalities in, Cold therapy, Hot most, Infra Red, Contrast bath, Wax bath therapy,
- Massage, Brief history of massage, Principles of application of Massage, Classification of the manipulations used in massage, effects of each such type on different systems of human body, Stroking manipulation, Pressure manipulation Percussion Manipulation
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-V SEMESTER

Paper IV

Test and Measurement in Physical Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

- History of measurement in physical education, Meaning of test and measurement
- Need for test and measurement in Physical-Education.
- The use of test and measurement in Physical -Education.

UNIT- II Test

- Criteria for selecting tests,
- Validity, Reliability, Objectivity, Norms, Standard norms
- Accuracy and interpretability

UNIT- III Fitness Test

- Physical Fitness Test, Strength Test, Fleshman’s battery on basic fitness test
- Physical fitness index, Sargen test, Motor Fitness Tests –J.C.R. Test, National Physical efficiency test, Cardiovascular test, Harward’s Step test, Foster test
- Copper’s Twelve minute Run and walk test

UNIT- IV Skill Test

- Sport skills test, Application of skill test.
- Fundamental of measuring techniques in sports.
- Standard activity tests Miler Volley ball test, Johnson Basketball ability test. Goal shooting test in hockey.
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-VI SEMESTER

Paper I

Professional Preparation in Physical Education & Sports

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

- Meaning Nature and Criteria of profession.
- Physical Education as a profession, Aims and objectives of General Education contribution of professional preparation to the purpose of education.

UNIT- II Teaching Evaluation

- Qualifications for teaching courses of professional preparation in physical education.
- Specific qualifications for physical educators.
- Teaching evaluation, Duties and services of physical education teachers, Experience through movement education including games, sports and other activities, Professional preparation programmes Health, safety, recreation, camping and outdoor education.

UNIT- III Agencies

- Role of central and state Government in professional preparation,
- Role of non-official agencies in improving professional preparations.

UNIT- IV Subjects

- Allied subjects their meaning, concept and scope sports, psychology, sports sociology, sports philosophy, sports, mechanics, kinesiology, physiology sports medicine, health education.
- Sports and other field, Sports and polities
- Sports and Culture, Sports and Economics (Commerce)
UNIT – I Conceptual Design

- An outline of teaching method used then and now

UNIT- II Teaching Aids

- Teaching Aids: Importance of Teaching Aids.
- Criteria for selecting teaching aids Difference between teaching method and teaching aid Broad classification to teaching aids Audio Aids visual Aids Audio Visual Aids
- Effectiveness of Edger Dale's cone classification.

UNIT- III Projector

- Advantage and suggestions for effective use of selected teaching aids.
- Verbal Chock Board Charts Models Slide Projector
- Over Head Projector Motion Picture Self Experiment and Projects.

UNIT- IV Skills

- New Teaching Techniques and INNOVATIONS-II: Micro Teaching Concept and features of micro teaching. Micro teaching verses traditional teaching.
- Steps in micro teaching Micro teaching skills Limitation of Micro teaching
- Simulation Teaching: Meaning of Simulation, Types of activities in simulation, Steps in simulation, Advantages of simulation, Limitations of simulation
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-VI SEMESTER

Paper III

Coaching and officiating in Physical Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

- Teaching and Training, Principles of Coaching, Personality of Coach, Methods of Personality Skills.
- Principles of conditioning, methodical principles of weight training isometric training, circuit training.
- Cross country, Fartlek, pressure Training and Sprint Training.

UNIT- II Fitness

- Basic Principles and planning of training schedule maintenance fitness.
- Selection of players, measures for maintaining and stimulating the interest of students in games and sports.

UNIT- III Performance

- Analysis of individual and team performance.
- Sports hygiene, safety measures in sports.

UNIT- IV Duties and facilities

- Official his duties and qualities, factors influencing officiating.
- Record sheets, facilities, techniques,
- strategies and rules and their interpretations of the following athletics, football, hockey, volleyball, basketball, cricket, kabaddi, kho-kho, gymnastics, and wrestling also for girls- Netball, Throwball, Badminton, Table Tennis etc
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

THEORY-B.P.E.S-VI SEMESTER

Paper IV

Fitness & Wellness in Physical Education

Max. Marks: 50
External Marks: 35
Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

- INTRODUCTION: Concept and meaning of fitness and wellness
- Components of fitness and their description, Components of wellness and their description
- Significance of fitness and wellness in present scenario, Fitness and wellness for life

UNIT- II Fitness profile, development and maintenance of following

- Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance)
- motor skill related (speed, power, agility, coordination, endurance, balance) Principals of physical fitness, Benefits of fitness programme,
- Obesity (causes and prevention), Weight management (role of diet & exercise in maintenance of ideal weight)

UNIT- III Wellness

- Identifying dimensions of wellness, achieving and maintenance of wellness, Adopting healthy and positive lifestyle
- Identifying healthy and positive lifestyle

UNIT- IV Behaviour concept

- Behaviour modification, Barriers to change, Process of change (6 stages) SMART, Technique of change & smart goal setting.
- Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)
  Daily schedule based upon one’s attitude, gender, age &occupation. Basic – module: - Time split for rest, sleep, diet, activity & recreation.
- Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.
SYLLABUS: B.P.E.S. KUMAUN UNIVERSITY NAINITAL

Practical Courses B.P.E.S. (SEMESTER- 1ST AND 2ND)

GAMES SPECIALIZATION WITH OFFICIATING (ANY TWO GAMES)

**Kabaddi:** Fundamental Skills o Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing. Skills of Holding the Raider-Various formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques. Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense. Ground Marking, Rules and Officiating

**Kho Kho:** General skills of the game-Running, chasing, Dodging, Faking etc. Skills in chasing- Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul. Skills in Running-zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills. Ground Marking Rules and their interpretations and duties of officials.

**Badminton:** Fundamental Skills of Racket parts, Racket grips, Shuttle Grips. The basic stances, The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm, Drills and lead up games, Types of games-Singles, doubles, including mixed doubles. Rules and their interpretations and duties of officials.

**Table Tennis:** Fundamental Skills of the Grip-The Tennis Grip, Pen Holder Grip. o Service- Forehand, Backhand, Side Spin, High Toss. of Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shit, Loop Drive. of Stance and Ready position and foot work. o Rules and their interpretations and duties of officials. Squash Fundamental Skills o Service- Under hand and Over hand o Service Reception o Shot- Down the line, Cross Court o Drop o Half Volley o Tactics – Defensive, attacking in game o Rules and their interpretations and duties of officials.

**Tennis:** Fundamental Skills. o Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip. o Stance and Footwork. o Basic Ground strokes-Forehand drive, Backhand drive. o Basic service. o Basic Volley. o Over-head Volley. o Chop o Tactics – Defensive, attacking in game o Rules and their interpretations and duties of officials.

**Base Ball:** Fundamental Skills o Player Stances – walking, extending walking, L stance, cat stance. o Grip – standard grip, choke grip, o Batting – swing and bunt. o Pitching – o Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball, o Softball: windmill, sling shot, o starting position: wind up, set. o Fielding – o Catching: basics to catch fly hits, rolling hits, o
Throwing over arm, side arm. o Base running – o Base running: single, double, triple, home run, o Sliding: bent leg slide, hook slide, head first slide. o Rules and their interpretations and duties of officials.

**Netball:** Fundamental Skills o Catching: one handed, two handed, with feet grounded, in flight. o Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce). o Footwork: landing on one foot; landing on two feet; pivot; running pass. o Shooting: one hand; two hands; forward step shot; backward step shot. o Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed. o Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in). o Intercepting: pass; shot. o The toss-up. o Role of individual players o Rules and their interpretations and duties of officials.

**Cricket:** Fundamental Skills o Batting-Forward and backward defensive stroke o Bowling-Simple bowling techniques o Fielding-Defensive and offensive fielding o Catching-High catching and Slip catching o Stopping and throwing techniques o Wicket keeping techniques

**Football:** Fundamental Skills o Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick o Trapping-trapping rolling the ball, trapping bouncing ball with sole o Dribbling-With instep, inside and outer instep of the foot. o Heading-From standing, running and jumping. o Throw in o Feinting-With the lower limb and upper part of the body. o Tackling-Simple tackling, Slide tackling. o Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

**Hockey:** Fundamental Skills o Player stance & Grip o Rolling the ball o Dribbling o Push o Stopping o Hit o Flick o Scoop o Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass, o Reverse hit o Dodging o Goal keeping – Hand defense, foot defense o Positional play in attack and defense. o Rules and their interpretations and duties of officials. o Rules and their interpretations and duties of officials. o Ground Marking.

**Softball:** Fundamental Skills o catching: one handed, two handed, with feet grounded, in flight. o Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce). o Footwork: landing on one foot; landing on two feet; pivot; running pass. o Shooting: one hand; two hands; forward step shot; backward step shot. o Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed. o Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in). o Intercepting: pass; shot. o The toss-up. o Role of individual players o Rules and their interpretations and duties of officials.

**Volleyball:** Fundamental Skills o Players Stance-Receiving the ball and passing to the team mates, o The Volley (Over head pass), o The Dig(Under hand pass). o Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. o Rules and their interpretations and duties of officials.
**Hand Ball:** Fundamental Skills - Catching, Throwing, Ball Control, Goal Throws - Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling - High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense. o Rules and their interpretations and duties of officials.

**Basket ball:** Fundamental Skills o Player stance and ball handling o Passing - Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass. o Receiving - Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running. o Dribbling - How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble. o Shooting - Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw. o Rebounding - Defensive rebound, Offensive rebound, Knock out, Rebound Organization. o Individual Defensive - Guarding the man with the ball and without the ball. o Pivoting. o Rules and their interpretations and duties of the officials.

**Track and Field:** Track and Field (OFFICIATING) (ANY TWO EVENTS) Running Event o Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. o Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug o Ground Marking, Rules and Officiating

Yoga: o Asanas · Sitting · Standing · Laying Prone Position, · Laying Spine Position o Surya Namaskara, o Pranayams o Corrective Asanas o Kriyas

**GYMNASTICS /SWIMMING/SHOOTING (ANY ONE)**

**Gymnastics:** Floor Exercise o Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap. o Vaulting Horse o Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

**Swimming:** Fundamental Skills o Entry into the pool. o Developing water balance and confidence o Water fear removing drills. o Floating-Mushroom and Jelly fish etc. o Gliding with and without kickboard. Introduction of various stroke, Body Position, Leg, Kick, Arm pull, Breathing and Coordination. Start and turns of the concerned strokes. o Introduction of Various Strokes. Water Treading and Simple Jumping. o Starts and turns of concerned strokes. o Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races. Shooting Fundamental Skills o Basic stance, grip, Holding rifle/ Pistol, aiming target o Safety issues related to rifle shooting o Rules and their interpretations and duties of officials

**Drill & Marching**

**Lezim/ Hoop/Umbrella** Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.
B.P.E.S. (SEMESTER- 3RD AND 4TH)
TEAM GAMES AND GAMES OF SPECIALIZATION
Same as semester –I & II Officiating of Major Game (any two games)

ATHLETICS:- THROWING EVENTS. (ANY TWO EVENTS) WITH OFFICIATING
Fundamental Skills- throwing Techniques. · Types of throwing : Ground Marking and Officiating.

SWIMMING/GYMNASTICS(APPARATUS)/SHOOTING (ANY ONE) Same as semester –I & II

TEACHING PRACTICES:

a. General Lesson Plan (05 lessons in outdoor) ( 4 Internal 1 external) b. Lessons in outdoor Sports & Game activities (05 lessons). ( 4 Internal 1 external)
b. RACKET SPORTS: (ANY ONE) Badminton: Fundamental Skills o Racket parts, Racket grips, Shuttle Grips. o The basic stances. o The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm o Drills and lead up games o Types of games- Singles, doubles, including mixed doubles. o Rules and their interpretations and duties of officials.
d. Tennis: Fundamental Skills. o Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip. o Stance and Footwork. o Basic Ground strokes-Forehand drive, Backhand drive. o Basic service. o Basic Volley. o Over-head Volley. o Chop o Tactics – Defensive, attacking in game o Rules and their interpretations and duties of officials.

B.P.E.S. (SEMESTER- 5 TH AND 6TH)

TEAM GAMES AND GAMES OF SPECIALIZATION Same as semester –III & IV

ATHLETICS:-

JUMPING EVENTS. (ANY TWO EVENTS) WITH OFFICIATING o Approach Run, o Take off o Clearance over the bar. o Landing

SWIMMING/GYMNASTICS(APPARATUS)/SHOOTING (ANY ONE) Same as semester –III & IV


a. Game of specialization (05lessons in outdoor) ( 4 Internal 1 external) b. Lessons in Track and Field ( 5 Lessons each) . ( 4 Internal 1 external)

PROJECT ORGANIZED (MAXIMUM 4 STUDENT IN ONE ATHLETIC EVENT (SEMESTER I to V) OR ANY ONE GAME SEMESTER I to V)

A) Athletic (any one events) B) Games Specialization (any one Game) OFFICIATING LESSON OF TRACK & FIELD & GAMES SPECIALIZATION • 05 Lesson each ( 4 Internal 1 external)