

COURSE STRUCTURE

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

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

Part–A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 101	General Hindi/ General English (Optional)	35	15	50
B.P.E.S.TC - 102	History and Principles of Physical Education	35	15	50
B.P.E.S.TC - 103	Fundamentals of Physical Education	35	15	50
B.P.E.S.TC - 104	Ancient and Modern Olympics	35	15	50
	TOTAL	140	60	200
Part–B Practical Course				
Course Code	Activities	Marks (Practical)		Total marks
		External	Internal	
B.P.E.S.PC– 101	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc.	35	15	50
B.P.E.S.PC– 102	Athletics:- Running events	35	15	50
B.P.E.S.PC– 103	Yoga (Asanas)	35	15	50
B.P.E.S.PC– 104	Swimming/Gymnastics(Ground)/Shooting (Any one)	35	15	50
B.P.E.S.PC– 105	Drill & Marching	35	15	50
	TOTAL	175	75	250

COURSE STRUCTURE

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

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

Part–A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 201	Anatomy and Physiology in Physical Education	35	15	50
B.P.E.S.TC - 202	Yoga in Physical Education	35	15	50
B.P.E.S.TC - 203	Kinesiology in Physical Education	35	15	50
B.P.E.S.TC - 204	Sports Nutrition and Balance Diet	35	15	50
	TOTAL	140	60	200
Part–B Practical Course				
Course Code	Activities	Marks (Practical)		Total marks
		External	Internal	
B.P.E.S.PC – 201	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)	35	15	50
B.P.E.S.PC – 202	Athletics	35	15	50
B.P.E.S.PC – 203	Yoga (Kriyas, Bandhas & Pranayama)	35	15	50
B.P.E.S.PC – 204	Swimming/Gymnastics(Ground)/Shooting (Any one)	35	15	50
B.P.E.S.PC –205	Lezim/ Hoop/Umbrella	35	15	50
	TOTAL	175	75	250

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				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.T C - 301	Health Education	35	15	50
B.P.E.S.T C - 302	Sports Psychology in Physical Education	35	15	50
B.P.E.S.T C - 303	Physiology of Exercise in Physical Education	35	15	50
B.P.E.S.T C - 304	Management in Physical Education	35	15	50
	TOTAL	140	60	200
Part–B Practical Course				
Course Code	Activities	Marks (Practical)		Total marks
		External	Internal	
B.P.E.S.P C – 301	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	35	15	50
B.P.E.S.P C – 302	Officiating of Major Game (any One games)	35	15	50
B.P.E.S.P C – 303	Athletics:- Throwing events. (any two events)	35	15	50
B.P.E.S.P C – 304	Swimming/Gymnastics(Any One Apparatus)/Shooting (Any one)	35	15	50
Part – C Teaching Practice				
B.P.E.S.P C – 305	Teaching Lesson A)General Lesson Plan (05lessons) B) Lessons in outdoor Sports & Game activities (05lessons)	35	15	50
	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)

Part–A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.T C - 401	Fundamental of Computer and its use in Physical Education & Sports	35	15	50
B.P.E.S.T C - 402	Basic Principles of Sports Training	35	15	50
B.P.E.S.T C - 403	Recreation in Physical Education	35	15	50
B.P.E.S.T C - 404	Biomechanics in Physical Education	35	15	50
	TOTAL	140	60	200
Part–B Practical Course				
Course Code	Activities	Marks (Practical)		Total marks
		External	Internal	
B.P.E.S.P C – 401	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	35	15	50
B.P.E.S.P C – 402	Athletics:- Officiating of Throwing events. (any two events)	35	15	50
B.P.E.S.P C – 403	Racket Sports: Badminton/ Table Tennis/Squash/ Lawn Tennis. (Any one)	35	15	50
B.P.E.S.P C – 404	Swimming/Gymnastics(One Apparatus)/Shooting (Any one)	35	15	50
Part – C Teaching Practices				
B.P.E.S.P	Teaching Lesson A)Lessons	35	15	50

C – 405	in Racket Sports (05lessons) B) Lessons in Throwing events(05lessons)			
	TOTAL	175	75	250

B.P.E.S. (5th Semester)

Part–A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 501	Sports Sociology	35	15	50
B.P.E.S.TC - 502	Methods in Physical Education	35	15	50
B.P.E.S.TC - 503	Remedial and Corrective Physical Education	35	15	50
B.P.E.S.TC - 504	Test and Measurement in Physical Education	35	15	50
	TOTAL	140	60	200
Part–B Practical Course				
Course Code	Activities	Marks (Practical)		Total marks
		External	Internal	
B.P.E.S.PC – 505	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	35	15	50
B.P.E.S.PC – 502	Athletics:- Jumping events. (any two events)	35	15	50
B.P.E.S.PC – 503	Yoga Performance in Asanas, Kriyas, Bandhas & Pranayama	35	15	50
Part – C Teaching Practices				
B.P.E.S.PC	Teaching Lesson	35	15	50

– 504	Lessons in Yoga (5Lessons)			
B.P.E.S.PC – 505	Class Room Teaching Lessons (5Lessons)	35	15	50
	TOTAL	175	75	250

B.P.E.S. (6th Semester)

Part–A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 601	Professional Preparation in Physical Education & Sports	35	15	50
B.P.E.S.TC - 602	Educational Technology	35	15	50
B.P.E.S.TC - 603	Coaching and officiating in Physical Education	35	15	50
B.P.E.S.TC - 604	Fitness & Wellness in Physical Education	35	15	50
	TOTAL	140	60	200
Part–B Practical Course				
Course Code	Activities	Marks (Practical)		Total marks
		External	Internal	
B.P.E.S.PC – 601	Games Specialization- (Any One) Kabaddi/ Kho- Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	35	15	50
B.P.E.S.PC – 602	Swimming/Gymnastics(Apparatu s)/Shooting (Any one)	35	15	50
B.P.E.S.PC – 603	Athletics:- Officiating Jumping events. (any two events)	35	15	50
Part – C Teaching Practices				
B.P.E.S.PC – 604	Officiating Lessons A)Game Specializations (5 Lessons each) B) Track and Field (5 Lessons	35	15	50

	each)			
B.P.E.S.PC – 605	PROJECT ORGANIZED Athletic (any one events) / Games Specialization(any one Game) Events	----	50	50
	TOTAL	140	110	250

B.P.E.S SEMESTER –I

PAPER –I HINDI LANGUAGE (Optional)

Max. Marks: 50

External Marks: 35

Internal Marks: 15

Time: 3 hours

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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

- Culture, Olympism, winning,

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, Sesamoid), 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

- Importance of Digestion, Functions and Processes of Digestive System
- Organs of Digestive System, Mechanism of Digestive System
- Kidney- Structure and function, Ureters- Structure and function
- Urinary Bladder -Structure and function

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

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

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

Paper III

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.
- Meaning, Scope and Principles of occupational Health.
- Factors Responsible for Occupational Health Hazards and Diseases

UNIT- IV Public and School health

- Public Health Administration.
- School health program and school health problems.

- School Health Organization – instruction – Service Supervision, Community Health Agencies
- Public Health measures to combat infection- methods of sanitation, drinking water supply and disposal of garbage, sewage, night soil and dead bodies.

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.
- Stroke 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

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

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

Paper IV

Management in Physical Education

Max. Marks: 50

External Marks: 35

Internal Marks: 15 Time: 3 hours

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

- Facilities and Equipments: The Need for Out-door Facilities: Principles for their Location and the Recommended Area. Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking. Guidelines/Principles for the Lay-out of outdoor Facilities.
- Care and Maintenance of Out-door Facilities Gymnasium: The need, Location, Dimensions, Sample Floor Plans. Swimming Pool: The Need, Construction, Maintenance and Supervision. The need for Equipments and their Types. Procedure for the Purchase of Equipments. Principles to be followed for the Purchase.
- Store Room Management: Need, Location, Fixtures, Handing of equipments, Issuing Procedure and Periodical Stock- Checking. Stocking of Leather Equipments, Rubber Equipments, Wooden Equipments, Cloth Uniform Shuttle Cocks, Mattresses, Swimming and Track Equipments. Repairs and Disposal of Damaged Equipments.

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.

- Page setting, bullet and numbering, borders, shading format painter find and replace. Inserting tables, mail merge.

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

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

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

Paper III

Recreation in Physical Education

Max. Marks: 50

External Marks: 35

Internal Marks: 15 Time: 3 hours

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.

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

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

Paper I

Sports Sociology

Max. Marks: 50

External Marks: 35

Internal Marks: 15 Time: 3 hours

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 method 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

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

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

Paper III

Remedial and Corrective Physical Education

Max. Marks: 50

External Marks: 35

Internal Marks: 15 Time: 3 hours

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 hematoma, 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, Freshman's battery on basic fitness test
- Physical fitness index, Sargent test, Motor Fitness Tests –J.C.R. Test, National Physical efficiency test, Cardiovascular test, Harvard'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 Baskaball 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.
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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 politics
- Sports and Culture, Sports and Economics (Commerce)

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

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

Paper II

Educational Technology

Max. Marks: 50

External Marks: 35

Internal Marks: 15 Time: 3 hours

UNIT – I Conceptual Design

- Introduction to Educational Technology: Definition, Educative process, The Teacher of Yesterday & Today.
- 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- 1 ST 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-Variations 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 Shot, 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 Co ordination. 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- 3 RD 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 (05lessons in outdoor) (4 Internal 1 external) b. Lessons in outdoor Sports & Game activities (05lessons). (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.
- c. **Table Tennis: Fundamental Skills** o The Grip-The Tennis Grip, Pen Holder Grip. o Service-Forehand, Backhand, Side Spin, High Toss. o Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive. o 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.
- 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.

TEACHING PRACTICES: A) Lessons in Racket Sports (05lessons) (4 Internal 1 external) B) Lessons in Throwing events(05lessons) (4 Internal 1 external)

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

TEACHING PRACTICES: a. Teaching Lesson Lessons in Yoga (5Lessons) (4 Internal 1 external) b. Class Room Teaching Lessons (5Lessons) . (4 Internal 1 external) OFFICIATING LESSON PLAN:

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)