



**MAHATMA GANDHI UNIVERSITY
KOTTAYAM**

**BACHELOR OF PHYSICAL
EDUCATION [B.P.E.] FOUR YEAR
INTEGRATED PROGRAMME**

**REGULATION, SCHEME OF EXAMINATION AND
SYLLABUS FOR THE BACHELOR OF PHYSICAL
EDUCATION [B.P.E.] FOUR YEAR INTEGRATED DEGREE
PROGRAMME**

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M.G. UNIVERSITY
REGULATION, SCHEME OF EXAMINATION AND SYLLABUS FOR THE FOUR YEARS
BACHELOR OF PHYSICAL EDUCATION (BPE) (INTEGRATED) PROGRAMME

1. PREAMBLE

The objective of the programme is to give professional training in coaching sports and games and teaching aptitude in sports science to students with sports background. The regulations for the Under Graduate Programmes under Choice Based Course Credit System 2016 (UGCBCS 2016) are applicable to the BPE 4 Year Integrated Programme.

2. AIM OF THE COURSE

1. To prepare highly competent and skilled Coaches in Sports and Games.
2. To develop management skills in organizing and conducting all kinds of sports activities.
3. To nurture competence in officiating sports and games competitions.
4. To equip young generation with thorough knowledge in sports science so as to enable them to become successful teachers in the field of Sports Science

3. NAME AND INTAKE OF THE COURSE

The name of the programme shall be BACHELOR OF PHYSICAL EDUCATION [B.P.E.] FOUR YEAR INTEGRATED.

4. DURATION OF THE COURSE

4.1 The duration of U.G. programmes shall be 8 semesters.

4.2 The duration of odd semesters shall be from June to October and that of even semesters from November to March.

4.3 A student may be permitted to complete the Programme, on valid reasons, within a period of 16 continuous semesters from the date of commencement of the first semester of the programme.

5. ELIGIBILITY FOR ADMISSION

For admission to the B.P.E programme the candidate shall fulfill the following conditions.

- a. To have completed the age of 17 on the first day of July of the year of admission to the BPE, Degree programme.
- b. To have passed the plus two (10+2) examination conducted by the Board of Higher Secondary Examinations, Kerala or any other course accepted by the academic council as equivalent thereto or S S L C or equivalent examination with a C.P.Ed from a recognized institution of Physical Education.
- c. Should be physically fit for the daily heavy load of the physical exercise and should not have any physical deformity and mental disability, which prevents him/her from actively taking part in Physical activities.

6. SPECIALIZATION

Each student shall take up two specialization from the list of sports and games specified. (Track & Field, Football, Swimming, Basketball, Cricket, Badminton, Hockey, Volleyball, Wrestling)

Specialization in each discipline consists of learning and demonstration of skills, coaching ability (techniques and practice), officiating capacity, organization & management of tournaments and sports competitions in the concerned sports event or game.

7. TEACHING ABILITY

The students should take at least 20 lessons (10 + 10) in which 10 lesson in physical activity and 10 lessons on class room teaching. The classes are to be assessed internally by the faculty members. The

candidate should maintain a lesson plan record book and submit it at the time of Teaching Ability external examination.

8. ATTENDANCE

Each semester will have a minimum of 90 working days and each working day will have three theory hours and at least two practical hours daily. The students should have at least 75% attendance in each paper in theory and practical subjects to appear for the examination. Besides, the students should complete the prescribed laboratory work, practical project work etc.

Attendance Evaluation for all papers

% of Attendance	Marks
90 and above	5
85-89	4
80-84	3
76-79	2
75	1

9. INTERNAL MARKS

Internal assessment for 20 marks in each paper in theory and practical shall be awarded on the basis of internal assessment. Internal assessment for specialization shall be on the basis of skill tests, theory, officiating, coaching ability, record book and organization & management of tournaments and sports competitions in the concerned sports event or game. Internal assessment in teaching ability shall be on the basis of the performance in the internal teaching practice examination.

The Internal Assessment marks in theory should be based on components of Internal Evaluation given below

Components of Internal Evaluation	Marks
Attendance	5
Assignment/Seminar/Viva	5
Test paper(s) (1 or 2) (1x10=10; 2x5=10)	10
Total	20

The Internal Assessment in Practical Games/Sports ability should be based on:-

- 1) Skills - 40%
- 2) Playing ability - 30%
- 3) Assignment/Dairy/Record - 15%
- 4) Attendance, Punctuality, Discipline and Interest in Class - 15%

The internal assessment in specialization

- 1) Coaching games / sports ability - 15%
- 2) Preparation of Coaching lesson plan - 30%
- 3) Coaching, ability and ability to conduct sports competitions - 30%
- 4) Identification and correction of mistakes and errors - 15%
- 5) Attendance, Punctuality, Discipline interest in class - 10%

The Internal Assessment in Teaching Ability should be based on :

- 1) Teaching Skills - 30%
- 2) Lesson Plan - 30%
- 3) Presentation technique - 15%
- 4) Identification and correction of mistakes and errors - 15%
- 5) Attendance, Punctually, Discipline and interest in class - 10%

(The teaching ability carries a maximum of 50 marks for the internal assessment)

Note:

- 1) The internal marks should be published on the notice board within 15 days after the completion of assessment.
- 2) The answer sheets/assignments/seminar papers/lesson plan should be returned to the student after assessment.
- 3) If a student missed a Test/Lesson/Assignment/Seminar for valid reasons, the concerned student should give a written request to the Head of the Dept./Institution, for the re-conduct of the test/Lesson/Assignment/Seminar. Etc.

10. GRIEVANCE REDRESSAL MECHANISM

Internal assessment shall not be used as a tool for personal or other type of vengeance. A student has all rights to know, how the teacher arrived at the marks. In order to address the grievance of students a three-level Grievance Redressal mechanism is envisaged. A student can approach the upper level only if grievance is not addressed at the lower level.

Level 1: Dept. Level: The department cell chaired by the Head; and Dept. coordinator and teacher in-charge, as members.

Level 2: College level: A committee with the Principal as Chairman, Dept. Coordinator, HOD of concerned Department and a senior teacher nominated by the College council as members.

Level 3: University Level: A Committee constituted by the Vice-Chancellor as Chairman and Pro-Vice-Chancellor, Convener - Syndicate sub-committee on Students Discipline and Welfare, Chairman-Board of Examinations as members and the Controller of Examination as member-secretary.

11.1. The college council shall nominate a senior teacher as coordinator of internal evaluations. This coordinator shall make arrangements for giving awareness of the internal evaluation components to students immediately after commencement of I semester

11.2. The internal evaluation report in the prescribed format should reach the University before the 4th week of October and March in every academic year.

12. EXTERNAL MARKS FOR PRACTICAL EXAMINATIONS

For external examination of specialization, practical, project work, teaching ability and internship the Institution shall constitute an expert committee in order to evaluate skills, coaching ability, proficiency, tactics and coaching ability of each game and event, quality of the project work and teaching ability. The committee will assess the students and submit external marks to the Principal. Then the Principal will forward the final marks to the University at the end of each semester.

13. MEDIUM OF INSTRUCTION & EXAMINATION

The medium of instruction and examination shall be in English.

14. PROGRAMME AND SCHEME OF EXAMINATION OF B.P.E.

There shall be six parts for BPE programme and Examinations

- 1) Part A – Theory
- 2) Part B – Practical
- 3) Part C – Specialization
- 4) Part D – Teaching Ability
- 5) Part E – Internship
- 6) Part F – Project work

Total credits of programme is 160.

B.P.E. 1st SEMESTER

Course Code	Course Title	External Marks	Internal	Total	No. of Hours per week	Credits
	English –Common course	80	20	100	5	4
	General Science	80	20	100	5	4
	History of Physical Education and Sports	80	20	100	5	4
	Practical 1 – Track & Field – Running (Full Practical)	80	20	100	4	3
	Practical II – Weight Lifting & Weight training (Full Practical)	80	20	100	3	2
	Practical III– Kho-kho & Kabbadi (Full Practical)	80	20	100	4	3
	Total	480	120	600	26	20

BPE 2nd SEMESTER

Course Code	Course Title	External Marks	Internal	Total	No. of Hours per week	Credits
	English –Common	80	20	100	5	4
	Basic Systemic Anatomy	80	20	100	5	4
	Scientific Principles of Coaching	80	20	100	5	4
	Practical IV – Football (Full Practical)	80	20	100	4	3
	Practical V–Hockey (Full Practical)	80	20	100	4	3
	Practical VI–Badminton (Full Practical)	80	20	100	2	2
	Total	480	120	600	25	20

BPE 3rd Semester

Course Code	Course Title	External Marks	Internal	Total	No. of Hours per week	Credits
	Foundation of Physical Education and Sports	80	20	100	5	4
	Physiology & Physiology of exercise	80	20	100	5	4
	Fundamentals of computers and information technology	80	20	100	5	4
	Practical VII – Volleyball (Full Practical)	80	20	100	4	3
	Practical VIII – Yoga (Full Practical)	80	20	100	3	2
	Practical IX – Track & Field - Jumping (Full Practical)	80	20	100	4	3
	Total	480	120	600	26	20

BPE 4th Semester

Course Code	Course Title	External Marks	Internal	Total	No. of Hours per week	Credits
	Kinesiology	80	20	100	5	4
	Educational Sport Psychology	80	20	100	5	4
	Teaching Methodology	80	20	100	5	4
	Practical X– Basketball (Full Practical)	80	20	100	5	4
	Practical XI– Handball/Wrestling (Full Practical)	80	20	100	5	4
	Total	400	100	500	25	20

BPE 5th Semester

Course Code	Course Title	External Marks	Internal	Total	No. of Hours per week	Credits
	Sociology and Sociology of Sports	80	20	100	5	4
	Sports Management	80	20	100	5	4
	First Aid and safety education and life skill education	80	20	100	5	4
	Practical XII– Cricket (Full Practical)	80	20	100	4	3
	Practical XIII * Specialization (1 &2) – Skill (Full Practical)	80	20	100	3	2
	Practical XIV Track & Field Throwing (Full Practical)	80	20	100	4	3
	Total	480	120	600	26	20

*** PART -C- SPECIALIZATION**

Each student shall take up two specialization for the following sports/games:-

- | | |
|----------------------|--------------|
| 1. Track & Field | 2. Swimming |
| 3. Basketball | 4. Cricket |
| 5. Shuttle Badminton | 6. Handball |
| 7. Volleyball | 8. Wrestling |
| 9. Football | |

B.P.E. 6th Semester

Course Code	Course Title	External Marks	Internal	Total	No. of Hours per week	Credits
	Environmental Studies	80	20	100	5	4
	Tests & Measurement in Sports and Games	80	20	100	5	4
	Principles of coaching and officiating	80	20	100	5	4
	Health and fitness Management	80	20	100	5	4
	Specialization (1 &2) – Officiating (Full Practical)	80	20	100	5	4
	Total	400	100	500	25	20

B.P.E. 7th Semester

Course Code	Course Title	External Marks	Internal	Total	No. of Hours per week	Credits
	Corrective Physical Education	80	20	100	5	4
	Biomechanics	80	20	100	5	4
	Adapted Physical Education	80	20	100	5	4
	Specialization (1 & 2) – Coaching Ability (Full Practical)	80	20	100	5	4
	* Teaching Ability	80	20	100	5	4
	Total	400	100	500	25	20

*There will be two types of lessons, Physical Activity Lessons and class room Teaching lessons. In all 20 (10+10) lessons will have to be engaged by each student during practical session. The internal marks will be 10 for Physical Activity lessons and 10 for Class Room Teaching lessons. For final examination, the Institution shall constitute an expert committee in order to evaluate skills, proficiency of the students in teaching practice. The committee will assess the students and submit external marks to the Principal. Then the Principal will forward the final marks to the University at the end of each semester.

B.P.E. 8th Semester

Course Code	Course Title	External Marks	Internal	Total	No. of Hours per week	Credits
	Internship	80	20	100	5	4
	Project work	80	20	100	5	4
	Specialization - 1 – Final (Full Practical)	80	20	100	5	4
	Specialization - 2 – Final (Full Practical)	80	20	100	5	4
	Teaching Ability – Final (Full Practical)	80	20	100	5	4
	Total	400	100	500	20	20

15. PASS AND PROMOTION

The internal to external assessment ratio shall be 1:6 for theory, practical, specialization and teaching ability, Internship and Project work. There shall be a maximum of 80 marks for external evaluation and maximum of 20 marks for internal evaluation. For all theory, practical, specialization, teaching ability, internship and project work grades are given on a 08-point scale based on the total percentage of marks as given below.

Percentage of Marks	Grade	Grade Point
95 and above	S - Outstanding	10
85 to below 95	A+ Excellent	9
75 to below 85	A Very Good	8
65 to below 75	B+ Good	7
55 to below 65	B Above Average	6
45 to below 55	C Satisfactory	5
40 to below 45	D Pass	4
Below 40	F Failure	0

16. EXTERNAL THEORY EXAMINATION

The theory external examination of all semesters shall be conducted by the University at the end of each semester.

1. Students having a minimum of 75% average attendance for all the courses only can register for the examination. Condonation of shortage of attendance to a maximum of 10 days or 50 hours in a semester subject to a maximum of 2 times during the whole period of the programme may be granted by the University on valid grounds. This condonation shall not be counted for internal assessment.

Benefit of attendance may be granted to students attending University/College Union/Co-curricular activities by treating them as present for the days of absence, on production of participation/attendance certificates, within one week, from competent authorities and endorsed by the Head of the Institution. This is limited to a maximum of 10 days per semester and this benefit shall be considered for internal assessment also.

Those students who are not eligible even with condonation of shortage of attendance shall repeat the course along with the next batch.

2. All Students are to do a project. This project can be done individually or as a group of 3 students. The projects are to be identified during the II semester of the programme with the help of the supervising teacher. The report of the project in duplicate is to be submitted to the department at the eighth semester and are to be produced before the expert committee appointed by the Institution.
3. There will be no supplementary exams. For reappearance/improvement, the students can appear along with the next batch.
4. A student who registers his/her name for the external exam for a semester will be eligible for promotion to the next semester.
5. A student who has completed the entire curriculum requirement, but could not register for the Semester examination can register notionally, for getting eligibility for promotion to the next semester.
6. A candidate who has not secured minimum marks/credits in internal examinations can re-do the same registering along with the University examination for the same semester, subsequently.

17. ALPHA NUMERIC CODE

All programmes and courses shall have unique alpha numeric code. Each teacher working in affiliated institutions shall have a unique identification number and this number is to be attached with the codes of the courses for which he/she can perform examination duty.

18. PATTERN OF QUESTIONS

Questions shall be set to assess knowledge acquired, standard application of knowledge, application of knowledge in new situations, critical evaluation of knowledge and the ability to synthesize knowledge. The question setter shall ensure that questions covering all skills and set. He/She shall also submit a detailed scheme of evaluation along with the question paper. A question paper shall be a judicious mix of objective type, short answer type, short essay type/problem solving type and long essay type questions.

Patter of questions for external Theory examination

	Total No. of Questions	Number of questions to be answered	Marks of each question	Total Marks
	14	9	2	18
	8	6	4	24
	5	3	6	18
	4	2	10	20
TOTAL	31	20		80

19. MARK CUM GRADE CARD

The university under its seal shall issue to the students a MARK CUM GRADE CARD on completion of each semester, which shall contain the following information:

- a. Name of the University
- b. Name of the College
- c. Title & Model of the Under Graduate Programme
- d. Name of the Semester
- e. Name and Register Number of the Student
- f. Code, Title, Credits and Max. marks (Int., Ext. & Total) of each course opted in the semester.
- g. Internal, External and Total Marks awarded, Grade, Grade point and Credit point in each course opted in the semester.
- h. Institutional average of the internal exam and University Average of the External Exam in each course.
- i. The total credits, total marks (Max. & Awarded) and total credit points in the semester.

- j. Semester Credit Point Average (SCPA) and corresponding Grade.
- k. Cumulative Credit Point Average (CCPA) corresponding to Common Courses, Core and Complementary (separately and together) and whole programme, as the case may be.
- l. The final Mark cum Grade Card issued at the end of the final semester shall contain the details of all courses taken during the final semester examination and shall include the final grade/marks scored by the candidate from 1st to 5th or 7th semester, as the case may be, and the overall grade/marks for the total programme.

20. MONITORING COMMITTEE

There shall be 3 level monitoring committees for the successful conduct of the scheme. They are –

1. Department Level Monitoring Committee (DLMC) comprising HOD and two senior-most teachers as members.
2. College Level Monitoring Committee (CLMC), comprising Principal, Dept. Coordinator and A.O./ Superintendent as members.
3. University Level Monitoring Committee (ULMC), headed by the Vice-Chancellor, Pro-Vice Chancellor, Convenors of the Syndicate subcommittee on Examination, Academic Affairs and Staff and Registrar as members and the Controller of Examinations as member-secretary.

21. MINIMUM MARKS FOR INTERNAL AND EXTERNAL EXAMINATIONS

A separate Minimum of 30% marks each for internal and external (for both theory and practical) and an aggregate minimum of 40% are required for a pass for a course. For a pass in a programme, a separate minimum of Grade D is required for all the individual courses. If a candidate secures F Grade for any one of the courses offered in a Semester/Programme only F grade will be awarded for that Semester/Programme until he/she improves this to D Grade or above within the permitted period.

SYLLABUS
COURSE OF STUDY FOR THE BACHELOR OF PHYSICAL
EDUCATION (BPE) FOUR YEAR INTEGRATED

FIRST SEMESTER

ENGLISH
ENGLISH (Common Course)
(Syllabus as approved by Board of Studies of English (UG)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	English –Common course	80	20	100	5	4

GENERAL SCIENCE

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	General Science	80	20	100	5	4

PART A
PHYSICS

1. General Topic : Importance of Scientific Knowledge in Physical Education.

Module - I (6 Hours)

- 1.1 Mechanics - distance, displacement, speed, velocity, acceleration.
- 1.2 Types of motion (Linear motion, Angular motion, General motion).
- 1.3 Equations of Motion, Laws of Motion, Projectiles.
- 1.4 Force-Centrifugal Force, Centripetal Force.
- 1.5 Gravity - Force of Gravity, Centre of Gravity.
- 1.6 Equilibrium - work power, energy, efficiency, transformation of energy - osmosis, diffusion, density, specific gravity.

Module - II (6 Hours)

- 2.1 Heat - Specific heat, latent heat, transference of heat (conduction, Convection, radiation)

Module - III (6 Hours)

- 3.1 Light - Reflection and refraction at plane and curved surfaces of mirror and lenses.

Module - IV (6 Hours)

4.1 Sound – Production and transmission of sound, loudness, pitch, hearing process.

Module - V (6 Hours)

5.1 Magnetism – Magnets, magnetic attraction and repulsion

5.2 Electrification by friction and induction conductors and non-conductors, current, volt, ampere, electric cells.

**PART - B
CHEMISTRY**

Module - I (6 Hours)

1.1.1 Matter – Atom element, molecule, compound and mixture – metals and non – metals – oxygen, hydrogen carbon, nitrogen, chlorine, water, carbondioxide, ammonia (laboratory preparation and uses) – Oxidation and reduction, combustion acids, basis, salts, solubility, crystallization – hard and soft water.

Module - II (6 Hours)

2.1 Introduction to organic chemistry – carbohydrates, proteins, amino acids, fats – oils, soaps.

**PART - C
BIOLOGY**

Module - I (6 Hours)

1.1 Characteristics of living things

Module - II (6 Hours)

2.1 Protoplasm, cells, division – tissues, organs and organ systems – cellular structure of animals and plants

Module - III (6 Hours)

3.1 Classification of plant kingdom – an elementary study of Angiosperms, Gymnosperms, Algae, Fungi, Bacteria and Virus.

Module - IV (6 Hours)

4.1 Classification of Animal Kingdom – An elementary study of Amoeba, Hydra, Tapeworm, Ascaris, Earthworm, Cockroach, Starfish, Frog from a point of view of their external structure and reproduction.

Module - V (6 Hours)

5.1 Evolution and Heredity

REFERENCE

1. G.H Bar and H.O Bonsor, Chemistry of Matriculation, University Tutorial Press, London.
2. Whitely. W.L, General Physics – University Tutorial Press. Ltd, Clifton House, London.

HISTORY OF PHYSICAL EDUCATION AND SPORTS AND GAMES

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	History of Physical Education and Sports	80	20	100	5	4

Module - I (12 Hours)

- 1.1 Definition, meaning, need and importance of Physical Education, Sports and Games with reference to historical perspective of education.
- 1.2 Physical Education, sports and Games in Ancient India - Vedic period, Epic period, Rajput period and Mughal period.

Module - II (6 Hours)

- 2.1 Physical Education, Sports and Games in Ancient Greece, Sparta and Athens.
- 2.2 Physical Education, Sports and Games in Ancient Rome, Utilitarianism, thermae, the circus, Gladiatorial combats.

Module - III (15 Hours)

- 3.1 Ancient Olympic Games - Origin, events, rules and values
- 3.2 Modern Olympic Games - Revival, Olympic oath, Olympic emblem, Olympic flag, Olympic motto.

Module - IV : Introduction and innovations in Physical Education, Sports and Games. (12 Hours)

- 4.1 Great Britain (Archibald Maclaren, British games and sports)
- 4.2 Germany (Johan Basedow, Guts Muths, Fredirich Ludwig John (Turnverine movement), Adolf Spiess)
- 4.3 Sweden (Per Henric Ling, Hjrmer Ling, Lingiad)
- 4.4 U.S.A (Dr. Dio Lewis; Dr. Dudley Allen Sergent. Spring field College of P.E. Origin of modern games and recreation movement)
- 4.5 U.S.S.R (Physical Education in Schools and Industry, Spartakiad)

Module - V (6 Hours)

- 5.1 Physical Education, Sports and Games in a Contemporary India - Akharas and Vyayamashalas and their contributions.
- 5.2 The British influence on Physical Education, Sports and Games in India.
- 5.3 Physical training Gymkhanas and sports clubs.
- 5.4 YMCA and its contributions to Physical Education
- 5.5 Teacher's Training Institution in Physical Education

5.6 Indian Olympic Association, National Sports Federation and State Association.

Module - VI (6 Hours)

- 6.1 Post independence development in Physical Education, Sports and Games, various commissions and committees in Physical Education, Sports and Games.
- 6.2 National Plan of Physical Education, Sports and Games. All India Council of Sports, National Physical Efficiency Drive, National Fitness Corps, National Cadet Corps, National Social Service etc.

Module - VII (6 Hours)

- 1.1 Sports and Youth Programme - Netaji Subhas National Institute of Sports (NSNIS), Sports Authority of India and its schemes for promotion of sports.
- 1.2 Youth Welfare Programmes (NYK, Youth Hostels)
- 1.3 National Sports Awards (Arjuna Award, Dronacharya Award, Rajiv Gandhi Khel Rathna Award etc.)

Module - VIII (6 Hours)

- 8.1 Professional Organization of Physical Education and Sports ; Indian Association of Teachers of Health, Physical Education and Recreation (IATHPER); Indian Association of Sports Scientist and Physical Educationists (IASSPE); Sports Psychology Association of India (SPAI), National Association of Physical Education and Sports (NAPESS);
- 8.2 Development of Sport Science, future of Physical Education.

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2. Barrow Harold M. Man and Movement, Principles of Physical Education, Philadelphia: Lea and Febiger, 1993.
3. Hackensmith, C.W. History of Physical Education, New York Harper 7 Row Publishers, 1986.
4. Lhan, Eraj Ahmed: History of Physical Education, Patna Scientific Corporation. 1964
5. Kamlesh M.L. Physical Education Facts and foundations, Faridabad: P.S. Publications Pvt. Ltd. 1985.
6. Kamlesh M.L. and Sangral M.S. Principles and History of Physical Education Ludhiana: Vinod Publications, 2003.
7. Sharma. O.P., Physical Education - History and its Development, New Delhi: Sports Publications, 2001.
8. Syal, Meenu, Contemporary Physical Education, New Delhi: Sports Publications, 2005
9. Tirunarayan C and Hariharan Sharma S. An Analytical History of Physical Education, Karaikudi, 1978.
10. Venkataian .S, Physical Education, New Delhi: Anmol Publications, 2004.

Williams J.F, The Principles of Physical Education, Meerut: College Book House,
2000.

PRACTICAL

Practical 1 – Track & Field (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical 1 – Track & Field – Running (Full Practical)	80	20	100	4	3

Practical II – Weight training & Shuttle Badminton (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical II – Weight Lifting and Weight Training (Full Practical)	80	20	100	3	2

Practical III– Kho-kho & Kabbadi (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical III– Kho-kho & Kabbadi (Full Practical)	80	20	100	4	3

SECOND SEMESTER

ENGLISH (Common) (Syllabus as approved by Board of Studies of English (UG)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	English –Common	80	20	100	5	4

BASIC AND SYSTEMIC ANATOMY

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Basic Systemic Anatomy	80	20	100	5	4

Module - I (6 Hours)

1.1 Introduction - Definition of Anatomy, various terms used in Anatomical position need and importance of Anatomy for the students of Physical Education.

Module - II (6 Hours)

2.1 Definition of cell, tissue, organ and system. Microscopic structure of cell tissues - classification structure and functions of various types of tissues
2.2 Body Fluids - structure and function of blood
2.3 Microscopic structure of skin.

Module - III (6 Hours)

3.1 Skeletal system - composition
3.2 Microscopic and Macroscopic structure of bones
3.3. Classification and functions of bones.
3.4 General features of scapula, humerus, radius, ulna, hip bone, femur, tibia, typical rib, typical vertebra and bones of skull.

Module - IV (6 Hours)

4.1 Muscles - structural and functional classification of muscles.
4.2 Microscopic structure of skeletal muscle, cardiac muscle and smooth muscle.
4.3 General characteristics of muscles (Elasticity, contractibility and irritability)

Module - V (6 Hours)

5.1 Joints - Definition and classification of joints.
5.2 Anatomical structure of synovial joints

5.3. Terminology of movements around a joint.

5.4 Attachment and action of the important muscles in relation to the following joints.

Shoulder girdle, shoulder joint, elbow joint, hip joint, knee joint, ankle joint.

Module - VI (8 Hours)

6.1 Cardio vascular system - Basic knowledge of Cardio vascular system.

Structure of heart, artery,

vein and capillary, circulation of blood in different regions of the body.

Module - VII (6 Hours)

7.1 Respiratory system - various organs of respiratory system

7.2 Structure of larynx, trachea and lungs, bronchial tree and muscles of respiration.

Module - VIII (6 Hours)

8.1 Digestive system - Anatomical structure of various parts of alimentary canal.

8.2 Accessory glands of G.I.T. salivary gland, liver, gall bladder and pancreas.

Module - IX (6 Hours)

9.1 Nervous system - Structure of brain, spinal cord and peripheral nerves.

9.2 Special senses - structure of sense organs of vision, hearing, taste and smell.

Module - X (6 Hours)

10.1 Urinary system - Structure of kidney and urinary tract.

Module - XI (6 Hours)

11.1 Endocrine glands - Anatomical structure of pituitary, Thyroid, Pancreas, Adrenal gland and

Gonads

REFERENCES

2. Agur, Anne. M.R. and Lee, Ming. J Grants Atlas of Anatomy, Philadelphia Lippincott Williams and Wilkins. 1999.
3. Basimajian, John. V and Slonecker, Charles. E Grant's Method of Anatomy New Delhi: B.I. Waverly Pvt. Ltd. 1997.
4. Chaurasia. A.D.Human Anatomy 3 volumes, Published by Satish Kumar Jain New Delhi 1979.
5. Pearce Evelyin C, Anatomy and Physiology for Nurses 16th Edition, Oxford University Press, 1982.
6. Tartarinov. V, Human Anatomy and physiology 2nd Edition MIR Publishers, Moscow, 1971. Translated from Russian by David .A. Myshne.
7. Wilson Kathleen J.W. Anatomy and Physiology in Health and Illness. 6th Edition. Churchill Livingstone Edinburgh, 1987.
8. Williams, Peter L. Grays, Anatomy, Edinburgh: Chruchil Livingstone 1995.

Semester- II
SCIENTIFIC PRINCIPLES OF COACHING

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	SCIENTIFIC PRINCIPLES OF COACHING	80	20	100	5	4

UNIT I

Meaning and definition of sports training. Qualities and qualification of a coach qualities of a champion, definition of conditioning, training and coaching, aims and objectives of sports training, principles of sports training.

UNIT II

Training load, different types of load, adaptation, super - compensation, significance of load components (volume, intensity, density, frequencies and recovery). Overload, symptoms of overload, fatigue and tackling of over load.

UNIT III

Planning, Short term plan (school, college, District, State, University, Inter-Varsity ,National etc. Long term plan (Asian, Commonwealth, Olympic and World level); Periodization (single, double and triple training schedule).

UNIT IV

Definition, types and Methods of physical fitness components. Training means for the development of motor abilities (Strength, Endurance, Speed, Flexibility and Coordinative abilities) Technical training - Definition, Importance & Methods Tactical training - Definition, Importance and methods

UNIT V

Psychological skill training of the players, pep-talks, self talk before, during and after the competition, analysis of individual, group and during the training and competition. Imagery Relaxation Technique

BOOKS RECOMMENDED :

1. Frank W. Dick, Sports Training Principles Lepus Books, London, 2nd edition.
2. Hardayal Singh, Sports Training, General Theory and Methods, NSNIS, Partiala, India, 2nd edition (1990).
3. John Bun. Scientific Principles of Coaching latest edition.
4. James G. Hay, The Biomechanics of Sports Techniques Prentice Hall International Editions, 3rd edition, 1985.
5. Dr. Dietrich Harre, Principles of Sports Training Sportverling Berlin, 1982.

PRACTICAL

Practical IV – Football (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical IV – Football (Full Practical)	80	20	100	4	3

Practical V–Hockey (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical V–Hockey and Cricket (Full Practical)	80	20	100	4	3

Practical VI – Badminton (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical VI–Badminton (Full Practical)	80	20	100	2	2

THIRD SEMESTER

FOUNDATION OF PHYSICAL EDUCATION, SPORTS AND GAMES

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Foundation of Physical Education and Sports	80	20	100	5	4

Module - I (6 Hours)

- 1.1 Introduction to Education
- 1.2 Meaning, aims, scope, nature of education
- 1.3 Types of education
- 1.4 Agencies of education and their roles.
- 1.5 Role of education in National integration and international relations

Module - II (6 Hours)

- 2.1 Aim and objectives of Physical Education, Sports and Games
- 2.2 Meaning, aim and objectives, scope, nature of Physical Education, Sports and Games
- 2.3 Meaning of principles and their application
- 2.4 Relationship between aims and objectives of Physical Education, Sports and Games with Education.
- 2.5 Objectives of Physical Education, Sports and Games at different education levels.
- 2.6 Physical Education, Sports and Games as an eclectic science, a body of knowledge as an art and science.

Module - III Philosophical Principles (15 Hours)

- 3.1 Philosophy, its meaning and nature, Educational philosophy as applied to Physical Education, Sports and Games.
- 3.2 Naturalism, Idealism, Pragmatism, Realism, Existentialism.
- 3.3 Curriculum, role of philosophy in curriculum construction.
- 3.4 Implication of Philosophy in Education and Physical Education, Sports and Games
- 3.5 Contribution of the following educational philosophers, Froebel, Montessori, Dewey, Gandhi & Tagore.

Module - IV Biological Principles (12 Hours)

- 4.1 Evolution of man, biped position, its advantages and disadvantages, activities as the physical basis of life.
- 4.2 Individual differences, heredity and environment, sex difference, body types, implication of individual differences in Physical Education, Sports and Games.
- 4.3 Growth and development, principles governing physical and motor growth and development.

- 4.4 Chronological, anatomical, physiological and mental ages in individuals – their role in developing and implementing programme of physical education, Sports and Games.
- 4.5 Oxygen debt, second wind, principles of use and disuse, training load, effect of exercise on physiological systems.

Module - V Psychological Principles(12 Hours)

- 5.1 Theories of learning – traditional and modern
- 5.2 The learning process, law of learning, transfer of training / learning primary associate and concomitant learning, learning curve.
- 5.3 Factors and conditions which promote learning, individual difference and learning, maturation and learning.

Module - VI Sociological Principles (6 Hours)

- 6.1 Physical Education and sports as social institutions and their influence on society.
- 6.2 Physical activities (Games and Sports) as man's cultural heritage: Physical Education, Sports and Games as a factor in socialization of individuals and groups, role in National integration.
- 6.3 Brief description of theories of play.
- 6.4 Role of Physical Education, Sports and Games in context to social problems, unemployment. Youth unrest, health related problems, mechanization, introduction to social stratification and sports.

Module - VII Recreation(12 Hours)

- 7.1 Definition, characteristics, leisure, objective and misconception
- 7.2 Agencies providing recreation in India – Govt., private, voluntary, commercial.
- 7.3 Criteria and principles for community recreation.
- 7.4 Recreational programmes for special groups – physically & mentally handicapped, industrial workers.
- 7.5 Financing community recreation.

REFERENCES

1. Aggarwal J.C, Theory and Principles of Education, Philosophical Sociological Bases of education: New Delhi, Vikas Publishing House Pvt. Ltd. 1988.
2. Bali D.R., Introduction to Philosophy: New Delhi sterling publishers Private Ltd., 1989.
3. Barrow Harold M, Man and Movement: Principles of Physical Education Third Edition; Philadelphia, Lea and Febiger. 1983.
4. Bhatia and Bhatia, Theory and Principles of Education Delhi, Doaba house Booksellers and publishers 1986.
5. Bucher Charles A, and Wuest Doborah. A, Foundation of Physical Education and sports. Tenth Edition, St Louis Times Mirror, Mosby College Publishing. 1987.
6. Butler G.D, Introduction to Community Recreation, New Mc. Graw Hill Book co. Inc. 1959.

7. Kamlesh M.L, Physical Education, Facts and Foundation, Faridabad, P.R. Publication (P) Ltd. 1988.
8. Walia. J.S, Principles and Methods of Education. Jullandhar Walia J.S Principles and Methods of Education. Jullandhar Paul Publishers 1985.
9. Zeigler Earle F (Ed) Physical Education and Sports : An Introduction: Philadelphia, Lea and Febiger, 1982.

**THIRD SEMESTER
PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE**

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Physiology & Physiology of exercise	80	20	100	5	4

Module - I (6 Hours)

1.1 General concept of physiology, essential proportion of living organism, Elementary concatenate of protoplasm, Bio electrical potential, enzymes mode of action and functions.

Module - II (10 Hours)

2.1 Cardiovascular system cardiac cycle, pumping action of heart, and its regulation.

2.2 Blood pressure its maintains and regulations, cardiac output and its regulation, functions of blood and blood clotting.

Module - III (10 Hours)

3.1 Respiratory system : Type of respiration

3.2 Tissue, respiration, mechanism of external respiration, pulmonary ventilation and its regulation.

3.3 Second wind and O₂ debt

Module - IV (12 Hours)

4.1 Digestive system and metabolism

4.2 Secretion and functions of digestive juices

4.3 Functions of liver, absorption of food-general metabolism. Elementary idea about metabolism of carbohydrate, fat and proteins temperature regulation.

Module - V(6 Hours)

5.1 The excretory system - excretion of water from the body.

5.2 Function of kidney and skin

Module - VI (15 Hours)

6.1 Nervous system - Functions of import parts of the elementary nervous system - cerebrum, cerebellum, pons, medulla oblongata, and spinal code - reflex arc.

6.2 Automatic Nervous system and its function

6.3 Basic physiological mechanism governing posture and equilibrium

Module - VII (6 Hours)

7.1 Sensory system - general sensations (kinesthetic), special sense, mechanism of vision, hearing sense of balance, smell and taste.

Module - VIII (6 Hours)

8.1 Endocrine system - basic about secretion of endocrine glands pituitary, thyroid, adrenal, pancreas and sex glands.

8.2 Roll of their secretion in growth, development and other body function.

THIRD SEMESTER

FUNDAMENTALS OF COMPUTERS AND INFORMATION TECHNOLOGY

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Fundamentals of computers and information technology	80	20	100	5	4

UNIT – I

1. Introduction to Computers
 - 1.1 Brief history and development of computers
 - 1.2 Generations of computers
 - 1.3 Types of PCs-Desktop, Laptop, Notebook, Palmtop, Workstations
 - 1.4 Basic components of a computer system
 - 1.5 Memory –RAM, ROM, and other types of memory
 - 1.6 Need of Software, Types of Software
 - 1.7 Operating System
 - 1.8 Types of Virus, Virus detection and prevention.
 - 1.9 Binary Number system

UNIT II

2. Introduction to windows
 - 2.1 Using Mouse and moving icons on the screen
 - 2.2 My Computer, Recycle Bin, Status Bar
 - 2.3 Start –menu selection, running an application,
 - 2.4 Window Explorer to view files, folders and directories, creating and Maximize forms of windows
 - 2.5 Operating and Closing of different Windows, Minimize, Restore and Maximize forms of Windows.
 - 2.6 Basic components of a window : Desktop, Frame, Title Bar, Menu Bar, Status Bar, Scroll Bars, Using right button of the Mouse,
 - 2.7 Creating Shortcut, Basic Windows Accessories: Notepad, Paint, Calculator, Word pad, using Clipboard.

UNIT III

3. Introduction to Word Processor, Electronic Spread Sheet, Database and Multimedia Presentations

Types of Word Processor Basic Knowledge about free Software – Open Office

MS – Word

1. Creating and Saving a document, Editing and Formatting a Document including changing colour, Size, Font, alignment of text
2. Formatting paragraphs with line or paragraph spacing, adding headers and footers, numbering pages
3. Using grammar and spell check utilities, etc., Printing Document
4. Inserting Word Art, Clipart and Pictures
5. Page Setting, Bullet and Numbering, Borders, Shading Format Painter, find and replace
6. Inserting Tables, Mail Merge.

MS – Excel

1. Creation of work book and work sheet
2. Saving a work book/file

3. Understanding work sheet – Row, Column and cell
4. Parts of excel screen : Title bar, Menu bar, Tool bars, Formula bar, Cell Address, Scroll bars
Sheet tab, Status bar
5. Entering Formula
6. Inserting Graph and Chart

MS- PowerPoint

1. Starting MS – PowerPoint
2. Components of a Presentation – Text, Pictures, Chart, Graphs, Tables, Bulleted list, Movie clippings, Sound clippings.
3. Different ways of viewing a presentation file
4. Slide show – Normal presentation, Presentation with customized animation effects, Action settings through buttons , Sound effects, Slide transition effects, Presentation timing setting
5. Saving and Quitting a file

Data base

Use and importance of Data base

UNIT – IV

1. Introduction to Information & Communication Technology
 - 1.1 Concept, Importance, Meaning & Nature of Information & Communication Technology
 - 1.2 Need and Scope of ICT in Education & Physical Education
 - 1.3 Paradigm shift in Education due to ICT content with special reference to curriculum.
 - 1.4 Change in Role of Teacher, Methods of Teaching, Classroom Environment, Evaluation procedure with new technologies

UNIT - V

2. Introduction to internet
 - 2.1 Internet
 - 2.2 E- Mail
 - 2.3 World Wide Web (WWW)
 - 2.4 Web publishing concepts :

Practicals : The practicals will be conducted based on the syllabus

REFERENCES:

- Simmons Ian, Computer Dictionary, BPB Publications – 2005
 V. Rajaraman, Fundamentals of Computers, Prentice Hall of India, NewDelhi-2000
 B.Ram, Computer Fundamentals, New Age International Publishers -2006
 Pradeep K. Sinha, PritiSidonha, B.P.B. Publication, Computer Fundamental, Third Edition -2005
 B.Ram, New Age International Publication, Computer Fundamental, Third Edition -2006
 Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office forever one, Second Edition -2006
 Brain Unders IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition -2001
 ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing – 2006
 Simmons Ian, Computer Dictionary, BPB Publications 2006
 Douglas E. Comer, The Internet Book, Purdue University, West Lofayette in 2005
 S.JaiswalGlagottia Publication PVT.Ltd. I.T (Today), Revised Edition 2004
 Douglas E. Corner low price edition, The Internet Book, Third Edition – 2005
 Shashank Jain & Satish Jain, B.P.B. Publication ‘O’ level Internet and web design, Edition 2003.
 Intel & NCST, Intel Teach to the Future, Intel Corporation 2002
 Douglas.E . Comer, The Internet Book, Prentice Hall of India Pvt. Ltd New Delhi, 2003

Practical VII – Volleyball (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical VII – Volleyball (Full Practical)	80	20	100	4	3

Practical VIII – Yoga & Wrestling/Rhythmic (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical VIII – Yoga (Full Practical)	80	20	100	3	2

Practical IX – Specialization – Coaching Ability (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical IX – Track & Field – Jumping (Full Practical)	80	20	100	4	3

FOURTH SEMESTER

KINESIOLOGY

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Kinesiology	80	20	100	5	4

UNIT - I Introduction

- a. Definition of kinesiology
- b. Role of kinesiology

UNIT - II Anatomical and mechanical fundamentals

- a. Fundamental and anatomical position
- b. Orientation of planes and axes of motion
- c. Fundamental joint movements
- d. Terminology of muscular attachments
- e. Structural classification of muscles
- f. Functional classification of muscles
- g. Types of muscle contractions

UNIT - III Physiological fundamentals

- a. Gradation of muscle contraction
- b. Reciprocal innervations and inhibition
- c. All or none law
- d. Stretch reflex

UNIT- IV

Major characteristics of shoulder joint, Location, attachments, and actions of muscles acting on shoulder joint.

- a. Pectoralis major
- b. Coraco brachialis
- c. Subscapularis
- d. Biceps brachii
- e. Deltoid
- f. Supra spinatus
- g. Teres minor
- h. Latissimusdorsi
- i. Teres major
- j. Triceps brachii

UNIT- V

Major characteristics of shoulder girdle ,Location, attachments, and actions of muscles acting on shoulder girdle joint.

- a. Pectoralis major
- b. Serratus anterior

- c. Subclavius
- d. Levator Scapulae
- e. Rhomboids
- f. Trapezius.

UNIT- VI

Major Characteristics of Elbow joint, Location, Attachments, and actions of muscles acting on elbow

joint.

- a. Biceps Brachii
- b. Brachialis
- c. Brachioradialis
- d. Supinator
- e. Pronator Teres
- f. Pronator Quadratus
- g. Triceps Brachii
- h. Anconeus

UNIT- VII

Major Characteristics of Hip Joint. Location, attachments, and actions of muscles acting on hip joint.

- a. Iliopsoas
- b. Pectineus
- c. Rectus Femoris
- d. Sartorius
- e. Tensor Faciei late
- f. Adductor Brevis
- g. Adductor Longus
- h. Adductor Magnus
- i. Gracilis
- j. Biceps Femors
- k. Semimebranosus
- l. Semitendinosus
- m. GlutiusMximus
- n. Gluteus medius
- o. GlutiusMinimus

UNIT- VIII

Major Characteristics of Knee joint. Location, attachments, and actions of muscles acting on knee

joint.

- a. Rectus femoris
- b. Vastusintermedius
- c. VastusLaterails
- d. VastusMedialis
- e. Sartorius
- f. Biceps Femoris
- g. Semi membranosus

- h. Semi tendinosus
- i. Popliteus
- j. Gracilis
- k. Gastrocnemius.

UNIT- IX

Major Characteristics of Ankle Joint. Location, attachments, and actions of muscles acting on ankle

joint.

- a. Tibialis Anterior
- b. Extensor Digitorum Longus
- c. Extensor Hallucis Longus
- d. Soleus
- e. Flexor Digitorum Longus
- f. Flexor Hallucis Longus
- g. Tibialis Posterior

REFERENCES :

1. Katharine, F. Luttgens Kathryn, Kinesiology – Scientific Basis of Human motion
Singapore : Mc. Graw
Will International Book Company, 1984)
2. Broer, M.R. Efficiency of Human Movement (Philadelphia : W.B. Saunders Co.
1969
3. Rasch and Burke, Kinesiology and applied Anatomy (Philadelphia : Lea and
Fiber, 1967)
4. James G. Hay, The Biomechanics of Sports Techniques. Prentice hall
International Inc, New Jersey
1993.
5. Roger Bartlett, Introduction to Sports Biomechanics. E& FN Spon New York 1997
6. Gerry Carr, Mechanics of Sport Human Kinetics, 1997

EDUCATIONAL SPORT PSYCHOLOGY

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Educational Sport Psychology	80	20	100	5	4

Module - I (6 Hours)

- 1.1 Definition Meaning and nature of Psychology: Psychology a science.
- 1.2 Branches of Psychology : Sport Psychology an emerging discipline.

Module - II (6 Hours)

- 2.1 Role of Psychology in building up theory and practices in Education, Physical Education and sports.
- 2.2 Important methods of Psychology (Observation, Introspection, Experimentation Testing, Case study etc.)

Module - III (6 Hours)

- 1.1 The concept of Mind (Cognition, Affection and Conation)
- 1.2 A brief description of the characteristics and powers of mind, conscious, Unconscious, Sub-conscious and super conscious stages of mind.
- 1.3 Psychophysical unity of the human organism.

Module - IV (12 Hours)

- 4.1 Growth and Development : General principles.
- 4.2 Factors affecting growth ; stages of growth and development (infancy, childhood, adolescence) with special emphasis on perceptual sensory, cognitive, motor, moral, physical, social and emotional characteristics, maximizing developmental effects through exercise and sport.

Module - V (12 Hours)

- 5.1 Learning : Meaning, Nature and principles of Learning, Traditional theories of Learning, (Trail and Error, conditioned) reflex, learning by insight, learning by imitation.
- 5.2 Laws of learning (Readiness, Effect, Exercise)
- 5.3 Learning curve and its characteristics, Transfer of training, its types, conditions of transfer of training.

Module - VI(6 Hours)

- 6.1 Motivation, its meaning, definition, motives, drives, needs, motivation for play, exercise and sport.
- 6.2 Motivation and performance.

Module - VII (12 Hours)

- 7.1 Personality: Meaning and structure of personality, influence of genetic and environmental factors on personality development.

- 7.2 Personality traits of sports person, individual differences and their impact of learning and performance.

Module - VIII : Guidance and group work (12 Hours)

- 8.1 Meaning, Definition, Need and Purpose of guidance.
- 8.2 Type of guidance (Educational, Vocational, Recreational, personal/self adjustive); Procedure of guidance; organising guidance programme (specialist and classroom teacher, part played by youth welfare programmes, orientation programme, Information Centre (Employment Bureau)

Group Work

Kinds of group (Home, Educational, Institution, Workshops Clubs, Associations, Hostel Special Institution) Group process education; Team cohesion; Leadership in group work.

REFERENCES

1. Bhatia K.K. and purohit, Trinath : Educational Psychology and Methods of teaching (second Edition) New Delhi, Kalyan Publishers, (1985)
2. Cratty, B.J. Psychology in Contemporary Sport. (Third Edition) Prentice Hall, NJ (1969)
3. Crow, L.D. and crow, An Introduction to Guidance New Delhi; Durosia Publishing House.
4. Jones A.J Principles of Guidance, Newyork (fifth edition) Mc Graw Hill book CO. (1983).
5. Kamlesh, M.L.: Psychology in physical Education and Sport (Second Edition, New Delhi Metropolitan Book Co. 11989) Mangal, S.K. : Psychology An Introduction to Human Behaviour New Delhi, Sterling Publishers Pvt. Ltd.

TEACHING METHODOLOGY

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Teaching Methodology	80	20	100	5	4

Module - I (6 Hours)

- 1.1 Meaning and scope of Methodology, factors influencing methods of teaching. Strategies, Designs, techniques, methods and models of teaching
- 1.2 Formal and informal methods of teaching, basis and modern traits of teaching differences in classroom teaching and teaching on the ground, teaching and learning process.
- 1.3 Role of Physical Education in Modern Perspective
- 1.4 Contribution of Physical Education to the goals of education - Teachers as leaders of learning

Module - II (6 Hours)

- 2.1 Age and sex characteristics, pre-school, primary, middle secondary, higher secondary and college levels, activity planning according to age and sex.
- 2.2 Influence of sex differences in teaching and learning physiological, psychological and sociological needs.

Module - III (6 Hours)

- 3.1 Principles of teaching - simple, complex learning individual and group.
- 3.3 Yoga and Meditation
- 3.2 Motivation, feedback in learning, manner, mental capacity of the learner, frequency, duration of teaching, classification of students.

Module - IV (6 Hours)

- 4.1 Method of teaching physical activities.
- 4.2 Calisthenics, rhythmic aerobics, dances, light apparatus, gymnastics, individual and dual sports, lead-up and minor games, major games.

Module - V (12 Hours)

- 5.1 Presentation technique - steps in teaching motor skills, command and its importance, types of class formation in teaching and learning process.
- 5.2 Class management

Module - VI (18 Hours)

- 6.1 Lesson planning - Importance and objectives, various facts of lesson plan, teaching and coaching lesson plans in Physical Education.
- 6.2. Unit Plan
- 6.3 Year Plan
- 6.4 Evaluation of general and specific lesson plans.

Module - VII (6 Hours)

- 7.1 C.A.I. (Computer Assisted Instruction) Audio-visual, aids, gadgets/in teaching physical activities - need and importance.
- 7.2 Criteria and steps in selecting teaching aids, its purchase and maintenance.

Module - VIII (12 Hours)

8.1 Track and field, Tournaments and competitions knock out, league/round robin, combination and challenge rounds, organization and conduct of competitions/Tournaments, individual team game and sports, group and mass competitions.

REFERENCES

1. Bucher, Charles A and Constance, R Koenig Methods and Materials for Secondary School Physical Education, Saint Louis: Mosby, 1978.
2. Bucher, Charles A, Management of Physical Education and Athletics Programme, St. Louis: Santa Clara, 1987.
3. Bucher, Charles A and Wuest Deborah A. Foundations of Physical Education and Sports, New Delhi: B. I Publication Pvt. Ltd. 1992.
4. Frost, Reuben B et.al. Administration of Physical Education and Athletes, New Delhi: University Book Stall, 1998.
5. Judith, E Rink Teaching in Physical Education for learning, New York: Mosby, 1985.
6. Linus. G. Dowell, Strategies for Teaching Physical Education, New Jersey Prentice Hall. Inc. 1975.
7. Tirunarayan. C, Hariharan. S, Methods in Physical Education, South India Press, Karakudi 1986.

PRACTICAL

Practical X– Basketball (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
BPE404	Practical X– Basketball (Full Practical)	80	20	100	5	4

Practical XI– Handball and Wrestling (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
BPE405	Practical XI– Handball and Wrestling (Full Practical)	80	20	100	5	4

FIFTH SEMESTER

SOCIOLOGY AND SOCIOLOGY OF SPORTS

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Sociology	80	20	100	5	4

UNIT I

Sociology and its basic concepts: Nature, scope and methods of sociology, Society, Community, associations, institutions, customs and folkways, values and norms. Biological factors - Role of heredity and environment, race prejudice

UNIT II

Main features of Indian Society : Religious pluralism (Hinduism ,Islam & Christianity) Linguistic Pluralism Indian Policy - Secularism, Democracy, Social Justice. Socialization, Nature and techniques of social control and their social consequences:

Groups - Primary and Secondary crowds and publics; Family kinship and marriage, social stratification, class and caste.

UNIT III

Origin of the Community and Origin and growth of culture, individual and culture, Culture and civilization.

UNIT IV

Concept of personality, and influence of group and culture in its formation

UNIT V

Social and cultural change : concept and factors of social change, sports as social phenomenon and a cultural product : Sports and Socialization.

UNIT VI

Social organization and disorganization. Characteristics of social disorganization; Distinction between Social organization and disorganization; Causes of social disorganization.

UNIT VII

Introduction to sports sociology Nature and scope, Aim, Values of sports in the society, Influence of society on sports and vice- versa. Sports and Mass Media, Sports and Politics, Socio- Economic factors in sports.

REFERENCE BOOKS

1. Iver M.C. Society, London : MC Millan Co. 1962
2. Oghburn, William F and Ninkoff, Meyer F, Hand Book of Sociology, New Delhi Eurasia Publishing House 1964.
3. Mukherjee D.P.Sociology and Indian Culture: Jaipur. Rawat publications, 1979.
4. DASAT.A.R. Rural Sociology in India.Bombay : Popular Prakashan Private Ltd. 1969

5. Loy Jr. John W. Kenyon, Gerald and Mcpherson, Barry S. Sports Culture and Society. Philadelphia
 - Lea and Febiger, 1968.
6. Phonomaryoy N.I. Sports and Society. Moscow : Progress Publishers 1981

SPORTS MANAGEMENT

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Sports Management	80	20	100	5	4

Module - I (6 Hours)

- 1.1 Meaning importance and Scope of Management in Physical Education and Sport.
- 1.2 Major Management functions, theories and styles of leadership.

Module - II Management structures for Physical Education & Sports Programmes. (15 Hours)

- 2.1 The Organization & Structure of Physical Education and Sports at School, College, University, district and state level.
- 2.2 Principles and guidelines for management organization and structure.

Module - III Activity Management (6 Hours)

- 3.1 Play fields - Location, area, standard, preparation, layout and maintenance.
- 3.2 Gymnasium - Construction, Allied facilities, care and maintenance.
- 3.3 Swimming pool - Construction, Dimension, Making filtration and supervision of pool.

Module - IV Equipment Management (6 Hours)

- 4.1 Need and Importance, list of equipments, types of equipments.
- 4.2 Criteria of selection, procedure of purchase, storekeeping and storing, care and maintenance, repair and disposal improvisation of equipment.

Module - V Physical Education personnel and student leadership. (6 Hours)

- 1.1 Principles of personnel management, personnel recruitment and selection.
- 1.2 Characteristics of Trainers and staff corporation, student leadership, Educational importance, selection training and recognition of student leader.

Unit - VI Budgeting & Office Management (6 Hours)

- 6.1 Importance of financial management and Physical Education.
- 6.2 Budget - source of financial support
- 6.3 Accounting and petty cash.
- 6.4 Importance of office management, office functions and practice.

Module - VII Time table and class management. (6 Hours)

- 7.1 Need and importance of timetable in Physical Education.
- 7.2 Factors affecting timetable, Physical Education programme and routine functions.

7.3 Effective class management planning and preparation, checking attendance and records.

Module - VIII Programme management (6 Hours)

8.1 Intramurals - Objectives of intramurals, organization of intramurals, units of competition; the programme of activities, prizes and incentives.

8.2 Extramural - Objectives of extramural, Principles of inter institutional competitions, management, personnel of extramural programme.

Module - IX Public Relations in Physical Education (6 Hours)

9.1 Need and importance, principles of public relation techniques and media.

Module - X Supervision of Physical Education and sport. (6 Hours)

10.1 Definition, scope and principles of supervision.

10.2 Changing concept of supervision, techniques of supervision.

REFERENCES

1. Charles. A, Bucher. Management of Physical Education and Athletic programmes, 8th. Louis. C.B Mosby Co. 1987.
2. Dr. S. Dheer and Radhikn Kamala, Organization and Administration of Physical Education. New Delhi, Publications, 1991.
3. Harold. J. Vandex Zwak, Sports Management in Schools and Colleges, New York Macmillan Publishing Co. 1984.
4. Forsyth and Duncan Administration of Physical Education New York Prentice Hall, Inc. 1951.
5. P.M. Joseph, 'Organization of Physical Education' O.S.A.T Kandivali Bombay 1956.

FIRST AID AND SAFETY EDUCATION AND LIFE SKILL EDUCATION

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	First Aid and Safety education and life skill education	80	20	100	5	4

FIRST AID

UNIT 1

1. Definition and purposes of First Aid
2. Principles and Ethics of First Aid
3. First Aid – General Procedure
4. First Aid Kit

UNIT II

1. Wounds- Types and its management
2. Fractures – Types and management
3. First Aid for : Burns, Scalds, Animal bites, Snake bite, Poisoning, Chocking and Electric shock, Heat stroke, Snow bite, Drowning
4. CPR

UNIT III

1. First Aid for specific injuries
 - a. Eye, Head, Neck, Abdomen, Organs, Blisters and Burns
 - b. Strain, Sprain, Contusion, Abrasion, Laceration and dislocation
2. Bandaging techniques
3. Techniques of carrying injured persons

SAFETY EDUCATION

UNIT IV

1. Definitions and aims of safety education
2. Traffic safety
3. Safety at Home – falls, fire, suffocation, poisoning by solids and liquids

UNIT V

1. Recreational safety – Fishing, Swimming, Camping
2. Safety at school – School building, school grounds laboratory
3. Safety in Sports and Physical Education – Play fields, Gymnasium, Swimming pool

UNIT VI

1. Disaster Readiness
2. Natural disasters – Cyclone, Tsunami, Floods, Earthquakes, Hurricanes, Blizzards

LIFE SKILL EDUCATION

UNIT VI

1. Sports and Socialization
2. Physical activity and sport – Emotional Adjustment and Wellbeing
3. Substance Abuse among Youth – Preventive Measures and Remedies
4. Yoga, Meditation and Relaxation
5. Sports and Character Building
6. Values in Sports
7. Sports for World Peace and International Understanding

REFERENCE :

1. W. Wayne Worick, Safety Education –Man , his machines, and his environment, Prentice hall Inc.
2. St.John Ambulance, St. Andrew’s Ambulance Association & British RedCross, First Aid Manual, Dorling Kindersly Limited
3. Peggy.A. Houglum, Theraputic Exercise for muscles, Skeletal injuries.

PRACTICAL

Practical XII– Handball & First Aid (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical XII– Cricket (Full Practical)	80	20	100	4	3

Practical XIII Coaching Ability (Final Lesson) (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical XIII Specialization (1 & 2) - Skills (Full Practical)	80	20	100	3	2

Practical XIV *Teaching Ability (Full Practical)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical XIV Track & Field Throwing (Full Practical)	80	20	100	4	3

SIXTH SEMESTER

ENVIRONMENTAL STUDIES

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Environmental Studies	80	20	100	5	4

UNIT 1:

The multidisciplinary nature of environmental studies Definition, Scope and importance, Need for public awareness.

UNIT II :Natural resources and associated problems.

- a. Forest resources
- b. Water resources
- c. Mineral resources
- d. Food resources
- e. Energy resources
- f. Land resources

UNIT III : Ecosystem

Concept of an ecosystem, structure and function of an ecosystem, Producers, consumers and decomposers, Energy flow in the ecosystem. Food chains, food webs and ecological pyramids. Introduction, types, characteristics features, structure and function of the following ecosystems.

- a. Forest ecosystem
- b. Grassland ecosystem
- c. Desert ecosystem
- d. Aquatic ecosystem

UNIT IV : Biodiversity and its conservation

Introduction – Definition : genetic and ecosystem diversity. Biodiversity at global, national and local levels. Threats to Biodiversity : habits loss, poaching of wildlife, man wildlife conflicts

UNIT V : Environmental Pollution

Causes, effects and control measures of:

- a. Air pollution
- b. Water pollution
- c. Soli pollution
- d. Marine pollution
- e. Noise pollution

UNIT VI : Social issues and the Environment

Water conservation, rain water harvesting, watershed management. Resettlement and rehabilitation of people, its problems and concerns. Climate change, global warning, acid rain, ozone layer depletion, nuclear accidents and holocaust. Wasteland reclamation, Consumerism and waste products Public awareness.

UNIT VII : Human population and the environment Population growth, variation among nations, population explosion – family welfare programmes Environmental human health.

REFERENCES

1. Agrawal, K.C. Environmental Biology (Bikaner : Nidhi Publishers Ltd.) 2001
2. unningham, W.P., and others. Environmental Encyclopedia (Mumbai :Jaico Publishers Home) 2001.
47
3. Hawakins, R.E. Encyclopedia of Indian Natural History (Bombay : Natural History Society)
4. Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K : Cambridge University Press), 1995.

SIXTH SEMESTER TESTS AND MEASUREMENT IN PHYSICAL EDUCATION, SPORTS AND GAMES

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Tests & Measurement in Sports and Games	80	20	100	5	4

Module - I (6 Hours)

- 1.1 Meaning of the terms, measurement, evaluation and statistics.
- 1.2 Need and importance of test, measurement and statistics in Physical Education, Sports and Games.
- 1.3 Review of elementary mathematics - algebraic addition, subtraction, Multiplication, divisions, extraction of square root and logarithmic operation.

Module - II (12 Hours)

- 2.1 Meaning of Single score and quantitative data, kind of data continuous and discrete.
- 2.2 Construction of frequency tables.
- 2.3 Measures of central tendency - mean, median and mode-its meaning and uses.
- 2.4. Measure of variability range, quartile deviation and standard deviation-meaning and its uses.
Percentiles meaning uses and calculations.
- 2.5 Percentiles meaning uses and calculations.
- 2.6 Graphical representation - of a data frequency polygon cumulative frequency polygon, smoothed polygon bar diagram and pie diagrams.

Module - III (6 Hours)

- 3.1 Correlation - Meaning, magnitude and interpretation, sign calculation of product moment correlations.
- 3.2 Meaning of terms population and sampling, importance of principles of sampling. Techniques of sampling - Rand stratified, clusters and systematic.
- 3.3 Need for application of computers in Physical Education. Elementary of computers hardware and software.

Module - IV (12 Hours)

- 1.1 Criteria for test selection (a) Scientific authenticity technical standard (reliability, validity, objectivity, (b) administrative feasibility or economy (c) Development values (Physical, Social)
- 1.2 Administration of testing programme (a) Advanced preparation (b) Duties during testing (c) Duties after testing.

Module - V (12 Hours)

- 5.1 Anthropometric measurements - History and importance, Techniques of taking measurements a) weight, (b) height, (c) arm length (d) leg length (e) chest circumference (f) upper arm girth (g) calf girth.
- 5.2 Classification purpose and values, factors to be kept in mind for classification, general method of classification. Classification indices (Mc. Cloy's Nelson and Cozen's Thirunarayan and Hariharan.)
- 5.3 Somatotyping : History and importance, Kretchmer and Sohldon's body types and their characteristics.

Module - VI (12 Hours)

- 6.1 Concept of Physical Fitness, Motor fitness and general motor ability.
- 6.2 Measurement of fitness component
 - a. Muscular strength (isokinetic)
 - b. Muscular endurance (situps, Pull ups)
 - c. Cardio respiratory endurance (Harward step test cooper 12 min. run squat thrust)
 - d. Agility (Shuttle run / squat test)
 - e. Speed (50m dash, 4 sec. dash)
 - f. Flexibility (sit and reach, goniometry)
 - g. Power (medicine ball throw, vertical jump, standing board jump)
 - h. Balance (Strock stand)

Module - VII (6 Hours)

- 7.1 Fitness tests
 - a. Rogero physical fitness index battery.
 - b. AAHPERD Youth Fitness Test.
 - c. Indian motor fitness test
 - d. J.C.R test
 - e. Kraus - Weber test
- 7.2 Sports skill test
 - a. Lockhart and Mc Phersons badminton test
 - b. Johnson Basketball ability test
 - c. Mc. Donald Soccer Test
 - d. Broer Miller Tennis test
 - e. Brady Volleyball test
 - f. Dribbling and goal shooting test - in hockey.

Module VIII (6 Hours)

- 8.1 Selected Medical Tests
 - a. Vision (Snellan's chart)
 - b. Hearing (Turning fork method)
 - c. Blood Pressure (Sphygmomanometer)
 - d. Vital capacity (Spirometer)

- e. Pulse rate
- 8.2 Nutritional status concept of balance diet and malnutrition.
- 8.3 Social efficiency meaning and importance.

REFERENCE

1. Clarke, H. Harrison and Clarke, David H Application of measurement to Physical Education. 6th Ed. Englewood Cliffs. N/Prentice – Hall Inc. 1987.
2. Garrett, Henry E, Statistics in Psychology and Education. Bombay, Vakils, Felfer and Simons Ltd. 1981.
3. Mangal S.K. Statistics in Psychology and Education, New Delhi: Tata Mc Graw Hill Publishing Company Ltd. 1987.
4. Johnson, Berry L. and Nelson Jack L. Practical Measurements or Evaluation in Physical Education. Delhi: Surjeet Publications 1982.
5. Mathews, Donald K Measurement in Physical Education London W.B. Saunders Company, 1973.

**SIXTH SEMESTER
PRINCIPLES OF COACHING AND OFFICIATING**

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Principles of coaching and officiating	80	20	100	5	4

Module - I (15 Hours)

- 1.1 Philosophy of coaching; qualities and qualifications of a coach; qualities of a champion.
- 1.2 Definition of conditioning, training and coaching.
- 1.3 Meaning of sport training; aims and objective of sports training; principles of sports training.

Module - II (18 Hours)

- 2.1 Training load, different types of load, adaptation, super compensation, significance of load components (volume, intensity, density, frequencies and recovery).
- 2.2 Overload, symptoms of overload, fatigue and tackling of over load.;

Module - III (15 Hours)

- 3.1 Planning – short term plan (School, College, District, State University, Inter- varsity, National etc.)
- 3.2 Long term plan (Asian, Commonwealth, Olympic and World level); periodization (single, double and triple) training schedule.

Module - IV (18 Hours)

- 4.1 Training means for the player, pep-talks, talking before during and after the competition.
- 4.2 Analysis of individual, group and teams during the training and competition.

REFERENCE

1. Frank W. Dick, “Sports Training Principles” Lopus Books, London 2nd edn.

2. Hardayal Singh, Sports Training, "General Theory and Method" NSNIS, patiala, India, 2nd edition (1990)
3. John. W. Burn. "Scientific Principles of Coaching" latest
4. James G Hay, "The Biomechanics of sports Techniques" Prentics Hall International, 3rd Edition, 1985.
5. Dr. Dietrich Harre, "Principles of Sports Training" Sportver Berlin, 1982.

SIXTH SEMESTER
HEALTH AND FITNESS MANAGEMENT

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Health and Fitness Management	80	20	100	5	4

UNIT I : HEALTH AND FITNESS MANAGEMENT

- i. Factors influencing healthy life
- ii. Occupational health
- iii. Life style diseases

UNIT II: Energy requirements

- i. Caloric values of food
- ii. Assessment of calorie expenditure
- iii. Recommended nutritional intake
- iv. Nutritional need for different age groups
- v. Sports drinks and other fluid intake

UNIT III : Client Approach

- i. Principles and factors of designing exercise programme
- ii. Designing prescription of exercise programmer for :
 1. Active population
 2. Differently abled
 3. Senior citizens
 4. Women during their pre and post natal periods
 5. Weight loss
 6. Type II diabetics
- iii. Relaxation Techniques

UNIT IV : Establishment and Management of Fitness Centre

- i. Layout of health club/fitness centre
- ii. Procurement of equipment
- iii. Equipment for :
 - A. Strength training
 - B. Cardio
 - C. Recovery unit
1. Equipment management
 - a. Operation
 - b. Maintenance
 - c. Repair

UNIT V- Introduction to Fitness and Wellness

- a. Definition , Concept and need of fitness and wellness
- b. Dimensions of fitness
- c. Components of fitness and wellness
- d. Relationship between health, fitness and wellness
- e. Contemporary concept of Fitness and wellness

UNIT VI : Factors influencing fitness

- a. Anatomical fitness
- b. Physiological fitness
- c. Psychological fitness
- d. Sociological fitness
- e. Environmental fitness

UNIT VII : Methods to develop fitness components

- a. Aerobic
- b. Anaerobic
- c. Functional

UNIT VIII : Nutrition and health

- a. Work, power, energy and its units
- b. Sources of energy
- c. Micronutrients
- d. Food pyramid
- e. Balanced diet

REFERENCE:

1. Carl Evans Platt, Health and Fitness Centres, Fitman Publishing, Long Acre London
2. Parks and Znager, Sports and Fitness Management, Human Kinetics, Champain, illinois
3. Patton, Grantham Gerson and Gegtman, Developing and Management Health & Fitness Facilities
4. Neilsol& Carl Foster ACSMS Health/ Fitness Facility Standards and Guidelines, Human kinetics Books, Champain, Illinois
5. Carl Evans Platt, Health and Fitness Centres, Fitman Publishing, Long Acre London
6. Parks and Zarger, Sports and Fitness Management, Human Kinetics, Champain, Illinois
7. Patton, Grantham Gerson and Getman, Developing and Managing Health & Fitness Facilities
8. Neilsol& Carl Foster ACSMS Health/ Fitness Facility Standards and Guidelines, Human Kinetics Books, Champain ,Illinois

PRACTICAL**Practical XV Specialization - Officiating (Full Practical)**

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Practical - Specialization (1 & 2) - Officiating (Full Practical)	80	20	100	5	4

SEMESTER VII
CORRECTIVE PHYSICAL EDUCATION

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Corrective Physical Education	80	20	100	5	4

UNIT 1 - INTRODUCTION

Definition of corrective Physical Education history and objectives.

UNIT II - MESSAGE

General principles in giving messages, Classification of Message manipulation and their therapeutic uses; Stocking manipulations; Effleurage Stroking Proper; Pressure manipulation; Kneading Petrissage, Friction, Percussion;(Tapotement) Hacking, Clapping, Beating, Pounding, Shaking Manipulations; Shaking Vibration; General Centre –indications of massage-Physiological effects of massage

UNIT III - EXERCISE THERAPPY

Importance of Relaxation; Classification of therapeutic movements; passive movements – relaxed, forced, active Movements – Assisted, free, Resisted Isotonic Isometric, Isokinetic Physiological effects of active and passive movements – Manual muscle strength assessment – Progressive Resistive Exercise, Fundamental positions- Lying Sitting, Standing, Kneeling, hanging and their derived positions – techniques, advantages, disadvantages, and uses Organisation of corrective class (Group Therapy) and its advantages. Aqua Therapy Need and importance Benefits of Aqua therapy

UNIT IV - POSTURE AND BODY MECHANICS

Definition and concept of posture – Disadvantages of bad postures – Body types (Somato types) Tests of posture (Posture Evaluation) Posture Grid – IOWA Posture Test New York Posture Rating Test – Foot Impressions (Pedograph) Examination of Knock Knees & bow logs Types of postural deviations, their causes and corrective exercises Round shoulder, Kyphosis, Lordosis, Flat(In brief) Scoliosis(In brief) Knock knees, Bow lags, Genu recurvature flat feet

REFERENCE:

1. Adapted Physical Education and Recreation SherillClaudilethirsedn 1986, William. C. Browe Publishers IOWA , USA
2. Development and Adapted Physical Education Clarke. Harrison H. Clarke David H, Printice, INC, New Jersey,USA
3. The Principles of Exercise Therapy Gardiner Dena. M. Fourth Edn. 1981, D Bell and Hymon ltd. London

SEMESTER VII BIOMECHANICS

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Biomechanics	80	20	100	5	4

UNIT I - INTRODUCTION

Definition of biomechanics
Importance of biomechanics in physical education and sports

UNIT II- Application of mechanical concepts force

Definition of force
Principles of force application
Principles of force absorption
Motion
Definition of motion
Types of motion
Newton's laws of motion and their application in sports.

UNIT III - Aerodynamics

Projectile
Definition of projectile
Factors influencing trajectory of projectile
Optimum conditions of projection
Spin
Definition of spin
Types of spin
Effect of spin on a ball moving through air
Effect of spin on a ball rebounding from surface

UNIT IV - Lever

Definition of lever
Classes of lever
Arithmetical levers
Angle of pull

UNIT V - Equilibrium

Definition of equilibrium
Types of equilibrium
Factors affecting equilibrium
Role of equilibrium in sports
Buoyancy
Centre of Gravity

UNIT VI - Mechanical Analysis

Walking
Running
Jumping
Throwing
Striking

REFERENCES:

1. Broer, M.R. Efficiency of human movement (Philadelphia: W.B. Saunders Co., 1969)
2. Ramesh and Burke Kinesiology and applied Anatomy (Philadelphia : LeaandFibger, 1967)
3. Marlene J. Adrian and John M. Cooper, Biomechanics of Human Movement Brown & Benchmark Publishers, Iowa, 1995
4. Gerry Carr, Mechanics of sport Human kinetics, 1997

SEMESTER VII
ADAPTED PHYSICAL EDUCATION

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Adapted Physical Education	80	20	100	5	4

UNIT I: Introduction to Adapted Physical Education

- 1.1. Definition of disabling conditions
- 1.2. Physical Education for persons with disabilities
- 1.3. Benefits of physical education for students with disabilities
- 1.4. Recreational sports opportunities
- 1.5. Competition opportunities
 1. Special Olympics
 2. Paralympics

UNIT II: Classification of disability

- 1.1. Physical disabilities
- 1.2. Mental retardation
- 1.3. Visual impairment
- 1.4. Hearing impairment
- 1.5. Behavioral disorders
- 1.6. Characteristics and functional limitations of the above disabilities

UNIT III : Adapted Physical Education Programme

- 1.1. Guiding principles of adapted physical education programme(AAHPER principle)
- 1.2. Communication with Parents
- 1.3. Parental involvement
- 1.4. Parent Teacher association
- 1.5. Unified sports.

UNIT IV : Facilities and equipment for the disabled

- 1.1. Facilities for Elementary schools, Secondary schools and colleges
- 1.2. Orientation on facilities and equipments
- 1.3. Aids for the disabled and its evaluation
- 1.4. Facilities and equipments for recreation and sport activities

UNIT V : Rehabilitation and Welfare Programme

- 1.1. Importance of adapted programme in Rehabilitation
- 1.2. Functional rehabilitation
- 1.3. Psychological rehabilitation
- 1.4. Government welfare programme – Provision of special rights and privileges for the disabled through legislation
- 1.5. Social welfare programme for the disabled
- 1.6. Mass public education/ awareness programme
- 1.7. Educational approach, service approach and legislative approach

REFERENCES :

1. David Auxter and Jean Pyfer, “Principles and methods of adapted Physical Education and recreation” Mosby college publishing, St. Louis
2. Athur G. Miller & James V Sullivan, “ Teaching Physical Activities to impaired youth” John Wilag& Sons Inc Canada
3. Ronald W. French, & Paul J., “Special Physical Education”, Charles E. Merrics Publishing Co. Edinburgh, Ohio.
4. Arthur S. Daniels “Adapted Physical Education” ,Harper & Row Publisher- New York
5. K.E. Park, “ Preventive Social Medicine M/s BanaraidasBhanot Publishers Prem Nagar Jabalpur.

6. John P Winnick, Adapted physical education and sport Human Kinetics USA, 2005
7. Shekar K.C, Adapted Physical Education (khelSahitya Kendra: New Delhi) -2005
8. Gene.A. Logan Adaptations of Muscular Activity
9. Micheal, Handbook of Adapted Physical Education Equipment and its Use
10. Luke.E. Kelly, Adapted Physical Education National Standards

SEMESTER VII
SPECIALIZATION - COACHING ABILITY (FULL PRACTICAL)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Specialization – Coaching Ability (Full Practical)	80	20	100	5	4

SEMESTER VII
TEACHING ABILITY (FULL PRACTICAL)

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Teaching Ability (Full Practical)	80	20	100	5	4

**SEMESTER VIII
INTERNSHIP**

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Specialization – Coaching Ability (Full Practical)	80	20	100	5	4

**SEMESTER VIII
PROJECT WORK**

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Teaching Ability (Full Practical)	80	20	100	5	4

**SEMESTER VIII
SPECIALIZATION - 1 - FINAL (FULL PRACTICAL)**

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Specialization – FINAL (Full Practical)	80	20	100	5	4

**SEMESTER VIII
SPECIALIZATION - 2 - FINAL (FULL PRACTICAL)**

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Specialization – FINAL (Full Practical)	80	20	100	5	4

**SEMESTER VIII
TEACHING ABILITY - FINAL (FULL PRACTICAL)**

Course	Subject	External Marks	Internal	Total	No. of Hours per week	Credits
	Teaching Ability - FINAL (Full Practical)	80	20	100	5	4

**CICILY PEARLY ALEX
CHAIRMAN
BOARD OF STUDIES, PHYSICAL EDUCATION
MAHATMA GANDHI UNIVERSITY, KOTTAYAM**

Model Question Paper
B.P.E. Degree Examination, First Semester
PAPER - I ENGLISH (COMMON COURSE)

Time: Three Hours

Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, First Semester
PAPER - II GENERAL SCIENCE

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions
[2x9=18]

- a) Newton's third law of motion
- b) Types of motion
- c) Atomic Number of Carbon
- d) Solid form of water?
- e) Kingdom of Cockroach
- f) Family name of Algae
- g) Equation of velocity
- h) Trajectory
- i) Acceleration
- j) Gravitational Force
- k) Laboratory preparation of Nitrogen
- l) Work Energy Theorem
- m) Explain the term Conduction
- n) Rectilinear motion

II. Write short note on any six of the following questions
[4x6=24]

- a) Define Speed
- b) Equation of Velocity
- c) Define Force
- d) What is energy?
- e) What is Magnetism?
- f) Classification of Carbohydrate
- g) Types of water
- h) What is Carbondioxide

III. Explain any three of the following questions
[6x3=18]

- a) Explain speed and Velocity
- b) Newton's second law of motion
- c) Equilibrium
- d) Properties of magnetism
- e) Explain the term compound and mixture

IV. Write an essay on any of the two following questions
[10x2=20]

- a) Give a detailed account of Projectile?
- b) Explain motion and its type?
- c) Draw and Explain, Tapeworm and Starfish?
- d) Force and its type?

Model Question Paper
B.P.E. Degree Examination, First Semester
PAPER - III HISTORY OF PHYSICAL EDUCATION AND SPORTS
AND GAMES

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Ancient Olympic game stated in which year
- b) How many colour in Olympic flag
- c) Who is the founder of YMCA
- d) Headquarters of IOA
- e) Father of Olympic Game
- f) NSNIS is started in which year
- g) Cash prize of Arjuna Awards
- h) Rajiv Gandhi Khel Ratna Award started in the year
- i) Proponent of existentialism
- j) Proponent of realism
- k) Federation and State Associations
- l) Youth welfare Programmes
- m) Arjuna Award
- n) Principles of Physical Education

II. Write short note on any six of the following questions

[4x6=24]

- a) Aim of Physical Education
- b) Scope of physical education
- c) Olympic oath
- d) Gladiatorial Combat
- e) Olympic Motto
- f) National Association of Physical Education and Sports
- g) Rajiv Gandhi Kel Ratna Award
- h) Dronacharya Award

III. Explain any three of the following questions

[6x3=18]

- a) NSNIS
- b) SAI and its wings
- c) Post Independence development in physical education
- d) YMCA and its contributions
- e) Modern Olympics

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Define the meaning, need and importance of physical education.
- b) Explain sports and games in ancient Rome.
- c) Physical Education in U.S.S.R.
- d) Contribution of Indian Olympic Association, National Sports Federation and State Associations
for the development of Sports in India.

Model Question Paper
B.P.E. Degree Examination, First Semester
PAPER - IV PRACTICAL-I - TRACK AND FIELD- RUNNING

Time: Three Hours

Maximum: 80

Marks

Model Question Paper
B.P.E. Degree Examination, First Semester
PAPER - V PRACTICAL-II - WEIGHTLIFTING AND WEIGHT
TRAINING (WEIGHT TRAINING AND SHUTTLE BADMINTON)

Time: Three Hours

Maximum: 80

Marks

Model Question Paper
B.P.E. Degree Examination, First Semester
PAPER - VI PRACTICAL-III - KHO KHO AND KABBADI

Time: Three Hours

Maximum: 80

Marks

Model Question Paper
B.P.E. Degree Examination, Second Semester
PAPER - VII - ENGLISH (COMMON COURSE)

Time: Three Hours

Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, Second Semester
PAPER - VIII BASIC AND SYSTEMIC ANATOMY

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Muscle
- b) Cell
- c) Tissue
- d) Blood pressure
- e) Skeletal Systems
- f) Cardiac cycle
- g) Respiratory system
- h) Digestive System
- i) Nerve system
- j) Heart
- k) Cardio vascular system
- l) Endocrine glands
- m) Circulation of blood
- n) Types of bones

II. Write short note on any six of the following questions

[4x6=24]

- a) Kidney
- b) Nervous system
- c) Salivary Gland
- d) Capillary
- e) Urinary tract
- f) Thyroid
- g) Types of movable joints
- h) Artery

III. Explain any three of the following questions

[6x3=18]

- a) Classification of muscles
- b) Structure and functions of muscles
- c) Characteristics of muscles
- d) Structure of heart and lever
- e) Digestive system

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Define anatomy and its importance in physical education.
- b) Draw a neat diagram of cell and explain its microscopic structure.
- c) Effect of exercise on
 - (1) Muscular system
 - (2) Respiratory system
 - (3) Circulatory system
- d) Functions of sense organs.

Model Question Paper
B.P.E. Degree Examination, Second Semester
PAPER - IX SCIENTIFIC PRINCIPLES OF COACHING

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions
[2x9=18]

- a) Training
- b) Coaching
- c) Sports training
- d) Training load
- e) Motor components
- f) Strength
- g) Endurance
- h) Speed
- i) Flexibility
- j) Coordinative ability
- k) Periodisation and its type
- l) Aim of Sports Training
- m) Super compensation
- n) Meso cycles

II. Write short note on any six of the following questions
[4x6=24]

- a) Philosophy of Coaching
- b) Quality of a good Coach
- c) Qualification of a Coach
- d) Quality of a Champion
- e) Drug and doping
- f) Micro cycles
- g) Principles of officiating
- h) Sports officiating

III. Explain any three of the following questions
[6x3=18]

- a) Definition of conditioning, training and coaching
- b) Principles of planning
- c) Periodical cycles
- d) Qualification and qualities of sports officiating
- e) Long term plan and training schedule

IV. Write an essay on any of the two following questions
[10x2=20]

- a) Define sports training and its principles.
- b) Briefly explain principles and characteristics of training load.
- c) Sketch out remedial measures and methods of overcoming over load.
- d) Draw a training plan of short distance runner for University Meet.

Model Question Paper
B.P.E. Degree Examination, Second Semester
PAPER - X PRACTICAL-IV - FOOTBALL

Time: Three Hours

Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, Second Semester
PAPER - XI PRACTICAL-V - HOCKEY

Time: Three Hours

Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, Second Semester
PAPER - XII PRACTICAL-VI - BADMINTON

Time: Three Hours

Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, Third Semester
PAPER-XIII FOUNDATION OF PHYSICAL EDUCATION AND
SPORTS AND GAMES

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions
[2x9=18]

- a) Education
- b) Type of education
- c) Physical Education
- d) Philosophy
- e) Naturalism
- f) Curriculum
- g) Biped position
- h) Oxygen debt
- i) Second wind
- j) Anatomical age
- k) Maturity
- l) Leisure
- m) Recreation
- n) Cultural heritage

II. Write short note on any six of the following questions
[4x6=24]

- a) Principles of use and disuse
- b) Heredity
- c) Pragmatism
- d) Body types
- e) Chronological and mental ages
- f) Transfer of training/learning.
- g) Evolution of man
- h) Learning

III. Explain any three of the following questions
[6x3=18]

- a) Growth and development
- b) Motor growth and development
- c) Theories of learning
- d) Factors promote learning
- e) Difference of learning

IV. Write an essay on any of the two following questions
[10x2=20]

- a) Explain the meaning, aims and scope of education.
- b) Define types and Agencies of education and their role.
- c) Effect of exercise on physiological system.
- d) Briefly describe theories of play.

Model Question Paper
B.P.E. Degree Examination, Third Semester
PAPER - XIV PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Normal blood pressure in a human body is-----
- b) Red Blood Cells is also called-----?
- c) -----regulation in our body is done by the evaporation of sweat.
- d) 'Back Bone' is the common name for-----.
- e) Where is the equilibrium of the human body located?
- f) Deficiency disease caused due to the malfunction of Thyroid Gland?
- g) Waste products in our blood are filtered by-----.
- h) Name the disease caused by the non clotting of blood in human body?
- i) The outer layer of skin is called-----?
- j) Name the part of the brain which coordinates body movements?
- k) Special Sense
- l) Mechanism of vision
- m) Sex Gland
- n) Sense of balance

II. Write short note on any six of the following questions

[4x6=24]

- a) Properties of Living Organism
- b) Protoplasm
- c) Heart
- d) Blood Pressure
- e) Digestive system
- f) Functions of Liver
- g) Digestive Juice
- h) General Metabolism

III. Explain any three of the following questions

[6x3=18]

- a) Enzymes mode of action and function
- b) Cardio respiratory system
- c) Cardiac Output
- d) Functions of blood
- e) Fat and proteins metabolism

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Explain physiology and its importance in physical education.
- b) Write an essay on cardiovascular system.
- c) Write an essay on nerve system.
- d) Write an essay on endocrine system.

Model Question Paper
B.P.E. Degree Examination, Third Semester
PAPER - XV FUNDAMENTALS OF COMPUTERS AND
INFORMATION TECHNOLOGY

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions
[2x9=18]

- a) Full form of ICT
- b) Input device
- c) Output device
- d) Full form of CPU
- e) Software

Fill in the blanks

- f) ----- is an example of impact printer
- g) ----- function key is normally used for help.
- h) MS-PowerPoint
- i) Define Computer
- j) Operating System
- k) Write one search engine in internet.
- l) Header and footer
- m) How to create a new folder?
- n) How to insert picture in MS-Powerpoint?

II. Write short note on any six of the following questions
[4x6=24]

- a) LCD stands for
- b) Explain briefly WWW?
- c) Brain of the computer is.
- d) What are the programmes in MS-Office Suit.
- e) Creating formulas in MS-Excel
- f) Name three input devices
- g) Name two output devices
- h) Explain the need of ICT in Physical Education.

III. Explain any three of the following questions
[6x3=18]

- a) What is the purpose of 'Mail Merge' in MS-Word ?
- b) What is Internet?
- c) What is Anti-Virus?
- d) What is laptop?
- e) Described about different domains in Internet?

IV. Write an essay on any of the two following questions
[10x2=20]

- a) Explain the difference between system software and application software?
- b) Explain any five input devices?
- c) Explain the different types of network and its advantages?
- d) What are the most important components of the Computer?

Model Question Paper
B.P.E. Degree Examination, Third Semester
PAPER - XVI PRACTICAL-VII - VOLLEYBALL

Time: Three Hours

Maximum: 80

Marks

Model Question Paper
B.P.E. Degree Examination, Third Semester
PAPER - XVII PRACTICAL-VIII - YOGA AND
WRESTLING/RHYTHMATIC

Time: Three Hours

Maximum: 80

Marks

Model Question Paper
B.P.E. Degree Examination, Third Semester
PAPER - XVIII PRACTICAL-IX - TRACK & FIELD - JUMPING
Time: Three Hours *Maximum: 80*
Marks

Model Question Paper
B.P.E. Degree Examination, Fourth Semester
PAPER - XIX KINESIOLOGY

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Kinesiology
- b) Stretch reflex
- c) Muscles
- d) Supinator
- e) Weight
- f) Adductor longus
- g) Rectus femoris
- h) Sartorius
- i) Biceps femoris
- j) Semitendinosus
- k) Soleus
- l) Gracilis
- m) Popliteus
- n) Tibialis Anterior

II. Write short note on any six of the following questions

[4x6=24]

- a) Fundamental and Anatomical position
- b) Orientation of planes and axes of motion
- c) Structural classification of muscles
- d) Gradation of muscle contraction
- e) Reciprocal innervations and inhibitions
- f) Deltoid
- g) Semimembranosus
- h) Spin

III. Explain any three of the following questions

[6x3=18]

- a) Momentum and impulses
- b) Functional classification of muscles
- c) Terminology of muscular attachment
- d) Classification of lever
- e) Muscular action at various joints

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Briefly explain the meaning and scope of kinesiology.
- b) Explain, major characteristics of shoulder joint, location, attachments and action of muscles acting on shoulder joint.
- c) Major characteristics of elbow joint, location, attachments and action of muscles acting on elbow joint.
- d) Major characteristics of joints of shoulder, elbow and forearm

Model Question Paper
B.P.E. Degree Examination, Fourth Semester
PAPER - XX EDUCATIONAL SPORTS PSYCHOLOGY

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Meaning of the word Psychology
- b) is the most important method of Psychology
- c) What is the main factor affecting growth and development?
- d) What is the main personality trait of sports person?
- e) Who is the author of theories of Learning?
- f) Who introduced Spiritual Intelligence?
- g) What is the meaning of the word Cognition?
- h) What is the main kind of group?
- i) What is the main type of guidance?
- j) Fourth level of conscious is
- k) Hereditary and Environment
- l) Type of guidance
- m) Sports Psychology
- n) Emotions in sports

II. Write short note on any six of the following questions

[4x6=24]

- a. Branch of psychology
- b. Characteristics of mind
- c. Factors affecting growth
- d. Structure of personality
- e. Law of readiness
- f. Motivation
- g. Emotions
- h. Personality

III. Explain any three of the following questions

[6x3=18]

- a) Branches of Psychology
- b) Methods of Psychology
- c) Stages of growth and development
- d) Principles of learning
- e) Laws of learning

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Explain sports psychology and its important in sports.
- b) Briefly explain traditional theories of learning and give examples related to sports.
- c) Nature and scope of sports psychology
- d) Explain about the personality trait of sports persons.

Model Question Paper
B.P.E. Degree Examination, Fourth Semester
PAPER - XXI TEACHING METHODOLOGY

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Write any two Major games?
- b) What is Meditation?
- c) Write any two motor skills?
- d) What is the duration of a 'lesson plan'?
- e) Define Motivation?
- f) Write the full form of CAI
- g) Write any five Field events in Athletics
- h) What is Calisthenics?
- i) Define Methodology?
- j) Write any two Minor Games
- k) Methods of teaching physical activities
- l) Presentation techniques
- m) Unit Plan
- n) Year Plan

II. Write short note on any six of the following questions

[4x6=24]

- a. Methods of Teaching
- b. Class and time management
- c. Modern traits of teaching
- d. Teaching on the Ground
- e. Learning process
- f. Influence of sex differences in teaching
- g. Principles of teaching
- h. Complex learning

III. Explain any three of the following questions

[6x3=18]

- a) Computer Assisted Instruction
- b) Audio Visual and Aids in teaching physical activities
- c) Track and field
- d) Tournaments and competitions
- e) Knockout competitions

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Explain the general and specific lesson plan.
- b) Explain the types of class formation in teaching and learning process.
- c) Explain presentation techniques, steps in teaching motor skills and learning process
- d) Explain the principles of teaching, simple, complex learning individual and group

Model Question Paper
B.P.E. Degree Examination, Fourth Semester
PAPER - XXII PRACTICAL-X - BASKETBALL

Time: Three Hours

Maximum: 80

Marks

Model Question Paper
B.P.E. Degree Examination, Fourth Semester
PAPER - XXIII PRACTICAL-XI - HANDBALL AND WRESTLING
Time: Three Hours *Maximum: 80*
Marks

Model Question Paper
B.P.E. Degree Examination, Fifth Semester
PAPER - XXIV SOCIOLOGY AND SOCIOLOGY OF SPORTS

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions
[2x9=18]

- a) Society
- b) Institution

Fill in the blanks

- c) ----- is the father of the sociology
- d)----- is the main vehicle of culture
- e)----- is a system of social interaction
- f) Socialization
- g) Sports sociology
- h) Community
- i) Association
- j) Social Stratification
- k) Constituent Assembly
- l) Sports and politics
- m) Sports Sociology
- n) National Integration

II. Write short note on any six of the following questions
[4x6=24]

- a. Stratification and Sports
- b. Economy and sports
- c. Sociological principles
- d. Social phenomenon
- e. Culture and Civilization
- f. Sports and mass media
- g. Constituent amendment
- h. Indian Constitution

III. Explain any three of the following questions
[6x3=18]

- a) Sociology and other social sciences
- b) Primary and secondary groups
- c) Women and sports
- d) Origin and growth of culture
- e) Sports is a social phenomena

IV. Write an essay on any of the two following questions
[10x2=20]

- a) Salient features of the Indian constitution.
- b) Describe the role of sports in Indian society.
- c) Sports as an element of culture and a cultural product. Explain?
- d) How sports play a role in national integration and socialization in society?

Model Question Paper
B.P.E. Degree Examination, Fifth Semester
PAPER - XXV SPORTS MANAGEMENT

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Management
- b) Leadership
- c) Personal Management
- d) Communication
- e) Petty Cash
- f) Infrastructural Management
- g) Government Organization
- h) Equipment Maintenance
- i) Budget
- j) Intramurals
- k) Student Leadership
- l) Objectives of Extramural
- m) Importance of financial management
- n) Principles of personal management

II. Write short note on any six of the following questions

[4x6=24]

- a. Scope of Management
- b. Principles of Management
- c. Principles of supervision
- d. Techniques of supervision
- e. Accounting and auditing
- f. Office Management
- g. Importance of sports management in physical education
- h. Public Relationship

III. Explain any three of the following questions

[6x3=18]

- a) Theories and styles of sports management
- b) Main theories of management
- c) Play field Management
- d) Swimming pool management
- e) Gymnasium Management

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Explain the major sports management functions.
- b) Explain Principles and guidelines for management organization and structure.
- c) Explain activity management in the field of physical education and sports.
- d) Explain the importance of financial management in physical education and sports.

Model Question Paper
B.P.E. Degree Examination, Fifth Semester
PAPER - XXVI FIRST AID SAFETY EDUCATION AND LIFE SKILL
EDUCATION

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions
[2x9=18]

- a) First Aid
- b) Wounds
- c) Fracture
- d) Full form of CPR
- e) Suffocation
- f) Knock knees
- g) Cyclone
- h) Bandage
- i) Slings
- j) Strains
- k) Rules of first aid
- l) Techniques of giving massage two different parts of the body
- m) Artificial respiration
- n) Abrasion

II. Write short note on any six of the following questions
[4x6=24]

- a. Sports for world peace and international understanding
- b. Principles in giving massage
- c. Classification of massage
- d. Physiological effects of massage
- e. Importance of relaxation
- f. Role of Yoga in life
- g. Substance abuse among youth
- h. Definition and purpose of first aid

III. Explain any three of the following questions
[6x3=18]

- a) Traffic safety
- b) Character building through sports participation
- c) Principles of prevention of injuries
- d) Drowning and poisoning
- e) Electric shock and chocking

IV. Write an essay on any of the two following questions

- [10x2=20]**
- a) Discuss in detail about the common natural disasters and the readiness programme for them.
 - b) Explain artificial respiration, external cardiac massage, treatment of shock, dressing, bandage and slings
 - c) Elaborate the precautions you take to keep your home safe.
 - d) Explain physical activity and sports - emotional adjustment and well being.

Model Question Paper
B.P.E. Degree Examination, Fifth Semester
PAPER - XXVII PRACTICAL-XII - CRICKET

Time: Three Hours

Maximum: 80

Marks

Model Question Paper
B.P.E. Degree Examination, Fifth Semester
PAPER - XXVIII PRACTICAL-XIII - SPECIALIZATION (1&2) -
SKILLS

Time: Three Hours

Maximum: 80

Marks

Model Question Paper
B.P.E. Degree Examination, Fifth Semester
PAPER - XXIX PRACTICAL-XIV - TRACK & FIELD - THROWING

Time: Three Hours

Maximum: 80

Marks

Model Question Paper
B.P.E. Degree Examination, Sixth Semester
PAPER XXX ENVIRONMENTAL STUDIES

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Full form of EMS
- b) Full form of WWF
- c) Full form of MEA
- d) Full form of GIS
- e) Full form of CFC
- f) Marine Pollution
- g) Noise Pollution
- h) Desert Eco System
- i) National Green Tribunal Act was passed in year
- j) Pollution
- k) Air pollution
- l) Soil pollution
- m) Water logging
- n) CHIPCO movement came year

II. Write short note on any six of the following questions

[4x6=24]

- a) Forest resources
- b) World food problems
- c) Flood and droughts
- d) Fertilizers and pesticides
- e) Article 48A
- f) Crop rotation
- g) Land resources
- h) Biodiversity

III. Explain any three of the following questions

[6x3=18]

- a) Environment and Human health
- b) Nuclear hazards
- c) Ecological hierarchy
- d) Public awareness for environmental studies
- e) Global warming

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Explain biodiversity at national, international and local levels?
- b) Briefly explain concept, components and energy flow in the ecosystem?
- c) Write the effects of control measure of air pollution and soil pollution.
- d) Briefly explain renewable and non-renewable resources of energy.

Model Question Paper
B.P.E. Degree Examination, Sixth Semester
PAPER - XXXI TEST, MEASUREMENT IN PHYSICAL EDUCATION,
SPORTS AND GAMES

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Measurement
- b) Evaluation
- c) Test
- d) Mean
- e) Mode
- f) Median
- g) Variability
- h) Reliability
- i) Validity
- j) Objectivity
- k) Anthropometric measurement
- l) Classification and purpose of values
- m) Criteria for classification
- n) Method for classification

II. Write short note on any six of the following questions

[4x6=24]

- a) Need and importance of Test
- b) Measurement in Physical Education
- c) Construction of frequency table
- d) Standard Deviation
- e) Co-relation
- f) Sampling
- g) Importance principles of sampling
- h) Techniques of sampling

III. Explain any three of the following questions

[6x3=18]

- a) Somatotyping and its importance
- b) Strook Stand Balance Test
- c) Technique of sampling
- d) Techniques of taking anthropometric measurements
- e) Administration of testing programme

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Criteria of test selection.
- b) Concept of physical fitness, motor fitness and general motor ability.
- c) Explain cardio-respiratory endurance and describe how to conduct Harward step test.
- d) Describe Johnson Basketball Ability Test or Mc. Donald Soccer Test.

Model Question Paper
B.P.E. Degree Examination, Sixth Semester
PAPER - XXXII PRINCIPLES OF COACHING AND OFFICIATING

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Training
- b) Coaching
- c) Sports training
- d) Training load
- e) Motor components
- f) Strength
- g) Endurance
- h) Speed
- i) Flexibility
- j) Coordinative ability
- k) Periodisation and its type
- l) Aim of Sports Training
- m) Super compensation
- n) Meso cycles

II. Write short note on any six of the following questions

[4x6=24]

- a) Philosophy of Coaching
- b) Quality of a good Coach
- c) Qualification of a Coach
- d) Quality of a Champion
- e) Drug and doping
- f) Micro cycles
- g) Principles of officiating
- h) Sports officiating

III. Explain any three of the following questions

[6x3=18]

- a) Definition of conditioning, training and coaching
- b) Principles of planning
- c) Periodical cycles
- d) Qualification and qualities of sports officiating
- e) Long term plan and training schedule

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Define sports training and its principles.
- b) Briefly explain principles and characteristics of training load.
- c) Sketch out remedial measures and methods of overcoming over load.
- d) Draw a training plan of short distance runner for University Meet.

Model Question Paper
B.P.E. Degree Examination, Sixth Semester
PAPER - XXXIII HEALTH AND FITNESS MANAGEMENT

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Expand WHO
- b) Mal functioning of the body is known as
- c) Occupational Health
- d) Expand RICE
- e) Nutrition
- f) Sports drinks
- g) Weight loss
- h) Recovery time
- i) Resistance of the body from disease is known as
- j) Diabetics
- k) Caloric value of food
- l) Anatomical fitness
- m) Common sports injuries
- n) Population explosion

II. Write short note on any six of the following questions

[4x6=24]

- a) Artificial inspiration
- b) Dimensions of Fitness
- c) Components of Fitness
- d) Components of wellness
- e) Personal hygiene
- f) Sociological fitness
- g) Balance diet
- h) Mal-nutrition

III. Explain any three of the following questions

[6x3=18]

- a) HIV/AIDS
- b) Contemporary concept of fitness and wellness
- c) School Health Services
- d) First Aid
- e) Safety at Play fields

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Define health and explain the dimensions and spectrum in relation to the practice of the health education.
- b) Explain the importance of health and fitness management in modern times?
- c) Explain the Disease transmission and immunity.
- d) What are the main methods of developing fitness components in day to day life?

Model Question Paper
B.P.E. Degree Examination, Sixth Semester
PAPER - XXXIV PRACTICAL-XV - SPECIALIZATION (1&2) -
OFFICIATING

Time: Three Hours

Maximum: 80

Marks

Model Question Paper
B.P.E. Degree Examination, Seventh Semester
PAPER - XXXV CORRECTIVE PHYSICAL EDUCATION

Time: Three Hours
Marks

Maximum: 80

I. Answer any 9 of the following questions

[2x9=18]

- a) Define Physical Education
- b) Massage
- c) Manipulation
- d) Stocky
- e) Effleurage
- f) Pressure
- g) Friction
- h) Hacking
- i) Pounding
- j) Vibration
- k) Relaxation
- l) Active Movement
- m) Posture
- n) Posture grid

II. Write short note on any six of the following questions

[4x6=24]

- a) General Principles in giving Massage
- b) Classification of Massage
- c) Therapeutic uses of Massage
- d) Isotonic movements
- e) Isometric movement
- f) Isokinetic movement
- g) Progressive resistive exercise
- h) Aqua therapy

III. Explain any three of the following questions

[6x3=18]

- a) Disadvantage of bad postures
- b) Different body types
- c) IOWA posture
- d) What are the Types of postural deviations?
- e) What are the physiological effects of massage?

IV. Write an essay on any of the two following questions

[10x2=20]

- a) Explain concept of postures, advantages of good postures and disadvantages of bad postures?
- b) What are the important exercise therapies? Explain main effects of few important exercise therapies?
- c) What are the main classification of massage manipulation and explain their therapeutic uses?

d) Explain the importance of corrective physical education in modern sports and games?

Model Question Paper
B.P.E. Degree Examination, Seventh Semester
PAPER - XXXVI BIOMECHANICS

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Projectiles
- b) Bio-mechanics
- c) Spin
- d) Mass
- e) Weight
- f) Force
- g) Speed
- h) Motion
- i) Acceleration
- j) Stability
- k) Energy
- l) Lifting
- m) Climbing
- n) Throwing

II. Write short note on any six of the following questions

[4x6=24]

- a) Movement of inertia
- b) Factors influencing trajectory of projectile
- c) Air resistance
- d) Walking
- e) Elasticity
- f) Power
- g) Types of equilibrium
- h) Center of Gravity

III. Explain any three of the following questions

[6x3=18]

- a) Momentum and impulses
- b) Impact and elasticity
- c) Moment of force and moment of inertia
- d) Concept of speed lever
- e) Effects of spin on a ball moving through air

IV. Write an essay on any of the two following questions

[10 x2=20]

- a) Briefly explain the meaning and scope of biomechanics.
- b) Explain the mechanical concept of force.
- c) Equilibrium and their application in sports.
- d) Centrifugal and centripetal force.

Model Question Paper
B.P.E. Degree Examination, Seventh Semester
PAPER - XXXVII ADAPTED PHYSICAL EDUCATION

Time: Three Hours

Maximum: 80

Marks

I. Answer any 9 of the following questions

[2x9=18]

- a) Physical disabilities
- b) Mental retardation
- c) Visual Impairment
- d) Hearing Impairment
- e) Behaviour disorders
- f) Special Olympics
- g) Unified Sports
- h) Rehabilitation
- i) Psychological rehabilitation
- j) Functional rehabilitation
- k) Paralympics
- l) Physiological disabilities
- m) Intellectual disabilities
- n) Sociological disabilities

II. Write short note on any six of the following questions

[4x6=24]

- a. Adapted Physical Education
- b. Physical education for persons with disabilities
- c. Recreational sports opportunities for disabled children
- d. Importance of adapted programmes in rehabilitation
- e. Social welfare programmes for disabled
- f. Educational approach for disabled
- g. Mass public education for disabled
- h. Benefits of PTA for disabled

III. Explain any six of the following questions

[4x6=24]

- a) What are the main government welfare programme for disabled?
- b) Benefits of physical education for students with disabilities.
- c) Benefits of competition opportunities for disabled.
- d) Benefits of orientation on facilities and equipments for disabled.
- e) Main guiding principles of adapted physical education.

IV. Write an essay on any of the two following questions

[15 x2=30]

- a) Definition, scope, importance and need of adapted physical education.
- b) Explain the importance of rehabilitation and welfare programmes for disabled?
- c) Explain the purpose and goals of adapted physical education.
- d) What are the main classifications of disabilities? How they can be compensated?

Model Question Paper
B.P.E. Degree Examination, Seventh Semester
PAPER - XXXVIII PRACTICAL-XVI - SPECIALIZATION (1&2) -
COACHING ABILITY

Time: Three Hours
Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, Seventh Semester
PAPER - XXXIX PRACTICAL VII TEACHING ABILITY

Time: Three Hours
Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, Seventh Semester
PAPER - XL INTERNSHIP

Time: Three Hours
Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, Seventh Semester
PAPER - XLI PROJECT WORK

Time: Three Hours
Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, Seventh Semester
PAPER - XLII PRACTICAL - XVIII - SPECIALIZATION - I FINAL

Time: Three Hours
Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, Seventh Semester
PAPER - XLIII PRACTICAL - XIX - SPECIALIZATION - II FINAL

Time: Three Hours
Marks

Maximum: 80

Model Question Paper
B.P.E. Degree Examination, Seventh Semester
PAPER - XLIII PRACTICAL - XX - TEACHING ABILITY - FINAL

Time: Three Hours
Marks

Maximum: 80

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