

B. P. E. Ist Year

Part-A (Theory)

Paper	Subject	Sessional	Final	Max.	Min.
1 st	Foundation Course	-----	-----		
	English			75	25
	Hindi			75	25
2 nd	Introduction to Physical Education	20	80	100	33
3 th	Applied Anatomy	20	80	100	33
4 th	Health Education, First AID & Safety Education	20	80	100	33
5 th	Sociology	20	80	100	33
6 th	Movement Education	20	80	100	33
	Total	100	400	650	

Part-B (Practical Skills)

S. No.	Activities	Sessional	Final	Total Marks
1.	Athletics	20	80	100
2.	Gymnastics	20	80	50
3.	Football	20	80	50
4.	Basket ball	20	80	50
5.	Light Apparatus	20	80	50
6.	Weight Training	20	80	50
7.	Wrestling/Rhythmic	20	80	50
8.	Swimming- I Sessional Judo-II Sessional	To be continued in II year		
			Total	400

BPE I
PAPER-1
I-FOUNDATION COURSE
HINDI LANGNAGE
B.P.E.-1 YEAR

हिन्दी भाषा

पाठ्य विषय:-

- इकाई-1 पल्लवन,पत्राचार तथा अनुवाद एवं पारिभाषित शब्दावली.
- इकाई-2 मुहावरे-लोकोक्तियों, शब्द बुद्धि,शब्द ज्ञान-पर्यायवाची, विलोम, अनेकार्थी, समश्रुत (समानोचरित) अनेक शब्दों के लिए एक शब्द।
- इकाई-3 देवनागरी लिपि की विषिष्टता,देवनागरी लिपि एवं वर्तनी का मानक रूप
- इकाई-4 कम्प्यूटर में हिन्दी का अनुप्रयोग,हिन्दी के पदनाम
- इकाई-5 हिन्दी अपठित, संक्षेपण, हिन्दी में संक्षिप्तीकरण

पाठ्यक्रम के लिए पुस्तकें:-

1. भारतीयता के स्वर साधन जय वर्मा-म.प्र.ग्रंथ अकादमी
2. नगरी लिपि और हिन्दी-अनंत चौधरी-ग्रंथ अकादमी, पटना
3. कम्प्यूटर और हिन्दी-हरिमोहन तक्षविला प्रकाशन, दिल्ली

I-FOUNDATION COURSE

ENGLISH LANGUAGE

UNIT-I Basic Language skills: Grammer and Usage

The ability to fill in the blanks , Correct errors , Choose correct forms out of alternative choices, join clauses, rewrite sentences as directed, replace indicated sections with single words/opposites/Synonyms etc.

To be assessed by Objective/multiple choice tests.

UNIT-II Comprehension of an unseen passage:

This should imply not only (a) an understanding of the passage in question but also (b) a grasp of general language skills and issues with reference to words and usage within the passage and (c) the power of short independent composition based on themes and issues raised in the passage.

To be assessed by both objective/multiple choice and short answer type test.

UNIT-III Composition: Paragraph Writing.

UNIT-IV Precise/Summary Writing

There should be formal training in composition and precise/Summary.

Writing through instruction, instruction, discussion and written work. The students should not be left to continue those exercises on the strength of their general reading and understanding of the language.

UNIT-V

Texts

Short prose pieces (fiction and non-fiction) and (if desired) short poems, the pieces should conform to the practice of simple modern English, whatever their actual date. They should cover a range of authors, subjects and contexts. With poetry it may sometimes be advisable to include pieces from earlier periods, which are often simpler than modern examples. In all cases, the language should be accessible (with a medium of explanation and reference to standard dictionaries) to the general body of students schooled in the medium of an Indian language. Students should be able to grasp the content of each piece, explain specific words, phrases and allusions, and comment on general points, of narrative or argument, formal principles of literary criticism should not be taken up at this stage.

BOOK PRESCRIBED:

English Language and Indian Culture published by M.P. Hindi Granth Academy, Bhopal.

PAPER -A-II

INTRODUCTION TO EDUCATION AND PHYSICAL EDUCATION

UNIT-I **Introduction:**

1. Meaning and Definition of the term education.
2. Aims and Objectives of education.
3. Meaning and Definition of the term Physical Education.
4. Aims and Objectives of Education through Physical Education.

UNIT-II **Maxims of Teaching and Methods of Teaching:**

1. Maxims of Teaching Methods – Lecture – cum- Demonstration Method and Application to Physical Education.
2. Various Teaching Methods - Lecture – cum – Demonstration Method and Application to Physical Education.
3. Hebartian Steps and Lesson Planning.
4. Uses of Teaching Aids.
5. Characteristics of Good Teaching.

UNIT-III **The School and the community:**

1. School and Community Relation.
2. Structure and role of the school with reference to games infrastructure.
3. Staff, Time-Table, Students Classification and Promotion of Physical and Educational Activities.
4. Rewards and Discipline, Steps to check Indiscipline.
5. Principles of Time- Table Construction.

UNIT-IV **Philosophy and Education:**

1. Meaning of Philosophy.
2. Relationship between Philosophy, Education and Physical Education.
3. Different Schools of Philosophy viz. Naturalism, Idealism and Pragmatism and their application to Physical Education.
4. Function of philosophy of Education.
5. Educational Philosophers namely, John Dewey, Jean Jacques Rousseau, Friedrich Augustus Froebel, Maria Montessori, M.K. Gandhi, Swami Vivekananda and R.N. Tagore.

UNIT-V Physical Aspects of School Organization

1. Art of Questioning and Answering.
2. Proper Techniques of Asking Questions.
3. Principles of dealing with answers.
4. Importance of Physical Aspects of School Organization.
5. Principles for Determining the Building.

REFERENCES:

1. Krishna Murthy V. and Ram Parameswara: Educational Dimension of Physical Education (New Delhi: Sterling Publishers, 1989)
2. Bucher, A. Charles, Foundations of Physical Education, St. Louis: The C.V. Mosby Company, 1986.
3. Nixon Eugene D. & Couson V. An Introduction of Physical Education, Philadelphia London: W.B. Saunder Co.
4. Sherman Jackson R., Introduction to Physical Education, New York: A.B. Banes and Company, 1964.
5. Williams Jeses Feiring : The Principle of Physical Education, Philadelphia: W.B. Saunders Company, 1964.
6. Bhatia B.D. Theory and Principle of Education, New Delhi: Daobu I Louse Book Sellers & Publishers, Revised Edition.
7. Drenda and Coles, Education Thought. An Introduction, MecMillan Co. 1972, Revised Edition.
8. Brabacher, John S. Modern Philosophies of Education, New York: McGraw Hill Book Co. Inc. 1962 Revised Edition.
9. Seatharam, A.S. Philosophies of Education, New Delhi: Ashish Publishing House, 1978. Singh, Ajmer and Gangopadhyay, S.R. (Edited):

10. Trends and Practices in Physical Education in India, 1991, Friends Publications (India) Delhi

Gangopadhyay, S. R. (Eidted): Physical Education Today and Tomorrow, 1993 Friends Publications, Delhi.

BPE I

PAPER –A-III

APPLIED ANATOMY

UNIT-I **Introduction to the Human Body:**

1. Origin of Life:
Evolutionary adaptations of Man, Cells, Tissues, Organs and the Systems.
2. Skeletal System:
Bones of the Skeleton, Structure & Types, Spine-Structure and Function, Joints & Joint Movement, Posture – Good Posture, Defects, Knock Knee etc.

UNIT-II

1. Muscular System:
Structure of Muscles – Properties and development, Effect, of Exercise on Muscles, Trunk, Arms & Legs – Their action, Physical Conditioning Fatigue, Muscle Pull, Spasm.
2. Nervous Systems:
Organs – Location and Functions, Brain and its parts, Centre's of Localizations, Spinal Cord. Reflex Action, autogonous Nervous System, Neuro-Muscular Co-ordination.

UNIT-III

1. Circulatory System:
Structure of the Heart, Blood Vessels – Arteries, Veins and Capillaries, Blood Circulation, Blood Pressure, Blood Constituents & Functions, Effect of Exercise on the Circulatory System, Hemorrhage, Transfusion & Blood Clotting, Immunities, Lymphatic Systems.

10. Trends and Practices in Physical Education in India, 1991, Friends Publications (India) Delhi

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2. Respiratory System:

Organs of Respiration – Structure & Functions, Physiology of Respiration, Mechanism of Respiration, Control of Respiration, Effect of Exercise on Respiratory System, Oxygen Debt, Endurance, Second Wind.

UNIT-IV

1. Digestive System:

Organs of Digestion – Structure & Functions, Enzymes Digestion in the Stomach and the intestine, Absorption and Assimilation of Food, Metabolism.

Effect of Exercise on Digestion, Digestion in the Stomach and Intestine, Absorption and assimilation of Food, Metabolism, Effect of Exercise on Digestion.

2. Excretory System:

Organs of Excretion – Structure & Function, Composition of Normal Urine-Fluid Balance, Acid – Base Balance, Skin-Structure and Functions, Sweat Glands, Temperature Regulation, Effect of Exercise on the excretory Organs.

UNIT-V

1. Reproductive System:

Male, Female – Structure and Function.

2. Endocrines:

Important Endocrine Glands-Location & Functions, Role in Growth, Health Development and Functions.

BPE I

PAPER -A-IV

HEALTH EDUCATION, FIRST AID & SAFTY EDUCATION

UNIT-I

1. Water:
Sources of Water, Importance of Pure Water, Pure fiction of water, Supply of Pure Drinking Water in Schools.
2. Air and Ventilation:
Methods of providing good Ventilation, Importance of Fresh air, Effect of poor Ventilation.
3. Waste and Refuse:
Method of collection and disposal of dry refuse, Dumping, Incineration, Collection and disposal of human excreta, Water carriage system.

UNIT-II

1. School Hygiene:
School Building, Ventilation and Light, Seating Arrangements, Posture Water Supply, Urinals and Latrines, Play grounds, Sanitation and Sanitary Facilities.
2. Health Education:
Definition of health education, heath instruction, health supervision, Healthy service and guidance, Instruction in personal hygiene, Detection of defects of common ailments, Medical Examination; Follow - up work.
3. Family Welfare:
Sex Education and family planning, Narcotics and drugs- their effects.

UNIT-IV

1. Infectious Diseases:

BPE I

PAPER -A-IV

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Sex Education and family planning, Narcotics and drugs- their effects.

UNIT-IV

1. Infectious Diseases:

Their causes and Prevention, Names of Diseases- Cholera, Interm
Fever, Dysentery, Malaria, Plague, Diphtheria, Small pox,
Measles, Whooping Cough, Tetanus, Narcotics & Addiction to
drugs.

2. Dietetics:

Food-its constituents, Principles of Nutrition, Caloric Value of
Food, Balanced diet, Special diet, Special diets for
Children/athletes, Under Weight /Over Weight.

UNIT-V **Safety Education:**

1. Meaning and Importance of safety Education in Physical
Education, and Sports.
2. Scope of Safety Education in Physical Education and Sports.
 - * During Teaching.
 - * During Training.
 - * During Competition.
 - * During Individual Practice.
3. Principal's of Safety Education.
 - * Safety in Sports.
 - * Gymnasium Safety.
 - * Play Ground Safety.
 - * Swimming Pool Safety.
4. Safety appliances in sports and there uses.
5. Provision of safety in Competitive Sports.

REFERENCE BOOKS RECOMMENDED:

1. Borozne, Joseph & Pechar Stanley: Safety in team sports,
Washington, Aahper Pub. 1977.
2. Borozne , Joseph & Pechar Stanley : Safety in Aquatic Activities,
Washington, Aahper Pub. 1977.
3. Borozne, Joseph & Pechar Stanley: Safety in Individual & Dual
Sports, Washington, Aahper Pub. 1977.

4. Yost Charles Peter: Teaching Safety in the Elementary School, Washington. Aahper Pub. 1972.
5. Aahper Publication: Professional preparation in Dance Physical Education Recreation Education Safety Education and School Heath Education Washington, Aaphper Pub. 1997.
6. Borozne, Joseph & Pechar Stanley: Administration & Supervision for Safety in sports, Washington, Aahper Pub. 1977.

BPE I

PAPER -A-V

SOCIOLOGY

UNIT -I **Sociology and its basic concepts**

1. Nature, Scope and method of sociology, relationship of sociology with other social science.
2. Society, community association, Institution customs, Folkways Values and norms.
3. Man is social animal, attitudes and interest in social life.
4. Difference of heredity and environment of personality development.

UNIT-II **Social Structure, Organization & Institutions:**

1. Socialization, Social codes and social control Groups (Primary and Secondary, Crowds and publics, family, kinship and marriage.)
2. Social stratification, social mobility.
3. Economic and Political institutes for society.
4. Cultural and Religious institution.

UNIT-III **Main Features of Indian Society:**

1. Demographic profile, Social elements.
2. Religion Pluralism – Hindu, Muslim, Christian and Tribal.
3. Linguistic Pluralism
4. Indian Policy – Secularism, democracy, social justice.

4. Yost Charles Peter: Teaching Safety in the Elementary School, Washington. Aahper Pub. 1972.
5. Aahper Publication: Professional preparation in Dance Physical Education Recreation Education Safety Education and School Heath Education Washington, Aaphper Pub. 1997.
6. Borozne, Joseph & Pechar Stanley: Administration & Supervision for Safety in sports, Washington, Aahper Pub. 1977.

BPE I

PAPER -A-V

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UNIT-IV Rural India:

1. Indian village, rural people, Rural Family, Rural education, changing rural scene.
2. Indian village community, Rural Stratification.
3. Community Development Projects and Panchayat Raj.
4. Trends in Rural Change.

UNIT-V Culture:

1. Origin and growth of culture, culture and civilization.
2. Individual and culture.
3. Concept, factors and process of social cultural change.
4. Sports as a social phenomenon and a cultural produce, sport and socialization process and objective.

REFERENCE BOOK:

1. Lver, Mac. R.M. and Page Charles H. Society, (London: Mc Millan & Co 1974)
2. Ogburn, William F. and Nimkoff, Meyer F. Hand Book of Sociology (New Delhi: Eurasia Publishing House Ltd. 1972)
3. Loy. John W.Jr. and Kenyon, Gerald. S. Sports Culture and Society (Philadelphia the Mac Millan Co. 1969)

BPE-1

PAPER-A-VI

MOVEMENT EDUCATION

UNIT-I Introduction

1. Importance of Physical Education.
2. Meaning and concept of the term Movement Education.
3. History of Movement Education.
4. Principles of Growth & Development.
5. Traditional Approach in Movement Education.
6. Process of skill acquisition.

UNIT-II

Understanding Movement

1. Movement concepts
2. Body Awareness
3. Quality of Movement
4. Spatial Awareness
5. Relationships

Activities of the Body

1. Locomotors Activities.
2. Non- Locomotors Activities.
3. Manipulative Activities.

Spatial Concepts

1. General Space
2. Personal Space

Effort Concepts

1. Exploring time
2. Using different speeds in self space
3. Moving at different speeds.

UNIT-III

Motor Skill Learning

1. Motor Skills Concept
2. Levels of motor skill learning.
 - i. Exploration
 - ii. Discovery

Motor learning principles

1. Facilitating Exploration
2. Facilitating Discovery
3. Facilitating Combinations

UNIT-IV

1. Fundamental Locomotion skill Themes
2. Fundamental Manipulative Skill Themes
3. Fundamental Stability Skill Themes
4. Movement Education Programme for Nursery School Child
5. Movement Education Programme for Handicapped Children

UNIT-V

1. Meaning and Importance of Evaluation
2. Evaluation of Pupil
3. Movement skill checklist
4. Evaluation of Pupil
5. Evaluation of Programme

B.P.E. IInd year

Part- A (Theory)

Paper	Subject	Sessional	Final	Max.	Min.
1 st	Foundation Course English Hindi	-----	-----	75 75	25 25
2 nd	Psychology	20	80	100	33
3 th	Physiology & Physiology of Exercise	20	80	100	33
4 th	Kinesiology	20	80	100	33
5 th	Sports Sociology	20	80	100	33
6 th	Recreation	20	80	100	33
	Total	100	400	650	

Part -B (Practical Skills)

S. No.	Activities	Sessional	Final	Total Marks
1.	Athletics	20	80	50
2.	Cricket	20	80	50
3.	Hockey	20	80	50
4.	Volley ball	20	80	50
5.	Swimming-I Session Yoga-II Session	20	80	50
6.	Kho-Kho	20	80	50
7.	Kabbadi	20	80	50
8.	Teaching Practices	20	80	50
	Total			400

BPE – II

बी.ए./बी.एस.सी./बी.कॉम/बी.एच-सी./बी.पी.ई.।।

भाग-दो आधार पाठ्यक्रम

(हिन्दी भाषा)

प्रथम प्रश्नपत्र

पूर्णांक-75

खण्ड - क

अंक - 30

निम्नलिखित 5 लेखकों के एक-एक निबन्ध पाठ्यक्रम में सम्मिलित होंगे-

- | | | | |
|----|---------------------|---|-------------------------|
| 1. | महात्मा गांधी | - | सत्य और अहिंसा |
| 2. | विनोबा भावे | - | ग्राम-सेवा |
| 3. | आचार्य नरेन्द्र देव | - | युवको का समाज में स्थान |
| 4. | वासुदेवशरण अग्रवाल | - | मातृ भूमि |
| 5. | भगवतशरण उपाध्याय | - | हिमालय की व्युत्पत्ति |
| 6. | हरि ठाकुर | - | डॉ. खूबचंद पटेल |

खण्ड-ख

अंक-20

हिन्दी भाषा और उसके विविध रूप

- कार्यालयीन भाषा
- मीडिया की भाषा
- वित एवं वाणिज्य की भाषा
- मशीनी भाषा

खण्ड-ग

अंक-25

अनुवाद व्यवहार: अंग्रेजी से हिन्दी में अनुवाद

हिन्दी की व्यवहारिक कोटियाँ-

रचनागत प्रयोगगत उदाहरण संज्ञाण सर्वनामण विशेषणण क्रिया विशेषण,

समास, संधि एवं संक्षिप्तियाँ रचना एवं प्रयोगगत विवेचन।

B.A./B.Sc./B.Com./BHSc.B.P.E. II

Part – II

ENGLISH LANGUAGE

The question paper for B.A./B.Sc./B.Com./BHSc. English language and cultural Values shall comprise the following units:

Unit-I	:	Short answer question of about 400 words.	15 marks
Unit-II	:	(a) Reading, comprehension of an unseen passage	05Marks
	:	(b) Vocabulary	10 Marks
Unit-III	:	Report-Writing (about 200 words)	15 Marks
Unit-IV	:	Expansion of an idea (about 200 words)	15 Marks
Unit-V	:	Grammar (Twenty items based on the Patterns	15Marks

Given in the prescribed text book to be asked
And 15 to be attempted)

Note : Question from all the units shall be asked from the prescribed text which will comprise specimens of popular creative/ writing and the following of any.

(a) Matter & Technology

(i) State of matter and its structure

(ii) Technology (Electronics Communication. Space Science)

(b) Our Scientists & Institutions

(i) Life & work of our eminent scientists Arya Bhatt, Kaurd Charak Shunrusta, Nagarjun, J.C. Bose and C.V. Raman, S. Ramanujan, Homi J.Bagha Birbal Sahani.

(ii) India Scientific institutions (Ancient & Modern)

PSYCHOLOGY

PAPER-A-II

UNIT-I **Introduction:**

1. Meaning definition and nature of Psychology.
2. Psychology as a Science.
3. Branches of Psychology.
4. Importance of Psychology in Education with special reference to Physical Education.

UNIT – II

1 Growth and Development:

1. Meaning of growth and development;
2. Physical, Mental, Social and Language development during following stages :
 1. Early childhood
 2. Middle childhood
 3. Late childhood
 4. Adolescence

2. Individual Differences:

- 1 Meaning of the term Individual Difference.
- 2 Heredity and Environment as causes of Individual Differences.
- 3 Interaction of Heredity and Environment.

UNIT- III

1. Learning

- 1 Meaning definition and nature of Learning.
- 2 Principles of Learning.

- 3 Factors affecting Learning.
- 4 Theories of Learning (Trial & Error, Conditioned Reflex, Insight Theory, Learning by Limitation).

2. **Meaning of Transfer of Training.**

- 1 Conditions of Transfer of Training.
- 2 Learning Curve.
- 3 How to Overcome Plateau.

UNIT -IV

1. **Motivation and Emotion:**

1. Motivation.
2. Meaning of Motivation.
3. Concept of need, drive, motive, incentive and achievement.
4. Types of Motivation.
5. Role of Motivation in teaching physical activities.

2. **Emotion:**

1. Meaning and nature of Emotion.
2. Types of Emotion.

UNIT -V

1. **Personality and Memory:**

1. Personality.
2. Meaning and nature of Personality.

2 **Definition of memory:**

1. Types of Memory.
2. Mechanism of the process of Remembering.
3. Memory Training.
4. Meaning of Forgetting, Reasons of Forgetting, Curve of Forgetting, Reasons of Forgetting, and Importance of memory in learning.

BPE-II

PHYSIOLOGY & PHYSIOLOGY OF EXERCISE

PAPER-A-III

UNIT-I

1. Introduction

1. Concept of Physiology
2. Essential properties of life
3. Passage of water and soluble across cell membrane

2. Cardio – Vascular System and Blood

1. Composition and functions of blood
2. Cardiac Cycle
3. Blood Pressure and its maintenance
4. Cardiac output and its regulation

UNIT- II

1. Respiratory System

1. Mechanism of Respiration
2. Pulmonary ventilation and its regulation

2. Digestive System

1. Secretion and functions of digestive juices
2. Functions of Liver
3. Absorption of Food
4. Metabolism of Food (Carbohydrates Fat & Protein)

3. Temperature regulation.

UNIT – III

1. **Nervous System**

1. General Sensations – Cutaneous and Kinesthetic
2. Visual and Auditory senses.

UNIT – IV

1. **Excretory System**

1. Excretion of water through Skin, Kidney and Gastrointestinal Tract.

2. **Endocrine System**

1. Secretion and function of Endocrine Glands – Pituitary, Thyroid, Adrenal and Pancreas.

3. **Reproductive System**

1. Introduction to Physiology of human reproduction.
2. Transmissions of hereditary characteristics.

UNIT – V

1. **Physiology of Exercise**

1. Physiological concept of health and fitness.
2. Effect of exercise on – Circulatory, Respiratory and Muscular Systems.
3. Changer during Muscular Contraction.
4. Nervous control of Muscular activity.
5. Training, Conditioning and Warm-up.
6. Oxygen Debt, Second Wind, Stitch and Cramp.

B.P.E. – II

KINESIOLOGY

PAPER-A-IV

UNIT – I

1. Introduction to Kinesiology

1. Definition
2. Objectives of Kinesiology
3. Role of Kinesiology in Physical Educations.
4. Brief History with Importance. Contributions of Aristotle, Leonard Deviance, Alfonso Borate, Weber Brothers, and Benjamin Duchene.

2. Fundamental concepts of following terms with their application to the human body.

- 1 Axes and Planes
- 2 Centers Of Gravity
- 3 Line of Gravity

UNIT – II

1. Anatomical and Physiological Fundamentals.

- 1 Classification of Joints and Muscles
- 2 Terminology of Fundamental Movements
- 3 Types of Muscle Contractions
- 4 Angle of Pull

2. Kinesiology of joints.

- 1 Two – joint muscles.

- 2 Roles in which muscles may act.
- 3 All or None Law.
- 4 Reciprocal Innervations.

UNIT – III

1. Upper Extremity

- 1 Characteristics of Joints.
- 2 Location and action of major muscles acting at the following joints.
 - 1 Shoulder
 - 2 Elbow
 - 3 Wrist

2. Lower Extremity

- 1 Major characteristics of joints.
- 2 Location and action of major muscles acting at the following Joints:
 - 1 Hip
 - 2 Knee
 - 3 Ankle and Foot

UNIT – IV

1. Application of Mechanical Concepts

1. Motion
 1. Definition
 2. Newton's Laws of Motion
 3. Application to Sports activities

2. Force

1. Definition
2. Magnitude of force
3. Direction of application of force
4. Application to Sports activities.

3. Equilibrium

1. Definition of Lever
2. Major factors affecting Equilibrium
3. Role of Equilibrium in sports

4. Lever

1. Definition of Lever
2. Types of lever
3. Application to Human Body

UNIT -V

1. Analysis of Locomotion

1. Walking
2. Running

2. Kinesiology in Daily Living

1. Lifting
2. Carrying
3. Catching
4. Falling
5. Landing

2. Force

1. Definition
2. Magnitude of force
3. Direction of application of force
4. Application to Sports activities.

3. Equilibrium

1. Definition of Lever
2. Major factors affecting Equilibrium
3. Role of Equilibrium in sports

4. Lever

1. Definition of Lever
2. Types of lever
3. Application to Human Body

UNIT -V

1. Analysis of Locomotion

1. Walking
2. Running

2. Kinesiology in Daily Living

1. Lifting
2. Carrying
3. Catching
4. Falling
5. Landing

BPE-II

SPORTS SOCIOLOGY

PAPER -A-V

UNIT - I

1. Introduction

1. Meaning and Scope of Sport Sociology.
2. Sport Sociology as an academic discipline.
3. Sports as a Social Occurrence.
4. Effect of Appearance, Sociability and Specialization on Sport Participation.

UNIT - II

1. Sport and micro social systems

1. Study of Sport Groups.
2. Group Introduction.
3. Competition and Co-operation.
4. Behavioral Characteristics of Sports Leaders.

UNIT-III

1. Sport and micro social systems.

1. Relationship between Family and Sport Participation.
2. Relationship between Education Institutions and Sport Participation.
3. Relationship between Politics and Sport.
4. Relationship between Economy and Sport.

UNIT – IV

1. **Sports and Society**

1. Socialization through Games and Sports.
2. Sport as an element of Society.
3. Sport as an incisives of Cultural Development.
4. Sport as an Art.

UNIT – V

1. **Social factors concerning sport in society**

1. Social stratification in Sport.
2. Demonstration in Sport.
3. Sport and Women.
4. Sport and Children.

REFERENCES

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2. Ball Donald W. and Loy John W. Sport and social order :- Contribution to the sociology of sport. (London: Addison Wesley Publishing Co. Inc. 1975).
3. Loy. John W. Mc. Phelson, Barry D. and Kenyon Geryon Gerald sport and social systems (London Addison Wesley publishing company, Inc. 1978).
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5. Crathy Prryant J. "Social Limitations of Physical Activity" (New gercy). Englewood cliffs, prentice Hall, In. 1976.
6. Bucher W. "Foundation of Physical Education" 13th Edition.

B.P.E.- II

RECREATION

PAPER A-VI

UNIT – I

1. Introduction to Recreation

1. Meaning, Definitions and characteristics of Recreation
2. Importance of Recreation
3. Misconceptions about Recreation
4. Scope of Recreation

UNIT – II

1. Influence of Recreation in Social Institutions.

1. Family
2. Educational institutions
3. Community/ Cultural
4. Religious organizations

UNIT – III

1. Planning for Recreation

1. Planning criteria and objectives of Recreation facilities
2. Different types of indoor and outdoor Recreation for Urban
And rural population
3. Operation and Maintenance of different Recreation area
And facilities

4. Sources of funding of Recreational activities.

UNIT – IV

1. Programmes in Recreation

1. Criteria and principles of selecting a program me

2. Classification of Recreational activities:

1. Indoor and outdoor activities:

2. Water activities

3. Cultural activities

4. Literary activities

5. Nature and outing

6. Social events

7. Adventure activities

3. Hobbies – Introduction to hobbies and types of hobbies.

4. Agencies providing Recreation.

UNIT – V

1. Camping and leadership

1. Aim, objectives and importance of Camping.

2. Organization and types of Camp.

1. Selection and layout of camp site.

2. Camping leadership.

3. Types and functions of Recreation leaders.

4. Qualification, Qualities and training & Recreation leaders.

REFERENCES

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3. Vannier Maryhalen, "Methods and Material in Recreation Leadership: Philadelphia. " W.B. Sounders company, 1953.
4. Planning Facilities for Health, Physical Education and Recreation, Chicago, the Athletic Institute, 1936.
5. Recreation areas: Their Design and equipments, New York: Ronal Press 1958.
KLAN, R.G. Recreation and the schools: New York: Mac melon company-
6. Shivers J.S., "Principles and practices of Recreational services London: Mac Melon company 1964.

B.P.E. IIIrd Year

Part-A (Theory)

Paper	Subject	Sessional	Final	Max.	Min.
1 st	English	-----	-----	75	25
	Hindi	-----	-----	75	25
2 nd	Professional Preparation	20	80	100	33
3 th	Educational Method	20	80	100	33
4 th	Health Education	20	80	100	33
5 th	Sports Psychology	20	80	100	33
6 th	Educational Technology	20	80	100	33
	Total	100	400	650	

Part-C (Teaching Practice)

	External	Internal	Total
Teaching Practice	100	100	200

Part-D (Specialization)

	External	Internal	Total
Specialization	100	100	200

BPE -III

बी.ए./बी.एस.सी./बी.काम./बी.एच.एस.सी

भाग-तीन आधार पाठ्यक्रम

प्रश्न पत्र- प्रथम (हिन्दी भाषा)

पूर्णांक - 75

(बी.ए., बी.एस.सी., बी.एच.एस.सी. बी.काम., तृतीय वर्ष के पुनरीक्षित एकीकृत आधार पाठ्यक्रम एवं पाठ्य सामग्री का सामग्री का संयोजन 2000-2001 से लागू है)

सम्प्रेषण कौशल, हिन्दी भाषा और सामान्य ज्ञान आधार पाठ्यक्रम की संरचना और अनिवार्य पाठ्य पुस्तक - हिन्दी भाषा एवं समसामयिकी - का संयोजन इस तरह किया गया है कि सामान्य ज्ञान की विषय वस्तु - विकासशील देशों की समस्याओं - के माध्यम, और साथ-साथ हिन्दी भाषा का ज्ञान और उसमें सम्प्रेषण कौशल अर्जित किया जा सके। इसी प्रयोजन से व्याकरण की अन्तर्वस्तु को विविध विधाओं को संकलित रचनाओं और सामान्य ज्ञान की पाठ्य सामग्री के साथ अगुर्मिर्त किया गया है। अध्ययन - अध्यापन के लिए पुस्तक की पाठ्य सामग्री है और अभ्यास के लिये विस्तृत प्रश्नावली है। यह प्रश्नपत्र भाषा का है अतः पाठ्य सामग्री का व्याख्यात्मक या आलोचनात्मक अध्ययन अपेक्षित नहीं है। पाठ्यक्रम और पाठ्य सामग्री का संयोजन निम्नलिखित पाँच इकाइयों में किया जाता है। प्रत्येक इकाई दो भागों में विभक्त किया गया है।

इकाई - एक (क) भारत माता: सुमित्रानंदन पंत, परशुराम की प्रतिज्ञा, रामधारीसिंह दिनक,

बहुत बड़ा सवाल: मोहन राकेश संस्कृत और राष्ट्रीय एकीकरण: योगेश अटल।

(ख) कथन की शैलियों: रचनागत उदाहरण और प्रयोग।

इकाई - दो (क) विकासशील देशों की समस्याएँ, विकासात्मक पुनर्विचार और प्रौद्योगिकी एवं नगरीकरण

(ख) विभिन्न संरचनाएं

इकाई - तीन (क) आधुनिक तकनीकी सम्यता, पर्यावरण प्रदूषण तथा धारणीय विकाय

(ख) कार्यालयीन पत्र और आलेख।

इकाई - चार (क) जनसंख्या : भारत के संदर्भ में और गरीबी तथा बेरोजगारी।

(ख) अनुवाद।

इकाई -पाँच (क) उर्जा और शक्तिमानता का अर्थशास्त्र।

(ख) घटनाओं, समारोहों आदि का प्रतिवेदन और विभिन्न प्रकार के नियंत्रण पत्र।

मूल्यांकर औजना : प्रत्येक इकाई से एक-एक प्रश्न पूछा जायेगा। प्रत्येक प्रश्न के आंतरिक विकल्प होगा। प्रत्येक प्रश्न के 15 अंक होंगे। प्रत्येक इकाई दो-दो खंडों (क्रमशः क और ख) में विभक्त है, इसलिए प्रत्येक प्रश्न के भी दो भाग, (क्रमशः क और ख) होंगे। क अर्थात् पाठ एवं सामान्य ज्ञान से संबद्ध प्रश्न के अंक 8 एवं ख अर्थात् भाषा एवं सम्प्रेषण कौशल संबद्ध प्रश्न के अंक 7 होंगे। इस प्रकार पूरे प्रश्न पत्र के पूर्णांक 75 होंगे।

बी.ए. भाग -तीन

हिन्दी साहित्य

प्रथम प्रश्नपत्र

अंक - 75

जनपदीय भाषा -साहित्य (छत्तीसगढ़ी)

प्रस्तावना -

हिन्दी केवल खड़ी बोली नहीं है, कल्कि एक बड़ा भाषिक समूह है। हिन्दी जगत में अनेक विभाषायें बोलियाँ और उपबोलियाँ विद्यमान हैं जिसमें पुष्कल साहित्य सम्पदा है। इनके सम्यक अध्ययन और अन्वेषण की आवश्यकता है। जनपदीय भाषा छत्तीसगढ़ निरंतर विकास की ओर अग्रसर हो रही है। अरन्तु इस भाषा का और इसमें रचित साहित्य का इतिहास-विकास स्पष्ट करते हुए उनमें संबंधित प्रमुख रचनाकारों का आलोचनात्मक अनुशीलन करना हिन्दी के वृहत्तर हित में होगा। छत्तीसगढ़ी भाषा का पाठ्यक्रम निम्न बिंदुओं पर आधारित है -

(क) छत्तीसगढ़ी भाषा का इतिहास - विकास।

(ख) छत्तीसगढ़ी भाषा में रचित साहित्य का इतिहास।

(ग) छत्तीसगढ़ी भाषा के प्रमुख प्राचीन एवं अर्वाचीन रचनाकारों की कृतियों का अध्ययन।

पाठ्य विषय:-

(1) प्राचीन कवि संत धर्मदास के 3 पद –

1. गुरु पइंगा लागों नाम लखा दीजो हो।
2. नैनन आगे ख्याल घनेरा।
3. भजन करौ भाई रे, अइसन तप पाय के।

(सन्दर्भ – धर्मदास के शब्दावली से अद्धृत)

(2) लखनलाल गुप्त का गद्य –

1. सोनपान

(गद्य – पुस्तक सोनपान से अद्धृत)

(3) अर्वाचीन रचनाकार

डॉ. सत्यभामा आडिल रचित गद्य

1. सीख सीख के गोठ

(गद्य – पुस्तक गोठ से उद्धृत)

(4) डॉ. विनय पाठक की कविताएँ –

1. तँय उठथस सुरुज उथे
2. एक किसिम के नियाव

(अकादमी और अनचिन्हार पुस्तक से अद्धृत)

(5) मुकुन्द कौशल – छत्तीसगढ़ी गजल

छै बित्ता के मनखे देखोंसैं – मछरी मन लाखा लेथे तक

(पुस्तक छत्तीसगढ़ी गजन के पृष्ठ 17 से उद्धृत)

द्रुतपाठ के रचनाकार – (व्यक्तित्व एवं कृतित्व)

- (1) सुन्दर लाल शर्मा
- (2) सविलनाथ कश्यप
- (3) रामचन्द्र देशमुख (रंगकर्मी)

B.P.E. /B.A./B.Sc./B.COM./B.H.Sc. PART – III

ENGLISH LANGUAGE

The question paper for B.A. /B.Sc./B.Com./B.H.Sc. III, Foundation course, English Language and General Awareness shall comprise the following items :

Five question to be attempted, each carrying 3 marks

Unit – I	Essay type answer in about 200 words. Four essay type Questions to be asked and two to be applied.	15
Unit – II	Letter writing skills for composition – Essay writing	10
Unit – III	Précise writing	10
Unit – IV	(a) Reading comprehension of an unseen passage	05
	(b) Vocabulary based on test	10
Unit – V	Grammar Advanced Exercises	25

Note : Question on unit I and IV (b) shall be asked from the prescribed text. Which will comprise of popular create writing and the following items. Minimum needs housing and transport Geo-economics profile of M.P. communication Educate and culture. Women and Worm in Empowerment Development, management of change, physical quality of life war and human survival, the question of human social value, new Economic Philosophy Recent Liberatiatiön Methods) Democratic decentralization (with reference to 73, 74 constitutional Amendment.

PAPER –A- II

PROFESSIONAL PREPARATION

UNIT – I

1. FOUNDATION OF PROFESSIONAL PREPARATION

1. Meaning of Professional
2. Components of Professional Preparation.
3. Contribution of Physical education in attaining ideals of Indian democracy.
4. Forces and factors affecting educational policies and programme.

UNIT – II

1. HISTORICAL PERSPECTIVE

1. Historical review of Professional Preparation in India.
2. Professional courses being offered in professional preparation colleges in India.
3. Professional Preparation in Physical Education in USA, USSR and UK.
4. Beginning of Professional Preparation in the world.

UNIT – III

1. Under- Graduate preparation of professional personnel.

1. Purposes, Admission Requirements of Undergraduate preparation.
2. Theory, Teaching practice and practicals.
3. Professional competencies to be developed.

2. Post- Graduate Preparation.

1. Purposes & Admission requirements.

2. Methods of instruction.

3. Professional relations.

UNIT – IV

1. Teacher and Teaching.

1. Teaching as a career.

2. Basic Qualities of a successful teacher.

3. Preparation of the specialized physical Education teacher.

4. Types of teaching jobs.

5. Types of non -teaching jobs.

UNIT – V

1. In – Service Education.

1. Nature and Scope.

2. Role of teacher education institutions in in – service education.

3. Role of Profession in in-service education.

4. Course and Formal education experience.

2. Evaluation.

1. Trends in evaluating professional preparation.

2. Evaluation the programme of professional preparation.

3. Relation of evaluation to administration & Personal program.

3. Modern Trends in professional preparation.

REFERENCES

1. Pape, A Laurence, Means, E. Louis. A- Professional Career in Physical Education. (Englewood Cliffs, N.J. Prentice Hall, Inc. 1963
2. Jensen, R. Clayne, Administrative Management of Physical Education and Athletic Programmes.(Philadelphia Lea and Febiger, 1983.)
3. Snyder and Scott. Professional Preparation in Health, Physical Education and Recreation.(Connecticut, Greenwood press, Westport. 1971).
4. Bucher, C.A. Foundations of Physical Education (Saint Louis) : the C.V. Mosby Company, 1975), Ed. 7.
5. Agarwal, J.C. Education Administration school Urban location and Supervision.(New Delhi : Agra Book Depot. 1967).
6. Sattu, J. Sryant. Career Potentials Physical Activity. (New Jersey Englewood Cliffs, Prentice Hall, Inc. 1971).

BPE-III YEAR

PAPER- A-III

EDUCATIONAL METHODS

UNIT-I

1. Introduction

1. Definitions and functions of Education.
2. Narrow and Broader Meaning of Education.
3. Traditional and Modern Indian Concept of Education.
4. Importance of Education in Modern Era.

2. Types of Education.

1. Formal, Informal and Non-Formal Education.
2. Process of Education.

UNIT-II

1. Devices of Teaching

1. Maxims or Principles of Teaching
2. Importance of Devices of Teaching.
3. Various teaching devices: Exposition and Explanation. Narration. Description. Assignment and Homework.

2. Evaluative Devices

1. Meaning and Importance.
2. Principles Underlying Devices
3. Specific evaluation devices: Examination. Oral quiz, standardized tests, rating scales & Inventory.

UNIT-III

1. Philosophy and Methods of teaching.

1.1 Brief Meaning, role of a teacher and methods of teaching by:

1. Ravindra Nath Tagore

2. Mahatma Gandhi

3. Probel

4. John Dewey

1.2 Problem Solving Method:

1. Values, Functions and Limitation.

2. Steps in Problem Solving Method.

3. Procedure.

1.3 Project Method :

1. Meaning.

2. Steps in Project Method.

3. Role of a Teacher.

4. Advantages and limitations.

UNIT- IV

1. Teaching Techniques in Physical Education:

1. Lecturer Method.

2. Command Method.

3. Project Method.

4. Discussion Method.

5. Group Directed Practice Method.

6. Demonstration Method.

7. Imitation Method.

2. Teaching Procedures in Physical Education :

1. Whole-Method.
2. Whole-part-whole Method.
3. Part-whole Method.
4. Stage-whole Method.

3. Presentation Techniques in Physical Education.

1. Meaning and Importance.
2. Preparation – Personal and Technical.
3. Command – Response and Rhythmic.
4. Formation and its Types.

4. Meaning and Principles of Class Management.

UNIT- V

1. Lesson Planning

1. Meaning and Importance.
2. Principles of Lesson Planning.

2. Types of Lesson:

1. Knowledge Lesson.
2. Skill Lesson.
3. Appreciation Lesson.

REFERENCE

1. Bhatia and Bhatia. The Principles and Methods of Teaching (DOABAHOUSE : NEW DELHI), 1959.

2. Kocher, S.K. Methods & Techniques of Teaching. (Sterling Publishers Pvt. Ltd, Julundas), 1982.
3. Kozman, Cassidy and Jachson. Method in Physical Education (W.B. Saunders company. Philadelphia and London), 1952.
4. Bucher, Chasles A. Methods and Materials in Physical Education and Recreation (The C.V. Mosley company, U.S.A.), 1954.
5. Singh, Ajmer and others. Modern text book of Physical Education. Health and Sport, B.A. Part-I (Kalyani Publishers, Ludhiana) 2000.
6. Tirunayayan C. and Hariharan S. Methods in Physical Education. (Karaikadi: South Indian Press), 1969.
7. Knapp and Hagman, Teaching methods for Physical Education (Mcgraw-Hill Book Company, INC. New York), 1953.
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9. Knapp and Lemhard. Teaching Physical Education in Socondary Schools (Mcgraw-Hill Book Company, New York) 1968.
10. Walia J.S. Principles and Methods of Education (Paul Publishers, Jalandhar) 1999.

BPE-III YEAR

PAPER –A- IV

HEALTH EDUCATION

UNIT-I

1. Health

1. Concept of Health
2. Dimensions of Health
3. Spectrum of Health
4. Positive Health
5. Determinants of Health

2. Health Education.

1. Concept, aims objectives and Scope.
2. Principles of Health Education
3. Methods of Communication in Health Education.

UNIT-II

1. Health Problems

1. Communicable and non- communicable diseases
2. Nutrition
3. Environmental sanitation
4. Medical Care
5. Population

2. An Introduction to Organizational and Administrative set-up of Health System in India.

1. National level

2. State Level

3. District Level

3. Steps of Planning of Health Education Programme.

UNIT- III

1. Personal and Environmental Hygiene

1. Care of Skin, Mouth, nails, clothing, bathing etc.

2. Immunity Health

2. Community Health

1. Brief account of Housing, water supply, sewage and refuse disposal.

3. School Health Service:

1. Common Health Problems

2. Objectives of School health service

4. Aspects of School Health service:

1. Health Appraisal.

2. Remedial Measures and Follow-up

3. Prevention of Communicable Diseases

4. Healthful School Environment

5. Nutritional Services

6. First Aid and Emergency Care

7. Eye Health Service

8. Health Education

9. Education of Handicapped Children

10. School Health Records.

UNIT- IV

1. NUTRITION

1. Classification of foods
2. Proximate principles and role of various nutrient
3. Balanced diet
4. Balanced diet for Indian School Children
5. Malnutrition, Adulteration of Food

UNIT – V

1. Family planning

1. Concept, need and importance
2. Role of Health Education in family-

2. Sex Education: Concept need and importance of sex education at School level.

3. National Health Programme in India (Brief description)

1. NMEP (National Malaria Eradication Programme).
2. DDCP (Diarrhoeal Diseases Control Programme).
3. National TB Control Programme
4. STD Control Programme
5. NEPF National Family Planning Programme.

4. International Health Agencies:

1. WHO
2. UNICEF
3. UNDP

BPE-III YEAR

PAPER –A- V

SPORTS PSYCHOLOGY

UNIT – I

1. Introduction of Sports Psychology

1. Definitions of Meaning of Sports Psychology.
2. Scope/ areas of Sports Psychology.
3. Need and Importance of Sports Psychology.

2. Importance of Sports Psychology for Physical Education and Coaching in relation to:

1. Sports Training.
2. Talent Identification.
3. Competition Preparation.

UNIT- II

1. Cognitions Process in Physical Activities

1. Meaning of Cognitions
2. Characteristics of Various Phases of Cognitive Process – Knowing, Feeling and Action.

2. Meaning of Various Cognitions Functions.

1. Meaning of Perception Sensation, Thinking and Attention.
2. Role of various Cognitive Functions in Physical Activities.

BPE-III YEAR

PAPER –A- V

SPORTS PSYCHOLOGY

UNIT – I

1. Introduction of Sports Psychology

1. Definitions of Meaning of Sports Psychology.
2. Scope/ areas of Sports Psychology.
3. Need and Importance of Sports Psychology.

2. Importance of Sports Psychology for Physical Education and Coaching in relation to:

1. Sports Training.
2. Talent Identification.
3. Competition Preparation.

UNIT- II

1. Cognitions Process in Physical Activities

1. Meaning of Cognitions
2. Characteristics of Various Phases of Cognitive Process – Knowing, Feeling and Action.

2. Meaning of Various Cognitions Functions.

1. Meaning of Perception Sensation, Thinking and Attention.
2. Role of various Cognitive Functions in Physical Activities.

UNIT – III

1. Growth and Development.

1.1 Motor Development in following Periods :

1. Early Childhood.
2. Childhood.
3. Late Childhood.
4. Adolescence.

1. Importance of Motor Development to Skill Learning in Sports.
2. Psychological and Training Implications of Motor Development during.
3. Factors affecting Motor Learning.

UNIT-IV

1. Personality

1. Meaning & Definitions.
2. Personality traits of Sportsmen.
3. Personality difference among various sports group.

2. Motivation in Sports

1. Meaning and definitions of Motive, Need, Drive, Motivations.
2. Types of Motivation.
3. Importance of Motivation in learning Physical Education & Sports.
4. Theories of Motivations.

UNIT – V

1. Emotions and it's Role in Sports.

1. Meaning of Emotion.
2. Types of Emotion and associated Instinct.
3. Influence of Emotion on cognitive process and motor learning.
4. Meaning of Anxiety and Competition Anxiety.

2. Psychological Aspects of Competition.

1. Causes of emotional disturbance before competition.
2. Characteristics of Pre-competitions, competition, and post-competition State. (Syndrome)
3. Selected Psycho Regulation Techniques for Relaxation and Activation.
4. Psychological Preparation for competition.

BPE-III YEAR

PAPER –A- IV

EDUCATION TECHNOLOGY

UNIT –I

1. Introduction to Education Technology

1. Definition
2. Educative Process
3. The Teacher of Yesterday & Today
4. An outline of Teaching method used then and now
5. Use of sensory organ in the process of learning and remembering
6. Communication:
 1. Types of Communication
 2. Communication Cycle
 3. Communication in the Class room

UNIT- II

1. Teaching Aids :

1. Importance of Teaching Aids
2. Criteria for selecting Teaching Aids
3. Difference between Teaching Method and Teaching Aids.
4. Broad Classification of Teaching Aids.
 1. Audio Aids
 2. Visual Aids
 3. Audio-Visual Aids

B. P. E. IVth Year

Part – A Scheme of Examination (Theory Paper)

Paper	Subject			Max.	Min.
1 st	Foundation of Physical Education	20	80	100	33
2 nd	Adapted Physical Education	20	80	100	33
3 rd	Management of Physical Education	20	80	100	33
4 th	Test and Measurement	20	80	100	33
5 th	Introduction to corrective and Rehabilitation	20	80	100	33
6 th	Theory and methodology of sports training	20	80	100	33
Total		120	480	600	

Part-C (Teaching Practice)

	External	Internal	Total
Teaching Practice (Theory Subjects)	100	100	200

Part-D (Specialization)

	External	Internal	Total
Sports Specialization	100	100	200

Note:

1. A candidate must pass in theory (Part-A) subjects in each of the year (I, II, III & IV) examination securing atleast 33% marks and 33% marks in aggregate of final examination and sessionals in each paper separately.
2. A candidate must pass in Part B (Practical Skills), Part C (Teaching Practice) and part D (Specialization) with 40 % marks also 40% aggregate including sessionals.

PAPER – I

FOUNDATION OF PHYSICAL EDUCATION

UNIT – I

1. Biological Foundation

1. Need for studying principles
2. Foundation – Meaning and sources
3. Heredity, Environment and their importance, stages and principles of Growth and Development.
4. Biological basis of life and Biological weaknesses
5. Chronological, Anatomical, Physiological and Mental age and their implications in the development and implementation of programmes of Physical Education

UNIT – II

1. Psychological Foundations

Importance and implications of Psychological elements in Physical Education and Sports.

1. Nations about body and mind and psychological unity of man
2. Learning curve and its importance
3. Conditions and factors affecting learning

UNIT – III

1. Mechanical Foundations

1. Importance and implications of Mechanical elements in Physical Education and Sports
2. Newton's laws of Motion and its implications in various sports
3. Force – Definition, types and its application in different sports
4. Aero – dynamics, its meaning and application in different sports

UNIT - IV

1. Physiological Foundations

1. Importance and implication of physiology in sports and physical Education
2. General and specific benefits of exercise on various systems of The body
3. Basic principals of exercise and physical education
5. Kinesthetic Sense and performance

UNIT -V

1. Sociological Foundation

1. Importance and implications of Sociology in Sports and Physical Education
2. Physical Education and Sports and need of the society
3. Physical activities and Sports as the need of the society
4. Physical activities and Sports as Social Institution and their Influence on society

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PAPER - II

ADAPTED PHYSICAL EDUCATION

UNIT - I

1. Introduction To Adapted Physical Education
 1. Meaning and Definitions.
 2. Aims and objectives of Adapted Physical Education.
 3. Need and Importance of Adapted Physical Education.
 4. Role of Physical Education in Adapted Physical Education.
 5. Historical Review of adapted Physical Education.

UNIT - II

1. **Classification of Disability**
 1. Changing Concept of Disability Handicaps, retardation, Physically and Mentally Challenged.
 2. Physical Disability.
 1. Characteristics

2. Category
3. Functional Limitation
4. General Causes

1.3 Mental Retardation and Learning Disability

1. Characteristics
2. Category
3. Functional Limitation
4. General Causes.

1.4 Hearing and Speech Impairment.

- a) Characteristics
- b) Category
- c) Functional Limitation
- d) General Causes.

1.5 Visual Impairment

1. Characteristics
2. Category
3. Functional Limitation
4. General Causes.

1.6 Other Disabled conditions.

2. Behavioral Problems Associated With Disability

1. Adjust mental Problem.
2. Emotional Problem.
3. Personality Disorder.

3. Social Problems.

1. Social Stigma
2. Discrimination
3. Social Rejection.

UNIT – III

1. Adapted Physical Education Program me

1. Guiding Principles for Adapted Physical Education Program me (AAHPER Principle)
2. Physical Education Program me for Disabled of
 1. Elementary Schlool
 2. Middle School
 3. High School
- 1.3 Special Adapted Program me for Various Types and categories of Physical Disability:
 1. Regular Physical Activity
 2. Informal games and Special Activity
 3. Informal and Formal Competitions.
- 1.4 Special Adapted Program for Hearing & Speech Impairment, Visual Impairment , Mental Retardation, and Learning Impairment.
 1. Regular Physical Activity
 2. Informal games & Special Activity
 3. Informal & Formal Competitions.

UNIT – IV

1. **Co –Curricular Activities for Disabled**
 1. Outdoor Program me for Disabled
 2. Adventure Based outdoor Program me
 3. Creative development and Hobby and culture Development Program me
2. **Aquatic Activity Program me for Disabled :**
 1. Importance of Aquatics for Disabled.
 2. Nature of Aquatics Activity Program me based of types of various disability.
 3. Rehabilitative Role and Importance of aquatic Activity.

UNIT – V

1. **Rehabilitation**
 1. Aims and Objectives of Rehabilitation.
 2. Meaning of Functional and Occupational Rehabilitation
 3. Importance of Adapted Program me in Rehabilitation
 1. Functional Rehabilitation.
 2. Psychological Rehabilitation – Adjust mental, Environmental and Personality Development.
2. **Governmental Welfare Program me**
 1. Provisions of Special rights and privilege for disabled through legislations.
 2. Social Welfare Program me for disabled.
 3. Mass Public Education/Awareness Program me.
 1. Education Approach.
 2. Service Approach.

2.4 Legislative Approach.

PAPER-III

MANAGEMENT OF PHYSICAL EDUCATION

UNIT – I

1. Management and Organizational Structure :

1. Meaning and Definition of the terms – Administration and Management.
2. Elements/Phases of Management (Planning; Organizing; Staffing; Directing and coordination; Supervision and Control. Evaluation; Readjustments and Improvement/Follow-up)
3. Importance/Significance of the Subject – Management in Physical Education and Sports.
4. Principles of Management.
5. Schemes of Organization – Meaning.
6. Procedure for Working –out and effective Scheme of Organization.
7. Organizational Structure in Schools, Colleges and Universities.
8. Organizational Structure in District and State Education Departments.

UNIT – II

1. Facilities and Equipments :

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

UNIT – III

1. Staff and Leadership

1. Head of the Institute/Department and his Role in Imbibing the Spirit of Discipline among his Staff and Students.
2. Qualifications of Physical Educators for Different Level Assignments.
3. Qualities of a Good Physical Education Teacher.
4. Staff Co-operation and It's Significance.

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4. Staff Co-operation and It's Significance.

5. Involvement/Development of Voluntary Service of Other Teachers for Physical Education Programs.
6. Student Leadership : Meaning, Elements, and Values/ Significance.
7. Selection Training and Recognition of Student Leaders.

UNIT -IV

1. Intramurals, Extramural and Public Relations

1. Meaning and Values of Intramural Program.
 2. Units, Events and Points System for Competition.
 3. Sample Rules to be followed for Intramurals.
 4. Rewards and Incentives for Winners.
 5. Meaning and Educational Outcomes of Extra murals.
 6. Evil Practices in Extramural.
 7. Limitations. On Participation.
 8. Team Management: Selection & Training (Coaching Camps etc.)
 9. Tour Management (Physical Education Teacher as Manager of the Team).
 10. Tournament Management, Opening and Closing Ceremonies; Various Committees and their Responsibilities.
1. Definition and meaning of Public Relations.
 2. Need for a Public Relation Program in Physical Education.
 3. Principles to be followed for a good Public relation Program.
 4. Techniques of Public Relation.
 5. Relation of the Physical Education Teacher with the Students, Parents, colleagues, Principal and Supervisor etc.

UNIT – V

- 0 Class Management, Office Management and Physical Education Budget.
1. Teacher's Preparation before Class (Lesson Plan, Markings of the Courts, Necessary Equipments Suitable Uniform).
2. Students Preparation.
3. Handling and Controlling the Class.
4. Attendance System.
5. Grading the Student.
6. Preparing Reports.
7. The Need for Office, It's Location and Set-up.
8. Office Function and Practices.
9. Meaning and Importance of 'Budget' in Physical Education.
10. Budget Making (Steps; Areas of Income and Expenditure):
 1. Account Keeping.
 2. Paddy Cash Fund/Imp rest.

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PAPER - IV

TESTS AND MEASUREMENTS

UNIT -I

1. Introduction

1. Meaning of Test, Measurement and Evaluation.
2. Formulative and summative Evaluation.

2. Needs and Importance of Tests, Measurements and Evaluation in Physical Education.

3. Introduction to Statistics

1. Meaning and Definitions of Statistics
2. Meaning and Kinds of Data
3. Needs and Importance of Statistics.

4. Frequency Table

1. Meaning, Importance and uses of F.T.
2. Construction of F.T.

5. Measures of Central Tendency

1. Meaning, uses and calculation of mean from Ungrouped and grouped Data:

2. Meaning, uses and calculation of Median from ungrouped and grouped Data.
3. Meaning, uses and calculation of Mode from ungrouped and grouped Data.

UNIT – II

1. Measured of Variability

1. Meaning, uses and calculation of quartile Deviation from ungrouped And grouped Data.
2. Meaning, uses and calculation of standard Deviation from Ungrouped and grouped Data.

2. Percentiles and Deciles

1. Meaning, uses and calculation of quartile Deviation from ungrouped and grouped and grouped Data.
2. Meaning and calculation of Deciles from ungrouped and grouped data.

3. Graphical Representation of Data.

1. Meaning and uses.
2. Construction of Frequency Polygon
3. Construction of Cumulative Frequency curve.
4. Construction of Smooth Frequency curve.
5. Construction of Histogram/ Bar Diagram.

4. Correlation

1. Meaning and uses of correlation
2. Magnitude of Correlation
3. Calculation of Correlation by Rank Difference Method.
4. Calculation of Correlation by Product Moment Method.

UNIT – III

1. Population and Sample

1. Meaning of Population and sample
2. Importance of sampling
3. Principles of sampling.
4. Sampling Techniques.
 1. Systematic sampling
 2. Random Sampling
 3. Stratified sampling
 4. Cluster Sampling
 5. Sequential Sampling

2. Knowledge Test

1. Importance of Knowledge Test

2. Types of Knowledge Tests

1. Characteristics of Objective K.T.
2. Characteristics of subjective K.T.
3. Items to be included in objective K.T.
4. Items to be included in subjective K.T.

3. Technical Standards of a Tests

1. Reliability
2. Validity
3. Objectivity
4. Norms

4. Criteria of Tests Selection
5. **Administration of Testing Programme**
 1. Advance Preparation
 2. Duties during Testing
 3. Duties After Testing.\

UNIT –IV

1. Somatotyping

1. Meaning of Somatotyping
2. Brief Account of Krechmer's body type
3. Brief Account of Sheldon's body type

2. Strength Test

1. Maximum Strength (Arms & Legs)
2. Explosive Strength (Arms & Legs)
3. Strength Endurance (Arms & Abdomen)

3. Cardio – Respiratory Endurance Test

1. Cooper's Run/Walk Test.
2. Harvard Step Test.

4. Balance Tests.

1. Stock Stand for Static Balance.
2. Modified Bass Test for Dynamic Balance.

5. Flexibility Tests

1. Bridge up Test for Spine Flexibility.
2. Shoulder Rotation Test for Shoulder Flexibility.

UNIT- V

1. Fitness Tests

1. Rogan's PEI.
2. AAHPER youth Fitness test.
3. National Physical Fitness Program me.
4. Health Related fitness Tests battery.
5. JCR Test.
6. Barrow Motor Ability Test (Three Items).

2. Sports Skill Tests

1. Johnson Basketball Ability Tests.
2. Lock Hart and Mcpherson Badminton Tests.
3. McDonald Soccer Test.
4. Brady Volleyball Test.
5. Harbans Hockey Test.

3. Social Efficiency

1. Meaning of Social Efficiency.
2. Mc Cloy's Behavior Rating Scale.
3. Conwell Social behavior Trend Index.

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