

**BPES-I**  
**SYLLABUS**  
**ANATOMY AND FIRST AID**  
**Code BPES 101**

**UNIT –I**

1. Introduction and Level of Organization:
  - 1.1 Introduction:
    - 1.1.1 Meaning and Concept of Anatomy.
    - 1.1.2 Need and Importance of the knowledge of Anatomy in the Field of Physical Education.
  - 1.2 Levels of Organization of Human Body:
    - 1.2.1 Definition of Cell, Tissue, Organ and System.
    - 1.2.2 Microscopic Structure, Composition and Function of Cell.
    - 1.2.3 Essential Properties of living Organism.
  - 1.3 Classification, Structure and Function of Tissues:
    - 1.3.1 Epithelial tissue
    - 1.3.2 Connective Tissue
    - 1.3.3 Muscular Tissue
    - 1.3.4 Nervous Tissue

**UNIT-II**

2. Skeletal System:
  - 2.1 Skeleton
    - 2.1.1 Different Parts of Human Skeleton.
    - 2.1.2 Types of Bones.
    - 2.1.3 Gross and Microscopic Structure and Function of Bones.
  - 2.2 Joints
    - 2.2.1 Joint's Nomenclature and Classification.
    - 2.2.2 Names of the Movements around Joints.
    - 2.2.3 Structure of the Typical Synovial Joint.
  - 2.3 Muscles
    - 2.3.1 Structure and Function of Skeletal Muscles.
    - 2.3.2 Names of Major Muscles of Different parts of Body.

**UNIT-III**

Energetic, Transport & Excretion:

### 3.1 Cardio-Respiratory

#### Systems:

#### 3.1.1 Anatomical Position and Gross Structure of the Heart

- 3.1.2 Systemic and Pulmonary Circulation.
- 3.1.3 Blood Vessels- Artery, Vein and Capillaries

3.2 Respiratory System:

- 3.2.1 Meaning of External and Internal Respiration
- 3.2.2 Organs of Respiration
- 3.2.3 Structure of Lungs
- 3.2.4 Introduction to Mechanism of Respiration

3.4 Digestive System:

- 3.4.1 Parts of Digestive Tract, Structure and Function in brief
- 3.4.2 Steps of Digestion
- 3.4.3 Digestive Glands- Structure and Function

3.5 Excretory System:

- 3.5.1 Routes of Excretion from Human Body.
- 3.5.2 Organs of Urinary System.
- 3.5.3 Structure and Function of Kidney.

## UNIT –IV

Neuro-Humoral & Reproductive System:

4.1 Nervous System:

- 4.1.1 Structural Division-Central Nervous System and Peripheral Nervous System.
- 4.1.2 Functional Division-Autonomic Nervous System and Sensory Motor Nervous System.
- 4.1.3 Parts of Brain.
- 4.1.4 Structure and Functions of Spinal Cord.

4.2 Endocrine System:

- 4.2.1 Names, Location and Functions of-
  - 4.2.1.1 Pituitary Gland
  - 4.2.1.2 Thyroid gland
  - 4.2.1.3 Adrenal Gland
  - 4.2.1.4 Pancreas

4.3 Reproductive System:

- 4.3.1 Primary and Secondary Male and Female Reproductive System.
- 4.3.2 Testes and Ovary.

## UNIT-V

5. First-Aid:

5.1 Injuries:

- 5.1.1 Types of Wounds
- 5.1.2 Pressure Points

- 5.1.3 Role of Ice
- 5.1.4 Dressing and Bandages
- 5.2 Shock:
  - 5.2.1 Common Causes
  - 5.2.2 Signs and Symptoms
  - 5.2.3 Immediate Management
- 5.3 Transportation of Severely Injured Patients.
- 5.4 Snake Bite and Insect Bite.

## **REFERENCES**

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**BPES –I**  
**HISTORY OF PHYSICAL EDUCATION**  
**PAPER – II**  
**CODE – BPES 102**

**UNIT – I**

- 1 Physical Education in ancient India Vedic epic and Buddhist periods
- 2 Physical education in the city states of Greece

**UNIT – II**

- 3 Survey of modern physical education in India Pre and post Independence period.
  - 3.1 Physical education and sports training institution in India
  - 3.2 Indian Olympic association of India
  - 3.3 National sports federation /associations
  - 3.4 Sports authority of India
  - 3.5 State sports councils

**UNIT – III**

- 4 Ancient Olympic Games – Historical Background, Significance of Ancient Games, Conduct of Ancient Games, Decline and termination of Olympic Games.

**UNIT – IV**

- 5 Modern Olympic Games – Revival of Modern Olympic Games, International Olympic Committee (IOC), Functions of IOC, Organization and conduct of Games and ceremonies (opening and closing ceremonies)

**UNIT – V**

- 6 Contribution of Leaders and Movements for the Growth of Physical Education in The world
  - 6.1 Germany (Johan Basedow, Guts muths, Turnverein Movement)
  - 6.2 Sweden (Per Henric Ling), Swedish Medical Gymnastics.
  - 6.3 Denmark (Franz Nachtegal, Neils Burke)
  - 6.4 Great Britain (Archiblad Maclaren,)
  - 6.5 U.S.A. (Dr. Dudley Alen Sargent)
  - 6.6 U.S.S.R. (Russia)

Contribution of Leaders to the Indian Sports and Physical Education India  
G.D.Sondhi, Padam Shree Dr. P. M. Joseph, Rajkumari Amrit Kaur, Pt Jawaharlal  
Nehru, Prof. Karan, Shri H.C.Buck Dr. J.P.Thomas, D.G.Wakharkar.

**BPES –I**  
**PAPER- III**  
**METHODS IN PHYSICAL EDUCATION**  
**Code-BPES 103**

**UNIT-I**

1. Presentation Techniques-Meaning  
Importance and step of presentation.

- 1.1 Preparation-Personal and Technical Preparation.
- 1.2 Command-Its types, command used in different situations.
- 1.3 Formation-Its types, and situations for using different formations.
- 1.4 Class Management-Meaning and Principles.

**UNIT-II**

2.1 Teaching Techniques in Physical education

- 2.1.1 Lecture Method.
- 2.1.2 Command Method.
- 2.1.3 Demonstration Method.
- 2.1.4 Imitation Method.
- 2.1.5 Project Method.
- 2.1.6 Discussion Method.
- 2.1.7 Group Directed Practice Method.

2.2 Teaching Procedures in Physical Education

- 2.2.1 Whole Method.
- 2.2.2 Whole-Part-Whole Method
- 2.2.3 Part-Whole Method
- 2.2.4 Stage-Whole Method.

**UNIT-III**

3.1 Lesson Planning

- 3.1.1 Meaning and objectives of lesson plan.
- 3.1.2 Values of lessons plan
- 3.1.3 Types of lesson plan
- 3.1.4 Principles of Lesson plan.

3.2 Lessons and its parts along with their significance.

- 3.2.1 General and Specific Lesson Plan.
- 3.2.2 Coaching Lesson (A Brief Introduction).
- 3.2.3 Improvisation-Need, Ways & Means.

## **UNIT-IV**

- 4.1 Tournaments-Meaning and Types of Tournaments
  - 4.1.1 Knockout or elimination Tournaments.
  - 4.1.2 League or Round-Robin tournaments.
  - 4.1.3 League cum knockout Tournament.
  - 4.1.4 Challenge Tournament.
- 4.2 Test and Measurement
  - 4.2.1 Meaning and Importance.
  - 4.2.2 Types and formation
- 4.3 Steps for Preparation of Demonstration, Sports Day, Sport Exhibition.
- 4.4 Public Relation and effect of teaching Aids.

## **UNIT-V**

- 5.1 Construction and Marking of Track and Play field.
- 5.2 Award, Letter, Crest, Honors board, Trophies and Certificate.

**BPES –I**  
**PAPER-IV**  
**ENGLISH**  
**Code-BPES 104 A (Elective)**

**UNIT-I**

1. Vocabulary
  - 1.1 Homonyms
  - 1.2 Foreign words & phrases commonly used
  - 1.3 Proverbs
  - 1.4 Idioms
  - 1.5 One word substitution

**UNIT-II**

2. Grammar
  - 2.1 Tenses
  - 2.2 Direct Indirect
  - 2.3 Active Passive
  - 2.4 Simple, Compound, Complex
  - 2.5 Punctuation

**UNIT-III**

3. Correspondence
  - 3.1 Business letters
  - 3.2 Application for job
  - 3.3 Resume, Curriculum Vitae, Bio-data
  - 3.4 Report writing on completion of events
  - 3.5 Agenda
  - 3.6 Minutes

**UNIT-IV**

4. Comprehension of unseen & seen passages.
  - 4.1 Essay writing (500 words)
  - 4.2 Précis Writing
  - 4.3 Critical appreciation based on various articles.

**UNIT-V**

5. Text
  - 5.1 Stories from home and abroad – Edited by Dr. A.N.Kapur
    - 5.1.1 The Doctor's Word – R.K.Narayan
    - 5.1.2 Elias – Leo Tolstoy
    - 5.1.3 Luncheon – Somerset Maughm



- 5.2 Poetry
  - 5.2.1 Where the mind is without fear – Rabindranath Tagore
  - 5.2.2 All’ the worlds a stage – W. Shakespears
  - 5.2.3 G.K. in sports awareness : current G.K about sports and competition (National, International Asian, Olympic games) sports players, sports associations Awards & Honors

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High School English Grammar- Wren & Martin

Macmillan-A remedial English- Grammar for foreign students- .F.T. Woodwood The students companion-Wilfred D. Best

The technique of comprehension & Precis writing – R.N. Singh –Upkar Prakashan Model Precis writing-H.S. Bhatia-Book Place Delhi

English Vocabulary in use-Michael Mccarthy FelicityO’Dell –Cambridge University Press.

Tales from Shakespeare-Charles & Mary Lamb Stories froml Home & Abroad-ed.by.

Dr..N. Kapoor Gitanjali-Rabindra Nath Tagore.

**BPES –I**  
**PAPER-V**  
**ENVIRONMENTAL STUDIES**  
**Code-BPES 104 B (Elective)**

### **UNIT-I**

1. Introduction:
  - 1.1 Multi-Disciplinary nature of environmental studies.
  - 1.2 Definition, Scope and Importance of environmental studies.
  - 1.3 Concept of environmental education.
  - 1.4 Historical Background of environmental education.
2. Needs of Environmental Education for public Awareness.
3. Management of environment and Govt. Policies.
4. Important Day and National Awards.

### **UNIT-II**

2. Natural Resources and related environmental issues:
  - 2.1 Forest Resources:
    - 2.1.1 Use and over exploitation, deforestation
    - 2.1.2 Timber extraction, mining, dams and their effects on forests and tribal people.
  - 2.2 Water Resources

- 2.2.1 Use and over utilization of surface and ground water, floods, drought.
- 2.2.2 Dams-benefits and problems
- 2.3 Flood Resources:
  - 2.3.1 World food problems
  - 2.3.2 Changes caused by agriculture and overgrazing
  - 2.3.3 Effects of modern agriculture
  - 2.3.4 Fertilizer-pesticide problems.
- 2.4 Energy Resources:
  - 2.4.1 Growing energy needs
  - 2.4.2 Renewable and non-renewable energy sources
  - 2.4.3 Use of alternate energy sources.
- 2.5 Land Resources:
  - 2.5.1 Land as a resource
  - 2.5.2 Land degradation
  - 2.5.3 Man induced Land slides
  - 2.5.4 Soil erosion and desertification
- 2.6 Role of an individual in conservation of Natural Resources

### **UNIT-III**

- 3.1 Ecosystem:
  - 3.1.1 Concept, structure and function of an Ecosystem
  - 3.1.2 Producers, consumers and decomposers.
  - 3.1.3 Energy flow in the ecosystem
  - 3.1.4 Food chains, food Webs and ecological pyramids.
  
- 3.2 Introduction, types, characteristics features, structure and functions of:
  - 3.2.1 Forest ecosystem
  - 3.2.2 Grassland ecosystem
  - 3.2.3 Desert ecosystem
  - 3.2.4 Aquatic ecosystem
  
- 3.3 Biodiversity and its conservation
  - 3.3.1 Definitions of genetic, species and ecosystem diversity.
  - 3.3.2 Biogeographically classification of India
  - 3.3.3 Values of biodiversity: consumptive use, productive use, social values, ethical values, aesthetic values and option values.
  - 3.3.4 Hot-spots and threats to biodiversity
  - 3.3.5 Endangered and endemic species of India
  - 3.3.6 Conservation biodiversity.

### **UNIT-IV**

- 4.1 Environmental Pollution:
  - 4.1.1 Definition, effects and control measures of:
    - 4.1.1.1 Air Pollution
    - 4.1.1.2 Water Pollution
    - 4.1.1.3 Soil Pollution
    - 4.1.1.4 Marine Pollution
    - 4.1.1.5 Noise pollution
    - 4.1.1.6 Thermal Pollution
    - 4.1.1.7 Nuclear Hazards
  
  - 4.1.2 Solid Waste Management: causes, effects and control measures of urban and industrial wastes.
  
  - 4.1.3 Role Disaster Management: floods, earthquake, cyclone and Land slides.

### **UNIT-V**

- 5. Social Issues and the Environment:
  - 5.1 From Unsustainable to sustainable development.
  - 5.2 Water conservation, rain water harvesting, water shed management.
  - 5.3 Climate changes, global warning, acid rain, ozone layer depletion and holocaust.
  
  - 5.4 Environmental ethics: Issues and possible solutions.
  - 5.5 Protection/Conservation Acts: Environment, Air, Water, Wild life, Forest.
  - 5.6. Human population and the environment:
  - 5.7 Population growth, variation among

nations.

- 5.8 Population explosion- Family Welfare Programme.
- 5.9 Environment and Human Health.

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**BPES II**  
**PAPER-I**  
**PHYSIOLOGY**  
**Code-BPES 201**

### **UNIT-I**

- 1.1 Introduction
  - 1.1.1 Concept of Physiology
  - 1.1.2 Essential properties of life
  - 1.1.3 Passage of water and soluble across cell membrane
- 1.2 Cardio-Vascular System and Blood
  - 1.2.1 Composition and functions of blood
  - 1.2.2 Cardiac Cycle
  - 1.2.3 Blood pressure and its maintenance

#### 1.2.4 Cardiac output and its regulation

### **UNIT-II**

#### 2.1 Respiratory System

##### 2.1.1 Mechanism of Respiration

##### 2.1.2 Pulmonary ventilation and its regulation

#### 2.2 Digestive System

##### 2.2.1 Secretion and functions of Digestive Juices

##### 2.2.2 Functions of Liver

##### 2.2.3 Absorption of Food

##### 2.2.4 Metabolism of Food (Carbohydrates, Fat & Protein)

#### 2.3 Temperature regulation.

### **UNIT-III**

#### 3.1 Nervous System

##### 3.1.1 Functions of important parts of system (cerebrum, cerebellum, medulla oblongata and spinal cord.)

##### 3.1.2 Functions of autonomic nervous system

#### 3.2 Sensory System

##### 3.2.1 General Sensations – Coetaneous and Kinesthetic

##### 3.2.2 Visual and Auditory senses.

### **UNIT-IV**

#### 4.1 Excretory System

##### 4.1.1 Excretion of water through Skin, Kidney and Gastrointestinal Tract.

#### 4.2 Endocrine System

- 4.2.1 Secretion and function of Endocrine Glands – Pituitary, Thyroid, Adrenal and Pancreas.
- 4.3 Reproductive System
  - 4.3.1 Introduction to Physiology of human reproduction.
  - 4.3.2 Transmissions of hereditary characteristics.

#### **UNIT-V**

- 5. Physiology of Exercise
  - 5.1 Physiological concept of Health and Fitness.
  - 5.2 Effect of exercise on – Circulatory, Respiratory and Muscular Systems.
  - 5.3 Changes during Muscular Contraction.
  - 5.4 Nervous control of Muscular activity.
  - 5.5 Training, Conditioning and Warm-up.
  - 5.6 Oxygen Debt, Second Wind, Stitch and Cramp.

#### **REFERENCES**

Pearce, E.C. Anatomy and Physiology for nurses (Faber Ltd. : London 1962)

Guyton, A.C. Function of the Human Body (W.B. Saunders Co., London)

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Maxhouse and Miller Physiology of Exercise (The C.V. Mosby Company, St. Louis)

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**BPES-II**  
**PAPER-II**  
**HEALTH EDUCATION**  
**Code-BPES 202**

**UNIT-I**

- 1.1 Health
  - 1.1.1 Concept of Health
  - 1.1.2 Dimensions of Health
  - 1.1.3 Spectrum of Health
  - 1.1.4 Positive Health
  - 1.1.5 Determinants of Health
- 1.2 Health Education
  - 1.2.1 Concept, aims objectives and Scope
  - 1.2.2 Principles of Health Education
  - 1.2.3 Methods of Communication in Health Education

**UNIT-II**

- 2.1 Health Problems
  - 2.1.1 Communicable and non-communicable diseases
  - 2.1.2 Nutrition
  - 2.1.3 Environmental sanitation
  - 2.1.4 Medical care
  - 2.1.5 Population
- 2.2 An Introduction to Organizational and Administrative set-up of Health System in India
  - 2.2.1 National level
  - 2.2.2 State Level
  - 2.2.3 District Level
- 2.3 Steps of Planning of Health Education Programme

**UNIT-III**

- 3.1 Personal and Environmental Hygiene
  - 3.1.1 Care of skin, mouth, nails, clothing, bathing etc.
  - 3.1.2 Importance of rest sleep and exercise.
- 3.2 Community Health
  - 3.2.1 Brief account of housing, water supply, sewage and refuse Disposal.
- 3.3 School Health Service:
  - 3.3.1 Common Health Problems
  - 3.3.2 Objectives of School health service
- 3.4 Aspects of School Health Service:
  - 3.4.1 Health Appraisal.
  - 3.4.2 Remedial Measures and Follow-up
  - 3.4.3 Prevention of Communicable Diseases
  - 3.4.4 Healthful School Environment



- 3.4.5 Nutritional Services
- 3.4.6 First Aid and Emergency Care
- 3.4.7 Eye Health Service
- 3.4.8 Health Education
- 3.4.9 Education of Handicapped Children
- 3.4.10 School Health Records.

#### **UNIT-IV**

- 4. Nutrition
  - 4.1 Classification of foods
  - 4.2 Proximate principles and role of various nutrients
  - 4.3 Balanced diet
  - 4.4 Balanced diet for Indian School Children
  - 4.5 Malnutrition, Adulteration of Food

#### **UNIT-V**

- 5.1 Family planning
  - 5.1.1 Concept, need and importance
  - 5.1.2 Role of Health Education in family
- 5.2 Sex Education
  - 5.2.1 Concept need and importance of sex education at school level
- 5.3 National Health Programme in India (Brief description)
  - 5.3.1 NMEP (National Malaria Eradication Programme).
  - 5.3.2 DDCP (Diarrhea Diseases Control Programme).
  - 5.3.3 National TB Control Programme
  - 5.3.4 STD Control Programme
  - 5.3.5 NFPP National Family Planning Programme.
- 5.4 International Health Agencies:
  - 5.4.1 WHO
  - 5.4.2 UNICEF
  - 5.4.3 UNDP

#### **REFERENCES**

- Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. Al. "The School Health Education"
- Ghosh, B.N. "Treaties of Hygiene and Public Health".
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- Park, J.E. and Park, K. "Text-Book of preventive and social medicine" 2002
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**BPES - II**  
**PAPER-III**  
**INTRODUCTION TO SOCIAL SCIENCE**  
**Code-BPES - 203**

**UNIT-I**

1. Meaning & Definitions of Sociology:
  - 1.1 Scope and Method of Sociology, relationship of Sociology with other social science, Introduction to Sports Sociology;
  - 1.2 Society, Community, Association, Institutions, Customs;
  - 1.3 Man as a Social animal;
  - 1.4 Effect of various social forces heredity and environment on personality development;
  - 1.5 Origin and growth of culture.

**UNIT-II**

2. Social Structure, Organization and Institutions:
  - 2.1 Socialization, social codes and social control, groups (primary and secondary, crowds and public, family, kinship and marriage;
  - 2.2 Social stratification, social class and caste, social mobility;
  - 2.3 Economical and political institutes for society;
  - 2.4 Cultural and religious institutions;
  - 2.5 Concept, factors and process of socio-cultural changes.

**UNIT-III**

3. Main Features of Indian Society and Rural Scene:
  - 3.1 Demographic profile, social elements;
  - 3.2 Religions pluralism – Hindu, Muslim, Christian and Tribal;
  - 3.3 Linguistic Pluralism;
  - 3.4 Indian policy – secularism, democracy, social justice;

**UNIT-IV**

4. Indian Rural Scene:
  - 4.1 Indian village, rural family, rural education;
  - 4.2 Indian village community, rural stratification;
  - 4.3 Community development projects and Panchayati-Raj;
  - 4.4 Trends in Rural change.

**UNIT-V**

5. Sport and Society:
  - 5.1 Meaning and definition of sport sociology;
  - 5.2 Sport as a social occurrence;
  - 5.3 Socialization through games and sports;
  - 5.4 Relationship between family and sport participation;
  - 5.5 Relationship between politics and sports;

- 5.6 Social Stratification and sports;
- 5.7 Sports as a social phenomenon.

### **REFERENCE BOOKS**

Iyec, Mac. R.M. and Page Charles H. Society (London: McMillan & C., 1974).

Ogburn, William F. and Nimkoff, Meyer F., Hand Book of Sociology (New Delhi : Eurasia Publishing House Ltd., 1972).

Loy, Lohn W. Dr. and Kenyon, Gerald S. Sports Culture and Society (Philadelphia : The MacMillan Co. 1969).

Brailsford Dennis Sports and Society, (London- Routledge and Kegan Paul 1969).

**BPES-II  
PAPER-IV**

**EDUCATIONAL PSYCHOLOGY**

**CODE-BPES 204 A (Elective)**

**UNIT-I**

1. Introduction:
  - 1.1 Meaning definition and nature of Psychology and Educational Psychology.
  - 1.2 Psychology as a Science;
  - 1.3 Branches of Psychology;
  - 1.4 Importance of Psychology in Education with special reference to Physical Education.

**UNIT-II**

- 2.1 Growth and Development:
  - 2.1.1 Meaning of growth and development;
  - 2.1.2 Physical, Mental, Social and Language development during following stages:
    - 2.1.2.1 Early childhood
    - 2.1.2.2 Middle childhood
    - 2.1.2.3 Late childhood
    - 2.1.2.4 Adolescences
- 2.2 Individual Differences:
  - 2.2.1 Meaning of the term Individual Difference;
  - 2.2.2 Heredity and Environment as causes of Individual Differences;
  - 2.2.3 Interaction of Heredity and Environment.
  - 2.2.4 Other causes of individuals differences.

**UNIT-III**

3. Learning
  - 3.1 Meaning definition and nature of Learning.
  - 3.2 Meaning of following theories of learning and their implications:
    - 3.2.1 Trial & Error Theory
    - 3.2.2 Conditioned Reflex Theory.
    - 3.2.3 Gestalt/Insight Theory,
  - 3.3. Principles/Laws of Learning.
  - 3.4 Factors affecting Learning.
  - 3.5 Learning Curve.
  - 3.6 How to overcome plateau in learning.
  - 3.7 Meaning and Conditions of Transfer of Training.

**UNIT-IV**

- 4.1 Motivation and Emotion:
  - 4.1.1 Meaning of Motivation;

- 4.1.2 Concept of need, drive, motive, incentive and achievement.
- 4.1.3 Types of Motivation;
- 4.1.4 Role of Motivation in teaching physical activities.
- 4.2 Emotion:
  - 4.2.1 Meaning and nature of Emotion.
  - 4.2.2 Types of Emotion;
- 4.3 Personality and Memory:
  - 4.3.1 Meaning and nature of Personality;
  - 4.3.2 Dimensions of Personality;
  - 4.3.3 Definition of Memory;
  - 4.3.4 Types of Memory;
  - 4.3.5 Meaning of Forgetting.
  - 4.3.6 Reasons of Forgetting

## **UNIT-V**

- 5. Introduction to Sports Psychology
  - 5.1 Meaning and area/scope of sports psychology.
  - 5.2 Importance of sports psychology for Physical educationist's coaches and players.
  - 5.3 Motor characteristics development and its important and its importance in sports.
  - 5.4 Personality and sports performance.
  - 5.5 Problems of motivation in sports.
  - 5.6 Completion anxiety and its causes.

## **REFERENCES**

Gates, A.I. et al. Educational Psychology (Macmillan Co. N.Y., 1957)

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**PAPER-V**  
**KINESIOLOGY**  
**Code-BPES 204 B (Elective)**

**UNIT-I**

- 1.1 Introduction to Kinesiology
  - 1.1.1 Definition
  - 1.1.2 Objectives of Kinesiology
  - 1.1.3 Role of Kinesiology in Physical Educations.
  - 1.1.4 Brief History with important contributions of Aristotle, Leonard Da Vinci, Alfonso Borate, Weber Brothers, and Benjamin Duchene.
- 1.2. Fundamental concepts of following terms with their application to the human body.
  - 1.1.1 Axes and Planes
  - 1.2.2 Center of Gravity
  - 1.2.3 Line of Gravity

**UNIT-II**

- 2.1 Anatomical and Physiological Fundamentals
  - 2.1.1 Classification of Joints and Muscles
  - 2.1.2 Terminology of Fundamental Movements
  - 2.1.3 Types of Muscle Contractions
  - 2.1.4 Angle of Pull
- 2.2 Kinesiology of joints
  - 2.2.1 two-joint muscles
  - 2.2.2 Roles in which muscles may act.
  - 2.2.3 All or None Law.
  - 2.2.4 Reciprocal Innovation.

**UNIT-III**

- 3.1 Upper Extremity
  - 3.1.1 Major characteristics of Joints.
  - 3.1.2 Location and action of major muscles acting at the following joints:
    - 3.1.2.1 Shoulder
    - 3.1.2.2 Elbow
    - 3.1.2.3 Wrist
- 3.2 Lower Extremity
  - 3.2.1 Major characteristics of joints.
  - 3.2.2 Location and action of major muscles acting at the following joints:
    - 3.2.2.1 Hip
    - 3.2.2.2 Knee
    - 3.2.2.3 Ankle and Foot

## **UNIT-IV**

- 4. Application of Mechanical Concepts
  - 4.1 Motion
    - 4.1.1 Definition
    - 4.1.2 Newton's Laws of Motion
    - 4.1.3 Application to Sports activities
  - 4.2 Force
    - 4.2.1 Definition
    - 4.2.2 Magnitude of force
    - 4.2.3 Direction of application of force
    - 4.2.4 Application to Sports activities.
  - 4.3 Equilibrium
    - 4.3.1 Definition
    - 4.3.2 Major factors affecting Equilibrium
    - 4.3.3 Role of Equilibrium in sports
  - 4.4 Lever
    - 4.4.1 Definition of Lever
    - 4.4.2 Types of Lever
    - 4.4.3 Application to Human Body

## **UNIT-V**

- 5.1 Analysis of Locomotion
  - 5.1.1 Walking
  - 5.1.2 Running
  - 5.1.3 Jumping
- 5.2 Kinesiology in Daily living
  - 5.2.1 Lifting
  - 5.2.2 Carrying
  - 5.2.3 Catching

**BPES - III**  
**PAPER-I**  
**FOUNDATION OF PHYSICAL EDUCATION**  
**Code-BPES 301**

**UNIT I**

Sociological Foundation:

- 1 Need for studying principles- meaning and sources.
- 2 Heredity, environment in its importance & stages of growth and development.
- 3 Biological basis of life and biological weakness.
- 4 Principles governing physical and motor growth and development.
- 5 Chronological, anatomical. Physiological and mental ages of individuals their implications in developing and implementing Programme of physical education.

**UNIT II**

Psychological Foundation

- 1 Importance & implication of psychological element in physical education.
- 2 Notions about mind and body and psycho-physical unity of men.
- 3 Learning curve.
- 4 Condition and factors affecting learning.

**UNIT III**

Philosophical Foundation:

- 1 idealism and physical education
- 2 pragmatism and physical education
- 3 naturalism and physical education

**UNIT IV**

- 1 General benefits of exercise.
- 2 Benefits of exercise to the various systems.
- 3 Basic principle of exercise and physical education Programme.
- 4 Kinesthetic sense and performance

**UNIT V**

- 1 Physical education and sports as a need of the society.
- 2 Sociological implication of physical education and sports
- 3 Physical activities and sports as amen cultural heritage
- 4 Physical activates and sports as a social institution and their influence on society.

**BPES III  
PAPER-II**

**CORRECTIVES AND REHABILITATION IN PHYSICAL EDUCATION  
Code-BPES 302**

**UNIT-I**

- 1.1 Meaning of Correctives Physical Education, its objectives and scope.
- 1.2 Posture & concept
  - 1.2.1 Definition, values of good posture, causes and drawbacks of bad posture.
  - 1.2.2 Common postural deviations, their causes and remedial exercises.
    - 1.2.2.1 Kyphosis
    - 1.2.2.2 Scoliosis
    - 1.2.2.3 Lordosis
    - 1.2.2.4 Knock knees and Bow legs
    - 1.2.2.5 Flat feet.
- 1.3 Organization of a Corrective Gymnastic class (Group therapy) and its advantages.

**UNIT-II**

- 2.1 Sports Injuries
  - 2.1.1 Introduction to Sports injuries
  - 2.1.2 Role of trained personnel in the management of the sports Injuries.
- 2.2. Prevention of Injuries:
  - 2.2.1 Factors causing sports injuries.
  - 2.2.2 Factors sports injuries.
  - 2.2.3 Complications of incomplete treatment
- 2.3 Common sport injuries and their immediate treatment.
  - 2.3.1 Sprain
  - 2.3.2 Strain
  - 2.3.3 Contusion and hematomas
  - 2.3.4 Dislocation
  - 2.3.5 Fracture

**UNIT-III**

- 3.1 Rehabilitation:
  - 3.1.1 Definition, objectives and scope.
  - 3.1.2 Effects and uses of the therapeutic modalities in
    - 3.1.2.1 Cold Therapy
    - 3.1.2.1 Hot moist
    - 3.1.2.3 Infra Red
    - 3.1.2.4 Contrast Bath
    - 3.1.2.5 Wax Bath Therapy

**UNIT-IV**

4.1 Therapeutic

Exercises:

- 4.1.1 Definition and scope of therapeutic exercises
- 4.1.2 Classification, therapeutic effects and uses of the following:-
  - 4.1.2.1 Active Exercises (Free, Assisted and Resisted exercises)
  - 4.1.2.2 Passive Exercises (relaxed and forced exercises).
- 4.2 Muscle strength and its maintenance
  - 4.2.1 Causes of muscle weakness and its prevention
  - 4.2.2 General principles of muscle strengthening.
- 4.3 Joint mobility and its maintenance
  - 4.3.1 Factors causing limitation of joint mobility
  - 4.3.2 Methods of increasing joint mobility

## **UNIT-V**

- 5.1 Therapeutic AND Sports Massage:
  - 5.1.1 Definition and brief history of message
  - 5.1.2 General approach to massage manipulation.
  - 5.1.3 Common Physiological effects of massage.
  - 5.1.4 Classification of massage technique
- 5.2 Common massage technique and their therapeutic uses:
  - 5.2.1 Effleurage
  - 5.2.2 Kneading
  - 5.2.3 Petri sage
  - 5.2.4 Friction
  - 5.2.5 Stroking
  - 5.2.6 Percussion Manipulations
  - 5.2.7 Shaking Manipulations.
- 5.3 Contraindications of Massage in general
- 5.4 Techniques of Massage for the limbs back and neck
- 5.5 Role of Massage in Competitive Sports.

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**BPES III**  
**PAPER-III**  
**PROFESSIONAL PREPARATION**  
**Code-BPES 303**

**UNIT-I**

1. Foundation OF Professional Preparation
  - 1.1 Meaning of Professional
  - 1.2 Components of Professional Preparation.
  - 1.3 Contribution of physical education in attaining ideals of Indian democracy.
  - 1.4 Forces and factors affecting educational policies and Programme.

**UNIT-II**

2. Historical Perspective
  - 2.1 Historical review of Professional Preparation in India.
  - 2.2 Professional courses being offered in professional preparation colleges in India.
  - 2.3 Professional Preparation in Physical Education in USA, USSR and UK.
  - 2.4 Beginning of Professional Preparation in the world.

**UNIT-III**

- 3.1 Under-Graduate preparation of professional personnel.
  - 3.1.1 Purposes, Admission Requirements of Undergraduate preparation.
  - 3.1.2 Theory, Teaching practice and practical.
  - 3.1.3 Professional competencies to be developed.
- 3.2. Post-Graduate Preparation.
  - 3.2.1 Purposes & Admission requirements.
  - 3.2.2 Methods of instruction.
  - 3.2.3 Professional relations.

**UNIT-IV**

4. Teacher and Teaching
  - 4.1 Teaching as a career.
  - 4.2 Basic Qualities of a successful teacher.
  - 4.3 Preparation of the specialized physical education teacher.
  - 4.4 Types of teaching jobs.
  - 4.5 Types of non-teaching jobs.

**UNIT-V**

- 5.1. In-Service Education.
  - 5.1.1 Nature and Scope.
  - 5.1.2 Role of teacher education institutions in in-service education.
  - 5.1.3 Role of Profession in in-service education.
  - 5.1.4 Course and Formal education experience.



## 5.2 Evaluation.

5.2.1 Trends in evaluating professional preparation.

5.2.2 Evaluating the Programme of professional preparation.

5.2.3 Relation of evaluation to administration & Personal program.

## 5.3 Modern Trends in professional preparation

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**BPES-III**  
**PAPER-IV**  
**TESTS AND MEASUREMENTS**  
**Code-BPES 304 A (Elective)**

**UNIT-I**

- 1.1 Introduction
  - 1.1.1 Meaning of Test, Measurement and Evaluation.
  - 1.1.2 Formative and summative Evaluation.
- 1.2 Needs and Importance of Tests, Measurements and Evaluation in Physical Education.
- 1.3 Introduction to Statistics
  - 1.3.1 Meaning and Definitions of Statistics
  - 1.3.2 Meaning and kinds of Data
  - 1.3.3 Needs and Importance of Statistics
- 1.4 Frequency Table
  - 1.4.1 Meaning, Importance and uses of F.T.
  - 1.4.2 Construction of F.T.
- 1.5 Measures of Central Tendency
  - 1.5.1 Meaning, uses and calculation of mean from Ungrouped and grouped Data.
  - 1.5.2 Meaning, uses and calculation of Median from ungrouped and grouped Data.
  - 1.5.3 Meaning, uses and calculation of Mode from ungrouped and grouped Data.

**UNIT-II**

- 2.1 Measures of Variability
  - 2.1.1 Meaning, uses and calculation of quartile Deviation from ungrouped and grouped Data.
  - 2.1.2 Meaning, uses and calculation of standard Deviation from ungrouped and grouped Data.
- 2.2 Percentiles and Deciles
  - 2.2.1 Meaning and calculation of percentiles from ungrouped and grouped data.
  - 2.2.2 Meaning and calculation of Deciles from ungrouped and grouped data.
- 2.3 Graphical Representation of Data.
  - 2.3.1 Meaning and uses.
  - 2.3.2 Construction of Frequency Polygon.
  - 2.3.3 Construction of Cumulative Frequency curve.
  - 2.3.4 Construction of smooth Frequency curve.
  - 2.3.5 Construction of Histogram/Bar Diagram.
- 2.4 Correlation
  - 2.4.1 Meaning and uses of correlation
  - 2.4.2 Magnitude of correlation
  - 2.4.3 Calculation of correlation by Rank Difference Method.
  - 2.4.4 Calculation of correlation by Product Moment Method.

### **UNIT-III**

- 3.1 Population and sample
  - 3.1.1 Meaning of population and sample
  - 3.1.2 Importance of sampling
  - 3.1.3 Principles of sampling.
  - 3.1.4 Sampling Techniques.
    - 3.1.4.1 Systematic sampling
    - 3.1.4.2 Random sampling
    - 3.1.4.3 Stratified sampling
    - 3.1.4.4 Cluster sampling
    - 3.1.4.5 Sequential sampling
- 3.2 Knowledge Test
  - 3.2.1 Importance of knowledge Test
  - 3.2.2 Types of Knowledge Tests
    - 3.2.2.1 Characteristics of objective Knowledge Test
    - 3.2.2.2 Characteristics of subjective Knowledge Test
    - 3.2.2.3 Items to be included in objective Knowledge Test
    - 3.2.2.4 Items to be included in subjective Knowledge Test
- 3.3 Technical standards of a test
  - 3.3.1 Reliability
  - 3.3.2 Validity
  - 3.3.3 Objectivity
  - 3.3.4 Norms
- 3.4 Criteria of Tests Selection
- 3.5 Administration of Testing Programme.
  - 3.5.1 Advance Preparation
  - 3.5.2 Duties during Testing
  - 3.5.3 Duties After testing.

### **UNIT-IV**

- 4.1 Somatotyping
  - 4.1.1 Meaning of Somatotyping
  - 4.1.2 Brief Account of Kretchmer's body type
  - 4.1.3 Brief Account of Sheldon's body type
- 4.2. Strength Test
  - 4.2.1 Maximum strength (Arms & Legs)
  - 4.2.2 Explosive strength (Arms & Legs)
  - 4.2.3 Strength endurance (Arms & Abdomen)
- 4.3 Cardio- Respiratory Endurance Tests
  - 4.3.1 Cooper's Run/Walk Test.
  - 4.3.2 Harvard Step Test.
- 4.4 Balance Tests.
  - 4.4.1 Stock stands for static balance.

#### 4.4.2 Modified Bass Test for Dynamic Balance.

- 4.5 Flexibility Tests
  - 4.5.1 Bridge up test for spine flexibility.
  - 4.5.2 Shoulder Rotation test for shoulder flexibility.

## **UNIT-V**

- 5.1 Fitness Tests
  - 5.1.1 Rogers's PFI.
  - 5.1.2 AAHPER youth fitness test.
  - 5.1.3 National Physical Fitness Programme.
  - 5.1.4 FYT Health Related fitness tests battery.
  - 5.1.5 JCR Test.
  - 5.1.6 Barrow Motor Ability Test (Three Items).
- 5.2 Sports Skill Tests
  - 5.2.1 Johnson Basketball Ability Tests.
  - 5.2.2 Lock Hart and McPherson Badminton Tests.
  - 5.2.3 McDonald Soccer Test
  - 5.2.4 Brady Volleyball Test.
  - 5.2.5 Harban's Hockey Test.
- 5.3 Social Efficiency
  - 5.3.1 Meaning of Social Efficiency.
  - 5.3.2 Mc Clay's Behavior Rating Scale.
  - 5.3.3 Cowell Social behavior Trend Index.

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**BPES - III**  
**PAPER-V**  
**MANAGEMENT IN PHYSICAL EDUCATION**  
**Code-BPES 304 B (Elective)**

**UNIT-I**

1. Management and Organizational Structure:
  - 1.1 Meaning and Definition of the Terms – Administration and Management.
  - 1.2 Elements/Phases of Management (Planning; Organizing; staffing; Directing and Coordination; Supervision and Control/Evaluation; Re-adjustments and Improvement/Follow-up)
  - 1.3 Importance/Significance of the Subject- Management in Physical Education and Sports.
  - 1.4 Principles of Management.
  - 1.5 Schemes of Organization- Meaning.
  - 1.6 Procedure for Working-out an effective Scheme of Organization.
  - 1.7 Organizational Structure in Schools, Colleges and Universities.
  - 1.8 Organizational Structure in District and State Education Departments.

**UNIT-II**

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

**UNIT-III**

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

### 3.4 Staff Co-operation and its Significance.



- 3.5 Involvement/Development of Voluntary Services of Other Teachers for physical Education Programs.
- 3.6 Student Leadership: Meaning, Elements, and Values/Significance.
- 3.7 Selection, Training and Recognition of Student Leaders.

#### **UNIT-IV**

- 4. Intramurals, Extramural and Public Relations
  - 4.1 Meaning and Values of Intramural Program.
  - 4.2 Units, Events and Points System for Competition.
  - 4.3 Sample Rules to be followed for Intramurals.
  - 4.4 Rewards and Incentives for Winners.
  - 4.5 Meaning and Educational Outcomes of Extramural.
  - 4.6 Evil Practices in Extramural.
  - 4.7 Limitations on Participation.
  - 4.8 Team Management: Selection & Training (Coaching Camps etc.)
  - 4.9 Tour Management (Physical Education Teacher as manager of the Team)
  - 4.10 Tournament Management, Opening and Closing Ceremonies; various Committees and their Responsibilities.
  - 4.11 Definition and meaning of Public Relations.
  - 4.12 Need for a Public Relation Program in Physical Education.
  - 4.13 Principles to be followed for a good Public relation Program.
  - 4.14 Techniques of Public Relation.
  - 4.15 Relation of the physical Education Teacher with the Students, Parents, Colleagues, Principal and Supervisor etc.

#### **UNIT-V**

- 5. Class management, Office Management and Physical Education Budget.
  - 5.1 Teacher's Preparation before Class (Lesson Plan, Markings of the Necessary Equipments Suitable Uniform). Courts ,
  - 5.2 Students Preparation.
  - 5.3 Handling and Controlling the Class.
  - 5.4 Attendance System.
  - 5.5 Grading the Student.
  - 5.6 Preparing Reports.
  - 5.7 The Need for Office, its Location and Set-up.
  - 5.8 Office Function and Practices.
  - 5.9 Meaning and Importance of `Budget` in Physical Education.
  - 5.10 Budget Making (Steps, Areas of Income and Expenditure).
  - 5.11 Account Keeping.
  - 5.12 Petty Cash Fund/Imp rest.

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**BPES-III**  
**PAPER-VI**  
**SPORTS SPECILIZATION**  
**(Practical)**

**UNIT I**

- 1 History: Historical Development of the game/Sports at National and International Levels
- 2 Organization:
  - 1 National Bodies controlling sports and their affiliated units.
  - 2 International Bodies controlling sports and affiliated Unites
  - 3 Major national and International competition.

**UNIT II**

Officiating and Lay – Out of Play Field:

- 1 Rules and Regulation  
Officiatin
- 2 g
- 3 Lay out

**UNIT III**

- 1 Techniques/ Skill
    - a. Classification
    - b. Skill training
    - c. Recreation and Lead Up Activities 2
- Tactics and Strategy
- a. Selection of players
  - b. Game tactics/situation tactics
  - c. Tactical training

**UNIT IV**

Training:

- 1 Systematizations and training process for a beginners, intermediate and high performance sportsperson.
- 2 Training methods and means for the development of motor abilities
- 3 Load dynamics
- 4 Basic concept of preparation of training schedules.

**NOTE**

Sports Specialization must for Only BPE III year Students.

The obtained marks of the Specialization theory Internal Paper will automatically included in practical parts of overall BPE III result.

