

BPE II

PAPER-I **PHYSIOLOGY** **Code- BPE 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.

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BPE-II
PAPER-II
HEALTH EDUCATION
Code-BPE 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

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- Frank H. Walter H., Turners School Health Education, The C.V. Mosby Company, Saint Louis-1976.

BPE - II
PAPER-III
INTRODUCTION TO SOCIAL SCIENCE
Code-BPE - 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).

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BPE-II
PAPER-IV
EDUCATIONAL PSYCHOLOGY
CODE-BPE 204

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 over come 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.

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Larrym Leith, "The Psychology of Coaching Teams Sports", Sport Books Publisher, Canada-203

PAPER-V
KINESIOLOGY
Code-BPE 205

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**