CURRICULUM FRAMEWORK
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)
TWO-YEAR - PROGRAMME

Common Core Syllabus 2015-16
APPROVED BY
Telangana State Council of Higher Education

As per the guidelines of the
NATIONAL COUNCIL FOR TEACHER EDUCATION

Organized by
UNIVERSITY COLLGE OF PHYSICAL EDUCATION
OSMANIA UNIVERSITY-HYDERABAD
Important Note:

a. If the University or affiliating body is following choice based credit system, (CBCS) as approved and Circulated by the UGC, the credit hours given in the following curriculum framework need to be considered along with the hours of teaching mentioned for each paper/activity/course

b. If the University or affiliating body is yet to adopt CBCS, only the hours of teaching mentioned for each paper/activity/course will be considered, the credit in teaching hours may be ignored

Preamble: Bachelor of Physical Education (B.P.Ed.) two year (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of physical education in Schools.

B.P.Ed. programme shall be designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship.

1. Intake, Eligibility and Admission Procedure: Intake, Eligibility and Admission Procedure should be as per the NCTE norms/State Government.

2. Duration:

The B.P.Ed. programme shall be of a duration of two academic years, i.e four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

3. Medium of Instruction

Medium of instruction is English. Students are allowed to write the examination in both English and Telugu.

4. The CBCS System:
All Programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

5. Course:

The term course usually referred to as ‘papers’ is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures / tutorials / laboratory work / field work / outreach activities / project work / vocational training / viva / seminars / term papers / assignments / presentations / self-study etc., or a combination of some of these.

6. Courses of Programme:

The B.P.Ed. Programme consists of a number of courses, the term ‘Course’ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed., Programme.

Theory:

Core Course
Elective Course

Practicum:

Teaching/ coaching/ Internship (Teaching Compulsory course in Track & Field, Racket Sports, Indigenous Sports, Team Sports and Activities).

7. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The ‘odd’ semester may be scheduled from May/June to November/December and ‘even’ semester from November/December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

8. Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

9. Credits:
The term ‘Credit’ refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term ‘Credit’ refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.Ed. Programme is 90 credits and for each semester 20 credits.
Provision of Bonus Credits Maximum 06 Credits in each Semester

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Special Credits for Extra Co-curricular Activities</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sports Achievement at State level Competition (Medal Winner)</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Sports Achievement National level Competition (Medal Winner)</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Sports participation International level Competition</td>
<td>4</td>
</tr>
<tr>
<td>2</td>
<td>Inter University Participation (Any one game)</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Inter Collegiate Participation (Minimum two games)</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>National Cadet Corps / National Service Scheme</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Blood donation / Cleanliness drive / Community services</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>Mountaineering - Basic Camp, Advance Camp / Adventure Activities</td>
<td>2</td>
</tr>
<tr>
<td>7</td>
<td>Organization / Officiating – State / National level in any two game</td>
<td>2</td>
</tr>
<tr>
<td>8</td>
<td>News Reporting / Article Writing / book writing / progress report writing</td>
<td>1</td>
</tr>
<tr>
<td>9</td>
<td>Research Project</td>
<td>4</td>
</tr>
</tbody>
</table>

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

10. Examinations:
   i. There shall be examinations at the end of each semester, for first semester in the month of November / December: for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November / December or May / June.
   ii. A candidate should get enrolled /registered for the first semester examination. If enrolment / registration is not possible owing to shortage of attendance beyond condonation limit rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

11. Condonation:
   Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

   OR
As per the University Rules.
12. Pattern of Question Papers:

Question Paper shall have three parts.

<table>
<thead>
<tr>
<th>Part - A</th>
<th>Description</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Short Questions (Four)</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>5 marks X 4 questions</td>
<td></td>
</tr>
<tr>
<td>Part - B</td>
<td>Long Questions (Four)</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>10 marks X 4 questions</td>
<td></td>
</tr>
<tr>
<td>Part - C</td>
<td>Multiple Choice Questions. (10 out of 12)</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>1 mark X 10 questions</td>
<td></td>
</tr>
</tbody>
</table>

B.P.Ed. Format of Question Paper for 4 Units.

Part - A

<table>
<thead>
<tr>
<th>Question No.</th>
<th>Description</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Short Answer Question. Or Short Answer Question. (From the syllabus of Unit-1)</td>
<td>5</td>
</tr>
<tr>
<td>2</td>
<td>Short Answer Question. Or Short Answer Question. (From the syllabus of Unit-2)</td>
<td>5</td>
</tr>
<tr>
<td>3</td>
<td>Short Answer Question. Or Short Answer Question. (From the syllabus of Unit-3)</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>Short Answer Question. Or Short Answer Question. (From the syllabus of Unit-4)</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>20</td>
</tr>
</tbody>
</table>

Part B

<table>
<thead>
<tr>
<th>Question No.</th>
<th>Description</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit-1)</td>
<td>10</td>
</tr>
<tr>
<td>6</td>
<td>Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit-2)</td>
<td>10</td>
</tr>
<tr>
<td>7</td>
<td>Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit-3)</td>
<td>10</td>
</tr>
<tr>
<td>8</td>
<td>Long Answer Question. (Detailed answer) Or</td>
<td>10</td>
</tr>
</tbody>
</table>
Long Answer Question. (Detailed answer)  
(From the syllabus of Unit- 4)  

<table>
<thead>
<tr>
<th>Part C</th>
</tr>
</thead>
</table>

Answer any 10 Multiple Choice Questions out of 12.

<table>
<thead>
<tr>
<th>Question No 9 to 20</th>
<th>3 multiple choice questions to be set from each unit of syllabus making a total of 12 questions</th>
<th>1 mark X 10 questions = 10marks</th>
</tr>
</thead>
</table>

13. Evaluation:

**Theory:** Internal assessment:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

<table>
<thead>
<tr>
<th>Component</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Test</td>
<td>15</td>
</tr>
<tr>
<td>Seminar / Quiz</td>
<td>5</td>
</tr>
<tr>
<td>Assignments</td>
<td>5</td>
</tr>
<tr>
<td>Attendance</td>
<td>5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>30</strong></td>
</tr>
</tbody>
</table>

**OR**

As per the University Rules.

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

**Evaluation of theory paper for 70 Marks:** All university examination theory papers shall be evaluated by single evaluator appointed by the university from the panel of external examiners.
Practicum Internal evaluation: The internal assessment shall be done for 30 marks in each practicum. If more than one event/game is present under the same practicum, each event/game shall be evaluated separately for 30 marks by the concerned teacher dealt the event/game. The average of the awarded marks of all the teachers shall be taken.

Practicum External evaluation: The External assessment shall be done for 70 marks in each practicum. If more than one event/game is present under the same practicum, each event/game shall be evaluated separately for 70 marks by the external examiner nominated by the university. The average of the awarded marks of all the events/games of that practicum shall be for 70 marks.

14. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e., 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 marks and 35 marks out of 70 marks for the practical courses.

15. Grading:

Once the marks of the CIA (Continuous Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in B.P.Ed. 17 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semesters indicated by Cumulative Grade Point Average (CGPA). As per the University Norms.

16. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

17. Award of the B.P.Ed. Degree:

A candidate shall be eligible for the award of the degree of the B.P.Ed. only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

18. Revaluation, Betterment and Reappearance

As per the University Rules
19. Letter Grades and Grade Points:

i. Two methods—relative grading or absolute grading—have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use anyone of the above methods.

ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade Point</th>
<th>Latter Grade</th>
<th>Description</th>
<th>Classification of final result</th>
</tr>
</thead>
<tbody>
<tr>
<td>85 &amp; above</td>
<td>8.5-10.0</td>
<td>0</td>
<td>Outstanding</td>
<td>First class with Distinction</td>
</tr>
<tr>
<td>70-84.99</td>
<td>7.0-8.49</td>
<td>A+</td>
<td>Excellent</td>
<td></td>
</tr>
<tr>
<td>60-69.99</td>
<td>6.0-6.99</td>
<td>A</td>
<td>Very Good</td>
<td>First Class</td>
</tr>
<tr>
<td>55-59.99</td>
<td>5.5-5.99</td>
<td>B+</td>
<td>Good</td>
<td>Higher Second Class</td>
</tr>
<tr>
<td>50-54.99</td>
<td>5.0-5.49</td>
<td>B</td>
<td>Above Average</td>
<td>Second Class</td>
</tr>
<tr>
<td>40-49.99</td>
<td>4.0-4.99</td>
<td>C</td>
<td>Average</td>
<td>Pass Class</td>
</tr>
<tr>
<td>Below 40</td>
<td>0.0</td>
<td>F</td>
<td>Fail / Dropped</td>
<td>Dropped</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>AB</td>
<td>Absent</td>
<td></td>
</tr>
</tbody>
</table>

These two are calculated by the following formula:

\[
\frac{\sum_{i=1}^{n} Ci \cdot Gi}{\sum_{i=1}^{n} Ci} = \text{SGPA of semester } j
\]

\[
\frac{\sum_{j=1}^{N} \text{SGPA of semester } j}{N} = \text{CGPA}
\]

Where \( Ci \) is the Credit earned for the course is in any semester; \( Gi \) is the Grade point obtained by the student for the course \( i \) and \( n \) number of courses obtained in that semester; \( j \), is SGPA of semester \( j \) and \( N \) number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

20. Grade Point Calculation (Example):

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for B. P. Ed., Programme.

The credit grade points are to be calculated on the following basis:

\[
\sum_{i=1}^{n} Ci \cdot Gi
\]
Example-1
Marks obtained by Student in course CC 101 = 65/100
Percentage of marks = 65%
Grade from the conversion table is = A
Grade Point = 6.0 + 5 (0.99/9.99)
= 6.0 + 5 x 0.1
= 6.0 + 0.5
= 6.5
The Course Credits = 04
Credits Grade Point (CGP) = 6.5 x 04 = 26

The semester grade point average (SGPA) will be calculated as a weightage average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

<table>
<thead>
<tr>
<th>Courses No.</th>
<th>Credit</th>
<th>Marks out of 100 (%)</th>
<th>Grade</th>
<th>Grade Point</th>
<th>Credit Grade point</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC-101</td>
<td>4</td>
<td>65</td>
<td>A</td>
<td>6.5</td>
<td>26</td>
</tr>
<tr>
<td>CC-102</td>
<td>4</td>
<td>60</td>
<td>A</td>
<td>6.0</td>
<td>24</td>
</tr>
<tr>
<td>CC-103</td>
<td>4</td>
<td>62</td>
<td>A</td>
<td>6.2</td>
<td>24.8</td>
</tr>
<tr>
<td>EC-111/EC-112</td>
<td>4</td>
<td>57</td>
<td>B+</td>
<td>5.7</td>
<td>22.8</td>
</tr>
<tr>
<td>PC-121</td>
<td>4</td>
<td>55</td>
<td>B+</td>
<td>5.5</td>
<td>22</td>
</tr>
<tr>
<td>PC-122</td>
<td>4</td>
<td>72</td>
<td>A+</td>
<td>7.2</td>
<td>28.8</td>
</tr>
<tr>
<td>PC-123</td>
<td>4</td>
<td>66</td>
<td>A</td>
<td>6.6</td>
<td>26.4</td>
</tr>
<tr>
<td>PC-124</td>
<td>4</td>
<td>72</td>
<td>A+</td>
<td>7.2</td>
<td>28.8</td>
</tr>
<tr>
<td></td>
<td>32</td>
<td></td>
<td></td>
<td></td>
<td>203.6</td>
</tr>
</tbody>
</table>

Examples: Conversion of marks into grade points

CC-101 65 = 60 + 5 = 6.0 + 5 x (0.99 / 9.99) = 6.0 + 5 x 0.1 = 6.0 + 0.5 = 6.5
CC-102 60 = 6.0
CC-103 62 = 60 + 2 = 6.0 + 2 x (0.99/9.99) = 6.0 + 2 x 0.1 = 6.0 + 0.2 = 6.2
EC-111/EC-112 57 = 55 + 2 = 5.5 + 2 x (0.49 / 4.99) = 5.5 + 2 x 0.1 = 5.5 + 0.2 = 5.7
PC-121 55 = 5.5
PC-122 72 = 70 + 2 = 7.0 + 2 x (1.49/14.99) = 7.0 + 2 x 0.1 = 7.0 + 0.2 = 7.2
PC-123 66 = 60 + 6 = 6.0 + 6 x (0.99 / 9.99) = 6.0 + 6 x 0.1 = 6.0 + 0.6 = 6.6
PC-124 72 = 70 + 2 = 7.0 + 2 x (1.49 / 14.99) = 7.0 + 2 x 0.1 = 7.0 + 0.2 = 7.2

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points
= 203.6/32 = 6.3625
SGPA Sem. 1 = 6.3625
At the end of Semester-1
Total SGPA = 6.3625  
Cumulative Grade Point Average (CGPA) = 6.3625/1 = 6.3625

CGPA = 6.66875, Grade = A, Class = First Class

**SEMIESTER-II**

<table>
<thead>
<tr>
<th>Courses No.</th>
<th>Credit</th>
<th>Marks out of 100 (%)</th>
<th>Grade</th>
<th>Grade Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC-201</td>
<td>4</td>
<td>76</td>
<td>A+</td>
<td>7.6</td>
</tr>
<tr>
<td>CC-202</td>
<td>4</td>
<td>64</td>
<td>A</td>
<td>6.4</td>
</tr>
<tr>
<td>CC-203</td>
<td>4</td>
<td>59</td>
<td>B+</td>
<td>5.9</td>
</tr>
<tr>
<td>EC-211/EC-212</td>
<td>4</td>
<td>80</td>
<td>A+</td>
<td>8</td>
</tr>
<tr>
<td>PC-221</td>
<td>4</td>
<td>49</td>
<td>C</td>
<td>4.9</td>
</tr>
<tr>
<td>PC-222</td>
<td>4</td>
<td>64</td>
<td>A</td>
<td>6.4</td>
</tr>
<tr>
<td>PC-223</td>
<td>4</td>
<td>55</td>
<td>B+</td>
<td>5.5</td>
</tr>
<tr>
<td>TP-231</td>
<td>4</td>
<td>72</td>
<td>A+</td>
<td>7.2</td>
</tr>
</tbody>
</table>

SGPA Sem. II = 6.4875  
At the end of Semester-2  
Total SGPA for two Semesters = 12.85  
Cumulative Grade Point Average (CGPA) = 12.85/2 = 6.425  
CGPA = 6.66875, Grade = A, Class = First Class

**SEMIESTER-III**

<table>
<thead>
<tr>
<th>Courses No.</th>
<th>Credit</th>
<th>Marks out of 100 (%)</th>
<th>Grade</th>
<th>Grade Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC-301</td>
<td>4</td>
<td>64</td>
<td>A</td>
<td>6.4</td>
</tr>
<tr>
<td>CC-302</td>
<td>4</td>
<td>64</td>
<td>A</td>
<td>6.4</td>
</tr>
<tr>
<td>CC-303</td>
<td>4</td>
<td>59</td>
<td>B+</td>
<td>5.9</td>
</tr>
<tr>
<td>EC-311/EC-312</td>
<td>4</td>
<td>81</td>
<td>A+</td>
<td>8.1</td>
</tr>
<tr>
<td>PC-321</td>
<td>4</td>
<td>49</td>
<td>C</td>
<td>4.9</td>
</tr>
<tr>
<td>PC-322</td>
<td>4</td>
<td>64</td>
<td>A</td>
<td>6.4</td>
</tr>
<tr>
<td>PC-323</td>
<td>4</td>
<td>68</td>
<td>A</td>
<td>6.8</td>
</tr>
<tr>
<td>TP-331</td>
<td>4</td>
<td>75</td>
<td>A+</td>
<td>7.5</td>
</tr>
</tbody>
</table>

SGPA Sem. III = 6.55  
At the end of Semester-3  
Total SGPA for three Semesters = 19.4  
Cumulative Grade Point Average (CGPA) = 19.4/3 = 6.46667  
CGPA = 6.66875, Grade = A, Class = First Class
**SEMMESTER-IV**

<table>
<thead>
<tr>
<th>Courses No.</th>
<th>Credit</th>
<th>Marks out of 100 (%)</th>
<th>Grade</th>
<th>Grade Point</th>
<th>Credit Grade point</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC-401</td>
<td>4</td>
<td>83</td>
<td>A+</td>
<td>8.3</td>
<td>33.2</td>
</tr>
<tr>
<td>CC-402</td>
<td>4</td>
<td>76</td>
<td>A+</td>
<td>7.6</td>
<td>30.4</td>
</tr>
<tr>
<td>CC-403</td>
<td>4</td>
<td>59</td>
<td>B+</td>
<td>5.9</td>
<td>23.6</td>
</tr>
<tr>
<td>EC-411/EC-412</td>
<td>4</td>
<td>81</td>
<td>A+</td>
<td>8.1</td>
<td>32.4</td>
</tr>
<tr>
<td>PC-421</td>
<td>4</td>
<td>49</td>
<td>C</td>
<td>4.9</td>
<td>19.6</td>
</tr>
<tr>
<td>PC-422</td>
<td>4</td>
<td>78</td>
<td>A+</td>
<td>7.8</td>
<td>31.2</td>
</tr>
<tr>
<td>TP-431</td>
<td>4</td>
<td>81</td>
<td>A+</td>
<td>8.1</td>
<td>32.4</td>
</tr>
<tr>
<td>TP-432</td>
<td>4</td>
<td>75</td>
<td>A+</td>
<td>7.5</td>
<td>30</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>32</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>232.8</strong></td>
</tr>
</tbody>
</table>

SGPA Sem. IV = 7.275

At the end of Semester-4

Total SGPA for all the four semesters = 26.675
Cumulative Grade Point Average (CGPA) = 26.675 /4 = 6.66875
CGPA = 6.66875, Grade = A, Class = First Class

Note:
1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
4) For the award of the class, CGPA shall be calculated on the basis of:
   (a) Marks of each Semester End Assessment And
   (b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for B.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from all the one to four semester examinations.

21. Grievance Redressal Committee:
   The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

22. Revision of Syllabi will be done as per the Norms of NCTE / University :
# SEMESTER - I

## Part-A : Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC-101</td>
<td>History, Principles and foundations of Physical Education</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-102</td>
<td>Anatomy and Physiology</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-103</td>
<td>Educational Technology and Methods of Teaching in Physical Education</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

## Elective Course (Anyone)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>EC-111</td>
<td>Communication &amp; Soft skills</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>EC-112</td>
<td>Olympic Movement</td>
<td></td>
<td></td>
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<td></td>
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</tbody>
</table>

## Part-B : Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PC-121</td>
<td>Track and Field (Running Events), *Gymnastics/*Swimming</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>(* Any one)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PC-122</td>
<td>Football, Tennis, Throwball</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-123</td>
<td>Badminton, Kho-Kho, Shooting</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-124</td>
<td>Mass Demonstration Activities: Flag Hoisting, March past, Calisthenics, Lezium Dumb-bells, Kolatam, Aerobics Wands, Hoops, Pole Drill, Folk Songs &amp; Patriotic Songs</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

| Total       |                                                               | 40          | 32      | 240            | 560            | 800         |

**Note:** Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.
# SEMESTER-II

## Part-A : Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Core Course</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CC-201</td>
<td>Kinesiology and Biomechanics</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-202</td>
<td>Health Education and Environmental Studies</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-203</td>
<td>Measurement and Evaluation in Physical Education</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td><strong>Elective Course (Anyone)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EC-211</td>
<td>Computer Applications in Physical Education</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>EC-212</td>
<td>Recreation and Leisure Management</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Part-B : Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PC-221</td>
<td>Track and Field (Jumping Events)</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>* Gymnastics/<em>Swimming (</em> Any one)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PC-222</td>
<td>Yoga, Ball Badminton, Kabaddi</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-223</td>
<td>Hockey, Handball, Cricket</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

## Part-C Teaching Practices

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>TP-231</td>
<td>Teaching Practice (Class room and Outdoor)</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>(4 internal and 1 External in class room and outdoor)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>40</td>
<td>32</td>
<td>240</td>
<td>560</td>
<td>800</td>
</tr>
</tbody>
</table>

**Note:** Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.
**SEMESTER-III**

**Part-A : Theoretical Course**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Core Course</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CC-301</td>
<td>Sports Training</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-302</td>
<td>Concepts of Wellness Management</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-303</td>
<td>Sports Psychology and Sociology</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td><strong>Elective Course (Anyone)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EC-311</td>
<td>Sports Medicine, Physiotherapy and Rehabilitation</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>EC-312</td>
<td>Curriculum Design</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**Part-B : Practical Course**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PC-321</td>
<td>Track and Field (Throwing Events)</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>* Gymnastics/*Swimming</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(* Any one)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PC-322</td>
<td>Karate / Judo / Fencing/ Tennikoit, Softball, Basketball</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-323</td>
<td>Wrestling, Taekwondo, Boxing, Table Tennis, Volleyball</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

**Part-C Teaching Practices**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>TP-331</td>
<td>Teaching practice: Particular Lesson Plans for Racket Sport/ Team Games/ Indigenous Sports. (out of 10 lessons 5 at practicing school &amp; 4 internal and 1 external).</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

**Total**

|             | 40 | 32 | 240 | 560 | 800 |

**Note:** Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.
### Semester-IV

#### Part-A : Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Course</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CC-401</td>
<td>Sports Management</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-402</td>
<td>Concepts of Yoga</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-403</td>
<td>Officiating and Coaching</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>Elective Course (Anyone)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EC-411</td>
<td>Fitness Assessment and exercise prescription</td>
<td>4</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>EC-412</td>
<td>Research and Statistics in Physical Education</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Part-B : Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>PC-421</td>
<td>Athletics Specialization</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-422</td>
<td>Game of Specialization: Football, Kabaddi, Badminton, Cricket, Hockey, Handball, Kho-Kho, Ball Badminton, Basketball, Volleyball, Softball, Tennis, Table Tennis (Any one of these)</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

#### Part-C Teaching Practices

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credits</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>TP-431</td>
<td>Teaching Practice in Sports Specialization: coaching lesson Plan in Track and Field / Swimming /Gymnastics (Any one of these)</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>TP-432</td>
<td>Teaching practice in Game of specialization: Coaching lessons: Kabaddi/ Kho-kho/ Baseball/ Cricket/ Football/ Hockey/ softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table-tennis/ Squash/ Tennis (Any one of the above games). Out of 10 lessons, 5 lessons at school and 4 internal and 1 external. (both particular and coaching lessons have to be included in the program. Each lesson is of 45 minutes duration.</td>
<td>6</td>
<td>4</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

**Total** | 40 | 32 | 240 | 560 | 800 |

**Total for four semesters** | 160 | 128 | 960 | 2240 | 3200 |

**Note**: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.
SCHEME OF EXAMINATION

SEMESTER-I

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Internal</th>
<th>External</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC-101</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-102</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-103</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>EC-111</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>EC-112</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-121</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-122</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-123</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-124</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>240</strong></td>
<td><strong>560</strong></td>
<td><strong>800</strong></td>
</tr>
</tbody>
</table>

SEMESTER-II

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Internal</th>
<th>External</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC-201</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-202</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-203</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>EC-211</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>EC-212</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-221</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-222</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-223</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>TP-231</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>240</strong></td>
<td><strong>560</strong></td>
<td><strong>800</strong></td>
</tr>
</tbody>
</table>
## SEMESTER-III

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Internal</th>
<th>External</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC-301</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-302</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>CC-303</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>EC-311</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>EC-312</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-321</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-322</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>PC-323</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>TP-331</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>240</strong></td>
<td><strong>560</strong></td>
<td><strong>800</strong></td>
</tr>
</tbody>
</table>

## SEMESTER-IV

<table>
<thead>
<tr>
<th>Paper Code</th>
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B.P.Ed. – Details of Syllabus

Semester-I - Theory

CC-101: HISTORY, PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION

Unit-1  Introduction
Meaning, Definition and Scope of Physical Education, Aims and Objectives of Physical Education, Importance of Physical Education in present era, Concepts and misconceptions about Physical Education, Relationship of Physical Education with General Education, Physical Education as Arts and Science.

Unit-2  Historical Development of Physical Education
Indus Valley Civilization Period. (3250 BC - 2500 BC), Vedic Period (2500 BC - 600 BC), Early Hindu Period (600 BC - 320 AD) and Later Hindu Period (320 AD - 1000 AD), Medieval Period (1000 AD - 1757 AD), British Period (Before 1947), Physical Education in India (After 1947), Physical Education in Greece, Germany, Sweden Contribution of Akhadas and Vyayamsalas, H.V.P.Mandals, Institutions / Bodies in Physical Educations and Sports: YMCA, LNIPE, NSNIS, IOA, AIU, SAISAF, SGF, PYKKA, RGKA, SATS, Physical Education & Sports Universities.

Unit-3  Foundations of Physical Education
Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture. Fitness and wellness movement in the contemporary perspectives, Sports for all and its role in the maintenance and promotion of fitness.

Unit-4  Principles of Physical Education


References:
Semester-I - Theory

CC-102: ANATOMY AND PHYSIOLOGY

Unit-1 Meaning and Definition of Anatomy, Physiology and their importance in Physical Education. Structure, function and division of cell. Tissues: Functions and types. Structure, properties and functions of skeletal muscles. Skeletal System: Axial and Appendicular Skeletal system, Types of Bones and Joints.


Unit-4 Effects of training on cardiovascular system, Effects of training on respiratory system, Effects of training on muscular system, Fatigue and performance in sports.

References:
Semester-I - Theory

CC-103 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION
Unit-1 Introduction

Unit-2 Teaching Techniques and teaching aids

Unit-3 Tournaments:

Unit-4 Lesson Planning and Teaching Innovations
Lesson Planning: Meaning, Type, principles and lesson plan. General, particular / specific and coaching lesson plan. Micro Teaching: Meaning, Types and steps of micro teaching. Simulation Teaching: Meaning, Types and steps of simulation teaching.

References:
6) N.R.Swaroop Saxena, Dr.S.C. Oberoi, Technology of teaching. R.L. Book Depo, Meerut
7) Satyanarayana Vadepalli EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION (2015) sports publication, new delhi
Semester-I - Theory

EC-111 COMMUNICATION & SOFT SKILLS (ELECTIVE)

Unit-1 Listening Skills:
Extracting specific information, Listening for communication, take down for telephone messages.

Unit-2 Speaking Skills:
Meaning and Definition of the Communication, Conversation practice, Greetings, Praises, Complements, Asking permission, Self Introduction, Courtesy (Excuse me, Thank You).

Unit-3 Reading Skills:
Skimming, Vocabulary in usage, Word forms, One Word Substitution.

Unit-4 Writing Skills

References:


           2. Central University, Pandicherry Developing reading Sills – Book I & II

           2. Green J.D.Contemporary English grammar Structure & Composition Macmillan.
Semester-I - Theory

EC-112 OLYMPIC MOVEMENT (ELECTIVE)

Unit-1 Origin of Olympic Movement
Aims of Olympic movement, The early history of the Olympic movement, The significant stages in the development of the modern Olympic movement, Educational and cultural values of Olympic movement.

Unit-2 Modern Olympic Games
Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic Protocol for member countries, Olympic Code of Ethics, Olympism in action, Sports for all.

Unit-3 Different Olympic Games
Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games.

Unit-4 Committees of Olympic Games
International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Olympic commission and their functions, Olympic medal winners of India.

References:
3) The Olympic Movement, IOC, Lauranne, Switzerland
Semester-II - Theory

CC-201 KINESIOLOGY AND BIOMECHANICS

Unit-1 Introduction to Kinesiology and Sports Biomechanics

Unit-2 Fundamentals Concept of Anatomy and Physiology
Definition of Joints, Structure and functional classification of joints and muscles. Types of Muscle Contractions, Posture: Meaning, Types and Importance of good posture. Fundamental concepts: Angle of Pull, All or None Law, Reciprocal Innervations.

Unit-3 Mechanical Concepts

Unit-4 Kinematics and Kinetics of Human Movement

References:
6) Geofray Mechanics in Sports.
Semester-II - Theory

CC-202 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Unit-1 Health Education

Unit-2 Health Problems in India

Unit-3 Environmental Science
Definition, Scope, Need and Importance of environmental studies, Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment, Pollution of Plastic bags / covers, Role of school in environmental conservation and sustainable development.

Unit-4 Natural Resources and related environmental issues:
Water resources, food resources and Land resources, Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution, Role of pollution control board.

References:
Semester-II - Theory

CC-203 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit-1 Introduction to Test, Measurement Evaluation

Unit-2 Classification and Administration of test
Classification of Tests, Administration of test: Pre, During and post test, Methods of Scoring test.

Unit-3 Physical Fitness Tests
AAHPER youth fitness test, JCR test, Cooper’s 12 minute run/ walk test, Harward Step test, Indiana Motor Fitness Test, Barrow motor ability test.

Unit-4 Sports Skill Tests
Lockhart and McPherson badminton test, Johnson basketball test, McDonald soccer test, Russell - Lange Volleyball test, Schmithals French Field Hockey test

References:
9) Harison.H Clarke : *Application of Measurements to health & Physical Education*
10) Donald Mathews : *Measurements Programme in Physical Education*
Semester-II - Theory

EC-211 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION (ELECTIVE)

Unit-1 Introduction to Computer
Meaning, need and importance of information and communication technology (ICT). Application of Computers in Physical Education, Components of computer, input and output device, Application software used in Physical Education and sports

Unit-2 MS Word
Introduction to MS Word, Creating, opening and saving a document, Formatting, Editing features, Drawing table, Page setup, paragraph alignment, spelling and grammar check, printing option, inserting: page number, graph, Header and footer

Unit-3 MS Excel
Introduction to MS Excel, Creating, opening and Saving spreadsheet, creating formulas, Format and editing features, adjusting columns width and row height, understanding charts.

Unit-4 MS Power Point
Introduction to MS Power Point, Creating, Opening and saving a Power Point file, format and editing features slide show, design, inserting slide number, picture, graph, table, Preparation of Power point presentations.

References:
Semester-II - Theory

EC-212 RECREATION AND LEISURE MANAGEMENT (ELECTIVE)

Unit-1 Basics of Recreation

Unit-2 Recreation and Play
Theories of Recreation, Theories of Play, Therapeutic Recreation, Therapeutic use of activity, Recreation for the life, Role of recreation and leisure on the human development.

Unit-3 Programme and Methods
Factors that determine the programme, Types of recreational activities: Indoor, Outdoor games, Music, Dance, Picnics and Excursions.

Unit-4 Recreational Agencies

References:
7) Butmer, G.D. Introduction to Community recreation
8) Jacks .L.P. Education through Recreation
9) Nash, J.B. Philosophy of Recreation
10) Fitzgerald –Community Organisation for Recreation
Semester-III - Theory

CC-301 SPORTS TRAINING

Unit-1  Introduction to Sports Training
Meaning and Definition of Sports Training, Aims and Objective of Sports Training, Principles of Sports Training. **Methods of Sports Training:** Continuous training, Interval training, Repetition training, Fartlek training, Resistance training, Circuit training, Plyometric training. Warm-up and warm-down, **Athletic diet:** Pre competition, during competition and post competition.

Unit-2  Training Components
**Strength:** Meaning and Definition, Methods of Strength Development. **Speed:** Meaning and Definition, Methods of Speed Development. **Endurance:** Meaning and Definition, Methods of Endurance Development. **Coordination:** Meaning and Definition, Methods of Coordination Development. **Flexibility:** Meaning and Definition, Methods of Flexibility Development.

Unit-3  Training Process

Unit-4  Training program and planning
**Periodization:** Meaning and types of Periodization. Aims and Content of Periods: Preparatory, Competition, Transitional. **Planning:** Training session, Talent Identification and Development

References:
Semester-III - Theory

CC-302 CONCEPTS OF WELLNESS MANAGEMENT

Unit-1 WELLNESS
Definition and scope of wellness- Wellness continuum and health - Dimensions of wellness - Physical Wellness - Emotional Wellness - Social Wellness - Spiritual wellness - Intellectual wellness and Environmental wellness.

Unit-2 EXERCISE AND WELLNESS
Physical wellness, exercise and functional physical health of different systems of human body, lifestyle diseases in relation to inactivity, Nutrition and exercise to physical wellness.

Unit-3 STRESS MANAGEMENT
Stress : Definition of Stress, Stress and Emotional health, Stress and physical health- Mechanism of stress and related degenerative diseases- Inter dependence of Spiritual wellness, Social wellness and Emotional wellness- Stress management techniques.

Unit-4 FITNESS AND BODY COMPOSITION
Health fitness components, body composition, muscular endurance, strength, Cardiovascular fitness and flexibility, importance of cardio respiratory endurance .Obesity and health risk factors, childhood obesity and problems. Body composition indicators and measurements

References:
2) The Soul of Wellness: 12 holistic principles for achieving a healthy body, mind, heart and spirit, Rajiv Parti, Select book incorporation, New York.
3) Wellness coaching for lasting Lifestyle change, Michael Arloski, Whole person associates, Duluth, USA.
4) Staying Healthy with Nutrition: The complete guide to Diet and Nutritional medicine, Elson M Has.
5) Charles B.Corbin etal: concept of fitness and wellness meargw hills inc St lauis Bangkok 3rd 2000 U.S.A
6) Satyanarayana Vadepalli sports Nutrition and weight management in (2015) sports publication, new delhi
Semester-III - Theory

CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY

Unit-1 Introduction

Unit-2 Learning, Personality, Motivation,

Unit-3 Relation between Social Sciences & Physical Education
Meaning, Definition and Importance of Sociology, Orthodoxy, customs, Tradition and Physical Education. Festivals and Physical Education, Socialization through Physical Education, Social group, Primary group and Remote group.

Unit-4 Culture
Meaning and Importance of culture, features of culture, effects of culture on people life style. Different methods of studying : Observation / Inspection method, Questionnaire method and Interview method.

References:
11) Satyanarayana Vaddepalli Sports Psychology(2015) sports publication, new delhi
Semester-III - Theory

EC-311 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION
(ELECTIVE)

Unit-1 Sports Medicine

First Aid: Definition of First Aid, DRABC formula (Danger, Response, Airways, Breathing and Circulation), Artificial respiration technique: Mouth to mouth, Mouth to nose respiration, CPR (Cardio Pulmonary Resuscitation). Treatments: Laceration, Blisters, Contusion, Strain, Sprain, Fracture, Dislocation and Cramps. Bandages: Types of Bandages, Taping and supports.

Unit-2 Physiotherapy
Definition: Guiding principles of physiotherapy, Importance of physiotherapy.

Treatment Modalities: Electrotherapy, infrared rays, Ultraviolet rays, short wave diathermy, ultrasound.

Unit-3 Hydrotherapy and Massage
Hydrotherapy: Meaning and Methods, Cryotherapy, Thermotherapy, Contrast Bath, Whirlpool Bath, Steam Bath, Sauna Bath, Hot Water Fomentation.

Massage: Meaning and importance of massage, Indications and contraindications of massage. Types of Manipulation, Physiological effects of Massage.

Unit-4 Therapeutic Exercise

References:
Semester-III - Theory

EC-312 CURRICULUM DESIGN (ELECTIVE)

Unit-1 Modern concept of the curriculum

Unit-2 Basic Guidelines for curriculum construction
Focalization, Socialization, Individualization, Sequence and operation, Steps in curriculum construction.

Unit-3 Curriculum: Old and new concepts, Mechanics of curriculum planning
Basic principles of curriculum construction, Meaning, Importance and factors effecting the curriculum design. Curriculum design according to the needs of the students, state and national level policies.

Unit-4 Preparation of Under Graduate for Profession
Areas of Health education, Physical education and Recreation. Curriculum design: Experience of Education, Field and Laboratory. Teaching practice. Professional Competencies to be developed, Facilities and special resources for library, laboratory and other facilities.

References:
Semester-IV - Theory

EC-401 SPORTS MANAGEMENT

Unit-1 Concept of Management

Unit-2 Leadership

Unit-3 Financial Management

Unit-4 Sports Management

References:
5) Satyanarayana Vadeppalli Social attitudes leadership and physical education (2001) Discovery publication, new delhi
Semester-IV - Theory

CC-402 CONCEPTS OF YOGA

Unit-1  Introduction
Meaning , Definition & Scope of Yoga, Aims, Objectives and functions of Yoga, Yoga practices in Upanishads and yoga sutra, Modern Trends in Yoga, Place and importance of Yoga in Physical Education and Sports.

Unit-2  Early Yoga Practices

Unit-3  Basic Yogic Methods

Unit-4  Yoga Education
Yoga Education for Youth Empowerment and human resource development. Difference between yogic practices and physical exercises, Yoga education centers in India and abroad, Competitions in Yoga asanas.

References:
Semester-IV - Theory

CC-403 OFFICIATING AND COACHING

Unit-1 Introduction of Officiating and coaching
Definition of officiating and coaching, Importance and principles of officiating, Relationship of official and coach with management, players and spectators, Measures of improving the standards of officiating and coaching.

Unit-2 Coach as a Mentor
Duties of coach in general, pre, during and post game. Philosophy of coaching, responsibilities of a coach on and off the field, Psychology of coach in competition and coaching.

Unit-3 Duties of Official
Duties of official in general, pre, during and post game in (Hockey, Football, Handball, Volleyball, Basketball, Table Tennis, Kabaddi, Kho-Kho, Throwball, Tennis, Badminton, Ball Badminton, Cricket, Softball and Tennikoit). Philosophy of officiating, Mechanism of officiating, position, Signals and movement, Ethics of officiating.

Unit-4 Qualities and Qualifications of Coach and Official
Qualities and qualifications of good coach and good official, Layout of courts / fields and Rules of games, Layout of standard Track & Field and Rules, Eligibility rules of intercollegiate and inter-university tournaments.

References:
Semester-IV - Theory

EC-411 FITNESS ASSESSMENT AND EXERCISE PRESCRIPTION (ELECTIVE)

Unit-1 Health Screening
Preliminary Health Screening and Risk Classification-Preliminary Health Evaluation-Testing Blood Pressure, Heart Rate, Principles of Assessment, Prescription and Exercise Program Adherence, Physical Fitness testing, Basic principles of Exercise program Design.

Unit-2 Cardio-respiratory Assessment
Assessment of Cardio respiratory fitness and Designing Cardio respiratory exercise programs, Exercise Prescription, guidelines and procedures, Maximal Exercise, Test Protocols, Sub maximal Exercise Test protocols, Field tests for assessing aerobic fitness, Exercise testing for children, Exercise Prescription, aerobic training methods.

Unit-3 Assessment of strength, muscular endurance and flexibility
Assessment of strength and muscular endurance, strength and muscular endurance testing, Designing resistance training programs, types of resistance training, developing resistance training programs, Muscular misconceptions on resistance training, Assessing Flexibility and Designing stretching programs, Basics of flexibility, assessment of flexibility, designing flexibility programs, designing low back care exercise programs.

Unit-4 Assessment of Body Composition
Assessment of Body Composition, Classification and uses of body composition, measures of body composition, Laboratory methods for assessing body composition, Field methods for assessing body composition, Designing weight management and body composition programs, Obesity: Types and causes, overweight and Underweight, Weight management principles and practices, well balanced nutrition, Designing weight loss programs, Designing weight gain programs, Designing programs to improve Body composition.

References:
2) Applied Body composition assessment, Vivian Heyward, Human Kinetics, USA.
3) Fitness professional’s handbook, Edward T Howley and Don Franks, Human Kinetics, USA.
4) Health Fitness instructors handbook, Edward T Howley, Human Kinetics, USA.
Semester-IV - Theory

EC-412 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION (ELECTIVE)

Unit-1  Introduction to Research
Definition of Research, Need and importance of Research in Physical Education and Sports. Classification of Research, Meaning of Research Problem, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-2  Methods of Research
Various methods of Research, Need for surveying related literature, Literature Sources, Research Proposal.

Unit-3  Basics in Statistics

Unit-4  Statistical Methods in Physical Education and Sports

References:
Semester-I - Practicum: PC-121

Track & Field

Layout of Track

Technique and Rules of Sprints, Middle distance, Long distance, Relays and Hurdles

Specific Exercises and drills for Track Events

Swimming/ Gymnastics (Any one)-

Gymnastics: Floor exercises (Boys & Girls) Horizontal bar – (Boys), Balancing Beam (Girls)

Swimming: Skills & rules of swimming – Free style (50Mt & 100Mt) (Boys & Girls)

Semester-I - Practicum: PC- 122

Football, Tennis, Throwball

Layout of Courts / Fields, Skills, rules & Lead-up Games

Semester-I - Practicum: PC-123

Badminton, Kho-Kho, Shooting

Layout of Courts / Fields/Range, Skills, rules & Lead-up Games

Semester-I - Practicum: PC-124

Mass Demonstration activities:

Semester-II - Practicum : PC-221

Track & Field – Jumping Events
Marking of field events and rules of Jumps
Techniques and Rules of Long Jump, High Jump, Triple Jump, Pole vault
Specific Exercise and Drills
Swimming/Gymnastics (Any one)
Gymnastics: Vaulting horse (Boys & Girls) Pyramids – (Boys & Girls)
Swimming: Skills & rules of swimming – Breast Stroke (50Mts & 100Mts) for (Boys & Girls)

Semester-II - Practicum : PC-222

Aerobics, Yoga, Ball Badminton and Kabaddi
Layout of Courts, Skills, rules & Lead-up Games

Semester-II - Practicum : PC-223

Hockey, Handball, Cricket
Layout of Courts / Fields, Skills, rules & Lead-up Games

Semester-II - Teaching Practice TP-231

Teaching Practice - General : Lesson Plans of 45 Minutes duration each (Total 10 lessons).
Class Room teaching: (Four Internal and one External) in any of the theory subjects of 1st and 2nd semesters.

Outdoor teaching: (Four Internal and One External) from any of the activity from PC-124.
Semester-III -Practicum : PC-321

Track & Field -
Marking of Throwing sectors and rules of Throws
Techniques and Rules of Discus, Shot-put, Javelin & Hammer,
Specific Exercises and drills.

Swimming/ Gymnastics (Any one)

Gymnastics: Parallel bars & roman rings (Boys), Gymnastics Positions & Rhythmic Gymnastics (Girls)

Swimming: Skills & rules of swimming – Butter Fly (50Mt) (Boys & Girls)

Semester-III -Practicum : PC-322

Karate / Judo / Fencing /Tennikoit.
Softball, Basketball
Layout of Courts, Skills, rules & Lead-up Games

Semester-III -Practicum : PC-323

Wrestling / Taekwondo/ Boxing
Table Tennis, Volley Ball
Layout of Courts, Skills, rules & Lead-up Games

Semester-III -Teaching Practice-TP-331

Teaching Practice : Particular Lesson Plans for the games of I,II and III semesters, (Out of 10 Lessons 4 Internal 1External, 5 Lessons at outside schools)
Semester-IV - Practicum : PC-421

Specialization in athletics: candidates has to show proficiency in any one of the events in runs, Jumps and throws. Record and Viva - Voce.

Semester-IV - Practicum : PC-422

Game of Specialization: candidate has to show proficiency and officiating ability in any one of the games from I, II & III semesters. Record and Viva - Voce.

The following components are essential in the Record book.

A. Origin, History and development of game/ event
B. Technical terms related to the event/ game
C. Fundamental Skills/ Techniques/ Drills
D. Advanced Skills / Techniques
E. Lead up games
F. Rules of the game/event
G. Officiating and signals
H. Major Tournaments, Trophies and the results
I. Awards and Awardees in the respective game/event.
J. Training Schedules for six weeks.

Semester-IV - Practicum : PC-431

Coaching lesson in sports specialization. Coaching lesson plan in any one of the track & Fields events / Swimming/Gymnastics. (5 Lessons of 45 Minutes duration each. 4 Internals & 1 External)

Semester-IV - Teaching Practice: TP 432

Teaching Practice in game of Specialization: Coaching lessons in any one of the game from I, II & III Semesters. Each lesson is of 45 minutes duration. Out of 10 lessons, 5 lessons are to be conducted at school. For the remaining 5 lessons, 4 lessons should be conducted for internals and 1 for the external examination. Both the particular lessons and coaching lessons have to be incorporated in the program.
Table-1 : Semester wise distribution of hours per week

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Minimum of 36 teaching hours per week is required in five or six days in a week

Table-2 : Number of credits per semester

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Minimum of 36 teaching hours per week is required in five or six days in a week