

SYLLABUS FOR 2014-15

Bachelor of Physical Education

Part I - Theory Papers

- I. Principles and history of physical education
- II. Psychology of physical education and sports
- III. Organization, administration and supervision of physical education and recreation
- IV. Anatomy, physiology, physiology of exercise and health education
- V. Methods of physical education
- VI. Officiating and coaching

Part II – Skills

The examination under skill may cover any ten major games. The procedure of assessment shall be 15 marks for each games / sports. 15 marks each for sessionals.

Part III –Teaching ability

Teaching ability shall include –

1. Teaching ability formal activities – 75 marks
2. Teaching ability of skill – 75 marks

Similar pattern will be follow for sessionals.

Any 10 Major games (men / women)

- a. Kho-Kho
- b. Kabaddi
- c. Volleyball
- d. Basketball
- e. Football
- f. Hockey
- g. Soft-ball
- h. Cricket
- i. Badminton
- j. Table tennis
- k. Athletics and other games and sports
- l. Hand ball and others

Paper-I

Principles and history of physical education

UNIT - I

1. Meaning, objective and aim of physical education
 - a. Meaning of the terms – physical culture, physical training, physical education, drill, sports, gymnastic and athletics.
 - b. Objectives and aim of physical education.
 - c. Relationship of physical education to health education and recreation.
 - d. Contribution of physical education teachers to general education.

2. Philosophy of physical education
 - e. Idealism and Physical Education
 - f. Pragmatism and Physical Education
 - g. Naturalism and Physical Education
 - h. Existentialism and Physical Education

UNIT - II

1. Scientific foundations of physical education
 - i. Biological
 - i. Growth and development
 - ii. Effect of heredity and environment
 - iii. Difference between males and females.
 - iv. Body – types
 - j. Psychological
 - i. Physical unity of the human organism
 - ii. Reflex action, conditioned reflex etc.
 - iii. Laws of learning – their application to situations on playgrounds
 - iv. Transfer of training and its importance in learning physical skills.
 - v. Theories of play.

UNIT - III

1. Sociological foundations of physical education

- vi. Social nature and learning of man.
- vii. Traditions and their influence on behavior patterns (social inheritance)
- viii. Social values and development of different traits and ideas.
- ix. Influence of the group on the individual and vice versa.
- x. Competition and cooperation
- xi. Social recognition
- xii. Physical education as a socializing agency
- xiii. Leadership and its importance
- xiv.

UNIT - IV

1. A brief history of physical education in Physical education in

- i Ancient Greece, the origin and development of ancient Olympic Games.
- ii Ancient Rome, Physical education in Germany, Sweden and Denmark.
- iii Physical education in Great Britain.
- iv U.S.A.
- v U.S.S.R.

2. Modern Olympic Games Start of Olympic, objectives, Olympic Charter, different Ceremonies.

UNIT - V

1. A brief history of physical education in India from ancient to modern period – Prevedic period, Epic period, Hindu period, Muslim period and British period

2. Physical education in modern India:

- a. Teachers training institution in physical education of India – L.N. U.P.E., N.I.S.
- b. S.A.I. Schemes for promotion of physical education and sports, Awards and scholarships.
- c. Indian Olympic Association

d. Sports organization/Associations – National and International

Paper-II

Psychology of physical education and sports

Unit - I

1. Psychology as a Science : Its meaning, bearing on education and physical education.
2. Sports Psychology : Meaning, Concept and Application.
3. Mental Process : Body-Mind relationship, Neuro-Muscular Skills.

Unit - II

4. General Innate Tendencies : Motives, Needs, Drives, Sympathy, Imitation, Suggestion, Play, Play Theories, Play way in education and sublimation of innate tendencies.
5. Growth and development : The nature of growth and development. Characteristics of various stages of development.
6. Heredity and Environment : Its Impact on sports.

Unit - III

7. The Learning Process : The nature, Laws of Learning, Motivation in Learning, Attention, Interest, Learning Curves, Transfer of Training.
8. Efficient Training, Memory , Motor Memory and their training.
9. Intelligence : Its nature and development, Theories of intelligence.

Unit - IV

10. Mental Health Hygiene : Meaning, Its importance, handling of exceptional children. Role of physical education in preventing mal-adjustment and promotion of proper mental health.
11. Individual differences.

Unit - V

12. Personality : Its meaning, development of personality, personality theories, adjustment through physical education and sports.
13. Competition, Anxiety and Aggression.
14. The Psychology of the Group.

Paper-III

Organization, administration and supervision of physical education and recreation

UNIT- I

1. Organization and Administration – Meaning, Chief elements, Relation of physical education, Principles, Aims, Scope, Types and process of Adm, qualification of an organizer.

2. Facilities of Physical Education – Construction and care of Gymnasium, Swimming pool, Playing field, Track marking, Play grounds.

UNIT- II

3. Professional preparation – Qualities of a Teacher, Problems of Teachers,
 - a. Student Leadership.
4. Education Programme - Primary Education, Secondary Education, Education of Tribal people, Co-Education, Adult Education, Part time Education, Distance Education.
5. Programmer Planning – Meaning, Importance, Principles, Factors influencing the programmer planning, Characteristics of a good Physical Education Programmer. Intramural Activities, Extra-mural Competition, Co- Curricular Activities N.C.C., N.F.C.
6. Time Table – Meaning, Definitions, Importance, Principles, and Factors Attaching while preparing Time Table.

UNIT - III

7. Budgets and Finance – Preparation of Budget, Administration, Importance of Budget, Principles, Qualities of a good Budget, Rules for expenditure forms and routine for payments and entries, Accounting and auditing.
8. Records and Registers – Meaning, Importance, Scope, Attendance, Tests, Health and character, Extra- Curricular Activities.
9. Organization – (i) Working in the field of Physical Education in India.
10. Equipment – Meaning, Need, Purchase, Maintenance, Issue and Disposal.
11. Evaluation – Meaning, Definitions, Principles, Importance, Procedure of Evaluation.

UNIT – IV

12. Supervision - Meaning, Definitions, Importance of Supervision, purpose of supervision, Nature of Supervision, Indifferent types of Institutions, Qualities of Supervision, Aims of Supervision, Techniques of Supervision-
 - a. (i) Visitation
 - b. (iii) Bulletins
 - c. (v) Conferences
 - (ii) Demonstration
 - (iv) Projects
 - (vi) Personal Counseling
13. Inspection –Purpose of Inspection, Types of Inspection, Principles, Qualities of an Inspector, Difference between Inspection and Supervision.
14. Camping - Meaning, Need and Importance of camp types of camp, Essentials of a good camp, Leadership – Qualities, Recruitment, Training
 - a. Location of camps- Principles, Site, Planes.
 - b. Health and Stety - Facilities, Medical care Precautious.
 - c. Food – Purchasing, Preparation, Care of utencils
 - d. Programmer – Daily and weekly, Time Table.

UNIT - V

15. Recreation - Meaning, Significance and Scope of Recreation Principles, Types of Recreation Rural, Urban Industrial and organization of each programme planning

according to age-groups Agencies promotion recreation, Leadership in recreation. Facilities and their use – development of new facilities.

16. Organization of Games - Meaning, Advantages of Games, Advantages of Competitive games and Tournament Disadvantages of Competitive games, Principles.

Paper-IV

Anatomy, physiology, physiology of exercise and health education

Unit -I

1. Introduction to human body – origin of life – evolutionary adaptations of human-cell, tissues, organs and the systems.
2. Skeletal system – bones of the skeleton structure and types, spine-structure and function, joints and joint movements. Posture – good posture, postural defects, etc.
3. Muscular system – properties and development, effect of exercise on muscles, trunk's, arm's and leg's muscles and their action. Physical conditioning, fatigue, muscle pull and spasm.

Unit -II

4. Circulatory system – structure of – heart, blood vessels, arteries, veins and capillaries. Blood circulation. Blood constituents and their function. Effect of exercise on the circulatory system. Blood clotting; immunities. Lymphatic systems.
5. Respiratory system – organs of respiration – structure and functions. Physiology of respiration. Control of respiration. Vital capacity. Effect of exercise on respiratory system. Oxygen debt, second wind.
6. Nervous system – organs location and functions. Brain and its parts. Centers of localization. Spinal cord. Reflex action. Autonomous nervous system. Neuro muscular co-ordination.

Unit -III

7. Digestive system – organs of digestion – structure and functions, enzymes. Digestion in the stomach and in the intestine. Absorption and assimilation of food. Metabolism. Effect of exercise on digestion.
8. Excretory system – structure and function. Composition of normal urine – fluid balance. Acid-base balance. Skin-structure and functions. Sweat glands. Temperature regulations. Effect of exercise on excretory system.
9. Reproductive system – male, female, structure and function

10. Endocrines – important endocrine glands. Location and functions. Their roles in growth, health, development and various physiological functions.

Unit -IV

11. Health & Health education, school hygiene, school building, ventilation and light, seating arrangements, posture, water supply, urinals and latrines. Sanitation and sanitary facilities. Play grounds.
12. Health Problems, Communicable diseases
13. Organization and administrative setup of Health System in India

Unit -V

14. Sources of water, importance of pure water, purification of water, supply of pure drinking water in schools.,
15. Air and ventilation. Methods of providing ventilation. Importance of fresh air. Effect of poor ventilation.
16. Dietetics – constituents of food. Principles of nutrition. Caloric values of food. Balanced diet, special diets for children & athlete. Under weight / over weight.

Paper-V

Methods of physical education

Unit -I

1. Presentation techniques – importance, the basis of education methods.
 - a. Personal preparations
 - b. Technical preparations
 - c. Organizing subject matter
 - d. Presentation of subject matter
 - e. Class management

Unit -II

2. (i) Methods of teaching – orientation, verbal explanation, demonstrations, explanations, practice, discussion, part & whole method.
3. (ii) Classification – importance, methods and types.
(ii) Teaching aids – models, films, black board.

Unit -III

4. (i) Teaching of physical activities – games of high organization (major games), individual and team games. Games of low organization (minor games). Track & field events – running, jumping and throwing.
(ii) Calisthenics, gymnastics, rhythmic activities.
(iii) Combative and defensive activities.
(iv) Construction and marking of play fields.

Unit -IV

5. (i) Competitions – importance, methods and types. Tournaments – leagues, group competitions, intramurals and extramural.
(ii) Incentives – awards, letter, crests, honor boards, trophies and certificates.

Unit -V

- (i) Public relation – exhibition, demonstrations, physical education days. Display, play days, publicity media – radio, television, newspaper, Bulletin, pamphlets, poster etc.
- (ii) Tests and measurements: qualities of good test, types and formation.
- (iii) Leadership and practical projects – camping, picnic, hiking excursion (outing).

Paper-VI

Officiating and coaching

Unit - I

1. The qualities of good official – consistency, judgment, knowledge, confidence.
2. Relations with management, coaches, captains, players and spectators.
3. Routine, pre game and post game duties – dress & equipments, inspections, instructions and reports.
4. Improving the standards of officiating – rules study, practice, clinics, apprenticeships, ratings etc.

Unit - II

5. Teaching, coaching and training – definition and purpose of the teacher, coach and trainer. Qualities, knowledge and responsibilities of each.
6. Demonstrating and analyzing skills and team play: purpose, preparation, methods, rating, importance, correction.
7. Selection: tryouts, skills, game qualities, position, team work.
8. Promoting and maintaining interest in a game – publicity, tradition, equipment, schedules, training camp and rewards.

Unit – III

9. Requisites of champion – ability, interest, fitness and predetermination.
10. Conditioning of players and teams – general fundamentals, need, work-load, effects, and type of selection.
11. Warm up: methods – isotonic and isometric exercises, circuit training, weight training, fartlek and interval training schedules.

Unit - IV

12. Scientific principles applied to coaching: balance, motion, force and levers.
13. Injuries, its prevention, management of injuries on field.
14. Rehabilitation of injuries.

Unit - V

15. Tactics, offence, defense, special situations of the games.
16. Official rules, signals, positional play.
17. Major game.
 - a. Kho-Kho
 - b. Kabaddi
 - c. Volleyball
 - d. Basketball
 - e. Football
 - f. Hockey
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