

**B.P.E.S SEMESTER -I**  
**PAPER -I ENGLISH LANGUAGE (Optional)**

Max. Marks: 50  
External Marks: 40  
Internal Marks: 10  
Time: 3 hours

**Section-A**

(1) Story/ Prose

One essay type question on Summary/Character/Incident (one out of two with internal choice.)

(2) Story/ Prose: Short questions to test student's grasp

(3) Poetry: Summary (one out of two with internal choice)

Paraphrase/Explanation of a Stanza (one out of two with internal choice)

**Section-B**

Grammar

THE GRAMMAR RELATED TO THE TEXT TO TEST THE UNDERSTANDING OF THE LANGUAGE, SYNTAX, TENSES ETC.

**Section-C**

Language-in-Use

1. Letter-Writing (Personal and Applications)

2. Essay: five or six topics to be given, out of which three topics should be related to Sports/physical education.

**Reference :**

4. Modern Principles of physical education by J.R. Sharman
5. Principles of physical education by J.F. Williams.
6. Physical Education interpretations and objectives by Jay B. Nash.  
(History or physical education)
  1. History of physical education by Eraj. Ahmed Khan.
  2. Brief History of physical education by Emmel A. Rice.
  3. Physical education in India. National Association of Physical education and recreation India.
  4. History of physical education by F.E. Leonard and George B. Affleck.

### B.P.E.S SEMESTER -I

### PAPER - III FOUNDATIONS OF PHYSICAL EDUCATION

Max. Marks: 60  
 External Marks: 40  
 Internal Marks: 20  
 Time: 3 hours

#### UNIT - I

1. Introduction Concept and definition of education and physical education. Terminologies related to physical education. Need and importance of physical education. Place of physical education in Tagore's scheme of education. Modern concept and scope of physical education. Aim and objectives of physical education.

#### UNIT-II

2. Biological Foundation Biological basis of human and biological weakness of human in relation to physical activities. Growth and development - Principles, Stages and Affecting factors. Age and Sex difference and physical activities. Concepts and components of physical fitness wellness and active life style. Somatotypes

#### UNIT-III

3. Philosophical Foundation Meaning of philosophy Different schools of philosophy applied to physical education Psychological Foundation Concept of learning and motor learning Laws of learning Learning curve Psychological factors influencing motor learning

#### UNIT-IV

4. Sociological Foundation Concept of social institutions and socialization Sports as social institution and their influence on society. Games and sports as Man's cultural heritage Role of games and sports in National and international integration

REFERENCES : • Williams J.F. - Principles of Physical Education

9

- (a) PROPOSED SYLLABUS FOR B.A. ENGLISH CCS University Meerut.  
(b) Texts Prescribed for Grammar Oxford Practice Grammar by John Eastwood.

**B.P.E.S SEMESTER -I**  
**PAPER -II PRINCIPALS AND HISTORY OF PHYSICAL EDUCATION**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**UNIT- I**

- 1.1 Meaning concept and scope of physical education.
- 1.2 Importance of physical education as a profession.

**UNIT- II**

**2 Physiological Principles :**

- 2.1 Principles governing growth and development significance of age & sex.
- 2.2 Principles of use; disuse and overuse.
- 2.3 Human energies and how they are spent
- 2.4 Fatigue, stress and its effect on physical; mental health; relaxation; flexibility, rhythms and strength.

**UNIT- III**

**3. Psychological principles :**

- 3.1 Personality, psycho-social needs for the normal development, success, recognition, security adventures experience.
- 3.2 Transfer of training, laws of learning, conditioned reflex, effect of emotions on health, competition; co-operation, age and sex characteristics.

**UNIT- IV**

**4. History of physical education:**

- 4.1 Physical education in ancient civilizations
- 4.2 Ancient India – Vedic and Epic period.
- 4.3 Ancient Greece –Sparta and Athons.

**5. Physical Education in modern India :**

- 5.1 Physical education during British period (from 1825 to 1930 A.D.)
- 5.2 Recent Developments in physical education & sports after independence.
- 5.3 Asian Games
- 5.4 Youth movement including youth hostel, Cadet Corps etc.

**Reference :**

(Principles of Physical Education)

1. Foundation of physical education by Charles A. Bucher.
2. Introduction of Education by J. R. Sharman.
3. Physical education by Oberteuffer, Delbert.

- Bucher C.A. – Foundations of Physical Education
- Barrow H.M. – Man and Movement
- Singer Robert – Foundation of Physical Education
- Freeman – Physical Education in Changing Society
- Howell – Foundation of Physical Education, Friend publication, New Delhi

**B.P.E.S SEMESTER –I**  
**PAPER –IV**  
**STUDY OF OLYMPICS**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**UNIT-I THE OLYMPIC MOVEMENT**

- 1.1 The ancient Olympic games
- 1.2 The Olympic movement
- 1.3 Aims and symbols of the Olympic movement
- 1.4 The International Olympic Committee (IOC)

**UNIT-II STRUCTURE OF THE OLYMPIC MOVEMENT**

- 2.1 The National Olympic Committee(NOC)
- 2.2 The International Sports Federations(IFs)
- 2.3 The National Sports Federations(NFs)
- 2.4 Volunteerism

**UNIT-III THE OLYMPIC GAMES**

- 3.1 Organization
- 3.2 The international bid process for selecting sites for the games
- 3.3 Participation in Olympic games
- 3.4 Women and sports

**UNIT-IV IOC PROGRAMMES**

- 4.1 Olympic academy
- 4.2 Olympic solidarity
- 4.3 Olympic museum
- 4.4 Paralympic games
- 5.1 Sports for all
- 5.2 Culture, olympism, winning, participation and universality of the games

(H)

- 5.3 Drug abuse and doping
- 5.4 Arbitration and dispute resolution

**References:**

- Carto, J.E.L. And Calif, S.D. [ed], Medicine & Sport Science: Physical Structure of Olympic Athletes, London: Karger, 1984
- Cliw, Gifford, Summer Olympic" 2004
- Daw, Anderson, The story of the Olympics, 2008.
- Maranirs David, Rome 1960: The Olympics that changed the world, 2008.
- Osborne, Manpope, Ancient Greece and the Olympic, 2004.
- Oxlade, chris., Olympic, 1999.
- Perrottet, tony, The Naked Olympics: the true story of the Ancient Games, 2004.
- Singh, M.K., Indian Women and Sports, Rawat Publication, 1991.
- Toropove, Brandon., The Olympic for Beginners, 2008.
- Wallechineley, Davi, The Complete Book of the Olympic, 1992.

**B.P.E.S SEMESTER –II  
PAPER – I  
ANATOMY & PHYSIOLOGY**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**Unit-I**

Meaning of anatomy, cell, structure, properties of living matter. The role of anatomy in physical education & sports, anatomy of bones cartilage's, Names and location and functions of bones, kinds of bones, joints end their types, tissues, organs and system of body.

**Unit-II**

Anatomy of muscular system, structure of muscles and their kinds. Properties of muscles. Muscle work and, fatigue, anatomy of respiratory organs, tissue and palmary respiration, anatomy of heart, function of heart, heart beat, stroke volume, cardiac output.

**Unit-III**

Anatomy of digestive organs (alimentary canal), structure and functions of excretory system, meaning of endocrine glands and structure of the following glands - pituitary glands, ingroid parathyroid, adunal glands.

**Unit-IV**

Effect of exercise and training on cardiovascular system.  
○ Effect of exercise and training on respiratory system.  
○ Effect of exercise and training on muscular system  
○ Physiological concept of physical fitness, warming up, conditioning and fatigue.

**Ref.:-**

1. Introduction to anatomy & physiology - Dr. Shemsher Singh.

- Raj Yoga- Swami Vivekanand
- Bhakti Yoga – Swami Vivekanand.

**B.P.E.S SEMESTER –II**  
**PAPER – III**  
**KINESIOLOGY**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**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 education
- 1.2 Fundamental concepts of following terms with their application to the human body.**
  - 1.2.1 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 joints muscles
  - 2.2.2 Roles in which muscles may act.

**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

13

2. Lawrence, Thomas G  
World, inc. Douglas P  
3. Bauer. WAV. (B  
1968.

2. Lawrence, Thomas Gordan; Your health and Safety, Har Schiver. Alics; Powers, Courts, Braco & World, inc. Douglas F; and Vorhana Levis J. New York. 1969.
3. Bauer. WAV. (Editor). TODAY'S Health Guide, American Medical Association, Revised Edition 1968.

**B.P.E.S SEMESTER –II**  
**PAPER – II**  
**YOGA**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**UNIT – I**

- 1.1 Yoga-Meaning concept, Mis-conceptions about Yoga-Relationship with physical education.
- 1.2 Historical Background of yoga-yogic practices.

**UNIT-II**

- 2.1 Yoga as a discipline of life mode of living, cuits of yoga (only central ideas)
  - 2.1.1 Raj Yoga
  - 2.1.2 Bhakti Yoga
  - 2.1.3 Karm Yoga
  - 2.1.4 Gyna Yoga
- 2.2 Hatha yoga philosophy.

**UNIT-III**

- 3.1 Astanga Yoga with special reference to –
  - 3.1.1 Yamas
  - 3.1.2 Niyams
  - 3.1.3 Asanas
  - 3.1.4 Pranayams ; Types of Asanas and Pranayams.
- 3.2 Shat Karma-Personal hygiene of Yoga – Six purifactory methods of yoga-Neti, Dhauti, Vasti, Nauli, Gajkarni, Kunja.

**UNIT-IV**

- 4.1 Bandhas, Mudras and Chakras of Yoga
- 4.2 Recent advances in Yoga Education; Yoga as a Science
- 5.1 The therapeutic values of Yogic practices
- 5.2 Corrective values of Yogic Practices

**REFERENCES :**

- Asanas & Pranayams – Swami Kuvalayananda.
- Yoga Personal Hygiene- Shir Yogendra
- Yogic Exercises by the Fit and the Ailing – S. Muzumdar
- Yogic Asanas for Health and Vigour – Dr. Role
- Hath Yoga : Goswami, S.S.

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 Lever

4.4.2 Types of Lever

4.4.3 Application of Human body

#### REFERENCES :

- Broer, M.R. Efficiency of Human movement (Philadelphia : W.B. Saunders Co., 1966)
- Bunn, John W. Scientific Principles of Coaching (Engle Wood Cliffs: N Prentice Hall Inc., 1966)
- Duvall, E.N. Kinesiology (Engle wood cliffs : N.J. Prentice Hall Incl. 1956)
- Rasch and Burke, Kinesiology and Applied Anatomy (Philadelphia : Lea and Fibger 1967)
- Scoot M.G. Analysis of Human Motion, New York.
- Wells, K.P. Kinesiology (Philadelphia : W.B. Saunders Co. 1966)
- Cooper, John M. and Glassgow, R.B. Kinesiology (St. Louis C. McSby Co., 1963)
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication in 2005)
- Uppal A.K. Lawrence Mamta MP Kinesiology (Friends publication India 2004).

B.P.E.S SEMESTER -II  
PAPER- IV  
Sports Nutrition

Max. Marks: 60

External Marks: 40

Marks: 20  
3 hours

Concept of Nutrition, Sport Nutr  
Types and Sources of Nutrien  
Main function of Macro and  
Balanced diet

- Energy for sports per
- A factor affecting
- Sports supplement
- Nutritional re
- its managem

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18



Internal Marks: 20  
Time: 3 hours

#### Unit-I

- Concept of Nutrition, Sport Nutrition and Health
- Types and Sources of Nutrients
- Main function of Macro and Micro nutrients in health and sports
- Balanced diet

#### Unit-II

- Energy for sports performance and the role of carbohydrate, protein, fat and their sources.
- A factor affecting the energy needs in different categories of sports events.
- Sports supplements and their effect on performance.
- Nutritional requirements and allowances for sports person of different categories Competition nutrition and its management glycaemic index and sports nutrition

#### Unit-III

- Management of Hypertension atherosclerosis and dieters mellitus in sportsperson.
- Management of the female sportsperson
- Menarche and Menstruation
- Amenorrhoea
- Anemia and Iron Supplementation
- Bone Health and Calcium Supplementation
- Eating Disorders

#### Unit-IV

##### Weight Control

- Basic principles of weight control
- Calorie concept of weight control
- Fat reduction and role of fat loss supplements
- Role of diet in weight control.

##### Reference Books:

1. Bean, A. (2001).
2. Sports Nutrition. Biddles Ltd, Guildford and Kings Lynn.
3. Zimmermann, M. (2007). Handbook of Nutrition, Saurab Printers Pvt Ltd.
4. Antoonio, J and Stout, J.R. (2001). Sports supplements. Lippincott Williams & Wilkins.

**B.P.E.S SEMESTER – III  
PAPER – I  
HEALTH EDUCATION**

**Unit-I**

**Health Education**

- Concept and meaning of Health.
- Concept, meaning, definition, and scope of health education.
- Principles and practice of health education.
- Planning and evaluation in health education programmes.
- Organisation and administrative set up of health services in India

**Unit-II**

**Hygiene**

- Hygiene: The concept of hygiene and personal hygiene.
- Care of skin, mouth, teeth, nose, eyes, hands, feet, nails, hair clothing, vital genital organs etc.
- Importance of rest, sleep, diet and exercise.

**Community Health:**

- Community Health: Brief account of housing water supply, sewerage and refuse disposal.

**School Health Programmes:**

- School Health Service: History, School Health Problems. Health appraisal, healthy school environment, nutritional services, mental health, school health programmes/services, school health records, Safety measures in the playfields – first aid and emergency care

**Unit-III**

**Diseases**

- Disease: Meaning of a disease, diseases cycle, epidemiological trials, modes of disease transmission and immunity.
- Health Problem in India: Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus) nutrition, environmental sanitation, medical care and population.
- Eating Disorders - Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders

**Unit-IV**

**Sex Education**

- Concept and meaning of sex education
- Need of sex education to the professional students.

**Family Planning**

- Meaning and concept of family planning.
- Methods to control child birth
- National family welfare programme

Mother and child health care

**Reference Books:**

- Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani  
Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.  
Pandey, P.K. and Gongopadhyay, S. R. "Health Education for School Children", Friends  
Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.  
Park, J.E. and Park, K. "Text Book of Preventive and Social Medicine", (1985) Bnasidar 91 Bhanot,  
Publisher, Jabalpur-1985

**B.P.E.S SEMESTER - III  
PAPER - II  
SPORTS PSYCHOLOGY**

Max. Marks: 60  
Internal Marks: 40  
External Marks: 20  
Time: 3 hours

**UNIT - I**

**Introduction :**

Meaning definition and nature of Psychology and Educational  
Psychology.  
Psychology as a Science.  
Importance of Psychology in Physical Education.

**UNIT - II**

**1 Growth and Development :**

- 1.1 Meaning of growth and development.
- 1.2. Physical, Mental & Social development during following  
ages :-
  - 1.2.1 Early childhood
  - 1.2.2 Middle childhood
  - 1.2.3 Late childhood
  - 1.2.4 Adolescence

**2 Individual Differences:**

- 2.1 Meaning of the term individual difference
- 2.2 Heredity and Environment as causes of Individual  
differences
- 2.3 Interaction of Heredity and Environment

**UNIT - III**

**Learning**

- Meaning definition and nature of learning
- Principles/Laws of Learning
- Factors affecting Learning
- Meaning and Conditions of Transfer to Training

**UNIT - IV**

**1 Motivation and Emotion :**

- 1.1 Meaning of Motivation

18

- 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

21 22

**4.3 Personality :**

- 4.3.1 Meaning and nature of Personality
- 4.3.2 Dimensions of Personality

**5. Introduction to Sports Psychology**

- 5.1 Meaning and area/scope of sports psychology
- 5.2 Importance of sports psychology for physical educationists Coaches and players

**REFERENCES :**

Gates, A.I. et al. Educational Psychology (Macmillan Co. N.Y. 1957)  
 Lindgram, H.E. Advanced Educational Psychology in the classroom.  
 Kuppanswami, B. Advanced Educational Psychology (Sterling Publishers Pri. Ltd., 1947)  
 Oxendine, J.B. Psychology and Motor Learning (Engle wood chffs : New Jersey, 1968)  
 Dr. M.L. Kamlesh, "Psychology of Physical Education of Sports" metropolitan, New Delhi 1983.  
 Jack H. Liewellyn, Judy A. Bluckeve,, Psychology of Coaching Theory and application Surjeet Publication, Delhi 1982.

**B.P.E.S SEMESTER – III  
 PAPER – III  
 PHYSIOLOGY OF EXERCISE**

Max. Marks: 60  
 External Marks: 40  
 Internal Marks: 20  
 Time: 3 hours

**UNIT – I**

- Definition of physiology and its importance in the field of physical education and sports.
  - Structure, Composition, Properties and functions of skeletal muscles.
  - Nerve control of muscular activity:
  - Neuromuscular junction
  - Transmission of nerve impulse across it.
  - Fuel for muscular activity
  - Role of oxygen- physical training, oxygen debt, second wind, vital capacity.
- 1. Energy –**  
 Meaning of energy  
 Production and use of energy.  
 Types of Energy  
 Aerobic and anaerobic of muscular energy.

**UNIT-II**

19

Muscles :-  
 2.1 Types of muscle  
 2.2 Characteristic  
 2.3 Microscopic  
 2.4 Biochem  
 2.5 Musc

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## 2. Muscles :-

- 2.1 Types of muscles
- 2.2 Characteristics of skeletal muscles, innervation and blood supply.
- 2.3 Microscopic structure of muscles fiber, sensory organ of muscle.
- 2.4 Biochemical changes in muscles during exercise, second wind.
- 2.5 Muscles fatigue and recovery process, debt.

### UNIT-III

## 3. Circulatory System :

- 3.1 Functioning of heart during exercise.
  - 3.1.1 Stroke volume
  - 3.1.2 Cardiac output
  - 3.1.3 Pulse rate
- 3.2 Effect of training on functioning of heart.
- 3.3 Blood-constituents, Role during exercise-Blood lactate, CO<sub>2</sub> in blood, O<sub>2</sub> carriage in body Oxyhemoglobin, Blood pressure changes during exercise.

### UNIT - IV

## 4. Respiratory System :

- 4.1 General functioning of the system-Variou measures & capacities like Vital capacity, tidal air, residual air, inspiration and expired air pressure.
- 4.2 Transportation of gases.
  - 4.2.1 At lung level
  - 4.2.2 At Cellular level
- 4.3 Changes during exercise in respiratory system.
- 4.4 Effect of long term training on respiratory capacities.

### Reference :

- Physiology of Exercises – by Maccurdy and Mekenzh.
- Physiology of Exercise – by Karpovich.
- Sports physiology – by Fox
- Exercise physiology – by Morehanse & Miller.
- Physiological Basis of Physical Education and Athletics by Mathews and Fox.
- Exercise Physiology – by David H. Clarke.

### B.P.E.S SEMESTER – III PAPER – IV MANAGEMENT IN PHYSICAL EDUCATION

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

### UNIT – I

## 1 Management and Organizational Structure :

20

Meaning and Definition of the Terms – Administration and Management. Elements/Phases of Management (Planning, Organizing; staffing; Directing and Coordination; Supervision and Control/ Evaluation; Re-adjustments and Improvement/ Follow-up) Importance/Significance of the Subject Management in Physical Education and Sports. Principles of Management.

#### UNIT - II

##### 2. Facilities and Equipments :

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

#### UNIT - III

##### 3. Staff and Leadership

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

#### UNIT - IV

##### 4. Class Management & Office Management

Teacher's Preparation before Class (Lesson Plan, Markings of the Courts, Necessary Equipments Suitable Uniform).  
Students Preparation Handling and Controlling the Class.  
Attendance System.  
Grading the Student.  
Preparing Reports.  
The Need for Office, It's Location and Set up.  
Office Function and Practice.

##### REFERENCES :

- Joseph P.M. Organization of physical Education. The old students Association, IPE, Candiwali, Bombay 1963.  
Voltmar, B.P. et. al. The Organization and Administration of Physical Education, Prentice Hall Inc. New Jersey, 1979.  
Bucher, C.H. Administration of Physical Education and Athletic programmes, The C.V. Mosby Company, London, 1983.  
Zigler, E.M. and Dewie, G.W. Management Competency Development in Sports and Physical Education, Lea and Febiger, Philadelphia, 1983.  
Maheshwari, B. Management by Objectives Taber Mc. Graw Hill publishing company Ltd., New Delhi, 1982. Allen, L.A. Management and Organization Mc-Graw Hill Book Company Inc. London 1958.  
Newman, W.D. Administrative Action, Prentice Hall I.C., New Jersey 1963.  
Hugesm W.L. et. al. Administrative of Physical Education. The Ronald Press, Company, New York, 1962.  
Venderzwaq, H.J. Sports Management in Schools and Colleges, McMillian Publishing company, New York, 1935.  
Larry Horine, Administration of Physical Education and Sports, Wm. C. Brown Publishers, 1991 (IInd Edition)

**B.P.E.S SEMESTER -IV  
PAPER - I**

**FUNDAMENTAL OF COMPUTER AND ITS USE IN PHYSICAL EDUCATION**

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

**UNIT-I**

**1. Introduction to Computers**

Brief history of development of computers  
Generations of computers  
Types of components of a computer system  
Basic components of a computer system  
Memory RAM – ROM, and other types of memory.  
Operating system  
Need of software, types of software  
Types of virus, virus detection and prevention  
Binary number system

**UNIT-II**

**2. Introduction to Windows**

Using mouse and moving icons on the screen.  
My computer, recycle-bin, status bar.  
Start menu selection, running an application  
Window explorer to view files, folders and directories, creating and renaming of files and folders. Operating and closing of different windows, minimize, restore and maximize forms of windows.  
Basic components of a window : Desktop, frame, Title bar, menu bar, status bar, scroll bars, using right button of the mouse.  
Creating shortcut, basic windows accessories: power point presentation, notepad, paint, calculator, word pad, using clipboard.

**UNIT-III**

**3. Introduction to Ms-office and word processor**

Types of word processor  
Creating and saving a documents, editing and formatting document including changing colour, size font, alignment of text.  
Formatting paragraphs with line or paragraph spacing adding headers and footers, numbering pages.

92

Using grammar and spell check utilities, etc. printing document.  
Inserting word art, clipart and pictures.  
Page setting, bullet and numbering, borders, shading format painter  
find and replace.  
Inserting tables, mail merge.

#### UNIT-IV

**4. Introduction to information and communication technology**  
Concept, importance, meaning and nature of information and communication technology.  
Need of information and communication technology in physical education  
Scope of ICT in education and physical education Teaching learning process, publication, evaluation, research  
administration. Paradigm shift in education due to ICT content with special reference to curriculum.  
Role to teacher, methods of teaching, classroom environment, evaluation procedure. POP and WEB based E-mail,  
merits address, Basics of sending and receiving, E-mail, protocols, Mailing  
list free e-mails services.

#### REFERENCES :

- ITL Education solution ltd. Introduction to information technology research and development wing-2006.
- Simmons lan, computer dictionary BPB publications-2005.
- Pradeep K. Sinha and Prit; Sinha foundations computing BFB publications-2006.
- Douglas E. Comer, The internet Book, Purdue University, West Lafayette in 2005.
- V. Rajarman, fundamentals of computers, prentice hall of India, New Delhi-2000.
- B. Ram, Computer fundamentals, New age international publishers 2006.

### B.P.E.S SEMESTER -IV PAPER - II BASIC PRINCIPLES OF SPORTS TRAINING

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

#### UNIT-I

- 1.1. Introduction**
- 1.1.1 Meaning and Definitions of sports training.
  - 1.1.2 Meaning of terms : coaching, teaching, conditioning and training.
  - 1.2 Aims and Tasks of sports training.
  - 1.3 Systematization of sports training
  - 1.3.1 Basic Training
  - 1.3.2 Intermediate Training
  - 1.3.3 High performance training

#### UNIT-II

- 2.1 Training Load :**
- 2.1.1 Definition and Types of training load.
  - 2.1.2 Features/Factors of Training Load.
  - 2.2 Over Load

23



- 2.2.1 Meaning and types of over load
- 2.2.2 Causes of over load.
- 2.2.3 Symptoms of over load.

### UNIT-III

#### 3.1 Strength

- 3.1.1 Concept and types of strength
- 3.1.2 Methods of strength training.

#### 3.2 Endurance

- 3.2.1 Concept and types of endurance.
- 3.2.2 Methods of endurance training

39 40

#### 3.3 Speed

- 3.3.1 Concepts and classification of speed
- 3.3.2 Methods of developing speed abilities
  - 3.3.3.1 Reaction speed
  - 3.3.3.2 Speed of movement
  - 3.3.3.3 Acceleration speed
  - 3.3.3.4 Sprinting speed
  - 3.3.3.5 Speed endurance

### UNIT-IV

#### 4.1 Technical Training

- 4.1.1 Definition of Technique and skill
- 4.1.2 Importance of Technique

#### 4.2 Tactical Training

- 4.2.1 Concept of Tactics and Strategy
- 4.2.2 Methods of Tactical Training.

#### 5.1. Planning

- 5.1.1 Concept of Training Plan.
- 5.1.2 Types of Training plan.

#### 5.2 Periodization

- 5.2.1 Meaning and Importance of Periodization
- 5.2.2 Aim and Contents of Periods
- 5.2.3 Types of Periodization

### REFERENCES :

- Dick W. Frank, Sports Training Principles 4th Ed. (London : A & C Black Ltd.),2002.
- Harre, D. Principles of Sports Training (Berlin : Sport Veulag), 1982.
- Matveyev, L.P. Fundamentals of Sports Training (Moscow : Progress Publishers),1977.
- Singh, Hardayal, Science of Sports Training (New Delhi : DVS Publications),1991.
- Uppal, A.K. Principles of Sports Training (Delhi : Friends Publication),2001.
- Tuder B. Bompá & Mihai C. Carera, Periodization Training for Sports, Human Kinetics, 2005 (IInd Edition)
- Yograj Thani, Sports Training, Sports publication 2003.
- K. Chandra Shekar, Sports training, Khel Sahitya Kendra,2004.

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**B.P.E.S SEMESTER -IV  
PAPER-III  
RECREATION**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

- 1. Introduction** UNIT- I  
Meaning, Definitions and characteristics of recreation  
Importance of Recreation.  
Misconceptions about Recreation  
Scope of Recreation
- 2. Influence of recreation in social institutions** UNIT- II  
family  
Education institutions  
Community/Cultural  
Religious organization
- 3. Planning for recreation** UNIT- III  
Planning criteria and objectives of recreation facilities.  
Different types of indoor and outdoor recreation for urban and rural population.  
Operation and maintenance of different recreation area and facilities.  
Sources of funding of recreational activities.
- 4. Programmes in recreation** UNIT- IV  
Classification of Recreational Activities  
Indoor and outdoor activities  
water activities  
Cultural activities  
Literary activities  
Nature and outing  
Social events  
Adventure activities  
Hobbies-Introduction to hobbies and types of hobbies  
Agencies providing Recreation.
- 5. Camping and leadership**

(25) (3)

Aim, objectives and importance of camping.  
Organization and types of camp.  
Selection and layout of camp site.  
Camping leadership  
Types and functions of recreation leaders  
Qualification, qualities and training and recreation leaders.

**REFERENCES :**

Bright Charles K. and Herold C. Meyer. Recreational test and readings, Eaglewood cliff, New Jersey Prentice Hall, 1953.  
Ness wed, M.H. and New Meyer E.s. Leisure and Recreation, New Yourk, Ronald Press.  
Vannier Maryhalen, Methods and Material in Recreation leadership Philadelphia, W.B. Saunders company, 1959  
Planning Facilities for Health Physical Education and recreation, Chicago, the Athletic institute, 1936.  
Recreation areas : Their Design and equipments, New York : Ronal Press 1958,  
Kran, R.G. Recreation and the schools : New York : Mac melon company.  
Shivers J.S., Principles and practices of recreational services, London : Mac Melon Company 1964.  
Kledienst V. K. & Weston A the recreational sports programme prentice hall international Ic. London 1978.  
Butler George introduction to community recreation (Mc Gram Hill Book Company 1976)  
Dubey and Nayak Recreation Reston AP publishers, Jalandhar. Marrow GS Therapeutic Recreation Reston Publishi company 1976.  
Kelly JR Leisure Prentice Hall Inc. Englwood Cliffs N.J. (1982).

**B.P.E.S SEMESTER – IV  
ADAPTED PHYSICAL EDUCATION  
PAPER- IV**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**UNIT - I**

**1. Introduction to Adapted Physical Education**  
Meaning and definitions  
Aims, goals, & objectives  
Need & importance of adapted physical education

**UNIT - II**

**2. Classification of Disability**  
Physical disabilities  
Causes  
Functional Limitations  
Characteristics  
Mental Retardation  
Causes  
Characteristics  
Functional Limitations  
Visual Impairment  
Causes

Characteristics  
Functional Limitations  
Hearing Impairment  
Causes  
Characteristics  
Functional Limitations  
Behavioral Disorders  
Adjustment problems  
Personality disorder  
Modifications for teaching and programming in physical education  
and sports

### UNIT- III

#### 3. Adapted physical education programme

Guiding principles for adapted physical education programme

(AAPHER Principles)

Physical Education program for disabled for  
Elementary school

43 44

Middle school

High School

College & University level

### UNIT-IV

#### 4. Co-curricular Activities for disabled

outdoor programme for the disabled

Adventure based outdoor programme

Rhythm and dance activities

##### 5.1 Rehabilitation

5.1.1 Aims and objectives of rehabilitation council of India.

5.1.2 Meaning of functional and occupational rehabilitation

##### 5.2 Governmental Welfare Programme

5.2.1.1 Provision of Special rights and privilege for  
disabled through legislations.

5.2.1.2 Social welfare programme for disabled

5.2.1.3 Mass public education /Awareness programme

5.2.1.4 Education approach

5.2.1.5 Service approach

5.2.1.6 Legislative approach

##### REFERENCES :

Auxter, Byler, Howtting, Adapted Physical Education and Reactions,  
& Sons Inc. Canada.

Ronal W. French, & Paul J. , Special Physical Education,  
Charles E. Merrics Publishing Co. Edinburgh, Ohio. Arthur S. Daniles and Euily, Adapted Physical Education, Harpet  
& R.W. Publisher-New York.

Anoop Jain, Adapted physical Education, sports publications, Ashok Vihar, Delhi-52.

**B.P.E.S SEMESTER - V  
PAPER-I  
SPORTS SOCIOLOGY**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**UNIT-I**

**1. Concept of Sociology**

- 1.1 Meaning, nature and scope of sociology
- 1.2 Methods of sociology and their relationship with other social sciences.
- 1.3 Effect of various social forces on personality development.
- 1.4 Sport - medium of socio-cultural change.

**UNIT-II**

**2. Introduction to sports sociology**

- 2.1 Meaning and scope of sports sociology
- 2.2 Sports sociology as a discipline
- 2.3 Sports as a social occurrence
- 2.4 Effect of appearance, sociability and specialization on sport participation

**UNIT-III**

**3. Sports and society**

- 3.1 Socialization through games and sports
- 3.2 Recreation and its scope through games and sports.
- 3.3 Sport as an element of society
- 3.4 Sport as an element of cultural development
- 3.5 Sport as an art.

**UNIT-IV**

**4. Social factors concerning sports in society**

- 4.1 Social stratification in sports
- 4.2 Demonstration in sports
- 4.3 Sport and women
- 4.4 Sport and children
- 4.5 Sport and older adults

**REFERENCES :**

□□ Sharma, S.R., Sociological foundation in physical education and sports, friends publication, New Delhi.

- Singh, Kawaljeet, Sociology of sports, Friends publication, New Delhi.
- Sing, Bhupinder, Sports Sociology-An Indian perspective, Friends publication, New Delhi.
- Yobu, A, Sociology of Sports, Friends publication, New Delhi.

**B.P.E. SEMESTER-V  
PAPER-II  
METHOD OF PHYSICAL EDUCATION**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**UNIT-I**

1. Physical Educational Method :
  - 1.1 Definitions – Scope and importance of method in Physical education:
  - 1.2 Teaching Techniques in Physical Education
    - 1.2.1 Lecturer Method
    - 1.2.2 Command Method
    - 1.2.3 Demonstration Method
    - 1.2.4 Limitation Method
    - 1.2.5 Project Method
    - 1.2.6 Discussion Method
    - 1.2.7 Group Directed Practice Method
  - 1.3 Teaching Procedure in Physical Education :
    - 1.3.1 Whole Method
    - 1.3.2 Whole part whole method
    - 1.3.3 Part whole method
    - 1.3.4 Stage whole method

**UNIT-II**

2. Classification :-
  - 2.1 Classification of pupils for routine physical Education activities and competitions
  - 2.2 Various method of classification
  - 2.3 Advantage and disadvantage of classification.

**UNIT-III**

- Lesson Planning :**
- a) i) Types of lessons: Knowledge lesson, Drill lesson, skill lesson, Review lesson, Appreciation lesson.
  - ii) Planning and observation of Class- Room Teaching lesson.

(29)

- (ii) Planning and observation of field Activity Teaching lesson.
- b) Teaching aids-importance, Types and uses, Audio-Visuals, Charts, Models, Films, Black Board, etc.

#### UNIT-IV

4.1 Tournaments and competitions : Group competitions and their importance, Methods of organizing competitions types of tournaments, methods of conducting tournaments 4.2 Methods of conducting intra- Mural and Extra mural completions, games of law organization, organization of excursions.  
51. Construction and marking of play field for various games, laying out of running's. Track, construction of jumping pits preparing and markings of different play fields. The admeasurements and requirements.

#### B.P.E.SEMESTER-V

#### PAPER-III

#### REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

#### UNIT-I

- 1.1 Meaning, importance and scope of posture education.
- 1.2 corcept and classification of posture-
- 1.2.1 Correct and incorrect postue-
- 1.2.2 Static and dynamic posture-
- 1.2.3 Body type and posture-

#### UNIT-II

2. Postural Deformities :  
A study of Physical defects in posture and the corrections to be arrived at – Kyphosis  
Lordosis  
Scolliosis  
Flat foot.  
Bowed legs  
Knocked knees  
Corrective exercise  
Assessment of posture-posture test.  
Therapeutic exercise and their classification.

#### UNIT-III

- 3.1 Sports Injuries :
  - 3.1.1. Introduction to sports injuries
  - 3.1.2 Role of trained personnel in the management of the sports injuries
- 3.2 Prevention injuries:
  - 3.2.1 Factors causing sports injuries
  - 3.2.2 Factors sports injuries
  - 3.2.3 Complications of incomplete treatment

#### UNIT-IV

- 4.1 Common sport injuries and their immediate treatment

30

- 4.1.1 Sprain
- 4.1.2 Strain
- 4.1.3 Contusion and hematoma
- 4.1.4 Dislocation
- 4.1.5 Fracture
- 4.2 Rehabilitation :
  - 4.2.1 Definition objectives and scope
  - 4.2.2 Effects and uses of the therapeutic modalities in
    - 4.2.2.1 Cold therapy
    - 4.2.2.2 Hot most
    - 4.2.2.3 Infra Red
    - 4.2.2.4 Contrast bath
    - 4.2.2.5 Wax bath therapy
- 5. Massage
  - 5.1 Brief history of massage.
  - 5.2 Principles of application of Massage.
  - 5.3 Classification of the manipulations used in massage and the effects of each such type on different systems of human body.
    - 5.3.1 Stroking manipulation
    - 5.3.2 Pressure manipulation
    - 5.3.3 Percussion Manipulation

**Reference:-**

1. Corrective physical education by rathbone (J.I.H.B. Saunders and Co.)
2. Manual of message and movement by Prof. E.M.Naro (Faber & Faber)
3. Therapeutic exercises for body alignment and function by William Maclimond, Catherine Worthingw (W.B Saunders & Co.)
4. Message and Medical Gymnastics by M.V.Lace (J & A Churchhill Ltd.
5. Preventive and Corrective Physical Education by Stafford and Kelly (Ronald Press Co. New York)
6. Tests and Measurements by McColy and Young.

**B.P.E.SEMESTER-V  
PAPER-IV  
TEST AND MEASUREMENT IN PHYSICAL EDUCATION**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**1. History and Need:**

**UNIT-I**

(31)



- 1.1 History of measurement in physical education.
- 1.2 Meaning of test and measurement
- 1.3 Need for test and measurement in phy-education.
- 1.4 The use of test and measurement in phy-education.

## UNIT-II

### 2. Criteria for selecting tests :

- 2.1 Validity
- 2.2 Reliability
- 2.3 Objectivity
- 2.4 Norms
- 2.5 Standard norms
- 2.6 Accuracy and interpretability

## UNIT-III

### 3. Physical Fitness Test :

- 3.1 Strength Test
  - 3.1.1 Fleshman's battery on basic fitness test
  - 3.1.2 Physical fitness index
  - 3.1.3 Sargen test
- 3.2 Motor Fitness Tests –
  - 3.2.1 J.C.R. Test
  - 3.2.2 National Physical efficiency test
- 3.3 Cardiovascular test-
  - 3.3.1 Harward's Step test
  - 3.3.2 Foster test
  - 3.3.3 Copper's Twelve minuler Run and walk test

## UNIT-IV

### 4. Sport skills test

- 4.1.1 Application of skill test.
- 4.1.2 Fundamental of measuring techniques in sports.
- 4.1.3 Standard activity tests Miler Volley ball test, Johnson Baskaball ability test. Goal shooting test in hockey.

### REFERENCES :

- Clarks H : Application of measurement of health physical education, prentice Hall. inc. 1967.
- Larson L.A. & Yucom R.D. Measurement and Evaluation in Physical Health and Recreation Education St. Luis C.V.Mosby Co.
- Mathew, Donald: Measurement in Physical Education London, W.B. Saunders & Co.
- Neilson, N.P.: An elementary Course in Statistics Test and Measurement in Physical, California National Test, Polo Also.
- Harbens Singh : Teaching Hockey Through Testing, Kamal, Laxmi Sports Industries.
- Wilks, S.S.Elementary Statistical Analysis, Calcutta, Oxford and T.B.H. Pub.

**B.P.E. SEMESTER-VI  
PAPER-I**

**PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION & SPORTS**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**UNIT-I**

- 1.1 Meaning Nature and Criteria of profession.
- 1.2 Physical Education as a profession.
- 1.3 Aims and objectives of Genral Education contribution of professional preparation to the purpose of education.
- 1.4 Forces and Factors affecting the policies and programmes of professional preparation educational, social, political, economical, religions etc.
- 1.5 Accreditation and Certification.

**UNIT-II**

- 2.1 Qualifications for teaching courses of professional preparation in physical education.
- 2.2 Specific qualifications for physical educattors.
- 2.3 Teaching evaluation
- 2.4 Duties and services of physical education teachers.
  - 2.4.1 Experience through movement education including games, sports and other activities.
  - 2.4.2 Professional preparation programmes Health, safty, recreation, camping and outdoor education.
  - 2.4.3 Coaching (d) conducting research.
  - 2.4.4 Administrative functions (f) Measurement and Evaluation.
  - 2.4.5 Community Responsibilities
  - 2.4.6 Professional Leadership

**UNIT-III**

- Role of central and state Government in professional preparation.
- 3.2 Role of non-official agencies in improving professional preparations.
- 3.3 Historical perspective of teachers training in physical education in India.

UNIT-IV  
4.1 Allied subjects their meaning, concept and scope sports, psychology, sports sociology, sports philosophy, sports, mechanics, kinesiology, physiology sports medicine, health education.

- 4.2 Sports and other field
- 4.2.1 Sports and politics
- 4.2.2 Sports and Culture
- 4.2.3 Sports and Economics (Commerce)

**REFERENCES :**

- Bucher, Wuest: Foundation of physical education and sport.
- Seidel Reseck : Physical education : An overview (2nd Edn)
- Richard S. Revenes : Foundation of physical education.

**B.P.E. SEMESTER-VI  
PAPER-II  
EDUCATIONAL TECHNOLOGY**

Max. Marks: 60  
External Marks: 40  
Internal Marks: 20  
Time: 3 hours

**UNIT-I**

- 1. Introduction to Educational Technology :
- 1.1 Definition
- 1.2 Educative process
- 1.3 The Teacher of Yesterday & Today.
- 1.4 An outline of teaching method used then and now

**UNIT-II**

- 2. Teaching Aids :
- Importance of Teaching Aids.
- Criteria for selecting teaching aids
- Difference between teaching method and teaching aid
- Broad classification to teaching aids
- Audio Aids
- visual Aids
- Audio Visual Aids
- Effectiveness of Edger Dale's cone classification.

**UNIT-III**

- 3. Advantage and suggestions for effective use of selected

34

ing aids. — Teaching Aids  
 al — Verbal  
 k Board — chalk Board  
 ts — charts  
 els — models  
 e Projector — slide projector  
 r Head Projector —  
 tion Picture —  
 f Experiment and Projects. —

— Over Head Projector  
 — motion Picture  
 — self Experiment and Projects

#### UNIT-IV

New Teaching Techniques and INNOVATIONS-II :

Micro Teaching (micro)

Concept and features of micro teaching. (concept)

Micro teaching versus traditional teaching. (micro)

Steps in micro teaching - (steps)

Micro teaching skills (micro)

Limitation of Micro teaching (Limitation)

i. Simulation Teaching :

5.1 Meaning of Simulation

5.2 Types of activities in simulation

5.3 Steps in simulation

5.4 Advantages of simulation

5.5 Limitations of simulation

#### REFERENCES :

- K Smapath, A Pannirselvan and S. Santhanam, Introduction to Educational Technology (New Delhi : Sterling Publishers Pvt. Ltd. )1981.
- Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi: Doaba House) 1959
- Walia J.S.Principles and Methods of Educatin (Paul Publishers Jullandhar), 1999
- Kochar, S.K.Methods and TEchniques of Teaching (New Delhi Jallandhar, Sterling Publishers Pvt. Ltd.), 1982.
- Lozman Cassidy and K Jackson, Methods in Physical educatin (W.B.Saunders Company, Philadelphia and London), 1952.
- Singh, Ajmer and other Modern Text Book of Physical Education. Health and sports B.A.Part-I (Kalyani Publishers, Ludhiana), 2000
- Amita Bhardwaj, New Media of Educational Planning Sarup of Sons, New Delhi, 2003.

B.P.E. SEMESTER - VI  
 PAPER-III  
 OFFICIATING AND COACHING

Max. Marks: 60  
 External Marks: 40  
 Internal Marks: 20  
 Time: 3 hours

35

1.2 Components of fitness and their desor  
 1.3 Components of wellness and their  
 1.4 Significance of fitness and well  
 1.5 Fitness and wellness for the  
 UNIT - II FITNESS  
 2.1 Types :- Phys  
 (cardio-respir  
 agility, co  
 2.2 Pr  
 2.3

- 1.2 Components of fitness and their description
- 1.3 Components of wellness and their description
- 1.4 Significance of fitness and wellness in present scenario.
- 1.5 Fitness and wellness for life

#### UNIT – II FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING

- 2.1 Types :- physical ( cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance)
- 2.2 Principals of physical fitness
- 2.3 Benefits of fitness programme
- 2.4 Obesity (causes and prevention)
- 2.5 Weight management (role of diet & exercise in maintenance of ideal weight)

#### UNIT – III WELLNESS

- 3.1 Identifying dimensions of wellness, achieving and maintenance of wellness
  - Adopting healthy & positive lifestyle.
  - Identifying stressors and managing stress
  - Staying safe & preventing injuries
  - Knowledge of Nutrition & its implication on healthy lifestyle
  - Factors leading to eating disorders
  - Hazards of substance abuse (smoking, alcohol & tobacco)
  - Adoption of spirituality principals & their remedial measures
  - Yogic practices for achieving health and fitness
  - Worthwhile use of leisure time.
  - Sexuality – preventive measures for sexual transmitted diseases.
  - Emphasis on proper rest & sleep.
  - Prevention of cancer, cardio-vascular disorders & other diseases.
- 3.2 Relationship of wellness towards positive lifestyle
- 3.3 Benefits of wellness

#### UNIT – IV BEHAVIOR MODIFICATION

- 4.1 Barriers to change
- 4.2 Process of change (6 stages) SMART
- 4.3 Technique of change & smart goal setting.
- 4.4 Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)
- 5.1 Daily schedule based upon one's attitude, gender, age & occupation.
- 5.2 Basic – module: - Time split for rest, sleep, diet, activity & recreation.
- 5.3 Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

#### REFERENCES

##### Fitness

- Anderson, B., Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.
- Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
- Bean, Anita, Food For Fitness, London : A & C Black, 1999.
- Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
- Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994.
- Difiore, Judy, Complete Guide to Postnatal Fitness, London : A & C Black, 1998.

37

- Components of fitness and their description
- Components of wellness and their description
- Significance of fitness and wellness in present scenario.
- Fitness and wellness for life

#### NIT – II FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING

- Types :- physical ( cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related
- rdio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, ility, coordination, endurance, balance)
- 2 Principals of physical fitness
- 3 Benefits of fitness programme
- 4 Obesity (causes and prevention)
- 5 Weight management (role of diet & exercise in maintenance of ideal weight)

#### NIT – III WELLNESS

- 1 Identifying dimensions of wellness, achieving and maintenance of wellness
- Adopting healthy & positive lifestyle.
- Identifying stressors and managing stress
- Staying safe & preventing injuries
- Knowledge of Nutrition & its implication on healthy lifestyle
- Factors leading to eating disorders
- Hazards of substance abuse (smoking, alcohol & tobacco)
- Adoption of spirituality principals & their remedial measures
- Yogic practices for achieving health and fitness
- Worthwhile use of leisure time.
- Sexuality – preventive measures for sexual transmitted diseases.
- Emphasis on proper rest & sleep.
- Prevention of cancer, cardio-vascular disorders & other diseases.
- 2 Relationship of wellness towards positive lifestyle
- 3 Benefits of wellness

#### JNIT – IV BEHAVIOR MODIFICATION

- 4.1 Barriers to change
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- 5.2 Basic – module: - Time split for rest, sleep, diet, activity & recreation.
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- Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
- Bean, Anita, Food For Fitness, London : A & C Black, 1999.
- Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
- Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994.
- Difiore, Judy, Complete Guide to Postnatal Fitness, London : A & C Black, 1998.

37

Rules and their interpretations and duties of officials.

### **Squash Fundamental Skills**

- o Service- Under hand and Over hand
- o Service Reception
- o Shot- Down the line, Cross Court
- o Drop
- o Half Volley
- o Tactics – Defensive, attacking in game
- o Rules and their interpretations and duties of officials.

### **Tennis: Fundamental Skills.**

- o Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- o Stance and Footwork.
- o Basic Ground strokes-Forehand drive, Backhand drive.
- o Basic service.
- o Basic Volley.
- o Over-head Volley.
- o Chop
- o Tactics – Defensive, attacking in game
- o Rules and their interpretations and duties of officials.

### **Base Ball Fundamental Skills**

- o Player Stances – walking, extending walking, L stance, cat stance.
- o Grip – standard grip, choke grip,
- o Batting – swing and bunt.
- o Pitching –
  - o Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball,
  - o Softball: windmill, sling shot,
  - o starting position: wind up, set.
  - o Fielding –
  - o Catching: basics to catch fly hits, rolling hits,
  - o Throwing: over arm, side arm.
  - o Base running –
  - o Base running: single, double, triple, home run, .
  - o Sliding: bent leg slide, hook slide, head first slide.
  - o Rules and their interpretations and duties of officials.

### **Netball: Fundamental Skills**

- o Catching: one handed, two handed, with feet grounded, in flight.
- o Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- o Footwork: landing on one foot; landing on two feet; pivot; running pass.
- o Shooting: one hand; two hands; forward step shot; backward step shot.
- o Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- o Defending: marking the player; marking the ball; blocking; inside the circle; outside the

39