

B.P.E. (Sem. - V & VI)

Prospectus No.2015166

संत गाडगे बाबा अमरावती विद्यापीठ
SANT GADGE BABAAMRAVATI UNIVERSITY

शिक्षण विद्याशाखा

(Faculty of Education)

अभ्यासक्रमिका

शारीरिक शिक्षण स्नातक परीक्षा 2015

(सत्र- 5 व सत्र -6)

PROSPECTUS

OF

**The Examination for the Degree of
Bachelor of Physical Education 2015
Semester - III Examinations of Winter - 2014
Semester - IV Examination of Summer - 2015**



2014

(visit us at www.sgbau.ac.in)

Price Rs. /-

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SYLLABUS FOR

B.P.E.EXAMINATION. (Sem.- V & VI)

PROSPECTUS NO. 2015166

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SANT GADGE BABA AMRAVATI UNIVERSITY
SPECIAL NOTE FOR INFORMATION OF THE STUDENTS

(1) Notwithstanding anything to the contrary, it is notified for general information and guidance of all concerned that a person, who has passed the qualifying examination and is eligible for admission only to the corresponding next higher examination as an ex-student or an external candidate, shall be examined in accordance with the syllabus of such next higher examination in force at the time of such examination in such subjects, papers or combination of papers in which students from University Departments or Colleges are to be examined by the University.

(2) Be it known to all the students desirous to take examination/s for which this prospectus has been prescribed should, if found necessary for any other information regarding examinations etc. refer the University Ordinance Booklet the various conditions/provisions pertaining to examinations as prescribed in the following Ordinances-

Ordinance No.1	:	Enrolment of Students.
Ordinance No.2	:	Admission of Students.
Ordinance No. 4	:	National Cadet Corps.
Ordinance No. 6	:	Examination in General (relevant extracts)
Ordinance No. 18/2001	:	An Ordinance to provide grace marks for passing in a Head of passing and Improvement of Division (Higher Class) and getting Distinction in the subject and condonation of deficiency of marks in a subject in all the faculties prescribed by the Statute No.18.
Ordinance No.9	:	Conduct of Examinations (relevant extracts)
Ordinance No.10	:	Providing for Exemptions and Compartments.
Ordinance No.19	:	Admission of Candidates to Degrees.
Ordinance No.109	:	Recording of a change of name of a University Student in the records of the University.

Ordinance No.6 of 2008 : For improvement of Division/Grade.

Ordinance No.19/2001 : An Ordinance for Central Assessment Programme, Scheme of Evaluation and Moderation of answerbooks and preparation of results of the examinations, conducted by the University.

Registrar
Sant Gadge Baba Amravati University

PATTERN OF QUESTION PAPER ON THE UNIT SYSTEM.

The pattern of question paper as per unit system will be broadly based on the following pattern :-

- (1) Syllabus has been divided into units equal to the number of question to be answered in the paper. On each unit there will be a question either long answer type or a short answer type.
- (2) Number of question will be in accordance with the unit prescribed in the syllabi for each paper i.e. there will be one question on each unit.
- (3) For every question long answer type or short answer type there will be an alternative choice from the same unit. However, there will be no internal choice in a question.
- (4) Division of marks between long answer and short answer type question will be in the ratio of 40 and 60
- (5) Each short answer type question shall contain 4 to 8 short sub question with no internal choice.

DIRECTION

No. : 22/2012

Date : 28/5/2012

Subject: Examinations leading to the Degree of (शारीरिक शिक्षण स्नातक)
Bachelor of Physical Education (B.P.E., Three Years Course)
(Semester Pattern)

Whereas, Ordinance No. 74 in respect of Examinations leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education is in existence for three years annual course in the University,

AND

Whereas, the Academic Council in its meeting held on 13.1.2012 vide item No. 14 (6) B) R-2 has resolved to accept the Semester Pattern Examination System, Revised Schemes of Examinations, Revised Syllabi and accordingly provisions for the Ordinance for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern), to be implemented from the Academic Session 2012-2013,

AND

Whereas, the Academic Council in its meeting held on 13.1.2012 vide item No. 14 (6) B) R-2 has further resolved to refer the matter to the Ordinance Committee for framing the Ordinance,

AND

Whereas, framing the new Ordinance is time consuming process,

AND

Whereas, the provisions for the Ordinance are to be implemented from the Academic Session 2012-2013,

AND

Whereas, the syllabi and other details for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern) are to be implemented from the Academic Session 2012-2013 for Semesters I & II examinations, 2013-2014 for Semesters III & IV examinations, and from the Academic Session 2014-2015 for Semesters V & VI examinations,

AND

Whereas, the syllabi of Semester-I & II is required to be printed for the Academic Session 2012-2013,

Now, therefore, I, Dr. Mohan K. Khedkar, Vice-Chancellor of Sant Gadge Baba Amravati University, Amravati in exercise of powers conferred upon me under sub-section (8) of Section 14 of the Maharashtra Universities Act, 1994, do hereby direct as under :-

1. This Direction may be called, "Examinations leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern), Direction, 2012."

2. This Direction shall come into force ;
 - (i) from the Academic Session 2012-2013, for Semesters I & II,
 - (ii) from the Academic Session 2013-2014, for Semesters III & IV and
 - (iii) from the Academic Session 2014-2015, for Semesters V & VI.
3. (i) The following shall be the examinations leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern) in the faculty of Education.
 - (a) The Bachelor of Physical Education Part-I, Term-1 & 2 (B.P.E. Part-I, Sem. I & II) Examinations.
 - (b) The Bachelor of Physical Education Part-II, Term-3 (B.P.E. Part-II, Semester- III) Examination.
 - (c) The Bachelor of Physical Education Part-II, Term-4 (B.P.E. Part-II, Semester- IV) Examination.
 - (d) The Bachelor of Physical Education Final, Term-5 (B.P.E. Final, Semester-V) Examination; and
 - (e) The Bachelor of Physical Education Final, Term-6, (B.P.E. Final, Semester-VI) Examination.

(ii) The period of Academic Session shall be such as may be notified by the University.
4. (i) The theory examinations of Semester-I & II shall be simultaneously conducted by the University at the end of Semester-II in Summer.
 - (ii) The examinations of Semester-III, IV, V & VI shall be conducted by the University and shall be held by the end of each semester separately.
 - (iii) The main examinations of Semester-III & V and that of Semester- IV & VI shall be held on Winter and Summer respectively.
 - (iv) The supplementary examinations for Semester-I & II shall be held in Winter and that of Semester III & V and Semester-IV & VI in Summer and Winter respectively.

That means the theory examinations of all the Semesters shall be conducted by the University and shall be held as per the schedule.

Sr. No.	Name of the Examination	Main Examination	Supplementary Examination
1	Semester I & Semester II	Summer (Simultaneously)	Winter (Simultaneously)
2	Semester III & Semester V	Winter	Summer
3	Semester IV & Semester VI	Summer	Winter

5. Subject to their compliance with the provisions of this Direction and of other Ordinance in force from time to time, the following person shall be eligible for admission to examinations namely:-
- A student of a college who has prosecuted a regular course of study for not less than one academic year prior to that of examination.
 - A teacher in a educational institution eligible under the provisions of ordinance.
 - Student shall have to produce Medical Fitness Certificate to concerned college before the schedule of Practical Examination.
6. The Student passing H.S.C. Examination with any faculty are eligible.
- English and any optional of the following languages Marathi, Hindi, Urdu, Sanskrit, and Supplementary English.
 - The students passing H.S.C. examination (M.C.V.C. stream) with technical trades are eligible.
 - In the case of Physical Education Part-II, Term-3 & 4 (B.P.E.Part-II Sem-III & IV) Examination, have passed not less than one academic year previously the Physical Education Part-I, Term-1 and 2 (Physical Education Part-I, Sem-I & II) Examinations of the University or an examination recognized as equivalent thereto, and
 - In the case of the Physical Education, Final, Term-5 & 6 (Physical Education Final Sem-V & VI) Examination, have pass not less than one academic year previously the Physical Education Part-II, Term-3 & 4 (Physical Education Part-II, Sem-III & IV) Examinations of the University or any examination recognized as equivalent thereto;
7. Subject to his/her compliance with the provisions of this Direction and other Ordinances (pertaining to Examination in General) in force from time to time, the applicant for admission, at the end of the course of study of a particular semester to an examination specified in column (1) of the table below, shall be eligible to appear at it, if,
- he/she satisfied the condition in the table and the provisions there under.
 - he/she has prosecuted a regular course of study in a college affiliated to the University.

Name of the Exam. to appear	The student should have completed the session / term satisfactory	The student should have passed
1	2	3
B.P.E. Part-I (Sem.-I & II)	Sem. óI & II	Qualifying Examination
B.P.E. óII (Semester-III)	Semester-I & II	One half of the total head prescribed for Sem.-I & Sem.-II examination
B.P.E. óII (Semester-IV)	Semester-III	One half of the total head prescribed for Sem.-I & Sem.-II examination
B.P.E.-III (Semester-V)	Semester-III & IV	(i)Passed the Sem.-I & II examination and (ii) One half of the total head prescribed for Sem.-III & Sem.-IV examination.
B.P.E. óIII (Semester VI)	Semester-V	(i)Passed the Sem.-I & II examination and (ii)One half of the total head prescribed for Sem.-III & Sem.-IV examination.

8. Candidate may choose any one language as optional subject in Semester-I, III and V. Medium of Instruction of Examination shall be English, Hindi & Marathi.
9. Syllabus of languages i.e. Marathi, Hindi and English will be same as per B.A. Examination of the University.
10. The Practical Examinations of semesters shall be conducted as per following schedule.
- | Sr.No. | Semester | Examination |
|--------|-----------------|-------------|
| 1 | Semester I & II | Summer |
| 2 | Semester III | Winter |
| 3 | Semester IV | Summer |
| 4 | Semester V | Winter |
| 5 | Semester VI | Summer |
11. The scheme of Examination for the Degree of B.P.E. Course shall be as prescribed by the Regulation.

12. Successful examinees at the B.P.E. Final, Term-6 (B.P.E. Final, Sem.-VI) Examination who obtain not less than 60% marks in aggregate of Sem.-I, II, III, IV, V & VI Examinations taken together shall be placed in the First Division, those obtaining less than 60% but not less than 45% in the Second Division, and all other successful examinees in the pass Division.

Explanation :

Division at the Physical Education Final, Term-5 & 6 (B.P.E. Final, Sem.-V & Sem.-VI) Examinations shall be declared on the basis of the marks obtained in the Physical Education Subjects at the Sem.-I, II, III, IV, V, & VI Examinations taken together.

13. There shall be no classification of successful examinees at the Sem.-I to Sem.-V Examinations.
14. An examinee successful in the minimum period prescribed for the examination, obtaining not less than 75% of the maximum marks prescribed in the subject shall be declared to have passed the examination with Distinction in the subject.
15. Provisions of Ordinance No. 18/2001 in respect of an Ordinance to provide grace marks for passing in a Head of Passing and Improvement of Division (Higher Class) and getting Distinction in the subject and condonation of deficiency of marks in a subject in all the faculties prescribed by the Statute No.18, Ordinance 2001 shall apply.
16. As soon as possible after the examinations the Board of Examination shall publish a list of successful examinees at the B.P.E. Part-I, Sem.-I & II; B.P.E. Part-II, Sem.-III & IV and B.P.E. Final, Sem.-V & VI examinations. Such list at the B.P.E. Final Examination shall be arranged in three Divisions. The names of the examinees passing the examination as a whole in the minimum prescribed period and obtaining the prescribed number of places in First or Second Division shall be arranged in Order of Merit as provided in the Examinations in General Ordinance No. 6.
17. No Person shall be admitted to B.P.E. Part-I, Sem.-I & II; B.P.E. Part II, Sem.-III & IV and B.P.E. Final Sem.-V & VI Examinations, if he has already passed the corresponding or an equivalent examination of any other Statutory University.
18. Successful Examinees at the B.P.E. Part-I, Term-1 & 2, B.P.E. Part-II, Sem.-III & IV Examinations shall be entitled to receive a Certificate signed by the Registrar and successful examinee at

the end of B.P.E. Final, Term-6 (B.P.E. Final, Sem.-VI) Examination, shall on payment of the prescribed fees, receive a Degree in the

Prescribed form, signed by the Vice-Chancellor.

A m r a v a t i

D a t e : 2 5 / 5 / 2 0 1 2

S d / -

(M o h a n K . K h e d k a r)

V i c e - C h a n c e l l o r

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DIRECTION

No. : 23/2012

Date : 6/6/2012

Subject: Schemes of Examinations in respect of the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern) for Semesters I, II, III, IV, V and VI

Whereas, the Academic Council in its meeting held on 13.1.2012 vide item No. 14 (6) B) R-2 has resolved to accept the Semester Pattern Examination System, Revised Schemes of Examinations, Revised Syllabi and accordingly provisions for the Ordinance for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern), to be implemented from the Academic Session 2012-2013,

AND

Whereas, the Direction No. 22/2012, dated 28.5.2012 has been issued for the Examinations leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern),

AND

Whereas, the Academic Council in its meeting held on 5.5.2012 vide item No. 56 has resolved to accept the correction in the revised Scheme of Examination for Semester - I,

AND

Whereas, the Schemes of Examinations shall be regulated by the Regulation,

AND

Whereas, the process of making the Regulation is likely to take some time,

AND

Whereas, the Schemes of Examinations for Semesters-I & II, III &

IV, and V & VI are to be implemented from the Academic Sessions 2012-2013, 2013-2014 and 2014-2015 respectively,

AND

Whereas, the revised syllabi alongwith the Schemes of Examinations of Semesters-I & II for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Year Course) (Semester Pattern) is required to be made available for the students who will be admitted in the Academic Session 2012-2013,

Now, therefore, I, Dr. Mohan K. Khedkar, Vice-Chancellor of Sant Gadge Baba Amravati University, Amravati in exercise of powers conferred upon me under sub-section (8) of Section 14 of the Maharashtra Universities Act, 1994, do hereby direct as under :-

1. This Direction may be called, "Schemes of Examinations in respect of the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern) for Semesters I, II, III, IV, V and VI, Direction, 2012."
2. This Direction shall come into force ;
 - (i) from the Academic Session 2012-2013, for Semesters I & II,
 - (ii) from the Academic Session 2013-2014, for Semesters III & IV and
 - (iii) from the Academic Session 2014-2015, for Semesters V & VI.
3. The Schemes of Examinations for Semesters-I, II, III, IV, V and VI for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern) shall be as per Appendix-A appended with this Direction.

Amravati
Date:2/6/2012

Sd/-
(Mohan K. Khedkar)
Vice-Chancellor

The Schemes of Examinations for Semesters-I, II, III, IV, V and VI for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern)

	Theory	Part-II	Part-III	Total
Semester-I	200	200	0	400
Semester-II	200	200	0	400
Semester-III	200	150	0	350
Semester-IV	200	150	0	350
Semester-V	200	150	100	450
Semester-VI	200	150	100	450
Total	1200	1000	200	2400

SEMESTER-I [Theory]

Subject Code	Theory subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
1A01	Marathi/ Hindi/ English (Optional)	40	10	16	50	20
1A02	Foundations of Physical Education	40	10	16	50	20
1A03	Anatomy	40	10	16	50	20
1A04	Fundamental of Computer and its use in Physical Education	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

- a. 1 assignment on each paper : : 5 marks
- b. 1 internal exam on each paper : : 5 marks

NOTE:- Record of all Internal Assessment Marks be maintained by concerned subject teachers.

Semester-I [Practical]

Activity Code	Activities	Max. Marks	Min. Pass Marks
1B01	Major Games:- 1] Kabaddi 2] Basket Ball	60	30
1B02	Athletics:- Sprint, Long jump, Shot Put	30	15
1B03	Yoga:- Asana	30	15
1B04	Wrestling & Dance	40	20
1B05	Gymnastics (Ground)	20	10
1B06	Band and Flute	20	10
	Total	200	100

SEMESTER-II [Theory]

Subject Code	Theory Subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
2A01	Sports Sociology	40	10	16	50	20
2A02	Yoga	40	10	16	50	20
2A03	Kinesiology	40	10	16	50	20
2A04	Health, Hygiene and Sanitation	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

- a. 1 assignment on each paper : : 5 marks
b. 1 internal exam on each paper : : 5 marks

NOTE:- Record of all Internal Assessment Marks be maintained by concerned subject teachers

Semester-II [Practical]

Activities Code	Activities	Max. Marks	Min. Pass Marks
2B01	Major Games:- 1] Kho-Kho 2] Hand ball	60	30
2B02	Athletics:- Middle distance running, Hop step and jump, Discus	30	15
2B03	Yoga	30	15
2B04	Judo	30	15
2B05	Gymnastics (Apparatus)	25	13
2B06	Drill & Marching	25	12
	Total	200	100

SEMESTER-III [Theory]

Subject Code	Theory Subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
3A01	Marathi/ Hindi/ English (Optional)	40	10	16	50	20
3A02	Sports Psychology	40	10	16	50	20
3A03	Physiology of Exercise	40	10	16	50	20
3A04	Management in Physical Education	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

- a. 1 assignment on each paper : : 5 marks
b. 1 internal exam on each paper : : 5 marks

NOTE:- Record of all Internal Assessment Marks be maintained by concerned subject teachers

Semester-III [Practical]

Activity Code	Activities	Max. Marks	Min. Pass Marks
3B01	Major Game:- 1] Foot ball 2] Volley Ball	60	30
3B02	Athletics:- Hurdles, High Jump, Pole vault.	30	15
3B03	Yoga	10	5
3B04	Combative Activities Boxing / Dance	20	10
3B05	Gymnastics (Apparatus)	20	10
3B06	Aerobics	10	5
	Total	150	75

SEMESTER-IV [Theory]

Subject Code	Theory Subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
4A01	Principles and History of Physical Education	40	10	16	50	20
4A02	Basic of Sports Training	40	10	16	50	20
4A03	Recreation	40	10	16	50	20
4A04	Adapted Physical Education	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

- a. 1 assignment on each paper : : 5 marks
 b. 1 internal exam on each paper : : 5 marks

NOTE:- Record of all Internal Assessment Marks be maintained by concerned subject teachers

Semester-IV [Practical]

Activities Code	Activities	Max. Marks	Min. Pass Marks
4B01	Major Game:- 1] Cricket 2] Table tennis	60	30
4B02	Athletics:- Relay, Hammer Throw, High jump	30	15
4B03	Fitness Management Practical, Note book & Viva	20	10
4B04	Swimming / Adventures sports / Archery	20	10
4B05	Indigenous Activity [Lezim]	10	5
4B06	Aerobics	10	5
	Total	150	75

SEMESTER-V [Theory]

Subject Code	Theory Subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
5A01	Marathi/ Hindi/ English (Optional)	40	10	16	50	20
5A02	Method of Physical Education	40	10	16	50	20
5A03	Remedial and Corrective Physical Education	40	10	16	50	20
5A04	Test and Measurement in Physical Education	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

- a. 1 assignment on each paper : : 5 marks
 b. 1 internal exam on each paper : : 5 marks

NOTE:- Record of all Internal Assessment Marks be maintained by concerned subject teachers

Semester-V [Practical]

Activity Code	Activities	Max. Marks	Min. Pass Marks
5B01	Major Game:- 1] Badminton 2)Tennikoit	60	30
5B02	Major Game:- Officiating [Any two game]	40	20
5B03	Athletics:- Performance	20	10
5B04	Swimming/Weight Lifting	20	10
5B05	Remedial Massage Project	10	5
	Total	150	75

PART – III : PRACTICE TEACHING : 100 Marks

- a) Ten supervised lesson taken throughout the Semester óV: 25 Marks [Internal]
b) Lesson on any physical activity ó marks 75 [External]

SEMESTER-VI[Theory]

Subject Code	Theory Subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
6A01	Professional Preparation in Physical Education & Sports	40	10	16	50	20
6A02	Educational Technology	40	10	16	50	20
6A03	Officiating and Coaching	40	10	16	50	20
6A04	Environmental Studies	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

- a. 1 assignment on each paper : : 5 marks
b. 1 internal exam on each paper : : 5 marks

NOTE:- Record of all Internal Assessment Marks be maintained by concerned subject teachers

Semester-VI [Practical]

Activity Code	Activities	Max. Marks	Min. Pass Marks
6B01	Major Game:- 1] Hockey 2] Throw Ball	60	30
6B02	Officiating of Major Game (any two games)	40	20
6B03	Athletics	20	10
6B04	First-Aid Practical Book and Viva	15	8
6B05	Test:- JCR and Harward step test	15	8
	Total	150	76

PART – III : PRACTICE TEACHING: 100 Marks

- a) Ten supervised lesson taken throughout the Semester óVI 25 Marks [Internal]
b) Lesson on any physical activity ó Marks 75 [External]

Syllabus Prescribe for
Examination for the Degree of Bachelor of Physical Education
(w.e.f. the Academic session 2014-15)

B.P.E. SEMESTER-V
(Each theory paper shall be of three hours duration)

PAPER-I

मराठी

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक - वैखरी भाग-3.

विभाग अ : **वैचारीक**
एक दिर्घोत्तरी प्रश्न
एक लघुत्तरी प्रश्न

विभाग ब : **ललित**
एक दिर्घोत्तरी प्रश्न
एक लघुत्तरी प्रश्न

विभाग क : **कविता**
एक दिर्घोत्तरी प्रश्न
एक लघुत्तरी प्रश्न

विभाग ड : व्यावहारिक मराठी - पत्रलेखन
अ) जाहिरात लेखन किंवा बातमीपत्र
ब) अपठित उता-यावरील प्रश्न किंवा सारांश लेखन

सर्व लघुत्तरी व दिर्घोत्तरी प्रश्नांना अंतर्गत पर्याय राहतील.

हिन्दी

निर्धारित पाठ्यपुस्तक अभिव्यक्ति भाग-3 अमरावती विद्यापीठ प्रकाशन.

1. प्रथम इकाई (आधारभूत पाठ्यक्रम)
क) दिर्घोत्तरी प्रश्न (विकल्प के साथ एक प्रश्न)
ख) लघुत्तरी प्रश्न (विकल्प के साथ दो प्रश्न)
2. द्वितीय इकाई (भाषागत पाठ्यक्रम)
क) दिर्घोत्तरी प्रश्न (विकल्प के साथ एक प्रश्न)

ख) लघुत्तरी प्रश्न (विकल्प के साथ दो प्रश्न)

3. तृतीय इकाई (भावसंप्रेषण)
चार कविताओं में से किन्हीं दो कविताओं का केन्द्रिय भाव
4. चतुर्थ इकाई 6 हिंदी का राजभाषा के रूप में सामान्य परिचय विशेष रूप से राजभाषा अधिनियम 1976 के प्रकाश में, हिंदी की सवैधायिक स्थिती द्विभाषिकता और उससे उत्पन्न समस्याएं अथवा प्रयोजनमूलक हिंदी का स्वरूप और क्षेत्र

1 1 .. अंक

5. इकाई -5 कार्यालयीन हिंदी एवं अनुवाद

1 1 .. अंक

संदर्भग्रंथ

1. अनुवाद की सामाजिक भूमिका 6 डॉ.रीतारानी पालीवाल
2. अनुवाद कला 6 डॉ.कैलाशचंद्र भाटिया.

English

Text Prescribed : Bliss Solitude

(An Anthology of Prose & Poetry)

(Edited by Board of Editors, Published by Orient Blackswan)

Unit-I : Prose (Following prose selections are prescribed)

1. Making History along the Way: - Domenick DiPasquale
Barack Obama.
2. Our Urgent Need for Self-Esteem - Nathaniel Branden
3. Not Just Oranges - Isai Tobolsky
4. The Home Coming - Rabindranath Tagore
5. The Thief - Ruskin Bond
6. Speech on Indian Independence - Jawaharlal Nehru
7. The Romance of Busy Broker - O Henry
8. The Cuddalore Experience - Anu George

Unit-II: Poetry (The following poems are prescribed)

1. The Road not taken - Robert Frost
2. Do not go Gentle into that Good Night - Dylan Thomas
3. An old woman - Arun Kolhatkar
4. A Psalm of Life - H.W.Longfellow
5. Ecology - A.K.Ramanujan
6. I, too - Langston Hughes

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

UNIT- I

1. Physical Educational Method :
 - 1.1 Definitions ó 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.
- iii) 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 competitions, games of law organization, organization of excursions.

UNIT-V

51. Construction and marking of play field for various games, laying out of runnings.Track, construction of jumping pits preparing and markings of different play fields. Their measurements and requirements.

52. Publicity and public relations methods of preparing
- (i) Demonstration, (ii) Displays
 - (iii) Exhibitions (iv) Play-days

B.P.E.SEMESTER-V
PAPER-III
REMEDIAL AND CORRECTIVE
PHYSICAL EDUCATION

UNIT-I

- 1.1 Meaning, importance and scope of posture education.
- 1.2 concept and classification of posture-
 - 1.2.1 Correct and incorrect posture-
 - 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 ó 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
 - 4.1.1 Sprain
 - 4.1.2 Strain
 - 4.1.3 Contusion and hecatomb
 - 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

UNIT-V

- 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

5.3.4 Shaking manipulation

5.4 Principles of the planning of the programme of corrective physical education in school

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 Worthinghw (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.
7. Principles of exercise therapy by Dana Garkinar (G.Bell & Son)
8. D.Tidy's Message and Remedial Exercises for Medical and Surgical conditions by Wale (Bristol, John Wright and Sons, Ltd.)

B.P.E.SEMESTER-V**PAPER-IV****TEST AND MEASUREMENT
IN PHYSICAL EDUCATION****UNIT-I****1. History and Need:**

- 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 minuter 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.

5. Elementary Statistical methods-
- 5.1 The frequency distribution
- 5.2 Measure of central tendency mean ó median ó mode
- 5.3 Reliability measures ó
- 5.3.1 Standard errors-Standard error of mean; median; standard deviation ; co-efficient correlation.
- 5.3.2 Probable error
- 5.4 Standard Measure- öTö score.

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.

PART-II
SKILLS

Examination system and distribution of marks. Activities of the examination are grouped in the following sections and contents of each activity of examination are also given below with its procedure and system of Examination.

MAJOR GAMES -(2)**60 marks****System of Examination :**

The examination will be conducted in Two Games ó

Badminton

Tennikoit

Distribution of marks for game examination is given below :

13) Fundamental skill ó 5 skills for 3 marks each = 15 Marks

14) Game Performance ó 10 Marks

15) Practical Book - 5 Marks

Total 30 Marks**Section 1 : Major Game Examination****Score sheet Table No. 1:**

Name of the game :

Roll No.	Fundamental Skills 15 Marks					Game Performance 10 Marks	Practical Book 5 Marks	Total 30 Marks
	3	3	3	3	3			

Place : _____

Signature of Examiner : _____

Date : _____

Score sheet Table No. 2

Name of the game :

Roll No.	First Examiner 30 Marks	Second Examiner 30 Marks	Total 60 Marks	Out of 30 Marks

Place : — — — — — Signature of External Examiner: _____

Date : — — — — —

Signature of Internal Examiner: _____

Section I : Major Game : Final Score sheet :Table No. 3

Roll No.	First Game 30 Marks	Second Game 30 Marks	Total 60 Marks

Place : — — — — — Signature of External Examiner: _____

Date : — — — — —

Signature of Internal Examiner: _____

The contents of each games are as following –

- w. Brief history of game
- x. Measurement and preparation of the field.
- y. Fundamental skills
- z. Lead up games
- aa. Rules of the game
- bb. Record and awards
- cc. Officials

BADMINTON:

- 1) Type of Grips
- 2) Type of services- toss services, high services, low services.
- 3) Stroke for hand drive backhand over, head clear drop shot.
- 4) Single game and double game.

TENNIS:

Type of service - Simple service
 Shots - Back hand shot
 Forehead shot

SECTION – 2

OFFICIATING OF MAJOR GAME (ANY TWO GAMES) 40 marks

Officiating of Any two games

Score sheet Table No.3

Name of game : ô ô ô ô ô ô ô ô

Roll No.	Total 20 Marks

Place : ô ô ô ô ô ô

Signature of Examiner : ô ô ô ô ô ô

Date : ô ô ô ô ô ô ô ô

Score Sheet : Table No: 4:

Consolidation Score sheet:

Roll No.	First Examiner 20 Marks	Second Examiner 20 Marks	Total 40 Marks	Out of 20 Marks

Place : — — — — — — — Signature of External Examiner: _____

Date : — — — — — — —

Signature of Internal Examiner: _____

Section I : Final Score sheet Officiating

Table No. 5:

Roll No.	First Game 20 Marks	Second Game 20 Marks	Total 40 Marks

Place : — — — — — — — Signature of External Examiner: _____

Date : — — — — — — —

Signature of Internal Examiner: _____

SECTION – 3

ATHLETICS

20 marks

The examination will be conducted as below

- a. Running (Compulsory) : 100 mtrs 10 Marks
 The performance of examinee will be taken & converted into marks as per conversion table enclosed. Appendix I & II .
- b. Viva: 05 Marks
- c. Practical Book 05 Marks

Score sheet Table No.6

Name of Event : _____

Roll No.	Performance	Total 10 Marks

Place : — — — — — — — Signature of External Examiner: _____

Date : — — — — — — —

Signature of Internal Examiner: _____

Score sheet Table No.7 :

Athletic Note book

Roll No.	Viva 5 Marks	Practical Book 5 Marks	Total 10 Marks

Place : — — — — — — — Signature of External Examiner: _____

Date : — — — — — — —

Signature of Internal Examiner: _____

Section III : Final Score sheet Athletics**Score sheet Table No. 8**

Roll No.	Performance 10 Marks	Practical Book & Viva 10 Marks	Total 20 Marks

Place : — — — — — — — Signature of External Examiner: _____

Date : — — — — — — —

Signature of Internal Examiner: _____

SECTION – 4**SWIMMING/WEIGHT LIFTING (Any One) 10 Marks**

The examination will be conducted as following :

Examination system candidates choice any one techniques - 4 marks

Examiner choice any two techniques - 6 Marks

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10 Marks

Score Sheet : Table No.: 9**Name of Event:**

Roll No.	2 Techniques Examiner Choice 6 Marks	1 Technique Candidates Choice 4 Marks	Total 10 Marks
	3 3		

Place : — — — — — — — Signature of Examiner: _____

Date : — — — — — — —

Score Sheet : Table No: 10**Consolidation Score sheet:**

Roll No.	First Examiner 10 Marks	Second Examiner 10 Marks	Total 20 Marks	Out of 10 Marks

Place : — — — — — — — Signature of External Examiner: _____

Date : — — — — — — —

Signature of Internal Examiner: _____

Swimming :

Techniques of Swimming-

- i) Free style
- ii) Back style
- iii) Breast stroke
- iv) Butter fly

Weight Lifting:

a) Teaching Contents:

1) Techniques of lift

a) Snatch

b) Clean and Jerk

2) Knowledge of weight groups

3) Rules and regulations of weight lifting competition

b) Examination System :

Examinee has to exhibit two techniques of lift with the weight mentioned against their weight category Table. Attached in Appendix-III Upon the basis of the style correctly demonstrated the examiners will assess.

REMEDIAL MASSAGE – PROJECT**10 marks****CONTENTS:**

System of Examination:

The Examination will be conducted in the following items as told by examiner. The items and their marks are given below:

i) Posture Test í í 4 Marks

ii) Athletic Injuries and their Treatmentí 3 Marks

iii) Messageí . 3 Marks

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Total 10 Marks

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Note : The student should prepare the Practical Note Book of above items.**Teaching Contents :****Remedial Message and Physical Corrective Exercises**

I. Posture Test ó

(i) Exercises for removing the deformities of posture. Kyphosis, Lordosis, Scoliosis, Flat Feet; Bowed legs and Knocked Knee.

(ii) Therapeutic Exercises.

II. Athletic Injuries ó Treatment.

First Aid in Sprain, Strain; Contusion, Abrasion, Fractures, Dislocation. Application of Heat, Cold and Exercises in Injuries.

III. Massage ó

Different Types of Message:

- Stroking
- Pressure
- Precussion
- Shaking.

Note : Counter Indications and Indications of Massage.

Name of Event : REMEDIAL MASSAGE, Table No.11:

Roll No.	Total 10 Marks

Place : — — — — — Signature of Examiner: _____

Date : — — — — —

Score Sheet Table No.12 :

Consolidation Score sheet:

Roll No.	First Examiner 10 Marks	Second Examiner 10 Marks	Total 20 Marks	Out of 10 Marks

Place : — — — — — Signature of External Examiner: _____

Date : — — — — —

Signature of Internal Examiner: _____

Final Score Sheet : Part 2 Skill, Table No. 13:

Roll No.	Major Game 60 Marks	Officiating 40 Marks	Athletic 20 Marks	Swimming/ Wt. Lifting 20 marks	Remedial massage 10 marks	Total 150 Marks

Place : — — — — — Signature of External Examiner: _____

Date : — — — — —

Signature of Internal Examiner: _____

PART-III PRACTICE TEACHING

100 Marks b) Ten supervised lesson taken throughout the Semester-V

Each lesson 25 marks (Internal) Total 25 marks

c) Lesson on any physical activity ó marks 75

Roll No.	Lesson Plan 15 Marks	Teaching Ability 30 Marks	Presentation & correction 15 Marks	Personality 05 Marks	Students Creativity 10 marks	Total 75 Marks

Place : — — — — — Signature of Examiner: _____

Date : — — — — —

SEMESTER-VI (Theory)

Subject Code	Theory subjects	Maximum Marks	Maximum Marks Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
6A01	Professional Preparation in Physical Education & Sports	40	10	16	50	20
6A02	Educational Technology	40	10	16	50	20
65A03	Officiating and Coaching	40	10	16	50	20
6A04	Environmental Studies	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

- 1 assignment on each paper: : 5 marks
- 1 internal exam on each paper : 5 marks

NOTE:- Record of all Internal Assessment Marks be maintained by concerned subject teachers.

Semester-VI (Practical)

Activity Code	Activities	Max. Marks	Min. Pass Marks
6B01	Major Game:- 1) Hockey 2) Throw Ball	60	30
6B02	OFFICIATING OF MAJOR GAME (ANY TWO GAMES)	40	20
6B03	Athletics	20	10
6B04	First Aid Practical Book and Viva	15	8
6B05	Test:- JCR and Harward step test	15	8
	Total	150	76

PART-III PRACTICE TEACHING

200 Marks

- a) Ten supervised lesson taken throughout the Semester-V
Each lesson 10 Mark (Internal)

B.P.E. SEMESTER-VI**PAPER-I****PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION & SPORTS****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 In service education of professional personnel :**

- 4.1 Nature and scope of in service education.
- 4.2 Role of administration in service education.
- 4.3 Career opportunities.
- 4.4 Co-education meaning, need and factors affecting co-education in physical education levels at which co-education is desirable.

UNIT-V

- 5.1 Allied subjects their meaning, concept and scope sports, psychology, sports sociology, soprts philosophy, sports, mechanics, kinesiology, physiology sports medicine, health education.
- 5.2 Sports and other field
 - 5.2.1 Sports and polities
 - 5.2.2 Sports and Culture
 - 5.2.3 Sports and Economics (Commerce)

REFERENCES:

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- Report of the University education committee (2 vols) 1946 Delhi, Manager of publication, Govt. of India, 1951.
- A Brief History of Physical education in India by K. Rajagopalan.
- History of physical education by E.A.Khan.

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

UNIT-I

1. Introduction to Educational Technolgy :
 - 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 teaching aids.
 - Verbal
 - Chock Board
 - Charts
 - Models
 - Slide Projector
 - Over Head Projector
 - Motion Picture
 - Self Experiment and Projects.

UNIT-IV

4. New Teaching Techniques and INNOVATIONS-II :
 - Micro Teaching
 - Concept and features of micro teaching .
 - Micro teaching verses traditional teaching.
 - Steps in micro teaching
 - Micro teaching skills
 - Limitation of Micro teaching

UNIT-V

5. 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
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- Prof. Ramesh Chandra, Technology in the preparation of Teachers, Usha Books, Delhi 2004.
- D.D.Aggarwa, Educational Technology, Sarup of Sons, New Delhi, 2004.

B.P.E. SEMESTER – VI

PAPER-III

OFFICIATING AND COACHING

UNIT-I

- 1.1 Teaching and Training, Principles of Coaching.
- 1.2 Personality of Coach, Methods of Personality Skills.
- 2.1. Principles of conditioning, methodical principles of weight training isometric training. circuit training.
- 2.2 Cross country, Fartlek, pressure Training and Sprint Training.

UNIT-II

- 3.1 Basic Principles and planning of training schedule maintenance fitness.
- 3.2 Selection of players,measures for maintaining and stimulating the interest of students in games and sports.

UNIT-III

- 4.1 Analysis of individual and team performance.
- 4.2 Sports hygiene, safety measures in sports.

UNIT-IV

- 5.1 Official his duties and qualities, factors influencing officiating.
- 5.2 Record sheets, facilities, techniques, strategies and rules and their interpretations of the following athletics, football, hockey, volleyball, basketball, cricket, kabaddi, cho-cho, gymnastics, and wrestling also for girls-
Netball, Throwball, Badminton, Table Tennis etc.

REFERENCES:

1. Harold, Abraham and jack Crumps (Athletics The Naldrett Press, London)
2. Doherty : Modern Track and Field.
3. Miller : Fundamentals of Track and Field.
4. D.B.Crmwell Championship Technique in Track and Field
5. Breshnabam and Tuttle : Track and Field.
6. Meeley : Test and Measurements

B.P.E.SEMESTER-VI

PAPER-IV

ENVIRONMENTAL STUDIES

UNIT-I

1. **Introduction :**
Multi Discriplinary nature of environmental studies
Definition, Scope and Importance of environmental studies.
Concept of environmental education.
Historical background of environmental education.
Needs of environmental education for public awareness.

UNIT-II

2. Natural Resources and related environmental issues.
Forest Resources :
Use and over exploitation, deforestation
Timber extraction mining, dams and their effects on forests and tribal people. water Resources.
Use and over utilization of surface and ground water, floods drought.

Dams-benefits and problems
 Flood Resources :
 World food problems
 Changes caused by agriculture and overgrazing
 Effects of modern agriculture
 Fertilizer pesticide problems.
 Energy Resources :
 Growing energy needs
 Renewable and non renewable energy sources.
 Use of alternate energy sources.
 Land Resources :
 Land as a resource
 Land degradation
 Man induced land slides
 Soil erosion and desertification
 Role of an individual in conservation of Natural Resources.

UNIT-III

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

UNIT-IV

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

UNIT-V

5.Social Issues and the Environment :
 From unsustainable to sustainable development.
 Water conservation, rain water harvesting, water shed management.
 Climate changes, global warming, acid rain, ozone layer depletion and holocaust.
 Environmental ethics : issues and possible solutions.
 Protection/conservation acts: Environment, air, water, wild life, forest.
 Human pollution and the environment.
 Population growth, variation among nations.
 Population explosion family welfare programme
 Environment and human health.

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**PART – II
SKILLS**

Examination system and distribution of marks. Activities of the examination are grouped in the following sections and contents of each activity of examination are also given below with its procedure and system of Examination.

**SECTION-1
MAJOR GAMES (2)**

60 marks

System of Examination :

The examination will be conducted in Two games-

Hockey

Throw ó ball

Distribution of marks for game examination is given below:

16) Fundamental skill	-5 skills for 3 marks each	=15 Marks
17) Game Performance	-	10 Marks
18) Practical Book	-	5 Marks
	ô ô ô ô ô ô ô ô	
	Total	30 Marks

Section I : Major Game Examination

Score sheet Table No.1 :

Name of the game -----

Roll No.	Fundamental Skills 15 Marks					Game Performance 10 Marks	Practical Book 5 Marks	Total 30 Marks
	3	3	3	3	3			

Place : _____
Date : _____

Signature of Examiner : _____

Score sheet Table No.2

Name of the game :-

Roll No.	First Examiner 30 Marks	Second Examiner 30 Marks	Total 60 Marks	Out of 30 Marks

Place : — — — — — — — Signature of External Examiner:_____

Date : — — — — — — —

Signature of Internal Examiner:_____

Section I : Major Game: Final Score sheet : Table No.3

Roll No.	First Game 30 Marks	Second Game 30 Marks	Total 60 marks

Place : — — — — — — — Signature of External Examiner:_____

Date : — — — — — — —

Signature of Internal Examiner:_____

The contents of each games are as following-

- dd. Brief history of game
- ee. Measurement and preparation of the field
- ff. Fundamental skills
- gg. Lead up games
- hh. Rules of the game
- ii. Record and awards
- jj. Officials

HOCKEY:

Fundamental and advance skills :

1. Hitting- Straight, wrong foot, turn around and half reverse hit.
2. Stopping ó straight stopping, stopping to the right side and left side, reverse stopping
3. Pushing : straight , wrong foot, reverse push
4. Flicking : straight, wrong foot, reverse flicking
5. Scooping : straight, and push scooping.
6. Dribbling
7. Passing : Parallel pass, through pass, return pass
8. Tacking : shadow tacking lunge and tackle, fainting, tacking reverse side tacking.

THROW BALL:

- i) Service: under arm , over head, side arm
- ii) Throwing: Throwing with both hands, throwing with single hand, jumping and throw pivoting.

SECTION 6 2

OFFICIATING OF MAJOR GAME (ANY TWO GAMES) 40 marks

The games selected should not be from the games taken in Semester V, Officiating of Any two games

Score sheet Table No. 4:

Name of Game: _____

Roll No.	Total 20 marks

Place : _____ Signature of Examiner : _____

Date : _____

Score Sheet : Table No.5:

Consolidation Score sheet :

Roll No.	First Examiner 20 Marks	Second Examiner 20 Marks	Total 40 Marks	Out of 20 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

Section : Final Score sheet Officiating

Table No.6

Roll No.	First Game 30 Marks	Second Game 30 Marks	Total 60 marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

SECTION – 3

ATHLETICS : The examination will be conducted as below

The examination will be conducted as below

- a. Running (Compulsory): 200/800 mtrs 10 Marks
The performance of examinee will be taken & converted into marks as per conversion table inclosed. Appendix I & II .
- b. Viva : 05 Marks
- c. Practical Book : 05 Marks

Score sheet Table No.7

Name of Event: _____

Roll No.	Performance	Total 10 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

Score sheet No.8:

Athletic Note Book

Roll No.	Viva 5 Marks	Practical Book 5 Marks	Total 10 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

Section III : Final Score Sheet Athletics

Score sheet Table No.9.

Roll No.	Performance 10 Marks	Practical Book & Viva 10 Marks	Total 20 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

SECTION – 4**FIRST AID PRACTICAL & VIVA**

15 marks

The examination will conducted as following

First Aid Practical ó 10 marks

Viva - 5 marks

Score sheet Table No.10:

Name of the event : First Aid

Roll No.	First Aid Practical 10 Marks	Viva 5 Marks	Total 15 marks

Place : _____

Signature of Examiner : _____

Date : _____

Score Sheet: Table No.11:

Consolidation Score sheet:

Roll No.	First Game 15 Marks	Second Game 15 Marks	Total 30 marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

Athletic : Injuries ó Treatment

First aid in sprain, strain, contusion, abrasion, Fractures, dislocation.

Application of heart, cold and exercise in injuries.

SECTION – 5**PRACTICAL – TEST – JCR / HARWARD STEP TEST**

15 marks

Any one test ó 15 marks

Name of Test : _____ Table No.12:

Roll No.	Total 20 marks

Place : _____

Signature of Examiner : _____

Date : _____

Score Sheet : Table No.13

Consolidation Score sheet:

Roll No.	First Examiner 15 Marks	Second Examiner 15 Marks	Total 30 Marks	Out of 15 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

Final Score Sheet : Part 2 Skill, Table No.14.:

Roll No.	Major Game 60 Marks	Officiating 40 Marks	Athletic 20 Marks	Swimming/ Wt. Lifting 20 marks	Remedial massage 10 marks	Total 150 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

PART-III PRACTICE TEACHING

Ten supervised lesson taken throughout the Semester-VI

Each lesson 25 marks (Internal) Total 25 marks

Lesson on any physical activity ó marks 75

Roll No.	Lesson Plan 15 Marks	Teaching Ability 30 Marks	Presentation & correction 15 Marks	Personality 05 Marks	Students Creativity 10 marks	Total 75 Marks

Place : _____ Signature of Examiner: _____

Date : _____

Appendix-I
Conversion Table Athletics (Men)

Marks	100Mtrs. in sec.	200Mtrs. in sec.	800Mtrs in Min. & sec.
10	13.5	26.5.	2.40
9.5	13.7	26.7	2.44
9	13.9	26.9	2.46
8.5	14.0	27.1	2.48
8	14.1	27.3	2.52
7.5	14.3	27.5	2.56
7	14.5	27.7	3.00
6.5	14.7	27.9	3.04
6	14.9	28.1	3.08
5.5	15.0	28.3	3.12
5	15.1	28.5	3.16
4.5	15.3	28.7	3.20
4	15.5	28.9	3.24
3.5	15.7	29.1	3.28
3	15.9	29.3	3.32
2.5	16.0	29.5	3.36
2	16.1	29.7	3.40
1.5	16.3	29.9	3.44
1	16.5	3-1	3.46
0.5	16.7	30.3	3.52
0	16.9	30.5	3.56

Appendix-II
Conversion Table Athletics (Women)

Marks	100Mtrs. in sec.	200Mtrs. in sec.	800Mtrs in Min. & sec.
10	16.5	32.0	3.10
9.5	16.7	32.2	3.12
9	16.9	32.6	3.14
8.5	17.0	32.8	3.16
8	17.1	33.0	3.18
7.5	17.3	33.2	3.20
7	17.5	33.4	3.22
6.5	17.7	33.6	3.24
6	17.9	33.8	3.28
5.5	18.0	34.0	3.32
5	18.1	34.2	3.36
4.5	18.3	34.4	3.40
4	18.5	34.6	3.44
3.5	18.7	34.8	3.46
3	18.9	35.0	3.52
2.5	19.0	35.2	3.56
2	19.1	35.4	4.00
1.5	19.3	35.6	4.04
1	19.5	35.8	4.08
0.5	19.7	34.0	4.12
0	19.9	34.2	4.16

Appendix-III**Weight Lifting Conversion Table**

Weight Group in Kilogram	Weight (in Kilogram) & Technique	
	Snatch	Clean & Jerk
40	35	40
45	40	45
50	45	50
55	50	55
60	55	60
65	60	65
70	65	70
80	70	75
90	75	80
100	80	85