

B.P.E. (Sem. - III & IV)

Prospectus No.2014165

संत गाडगे बाबा अमरावती विद्यापीठ
SANT GADGE BABAAMRAVATI UNIVERSITY

शिक्षण विद्याशाखा
(Faculty of Education)

अभ्यासक्रमिका

शारीरिक शिक्षण स्नातक परीक्षा २०१४

(सत्र- ३ व सत्र -४)

PROSPECTUS

OF

**The Examination for the Degree of
Bachelor of Physical Education 2014
Semester - III Examinations of Winter - 2013
Semester - IV Examination of Summer - 2014**



2013

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

Price Rs. /-

PUBLISHED BY
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Sant Gadge Baba
Amravati University,
Amravati 444 - 602

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INDEX

SYLLABUS FOR

B.P.E.EXAMINATION. (Sem.- III & IV)

PROSPECTUS NO. 2014165

Sr. No.	Subject	Page No.
1.	Special Note for Information of the Students	1-2
2.	Pattern of Question Paper on the Unit System	2
3.	Direction No. 22/2012	3 - 8
4.	Direction No. 23/2012	8-16
SEMESTER- III		
5.	Paper-I Marathi / Hindi/English	17-19
6.	Paper-II Sport Psychology	19-22
7.	Paper-III Physiology of Exercise	22-23
8.	Paper-IV Management in Physical Education	24-26
9.	Part-II : Skills Section-I to Section-VI	27-36
SEMESTER - IV		
10.	Paper - I Principles & History of Physical Education	36-38
11.	Paper - II Basic of Sports Training	38-40
12.	Paper - III Recreation	40-41
13.	Paper-IV Adapted Physical Education	42-43
14.	Part- II : Skills Section- I to Section VI	44-50

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. -I & II	Qualifying Examination
B.P.E. -II (Semester-III)	Semester-I & II	One half of the total head prescribed for Sem.-I & Sem.-II examination
B.P.E. -II (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. -III (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.

Amravati
Date: 25/5/2012

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

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	—	400
Semester-II	200	200	—	400
Semester-III	200	150	—	350
Semester-IV	200	150	—	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.

11
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

12
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

13
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

14
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

15
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 –V: 25 Marks [Internal]
 b) Lesson on any physical activity – 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

16
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 –VI 25 Marks [Internal]
 b) Lesson on any physical activity – Marks 75 [External]

Syllabus Prescribe for
Examination for the Degree of Bachelor of Physical Education
(w.e.f. the Academic session 2012-13)

B.P.E. SEMESTER-III

(Each theory paper shall be of three hours duration)

PAPER-I

मराठी

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक - वैखरी भाग-२.

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) मागणी, तक्रार, विनंती पत्र-.....
ब) शुभेच्छा, आभार, अभिनंदन पत्र....

सर्व लघुत्तरी व दिर्घोत्तरी प्रश्नांना अंतर्गत पर्याय राहतील.

हिन्दी

१. नियोजित पाठ्यपुस्तक - अपूर्वा- जयभारती प्रकाशन, इलाहाबाद, यह पुस्तक अध्ययन तथा अध्यापन के लिये निर्धारित की गयी है
२. पाठ्यपुस्तक तीन भागों में विभक्त है
 १. आधारभूत पाठ्यक्रम
 २. भाषागत पाठ्यक्रम
 ३. पद्यविभाग

३. संपूर्ण पाठ्यक्रम निम्न इकाईयों में विभाजित है
 १. प्रथम इकाई- आधारभूत पाठ्यक्रम
 २. द्वितीय इकाई- भाषागत पाठ्यक्रम
 ३. तृतीय इकाई- पद्यविभाग
 ४. चतुर्थ इकाई- व्यावहारिक भाषा एवं व्याकरण

प्रश्न पत्र का स्वरूप -

१. प्रथम इकाई (आधारभूत पाठ्यक्रम)
 - क) दिर्घोत्तरी प्रश्न (विकल्प के साथ एक प्रश्न)
 - ख) लघुत्तरी प्रश्न (विकल्प के साथ चार प्रश्न)
२. द्वितीय इकाई (भाषागत पाठ्यक्रम)
 - क) दिर्घोत्तरी प्रश्न (विकल्प के साथ एक प्रश्न)
 - ख) लघुत्तरी प्रश्न (विकल्प के साथ चार प्रश्न)
३. तृतीय इकाई (पद्यविभाग)
 - विकल्प के साथ दो प्रश्न
४. चतुर्थ इकाई- व्यावहारिक भाषा एवं व्याकरण

सहायक पुस्तक सुची-

१. प्रयोजन मूलक हिन्दी- विनोद गोदरे
२. प्रयोजन मूलक हिन्दी- ई.एन. अय्यर
३. हिन्दी रचना प्रबोध- डॉ. बच्चुलाल अवस्थीज्ञान साहित्य भवन के.पी. कक्कड रोड, इलाहाबाद-२.
४. सामान्य हिन्दी बोधायन- रामदयाल कोष्टा व डॉ. विजय कुमार सिंघई खन्ना प्रकाशन, जबलपूर.
५. व्यावहारिकहिन्दी व्याकरण - डॉ. नामदेव उत्तरकर
६. प्रामाणिक आलेखन और टिप्पण- राजपाल एण्ड सन्स - दिल्ली.

Text-I : Prescribed for Detailed Study FAST TRACKS-II (A Multi Skill Course in English) (Edited by the Board of Editors and published by Foundation Books for Sant Gadge Baba Amravati University, Amravati (Maharashtra)).

Contents

Section – I:

- Prose**
- 1) My Early Days.- A.P.J. Abdul Kalam
 - 2) The Wonders of the New Millenium- Michael David
 - 3) What is Body Language ?
 - 4) Two Gentlemen of Verona – A.J. Cronin.
 - 5) The Sahyadri Hills, A Lesson in Humility – Sudha Mrthy.
 - 6) Engine Trouble- R.K. Narayan
 - 7) The Town by the Sea – Amitave Ghosh
 - 8) How To Avoid an Argument – Sam Horn

Section-II:

Poetry

- 1) Song: Blow, Blow, Thou Winter Wind- William Shakespeare.
- 2) Mending Wall- Robert Frost
- 3) Abraham Lincoln's Letter to his Son's Teacher- Abraham Lincoln.
- 4) To Mother- Usha Navaratnaram
- 5) The Lamentation of the Old Pensioner- W.B. Yeats.
- 6) Father Returning Home- Dilip Chitre.

B.P.E. SEMESTER – III

PAPER – II

SPORTS PSYCHOLOGY

UNIT – I

1. Introduction :

Meaning definition and nature of Psychology and Educational Psychology.
Psychology as a Science.

UNIT –II

2.1 Growth and Development :

- 2.1.1 Meaning of growth and development.
- 2.1.2. Physical, Mental & Social development during following stages :-
 - 2.1.2.1 Early childhood
 - 2.1.2.2 Middle childhood
 - 2.1.2.3 Late childhood
 - 2.1.2.4 Adolescences

2.2 Individual Differences:

- 2.2.1 Meaning of the term individual difference
- 2.2.2 Heredity and Environment as causes of Individual Differences
- 2.2.3 Interaction of Heredity and Environment

UNIT – III

3. Learning

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

UNIT – IV

4.1 Motivation and Emotion :

- 4.1.1 Meaning of Motivation
- 4.1.2 Concept of need, drive, motive, incentive and achievement
- 4.1.3 Types of Motivation
- 4.1.4 Role of Motivation in teaching physical activities

4.2 Emotion :

- 4.2.1 Meaning and nature of Emotion
- 4.2.2 Types of Emotion

4.3 Personality :

4.3.1 Meaning and nature of Personality

4.3.2 Dimensions of Personality

UNIT –V**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 :

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- R. John M. Silva III Roberts Weinberg, “Psychological Foundation of Sports, Human Kinetics, 1984.
- Gyl. C. Roberts Kevin S. Spink, Cynthial Pemberton Learnny Experiences in Sports Psychology “Human Kinetics.
- Larrym Leith, “The Psychology of Coaching Teams Sports.” Sport Books Publisher, Canada-203.

B.P.E. SEMESTER – III**PAPER – III****PHYSIOLOGY OF EXERCISE****UNIT – I****1. Energy –**

Meaning of energy

Production and use of energy.

Types of Energy

Aerobic and anaerobic of muscular energy.

UNIT-II**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 Stoke 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, CO₂ in blood, O₂ carriage in body Oxyhemoglobin, Blood pressure changes during exercise.

UNIT – IV

4. Respiratory System :

- 4.1 General functioning of the system-Various 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.

UNIT – V

5. Excretory and other System :

- 5.1 excretion of waste products, from muscles temperature regulation during exercise.
- 5.2 Role of endocrine during exercise.
- 5.3 Nutrition and its planning during training.

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.
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- व्यायामाचे शरीर क्रियाशास्त्र - लेखक- डॉ. प्रा. सौ. विजया द. जोशी, सुयोग प्रकाशन, अमरावती.

B.P.E. SEMESTER – III

PAPER – IV

MANAGEMENT IN PHYSICAL EDUCATION

UNIT – I

1 Management and Organizational Structure :

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, Its Location and Set up.

Office Function and Practice.

UNIT – V**5. Physical Education Budget**

Meaning and Importance of Budget in Physical Education.

Budget Making (Steps, Areas of Income and Expenditure)

Account Keeping

Petty Cash Fund/Imp rest.

REFERENCES :

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- Voltmar, B.P. et. al. The Organization and Administration of Physical Education, Prentice Hall Inc. New Jersey, 1979.
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- Joy T. Desensi & Danny Roserrberg, Ethics and Morality in Sorts Management Fitness.
- Rechard M. Hodgetts, Management Theory, Process and practice IV Editional, Harcourt Brace Jovanovich, Publishers 1985.

**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 –

- 1) Foot ball
- 2) Volley ball

Distribution of marks for game examination is given below :

- 1) Fundamental skill – 5 skills for 3 marks each = 15 Marks
- 2) Game Performance – 10 Marks
- 3) Practical Book - 5 Marks

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 : _____ 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 –

- a. Brief history of game
- b. Measurement and preparation of the field.
- c. Fundamental skills
- d. Lead up games
- e. Rules of the game
- f. Record and awards
- g. Officials

1) FOOTBALL :

Fundamentals of the game :

- i) Kicking (with different parts of the Foot- Low, Medium and high ball)
- ii) Receiving (Low ball, medium ball and high ball)
- iii) Heading (forward, backward and side ways)
- iv) Dribbling (Inside of the foot, outside of the foot, combination sole dribbling)
- v) Tracking (front block, sliding and shoulder to shoulder)
- vi) Throwing in
- vii) Feinting
- viii) Goalkeepers techniques
- ix) Defensive (Low ball, medium high ball, high flight)
- x) Attacking (attack through hand and attack through leg, low medium and high ball)

2) VOLLEYBALL :

- a) Individuals Skills :
 - i) Service : under hand, side arm, round arm, tennis, float and spin services.

- ii) Receiving – under hand, over hand
- iii) Passing –
- As per height low medium and high
 - As per direction – forward, overhead and back
- iv)Smashing :
- Straight arm smash
 - Wrist smash
 - Turn and smash
 - Round arm smash
 - Tapping
- v) Blocking :
- Individual block
 - Group block
- vi)Difference :
- Dive, Dive & role (forward, back-ward and side-ward) dig. & role.
 - Team Skills :
- Systems of play 5-1,4-2,6-0
 - Attacking – single, double and triple

SECTION - 2

ATHLETIC (Techniques)

30 Marks

Each activity carries 10 marks

- Hurdle – Starts, clearance and landing techniques
- High jump –
 - Straddle approach (approach take off bar, clearance, landing)
 - Fosbury flop – (Take off, flight pass, bar clearance, landing)
 - Scissors style : (approach, take off, bar clearance, landing)
- Pole Vault : grip and carry, run up, plant, take off rock, back pull and turn, clearance.

Score sheet Table No. 4:

Name of Event : _____

Roll. No.	Technique / Style 10 Marks	Total 10 Marks

Place : _____ Signature of External Examiner: _____

Date : _____
Signature of Internal Examiner: _____

Score sheet Table No. 5 : Final Score sheet Athletics

Roll No.	Style of First Event 10 Marks	Style of Second Event 10 Marks	Style of Third Event 10 Marks	Total 30 Marks

Place : _____ Signature of External Examiner: _____

Date : _____ Signature of Internal Examiner: _____

SECTION – 3

10 Marks

The examination will be conducted in –

YOGA - PRANAYAM / BANDHAS / MUDRAS

One Pranayam as told by examiner – 3 marks each

Two Bandha as told by examiner – 4 marks

One Mudras as told by examiner – 3 marks

Score sheet Table No. 1

Score sheet Table No. 6

Name of the event : YOGA - PRANAYAM / BANDHAS / MUDRAS

Roll No.	One Pranayam Examiner Choice 3 Marks	Two Bandha Examiner Choice 4 Marks		One Mudra Examiner Choice 3 Marks	Total 10 Marks
		2	2		

Place : _____ Signature of Examiner : _____

Date : _____

Score sheet Table No. 7

Name of the event : _____

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 YOGA : Score sheet Table No. 8

Roll. No.	Total 10 marks

Place : _____ Signature of External Examiner: _____

Date : _____ Signature of Internal Examiner: _____

Pranayam :

- i) Ujjayi,
- ii) Anulomaviloma
- iii) Bhastrika
- iv) Suryabhedana
- v) Chandra
- vi) Bhedana
- vii) Sitkari
- viii) Shitali
- ix) Plavini etc.

Bandhas :

- i) Uddiyana
- ii) Jalandhara
- iii) Mul
- iv) Mahabandha

Mudra :

- i) Ashvini
- ii) Simha
- iii) Kaki
- iv) Tadagi

SECTION –4**BOXING or DANCE [Any One]****20 marks**

The distribution of mark and examination system are as given below

Boxing –

2 holds as told by examiner – 5 marks each

2 holds of candidate choice – 5 marks each

Name of Event : Boxing**Table No. 9**

Roll No.	2 hold Examiner Choice 10 Marks		2 holds Candidates Choice 10 Marks		Total 20 Marks
	5	5	5	5	

Place : _____ Signature of Examiner : _____

Date : _____

Score sheet Table No. 10

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: _____

Dance

Any one dance of candidate

Choice in a group of 10 to 15 candidates

20 marks

Name of Event : Dance Table No. 11

Roll. No.	Total 20 Marks

Place : _____ Signature of Examiner : _____

Date : _____

Score sheet Table No.12

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: _____

Final Score Sheet Score sheet Table No. 13:

Roll No.	Boxing 20 Marks	Dance 20 Marks	Total 20 Marks

Place : — — — — — Signature of External Examiners: _____

Date : — — — — —

Signature of Internal Examiners: _____

1) Boxing :

- i) The stance and footwork
- ii) Defence and countering
- iii) Attacking counter punches
- iv) Infishing
- v) Combination punches
- vi) Measurement
- vii) Rules and regulations
- viii) Officiating

2) Dance :

- i) Bharat Natyam
- ii) Kathak
- iii) Kuchipudi
- iv) Odissi
- v) Any other recognized Indian classical dances.

SECTION – 5**GYMNASTICS (Apparatus)****20 marks**

The examination will be conducted in apparatus gymnastics as given below –

The distribution of marks and examination system is given below

Any one apparatus (candidate choice)

- 1) Three stunts as told by examiners - 4 marks each
- 2) Two stunts of candidates choice – 4 marks each

Name of Event : Apparatus Gymnastic ,Table No. 14:

Roll No.	3 Stunts Examiner Choice 12 Marks			2 Stunts Candidates Choice 8 Marks		Total 20 Marks
	4	4	4	4	4	

Place : _____

Signature of Examiner : _____

Date : _____

Score sheet Table No. 15**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: _____

1. Vaulting Horse :

- i) jump on jump off
- ii) knee on jump off
- iii) through vault
- iv) split on astride valul
- v) side vault
- vi) hand springs

2. Roman Rings :

- i) Steight arm hand
- ii) Inverted hang
- iii) Reverse hand
- iv) Pull ups/push ups
- v) Forward circle
- vi) Up start
- vii) Dislocation
- viii) Split disamount
- ix) Half/full nest
- x) Short arm balance

- xi) 'L' balance
 xii) Reverse plane
- 3. Pommel Horse :**
- i) Position over the horse
 ii) One leg half circle from both sides
 iii) One leg full circle
 iv) Scissors
 v) Back scissors
- 4. Uneven Bar :**
- i) Swings
 ii) Mounts
 iii) Hip circle
 iv) One leg circle
 v) Simple dismount

SECTION – 6

The examination will be conducted in group of 5 to 10 candidates -
 10 marks

on any 2 activities.

AEROBICS :

- a) Rhythmical exercise with counts two four, eight, sixteen and thirty two.
 b) Basic turns, jumps leaps with music
 c) Choreography with music

Name of Event : Aerobics, Table No. 16:

Roll. No.	Ist Activity 5 Marks	IInd Activity 5 Marks	Total 10 marks

Place : _____ Signature of Examiner : _____
 Date : _____

Score Sheet: Table No.:17

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: _____

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)

Activity Code	Activities	Max. Marks	Min. Pass Marks
4B01	Major Game:-1Cricket 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

B.P.E. SEMESTER–IV

PAPER – I

PRINCIPALS AND HISTORY OF PHYSICAL EDUCATION

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 adventurary 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.
- 4.4 Ancient Olympic Games.
- 4.5 Modern Olympic

UNIT-V

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.
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. SEMESTER-IV

PAPER – II

BASIC OF SPORTS TRAINING

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

- 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

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.

UNIT-V**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

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- Matveyev, L.P. Fundamentals of Sports Training (Moscow : Progress Publishers),1977.
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- Yograj Thani, Sports Training, Sports publication 2003.
- K. Chandra Shekar, Sports training, Khel Sahitya Kendra,2004.

B.P.E. SEMESTER-IV**PAPER-III****RECREATION****UNIT-I****1. Introduction**

Meaning, Definitions and characteristics of recreation
 Importance of Recreation.
 Misconceptions about Recreation
 Scope of Recreation

UNIT-II**2. Influence of recreation in social institutions**

family
 Education institutions
 Community/Cultural
 Religious organization

UNIT-III**3. Planning for recreation**

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.

UNIT-IV**4. Programmes in recreation**

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.

UNIT-V

5. Camping and leadership

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.

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B.P.E. SEMESTER – IV

ADAPTED PHYSICAL EDUCATION

PAPER- IV

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

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

UNIT-V**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, Morbey-St. Louis Mirrauri.
- Arthur G. Miller and James, Teaching Physical Activities to Impaired Youth, John Wilage & Sons Inc. Canada.
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- 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.
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- Winnick JP, Adapted Physical Education and sport Human Kinetics USA. 2005.
- Shekar KC, Adapted Physical Education (Khel Sahitya Kendra New Delhi) 2005.

**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 Examinations:**

The examination will be conducted in Two games –

Cricket
Table Tennis

Distribution of marks for game examination is given below :

- 4) Fundamental skill – 5 skills for 3 marks each = 15 Marks
5) Game Performance – 10 Marks
6) Practical Book — 5 Marks

Total 30 Marks

Section I: Major Game Examination**Score sheet Table No. 1:**

Name of the game : _____

Roll No.	Fundamental Skill 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 –

- a. Brief history of game
- b. Measurement and preparation of the field.
- c. Fundamental skills
- d. Lead up games
- e. Rules of the game
- f. Record and awards
- g. Officials

CRICKET :

- 1) Fundamentals :
 - 1 skills of Batsman : Grip, stance, back lift, placement the foot, contact of the ball.
 - 2 Defence : forward and back foot defence
 - 3 Bowling – A current grip, smooth run up, a balance delivery and follow through
 - 4 Fielding – stopping and throwing ball, low and high catch.
 - 5 Wicket keeping – stance, the feet, the hands, gathering the ball.
- 2) Advance :
 - i) types of strokes leg cut, square cut, cover drive, straight drive, on drive, hook shot, pull shot, sweep shout, glance.
 - ii) Types of bowling skills – in swing, out swing, in cutter, out cutter, off break, break googly, bouncer, yorkar.

TABLE TENNIS :

- i) counter – fore hand counter, back hand counter
- ii) Top spin – fore hand top spin, back hand top spin
- iii) Side spin – fore hand side spin, back hand side spin, fore hand drive, back hand drive.

- iv) Service – fore hand top spin, back hand top spin
For hand back spin, back hand back spin, for hand side spin, back hand side spin, high toss service, back hand and fore hand.

SECTION – 2**ATHLETIC (Techniques)****30 Marks****Each activity carries 10 marks****1) Hammer throwing :**

- i) preliminary swings
- ii) Transition,
- iii) Turn
- iv) Delivery
- v) Recovery

2) High Jump -

- i) Straddle approach : (approach take off, bar clearance, landing)
- ii) Fosbury flop : (Take off, flight path, bar clearance, landing)
- iii) Scissors style : (approach, take off, bar clearance, landing)

3) Relay Race : Order of running, methods of passing, check marks, baton**Score sheet Table No.4:**

Name of Event : _____

Roll. No.	Technique / Style 10 Marks	Total 10 Marks

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

Date : — — — — —

Signature of Internal Examiner: _____

Score sheet Table No. 5 : Final Score sheet Athletics

Roll No.	Style of First Event 10 Marks	Style of Second Event 10 Marks	Style of Third Event 10 Marks	Total 30 Marks

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

Date : — — — — —

Signature of Internal Examiner: _____

SECTION – 3

Fitness Management Practical, Note book & Viva

The examination will be conducted as following : 20 marks

Note book – 5 marks

Viva – 5 marks

Fitness Management Practical : 10 Marks

- i) Orientation of fitness centre equipments and wet zone.
- ii) Designing of fitness programme for a fitness centre members (Any age group and sex)

Score sheet: Table No. 6:**Name of Event : Fitness Management**

Roll No.	Fitness Management Practical 10 Marks	Viva 5 Marks	Practical Book 5 Marks	Total 20 Marks

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

Date: — — — — —

Score sheet Table No. 7

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 – 4**Swimming /Adventures sports / Archery :** 20 marks

Any one activities carrying – 20 marks. The description is as below :

Score sheet Table No. 8:

Name of the Activity : _____

Roll No.	Fundamental Skill 10 Marks	Game Performance 10 Marks	Total 20 Marks

Place : _____

Signature of Examiner : _____

Date : _____

Score sheet Table No. 9

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: _____

Swimming :**Techniques of swimming**

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

Adventure sports :

- i) Rock Climbing
- ii) Rippling
- iii) River Crossing
- iv) Burma Bridge
- v) Flying fox
- vi) Types on knot

Archery :

- i) Breathing and shooting
- ii) Holding the bow
- iii) Fitting the equipment
- iv) Standing position
- v) Target
- vi) Aiming eyes
- vii) Locking the arrow
- viii) Positioning the bow arrow
- ix) Placing the finger on the string

- x) Drawing the bow
- xi) Aiming
- xii) Holding
- xiii) Loosing in to ground
- xiv) Loosing the arrow
- xv) Creating the aim
- xvi) Follow through

SECTION – 5

The examination will conducted in a group of 10 to 15 candidates -
10 marks

INDIGENOUSACTIVITIES

Lezim : Ghati lezim, char avaz, ath awaz, age pav, pav chakkar, aadha chakkar, aadhi baithak, puri baithak, kopara.

Name of Activity : _____, **Table No. 10:**

Roll. No.	Total 10 Marks

Place : _____
 Signature of External Examiner: _____

Date : _____

Score sheet Table No. 11

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: _____

SECTION – 6

The examination will conducted in a group of 10 to 15 candidates on any 2 activities of 5 Marks Each. **10 marks**

AEROBICS

- i) Rhythmical exercise with counts, Two, Four, Eight, Sixteen, and Thirty Two.
- ii) Basic turns, jumps leaps with music
- iii) Choreography with music.

Name of Event : Aerobics, Table No. 12:

Roll No.	Ist Activity 5 Marks	IInd Activity 5 Marks	Total 10 Marks

Place: _____ Signature of External Examiner: _____

Date : _____
 Signature of Internal Examiner: _____

Score Sheet: Table No.:13

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. 14:

Roll No.	Major Game 60 Marks	Athletic 30 Marks	Fitness Manag- ement 20 Marks	Swimming/ Ad. Sports/ Archery 20 Marks	Indigenous Activity 10 Marks	Aerobics 10 Marks	Total 150 Marks

Place : _____ Signature of External Examiner: _____

Date : _____ Signature of Internal Examiner: _____