DAVANGERE UNIVERSITY **DAVANGERE**

REGULATION AND SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION

B.P.Ed. TWO YEAR COURSE Four semester choice based credit system scheme

AS PER NCTE REVISED NORMS AND STANDARD REGULATION-2014 (WITH EFFECT FROM 2015-16 ONWORDS)

Faculty of Education, Davanagere University Shivagangotri, DAVANGERE-577007

Davangere University Shivagangotri, Davangere.

- d) Bachelor's degree with 45% marks and having participated in National/Inter University/State Competitions in sports and games as recognized by the AIU/IOA/SGFI/Government of India or
- e) Bachelor's degree with 45% marks and participation in International Competitions or Secured 1st?2nd/3rd position in National / Inter University/State competitions in sports and games as recognized by the respective Federations/AIU/IOA/SGFI/Government of India. Or
- f) Graduation with 45% marks and at least three Years of teaching experience (For deputed in service candidates i.e. trained physical education teachers/coaches). The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for SC/ST/OBC and other categories shall be as per the rules of the Central Government/State government whichever is applicable.

2.3 Admission Procedure

Admissions shall be made on merit basis on the basis of marks obtained in the entrance examination (Sports proficiency, Physical fitness test and qualifying examination marks)

All the eligible candidates shall submit fitness certificate issued by a Government Medical Officer, along with their application.

Selection Procedure

Candidates for B.P.Ed Degree course will be selected on the basis of Merit. Merit shall be determined on the basis of academic performance, Physical Fitness and achievement in sports/games as follows:

Weightage:

- a) Academic performance-40% (Means 40% of the aggregate marks obtained in the qualifying degree examination. That is 40 points)
- b) Physical fitness -30% means 30 points
- c) Sports Achivement-30% Means 30 Points

Physical Fitness is determined on the basis of points obtained in the National Physical Fitness Programme Tests of India that include the following events.

Ev	ents	Max Points
1.	100 mt run	6
2.	Shot put 7.25 kg (Men)/4.00kg(women)	6
3.	Long Jump	6
4.	High Jump	6
5.	800mt run (Men)/200mt. Run (Women)	6
	TOTA	L 30 Points

The Candidate shall secure a minimum of 40% of Points (12 Points) in the NPFP tests to qualifying for admission to B.P.Ed Degree course.

Award of points for Achievement in Sports /Games

Points will be awarded for achievement in sports as follows:

Representing the country-30 points All India Inter-University 2. Inter-Collegiate National Level 3 Level (Representing the (Representing the (Representing the state) University College) 1st Place 1st Place 1st Place 07 points 30 points 20 points 2nd Place 2nd Place 2nd Place 05 Points 25 Points 16 Points 3rd Place 3rd Place 3rd Place 03 points 20 points 12 Points Participation 15 Points 10 Points Additional 02 Points Place won only For each additional place For each additional place won For each additional place won won or representation 05 or representation 04 points or representation 02 points will points will be awarded. will be awarded. However, the be awarded. However, the total However, the total shall not total shall not exceed 20 points shall not exceed 07 points exceed 30 points

Note:

1. For award of points, participation and achievement at only one level (highest) will be considered.

2. Points shall be awarded for positions only in final Inter-Collegiate competitions/Tournaments or the inter-Zonal final competitions organized by the Department of Physical Education of the University.

3. Points secured in a) Academic Performance b) Physical Fitness c) Sports d) Sports Achievement shall be added to a maximum of 100 Points.

4. The total points obtained by a candidate shall be merit of the candidate. Selection shall be made on the basis of merit as per the rules of the university.

5. Points for achievement in sports shall be awarded for certificates issued by associations and federations recognized by AIU/IOA.

6. Allotment of seats will be governed by the roaster system as laid down by university.

3. DURATION:

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

4. COURSE

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

6. COURSE OF PROGRAMME:

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

Theory: Core Course: (Called Hard Core)

Elective Course: (Called Soft Core, Elective and Open Elective)

Practicum: Teaching Practice: (also can be hard core or soft core)

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7. SEMESTERS:

An Academic year is divided into two semesters. Each semester will consist of 20 weeks of academic work equivalent to 100 actual teaching days excluding examinations. The odd and even semesters may be scheduled as per the university calendar. The Institution shall work for a minimum of 36 working hours in a week (Five or six days a week).

8. WORKING DAYS:

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

9. MEDIUM OF INSTRUCTION:

The medium of Instruction shall be English/Kannada.

10. CREDIT:

The term 'credit' refers to a unit by which the programme is measured. it determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half\field work per week. The term 'credit' refers to the weight given to a course. Usually in relation to the instructional hours assigned to it. The total number of credits is 28 credits per semester with a total of 112 credits for the programme. The total minimum credits. Required for completing a B.P.Ed programme is 72 credits and for each semester 18 credits.

11. EXAMINATIONS:

- (i) There shall be examinations at the end of each semester as per the university calendar. A Candidate who does not pass the examination in any course(s) Shall be permitted to appear in such failed course(s) in the subsequent examinations to be held as per the university schedule.
- (ii) A candidate should enrolled/register for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance/rules prescribed OR belated joining OR on medical grounds. Such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first

semester shall be admitted in the second semester. If he/she has successfully kept the term in first semester.

12. REGISTRATERING FOR THE EXAMINATIONS:

The Candidate shall register for all the papers in the subject of a semester when he/she appears for the examination of that semester for the first time.

13. VALUATION OF ANSWER SCRIPTS

Each written course/paper shall be valued by one internal examiner or one external examiner from the panel of examiners prepared by the concerned B.O.S and Approved by the University. Each Practical examination shall be jointly conducted and evaluated by one internal examiner and one external examiner or two external examiners if there are no internal examiners.

14. PATTERN OF QUESTION PAPERS: AS PER THE NCTE NORMS

Each question paper shall have five questions. The pattern will be as follows

Question No	Description	Marks
1	Answer in detail (Long Question Or Answer in detail (Long Question (Form unit-1)	15
2	Answer in detail (Long Question Or Answer in detail (Long Question (Form unit-2)	15
3	Answer in detail (Long Question Or Answer in detail (Long Question (Form unit-3)	15
4	Answer in detail (Long Question Or Answer in detail (Long Question (Form unit-4)	15
5	Write Short Notes any two out of Four (Form unit-1 to 4))	10
	Total	70

15. EVALUATION:

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

One Test	15 Marks
Seminar/Quiz	5 marks
Assignments	5 marks
Attendance	5 marks
Total	30 Marks

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

16. GRADING:

Once the marks of the CIA (Continuous Internal Assessment) and SEA(Semester and Assessment) For each of the courses are available. Both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in Regulation 18 from the first semester onwards the average performance within any semester from the first semester is indicated by Grade Point Average (GPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by cumulative Grade Point Average(CGPA).

17. CLASSIFICATION OF FINAL RESULTS:

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

The results of the successful candidates at the end of each semester shall be classified on the basis of the Cumulative Grade Point Average (CGPA) obtained in all the four semesters and the corresponding overall alpha-sign grade. An eight point grading system, alpha-sign grade as described below shall be adopted.

Eight Point Alpha-Sigh Grading Scales:

Grade	<4	4<5	5<5.5	5.5<6	6<7	7<8	8<9	9<10
Point								
Average								}
Alpha-	D	С	В	B+	A.	A+	A++	0
Sign								(Outstanding)
Grade								

18. AWARD OF THE B.P.ED DEGREE

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

19. COMPUTATION OF GRADE POINT AVERAGE:

The Grade point Average (GPA) in a semester and the cumulative Grade Point Average (CGPA) at the end of the fourth semester shall be computed as follows:

The Grade Points (GP) in a course shall be assigned on the basis of actual marks scored (end semester examination and IA) in that course as per the table below provided they have secured a minimum of 40% marks in the end semester examination. The candidate secured less than 40% marks in the end semester examination in any unit/theory/Practical shall be declared to have failed in that unit/theory/practical.

Grade Point Average	40	41-45	46- 50	51- 55	56- 60	61- 65	66 - 70	71- 75	76- 80	81- 85	86- 90	91- 95	96- 100
Grade Points	4.0	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10

The Grade Point Weights (GPW) shall then be calculated as the grade points earned in the course and the credits for the course. The total GPW for a semester is obtained by adding the GW of all the courses of the semester.

The following are the sample illustrations of computing semester grade point averages(GPA) and cumulative grade point average(CGPA) and the alpha-sign grades assigned.

PAPERS	CC- 101	CC- 102	CC- 103	EC- 101/102	PC- 101	PC- 102	PC- 103	PC- 104	TOTAL
Maximum marks	100	100	100	100	100	100	100	100	800
Marks obtained	67	73	58	76	64	67	73	58	556
% of Marks obtained	67	73	58	76	64	67	73	58	_
Grade Points earned	7	7.5	6	8	6.5	7	7.5	6	_
Credit for the Course/Paper	4	4	4	4	3	3	3	3	28
Total GPW	28	30	24	32	22	21	23	18	198



The GPA Shall then be computed by dividing the total GPW of all the courses of study by the total credits for the semester.

GPA=Total GPW/Total Credits = 198/28=7.07

Semester alpha Sign Grade: A

Calculation of Cumulative Grade Point Average (CGPA)

The Cumulative Grade Point Average (CGPA) at the end of the fourth semester shall be calculated as the weighted average of the semester GPW. The CGPA is obtained by dividing the total GPW of all the four semesters by the total credits for the programme.

ILLUSTRATION --II

SEMESTER	I	II	III	IV	TOTAL
Semester	A+	A	A++	A	-
Alpha sign					ļ
grade					***
Semester	7.63	6.5	8	6.75	_
GPA					
Semester	32	32	32	32	128
Credits					
Semester	32	32	32	32	128
GPW					
Semester	244.2	208	256	216	924.2

Cumulative grade Point Average (CGPA)

= 924.2/128=7.22

Programme Alpha Sign Grade: A+

21. MINIMUM FOR A PASS

- (I) A candidate shall be declared to have passed the B.P.Ed Programme if he/she secures at least a CGPA of 4.0 (Course Alpha Sign Grade C) in the aggregate of both internal assessment and semester end examination marks.
- ii) The Candidates who pass all the semester examinations in the first attempts in two years are eligible for ranks provided they secure at least a CGPA of 6.0 (at least Alpha-Sign Grade A)
- iii) The results of the candidates who have passes the fourth semester examination but not passed the lower semester examinations shall be declared NCL(not completed lower

⁼ Total of semester GPW/Total Credits for the Programme

semester examination). Such candidateds shall be eligible for the degree only after completion of all the lower semester examinations.

- iv) A Candidate who passes the semester examinations in parts is eligible for only CGPA and Alpha Sign Grade but not for ranking.
- v) There shall be no minimum in respect of Internal assessment and viva-voce marks.
- vi) A candidate who fails in any of the unit shall reappear in that unit and pass the examination subsequently.

22. CARRY OVER PROVISION

Candidates who fail in a lower semester examination may go to the higher semester and take examinations.

23. REJECTION OF RESULTS:

- (i) A Candidate who fails in one or more papers of a semester may be permitted to reject the result of the whole examination of that semester. Rejection of result paper wise shall not be permitted. A Candidate who rejects the results shall appear for the whole examination of that semester in the subsequent schedule of examinations.
- (ii) Rejection shall be exercised only once in each semester and the rejection once exercised shall not be revoked.
- (iii) Application for rejection along with payment of the prescribed fee shall be submitted to the Register (Evaluation) through the department/College together with the original statement of marks 45 days in advance of the pertinent semester examination whenever held. A Candidate who rejects the result is eligible for class and not for ranking.

24. IMPROVEMENT OF RESULTS:

- (i) A Candidate who passes all the courses/papers of a semester may be permitted to improve the result by reappearing for the whole examination of that semester.
- (ii) The reappearance could be permitted twice during double the period without restricting it to the subsequent examination only. The regulation governing maximum

period for completing various degree/diploma programme notified by the university from time to time shall be applicable for improvement of results also.

- iii) The student could be permitted to apply for the improvement examination 45 days in advance of the pertinent semester examination whenever held.
- iv) If the candidate passes in all the subjects in the reappearance, higher of the two aggregate marks secured by the candidate shall be awarded to the candidate for that semester. In case candidate fails in the reappearance, candidate shall retain the first appearance result.
- v) A Candidate who appears for improvement is eligible for class and not for ranking.
- vi) Internal assessment marks shall be shown separately in the marks card. A Candidate who has rejected the result or who, having failed, takes the examination again or who has appeared for improvement shall retain the internal assessment marks already obtained.
- vii) A candidate who fails in any of the semester examinations may be permitted to take the examinations again at a subsequent appearance as per the syllabus and scheme of examination in vogue at the time the candidate took the examination for the first time. This facility shall be limited to the following two years and this provision may also be extended to a candidate who rejects or improves the result.

26. GRIEVANCE REDRESSAL COMMITTEE:

The College/department shall form a grievance redressal committee for each course in each college/department with the course teacher/Principal/Chair Person of the Department of the Members. This committee shall solve all grievances of the students.

27. REVISION OF SYLLABI:

- i) Syllabi of every course should be revised according to the NCTE.
- ii) Revised syllabi of each should be implemented in a sequential way.
- iii) In courses, where units/topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.

- iv) All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
- v) During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
- vi) In Case the syllabus of any course is carried forward without any revision, it shall also be countered as revised in the revised syllabi.

28. Miscellaneous

- a) Not withstanding anything contained in these regulations, the semester system at under
 Graduate level is hereby replaced.
- b) The Provisions of any order, rules or regulations in force shall be inapplicable to extent of its inconsistency with these regulations.
- c) The University shall issue such orders, instructions, procedures and prescribe such format as it may deem fit to implement the provisions of this regulations.
- d) The Procedural details may be given by the university from time to time.
- e) Any unforeseen problem/Difficulties missing in these regulations may be resolved by the vice-chancellor whose decision in this matter shall be final.

FIRST SEMESTER

	PART A:THEO	ROTIC	AL COU	JRSE		·····
Course Code	Title of the Paper	Total Hours Credit		Internal	External	Total Marks
CC-101	History, Principles and Foundations of Physical Education	4	4	30	70	100
CC-102	Anatomy and Physiology	4 4		30	70	100
CC-103	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
	Elective co	urse (A	ny One)	<u> </u>		
EC-101	Olympic Movement	4		30	70	100
EC-102	Curriculum Design			AWAY		
	PART B: PRA	CTICA	L COUF	RSE		
PC-101	Athletics – Track Events	6	3	30	70	100
PC-102	Indigenous activities: Gymnastics, Ceremonial Parades and Band Set	6	3	30	70	100
PC-103	Indigenous activities: Dumbbells, Wands, Hoops, Lazium, Mass PT, Drill & Marching	6	3	30	70	100
	Games:					
PC-104	Volleyball, Kho-Kho and Table Tennis (Any Two)	6	3	30	70	100
·	Total	40	28	240	560	800

SECOND SEMESTER

Course Code	Title of the paper	Total hours	Credit	Internal	Externa l	Total marks
CC-201	Yoga Education	4	4	30	70	100
CC-202	Health Education and Environmental Studies.	4	4	30	70	100
CC-203	Organization and Administration in Physical Education	4	4	30	70	100
	ELECTIVE CO	URSE((ANY O	NE)		
EC-201 EC-202	Adapted, Corrective Physical Education and Sports Injuries Nutrition and weight management	4	4	30	70	100
	PART B: PRA	CTICA	 L COUR	SE		
PC-201	Athletics – Jumping Events	6	3	30	70	100
PC-202	Aerobics and Yoga	6	3	30	70	100
PC-203	Games Badminton and Throw ball	6	3	30	70	100
PC-204	Games Tennicoit, Handball and Football (Any Two)	6	3	30	70	100
•••••••••••••••••••••••••••••••••••••••	Total	40	28	240	560	800

	PART A:THEO	ROTICA	AL COU	RSE		
Course Code	Title of the paper	Total hours	Credit	Internal	Externa l	Total marks
CC-301	Officiating and Coaching	4	4	30	70	100
CC-302	Computer Application in Physical Education		4	30	70	100
CC-303	Sports Medicine	4	4	30	70	100
	ELECTIVE CO	URSE ((ANY O	NE)	<u> </u>	
EC-301 Sports Training		4	4	30	70	100
EC-302	Sports Management	-		-		
	PART B: PRA	CTICAL	COUR	SE		
PC-301	Athletics – Throwing Events	6	3	30	70	100
PC-302	Games Wrestling and Hockey	6	3	30	70	100
PC-303	Games Ball Badminton, Softball and Basket Ball (Any Two)	6	3	30	70	100
PC-304	Practice Teaching: Teaching Lesson Plans (out of 10 lessons 5 internal and 5 external at practicing school)	6	3	30	70	100
	Total	40	28	240	560	800

FOURTH SEMESTER

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Course	Title of the paper	Total	Credit	Internal	Externa	Total	
Code		hours		7.		marks	
CC-401	Measurement and Evaluation in Physical Education	4	4	30	70	100	
CC-402	Sports Psychology and Sociology Kinesiology and		4	30	70	100	
CC-403	Kinesiology and Biomechanics	4	4	30	70	100	
	ELECTIVE CO) URSE((ANY O	NE)			
EC-401	Research Methodology in Physical Education	4	4	30	70	100	
EC-402	Theory of Sports and Games		i mana e sa mana e s	7.77	A manufacture		
	PART B: PRA	CTICAI	COUR	SE]		
PC-401	Athletics - Others	6	3	30	70	100	
PC-402	Games Cricket and Kabaddi	6	3	30	70	100	
PC-403	Practice Teaching: (Teaching Lesson Plans for Games) (out of 10 lessons 5 Class room lesson 5 external at practicing school)	6	3	30	70	100	
PC-404	Games Specialization: Coaching lessons Plans Volleyball, Handball, Hockey, Kabaddi and Kho Kho (any two)	6	3	30	70	100	
	Total	40	28	240	560	800	

SCHEME OF EXAMINATION

SEMESTER - 1

Course Code	Title of the Papers	Total Hours	Credit	Internal	External	Total Marks
	· · · · · · · · · · · · · · · · · · ·		THEORY(40	0)		
CC-101		4	4	30	70	100
CC-102		4	4	30	70	100
CC-103		4	4	30	70	100
EC-101		4	4	30	70	100
EC-102						
		PRA	CTICAL (4	00)	1	
PC-101		4	3	30	70	100
PC-102		4	3	30	70	100
PC-103		4	3	30	70	100
PC-104		4	3	30	70	100
	TOTAL	40	28	240	560	800

SEMESTER - II

Course	Title of the	Total	Credit	Internal	External	Total		
Code	Papers	Hours	1			Marks		
		T	HEORY(400)				
CC-201		4	4	30	70	100		
CC-202		4	4	30	70	100		
CC-203		4	4	30	70	100		
EC-201		4	4	30	70	100		
EC202]							
	PRACTICAL (300)							
PC-201		4	3	30	70	100		
PC-202		4	3	30	70	100		
PC-203		4	3	30	70	100		
	TEACHING PRACTICE – (100)							
PC-204		4	3	30	70	100		
	TOTAL	40	28	240	560	800		

SEMESTER - III

Course	Title of the	Total	Credit	Internal	External	Total			
Code	Papers	Hours				Marks			
THEORY(400)									
CC-301	-	4	4	30	70	100			
CC-302		4	4	30	70	100			
CC-303	***	4	4	30	70	100			
EC-301/		4	4	30	70	100			
EC-302									
	PRACTICAL (300)								
PC-301		4	3	30	70	100			
PC-302		4	3	30	70	100			
PC-303		4	3	30	70	100			
	TEACHING PRACTICE – (100)								
PC-301		4	3	30	70	100			
	TOTAL	40	28	240	560	800			

SEMESTER - IV

Course	Title of the	Total	Credit	Internal	External	Total		
Code	Papers	Hours				Marks		
		TI	<i>HEORY(400)</i>	!				
CC-401		4	4	30	70	100		
CC-402		4	4	30	70	100		
CC-403		4	4	30	70	100		
EC-401		4	4	30	70	100		
EC-402								
	PRACTICAL (200)							
PC-401		4	3	30	70	100		
PC-402		4	3	30	70	100		
	TEACHING PRACTICE – (200)							
TP-401		4	3	30	70	100		
TP-402		4	3	30	70	100		
	TOTAL	40	28	240	560	800		
	GRAND	160	112	960	2240	3200		
	TOTAL							

DAVANAGERE UNIVERSITY, SYLLABUS OF B.P.Ed., TWO YEARS DEGREE COURSE

(FOUR SEMESTER CBCS SCHEME)

SEMESTER - I

CC-101. HISTORY, PRINCIPALS AND FOUNDATION OF PHYSICAL EDUCATION

UNIT I: HISTORY OF PHYSICAL EDUCATION

Physical Education in Ancient Greece: Sparta and Athens. Physical Education in ancient India. Contributions of Gutsmath, Ludwing John, Adolf Spies Nachtegal, Henric Ling, Barone de Koubertin, and H.C. Buck to Physical Education. Contributions of Y.M.C.A., Vyayamashalas and Akadhas.

UNIT II Association of Indian universities (AIU) sports division

- National physical fitness programme (NPFP)
- National discipline scheme (NDS)
- National fitness corps (NFC)
- Central advisory board of physical education and recreation
- Sports authority of India (SAI)
- National council for teacher education (NCTE)
- School games federation of India (SGFI)

UNIT-III - FOUNDATIONS OF PHYSICAL EDUCATION

- Meaning, definition, Aim and Objectives of education. Traditional and modern concepts of education, formal and informal education.
- Meaning of the terms Physical culture, physical training, drills, sports, games, gymnastics and athletics. Definition of physical education, Aim and objectives of physical education. Relationship of physical education general education, health education and recreation.
- Philosophical foundation
- Idealism, Pragmatism, Naturalism, Realism, Indian Philosophy and culture.

UNIT-IV - PRINCIPALS OF PHYSICAL EDUCATION

 Concept of Heredity and Environment, Mechanism and transmission of Heredity influence of Heredity and environment on the development of human personality. Growth

- and development- meaning definition, and general characteristics of growth and development, age characteristics.
- Structural and functional differences between male and female. Body types and classification of body types and its importance in physical education.
- Group dynamics. Influence of physical education and sports on development of social values. Co-operation and human relationship through sports: team cohesion, Theories of play.
- Psychological—Meaning Definition and branches of Psychology. Psychology as a science. Contributions of psychology to Teacher Education.

REFERENCES:

- 1. Barrow, Herold M. Man and Movement: *Principles of Physical Education*. Philadlphia: Lea and Febiger. 1977
- 2. Butcher, C.A. Foundations of Principles of Physical and Sports New Delhi: B.I. Publications 1991.
- 3. Kamalesh, M.L. Foundations of Physical Education. New Delhi: Metropolitan Book co. Pvt. Ltd. 2002
- 4. Nadgir, Anand. *Daihik Shikshnada Bunadigalu*. Dharwad; mallasajjan Prakashana. 2011.
- 5. Nadgir, K.G. ' Patanjal Yoga Sutra' Dharwad, Shareera Shikiksana Prakashna. 1992. (In Kannada)
- 6. Pestolessi, R.A. and Baker, Cindi. *Introduction to Physical Education*; a Contemporary Careers Approach. Glenview IL: Freshman and Co. 1990.
- 7. Seidel, Beverly L, and Resick, Mathew C. *Physical Education*; An over View. Reading, A: Addsion Wesly publishing Co. 1972.

UNIT I: ANATOMY AND PHYSIOLOGY

Elements forming the body- cells, tissues, organs & systems. Structure and functions of typical cell. Types of tissues

Skeletal System: Gross bone structure and classification. Functions of skeletal system. Gross arrangement of the skeleton. Joints-types and movements. Effects of exercise on skeletal system.

Muscular system: Gross and microscopic structure & functions of voluntary, involuntary & cardiac muscles. Types of contractions. Physiology of muscular types of contractions. Physiology of muscular contraction. Effects of exercise on Muscular system.

UNIT II: CIRCULATORY & RESPIRATORY SYSTEMS

Circulatory system: Organs of circulation. The heart- position, structure and function. Cardiac cycle. Stroke volume, heart rate and cardiac output. Pulmonary & systemic circulation-cardiac & hepatic. Blood- composition and function. Blood pressure. Effects of exercise on Circulatory system.

Respiratory System: Gross structure and function of organs of respiration. Mechanism of respiration. Exchange of gases. Effects of exercise on respiratory system. Oxygen debt and vital capacity. Effects of exercise on respiratory system.

UNIT III: DIGESTIVE & EXCRETORY SYSTEMS

Digestive System: Organs of digestive system-gross structure, location and function. Digestion of food-absorption and assimilation. Glucose metabolism. Effects of exercise on Digestive system.

Excretory System: Organs of excretion-gross structure, location and functions. Waste products of physical exercise. Effects of exercise on Excretory system. Effects of exercise on Digestive system.

UNIT IV: NERVOUS & ENDOCRINE SYSTEM

Nervous System: General description of nervous system. Gross structure and location of organs of nervous system. Afferent and efferent nervous. Reflex Action. Reciprocal innervations. Effects of exercise on Nervous system.

Endocrine system: Structure, location and major functions of endocrine glands-Pituitary Thyroid, Parathyroid, Adrenal Glands, Pancreas and Thymus. Effects of exercise on Endocrine system.

REFERENCE:

- 1. Agarwal, G.C.and Misra. R. *Handbook of Physiology*. New Delhi: Jaypee Brothers Medical Publishers. (P) Ltd. 2001.
- 2. American College of Sports Medicine. ACSM'S Resources for Clinical Exercise Physiology Philadelphia: Lippincot Williams and Wilkins 2002.
- 3. Carola. R. Harley J.P., and Nobak, *C.R. Human Anatomy and Physiology*. New York: McGraw Hill Inc. 1992.
- 4. Das, P.K. Handbook of Human Physiology, Calcutta: Current Books International. 1995
- 5. De Viries, H.A Physiology of Exercise. London: C Brown Co. 1966.
- 6. Floyd, R.T. and Thomson, C.W. Mannual of Structural Kinesiology. Boston Vurr ridge, IL: McGraw Hill. 2001.
- 7. Frick, Hans, Kummer, Benno and Putz, Reinhard. *Atlas of Human anatomy*: (4th ed). Basel. Karer.1990.
- 8. Guyton, A.C. Text Book of Medical Physiology. Philadelphia: W.B. Saunders Co.1971.
- 9. Jain, A.K. Text Book of Physiology (Vol. 1) New Delhi: Avichal Publishing co. 1990.
- 10. Johnson and Buiskirk, *Science and Medicine of Exercise and sports*. New York: Hzrper rowe Publisher.1974.
- 11. Karpowich and Sinning. *Physiology of Muscular Activity*. Philadelphia: W.B. Saunders Co. 1976.
- 12. Katch, V.L.Katch, F.I.and McArdle, W.D. Essentials of Exercise Physiology (2nd Ed). Philadelphia: Lippincot Williams and Wilkins 2000
- 13. Keele, C.A., Niel, E. Ad Joels, N. Samson Wright's Applied Physiology. Bombay: Oxford University Press. 1996.
- 14. Marieb, Elaine N. *Human Anatomy and Physiology*. San Frasisco: Nenzamin Cumings. 2001 Prakashna. 1999.
- 15. Nadgir Anand . Shareera Rachana Shastra mattu Shareea Shastra' Dharwad: mallasajjan Prakashana.2011.

CC103 : EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

UNIT – I INTRODUCATION

- Meaning of the term Teaching and Method. Factors influencing methods: Nature of subjects, nature of students, Availability of time and materials, situations, scientific principles.
- Teaching and instructional technology:
- Methods of teaching: Importance and Scope of Methods in Physical Education.
- Methods: Verbal, Command Demonstration, Imitation, Dramatization, at will, Set Drill, Whole, part, Whole-part-Whole, Progressive, Observation, Lecture and Demonstration Methods:

UNIT II PRESENTATION TECHNIQUE

- Personal and Technical preparation, Teaching skills, Steps in Presentation.
- Class management: McCloy's classification and Cozen's classification of students, General and Specific factors for class management:

UNIT III LESSON PLAN AND TEACHING STRATEGIES

- Principles of teaching. Teaching as a communicative process. Need, objectives and Principles of Lesson plan and Preparation of Lesson plan
- Types of lesson plans, different parts in the lesson plan (general, particular and class room lesson plan) preparation of lesson plans.

UNIT IV COMPETITION AND TOURNAMENTS

- Meaning and types of competitions: Knockout, League, Combination and Challenge Tournaments. Methods of Drawing Fixtures, merits and demerits of Knock out and League tournaments.
- Standard track: methods of marking track and calculation of staggers for track events in 400 meters
- Methods of marking 200 meters track and calculation of staggers. Methods of marking for field events.

REFERENCES

- BARRY, l. Johonoson, Practical Measurements for Ecaluatyion in hysicaleducation. USA: burgess publishing Company, 1982
- Bhatia and Bhatia. Principles and Methods of teaching.
 New Delhi: Doaba house.
- Bhatia K.K and J.N. Arora. Methodology of teaching. Ludhiyana: Prakash Brothers, 1985.
- Garry, A Carr. Fundamentls of track and field. Bombay: the marine sport, 1995.
- Kochhar S.K. Methods and techniques of teaching. New Delhi: Sterling publishers Pvt. Ltd.

- Lokesh K.R. Practical Manual for track and field. Mandya: marking Guys graphics, 2002
- Thirunarayan C and Harihara S. sharma. Methods of physical education. Karaikudi: south India press, 1978.
- Vishwanath M.J.Athletics spardheya niyamagalu. Shimoga: U.S.Publication, 1997.
- Wilgoose, Carl Evaluation in health education and physical education. New York: McGraw hill book Co., 1961.

EC-101 - OLYMPIC MOVEMENT (ELECTIVE)

UNIT I - ORIGIN OF OLYMPIC MOVEMENT

• Philosophy of Olympic movement

- The early history of the Olympic movement
- The significant stages in the development of the modern Olympic movement
- Educational and cultural values of Olympic movement

UNIT -II MODERN OLYMPIC GAMES

- · Significance Of Olympic Ideals, Olympic Rings, Olympic Flag
- Olympic Protocol for member countries
- Olympic code of Ethics
- Olympism in action
- Sports for all

UNIT-III: DIFFERENT OLYMPIC GAMES

- Para Olympic games
- Summer Olympics
- Winter Olympics
- Youth Olympics games

UNIT-IV: COMMITTEES OF OLYMPIC GAMES

- International Olympic committee structure and functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- · Olympic medal winners of India

REFERENCES:

Osborne, M.P. (2004). Magictree house fact tracker: ancient Greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random house Books for young readers.

Burbank, J. M., Andranovich, G.d. and Heying Boulder, C. H. (2001) Olympic dreams: the impact of mega – events on local politics: Lynne Rienner.

EC – 102 – CURRICULUM DESIGN (ELECTIVE)

UNIT - I Modern concept of the Curriculum

- Need and importance of curriculum, need and importance of curriculum development, the role of the teacher in curriculum development.
- Factors affecting curriculum social factors Personnel qualifications climatic consideration Equipment and facilities time suitability of hours.
- National and Professional policies, Research finding.

UNIT - II Basic Guide line for curriculum construction: contest (selection and expansion)

- Socialization
- Individualization
- Sequence and operation
- Steps in curriculum construction.

UNIT - III Curriculum - old and new concepts, Mechanics of curriculum Planning.

- Basic principles of curriculum construction.
- Curriculum Design, meaning, importance and factors affecting curriculum design.
- Principles of Curriculum design according to the needs of the students and state and national level policies.
- Role of teachers

UNIT - IV Under - Graduate Preparation of Professional Preparation.

- Areas of health education, Physical education and recreation.
- Curriculum design, meaning, importance and factors affecting curriculum design.
- Professional competencies to be developed facilities and special resources for library,
 laboratory and other facilities.

Reference:

lea and Febiger.

Barrow, H.M. (1983). Man and movement: principles of physical education. Philadelphia:

Bucher, C.A. (1986). Foundation of physical education: St. Louis: the C.V. Mosby and company.

Cassidy, R. (1986). Curriculum development in physical education. New York: Harper and company.

Cowell, C.C. and Hazelton, H.W. (1956). Curriculum designs in physical education Englewood cliffs: N.J. prentice Hall Inc.

Underwood, G.L. (1983). The physical education curriculum in secondary school: planning and implementation. England: Taylor and Francis Ltd.

Willgoose, C.E. (1979). Curriculum in physical education. 3rd Ed. Englewood cliffs.: N.J. prentice hall, Inc.

SECOND SEMESTER

THEORY COURSES

CC-201 YOGA EDUCATION

UNIT - I Introduction

- · Meaning and definition of yoga
- · Aims and objectives of yoga
- · Yoga in early Upanishads
- The yoga sutra: general consideration
- Need and importance of yoga in physical education and sports

UNIT - II Foundation of yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- Yoga in the Bhagavadgita Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga.

UNIT - III Asanas

- Effect of Asanas and Pranayama on various system of the body
- Classification of Asanas with special reference to Physical Education and Sports
- Influences of relaxtive, meditative posture on various system of the body types of Bandhas and Mudras
- Types of Kriyas

UNIT - IV Yoga Education

- Basic, applied and action research in Yoga
- Difference between Yogic practices and Physical Exercises
- Yoga Education centers in India and abroad
- Competitions in Yogasanas

REFERANCE:

- 1. Yogamala by Sri Pattabhi Jois
- 2. Suyanamaskar by Sri Raghavendra Swamiji Malladihalli
- 3. Pranayama by Sri Raghavendra Swamiji Malladihalli
- 4. Arogydarpana by Sri Shivakumara swamigalu
- 5. Yoga Deepika by B.K.S.Iyngar

CC-202 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Unit - I Health Education

- Concept, Dimensions, Spectrum and Determinants of Health
- Definition of Health, Health Education, Health Instruction, Health Supervision
- Aim, objective and Principles of Health Education

Health Service and guidance instruction in personal hygiene

Unit - II Health Problems in India

- Communicable and Non Communicable Diseases
- Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,
- Personal and Environmental Hygiene for schools
- Objective of school health service, Role of health education in schools
- Health Services Care of skin, Nails, Eye health service, Nutritional service, Health Appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit - III Environmental Science

- Definition, Scope, Need and Importance of environmental studies.
- Concept of environmental education, Historical background of environmental education,
- Celebration of various days in relation with environment.
- Plastic recycling & probation of plastic bag / cover.
- Role of school in environmental conservation and sustainable development.

Unit – IVNatural Resources and related environmental issues:

- Water resources, food resources and Land resources
- Definition, effects and control measures of:
- Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- Management of environment and Govt. policies, Role of pollution control board.
 References:

Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.

Frank, H. &Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.

Nemir, A. (n.d.). The school health education. New York: Harber and Brothers.

Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.

CC-203 ORGANZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Unit – I: Organization and administration

- Meaning and importance of Organization and Administration in physical education
- Qualification and Responsibilities of Physical Education teacher and pupil leader
- Planning and their basic principles,
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

Unit- II: Office Management, Record, Register & Budget

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making,
- Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-III: Facilities, & Time-Table Management

- Facilities and equipment management. Types of facilities Infrastructure-indoor, out door.
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit-IV: Competition Organization

- Importance of Tournament,
- Types of Tournament and its organization structure Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramurals & Extramural Tournament planning

References:

Broyles, F. J. &Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.

Bucher, C. A. (1983). Administration of Physical Education and Athletic programme.St.

Lolis: The C.V. Hosby Co.

Kozman, H.C. Cassidly, R. & Jackson, C. (1960). Methods in Physical Education. London:

W.B. Saunders Co.

Pandy, L.K. (1977). Methods in Physical Education. Delhe: Metropolitan Book Depo.

Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati:

Shakti Publication.

Thomas, J. P.(1967). Organization & administration of Physical Education. Madras:

Gyanodayal Press.

Tirunarayanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South

India Press.

Voltmer, E. F. &Esslinger, A. A. (1979). The organization and administration of Physical

Education. New York: Prentice Hall Inc.

EC-201: ADAPTED, CORRECTIVE PHYSICAL EDUCATION AND SPORTS INJURIES

UNIT - I INTRODUCTION

- A. Meaning, Scope and Importance of Adapted Physical Education: Objectives of Adapted Physical Education: Recent Trends and Developments in Adapted Physical Education.
- B. Meaning of Special Population. Physically and Mentally Challenged: Classification of Special Population: Role of Physical Education Teacher in Catering to Various needs of Special Population through Physical Activities: Games and Sports for Special Population.

UNIT - II POSTURE

- **A.** Meaning and values of Good Posture: Causes of Mal-posture: Assessment of posture: Ideal Sitting, Standing and walking postures.
- **B.** Postural Deformities, Types- Causes, prevention and Rehabilitation.

UNIT - III MASSAGE

- A. Meaning of Massage: Indications and Contra Indications of Massage: classification Effleurage, Kneading, Petrisage, Friction, Tapotment and Vibration.
- B. Physiological benefits of Massage on different systems of the body.
 - Muscular system
 - Circulatory system
 - Nervous system
 - Excretory system

UNIT – IV THERAPEUTIC MODALITIES AND EXERCISES

- A. Therapeutic Exercise Meaning and Types Passive, Active and Resisted: Principles of Therapeutic Exercises: Role of Therapeutic Exercises in modern society. Procedure of rehabilitation.
- B. RICE principle: cold modalities (cryotherapy) ice massage, ice packs and cold whirl pool: heat modalities (thermo therapy) superficial heat modality infrared lamp, paraffin bath and contrast bath: deep heat modalities ultra sound and short wave diathermy and TENS and IFT.

REFERENCES

ADAMS, R.c. and Mc Cubbin, J.A. games sports and exercises for the physical disabled 4th edition: philadephia: Lea and Febiger, 1991.

Auxter. Adapted physical physical education and recreation. Mossby: louis Baltimore baston publisher, 1998

Clarke, Harrison h. Clarke, daviv h. developmental and adopted physical education, prentice – hall. Inc.1963

Doughtrey. Physical education programme. London: w.B. sauders company.

Fait, hallis F. special physical education. Philadelphia. London: W.B. saunders company 1972.

Grisogono V sports injuries. UK: John Murrey.

Pande, P.K. sports medicine. Delhi: Khel Sahitya Kendra 1998.

Sherril C. Adapted Physical Education and Recreation. 3rd ed: U.S.A: WC Broom 1986.

Tucker W.E. home treatment and posture. London: E & S Livingstone Ltd – 1969.

Winnick, Joseph P. adapted physical education and sport, Human Kinetics 2005.

EC -202: NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE).45Hrs

Objectives: Exposure to this paper will enable the student teacher to

- 1. Gain an understanding and insight into Nutritional and Weight management concepts.
- 2. Develop awareness about causes and effect of different nutrients.
- 3. Gain an understanding and insight about obesity and weight management

UNIT - I INTRODUCTION TO SPORTS NUTRITION

- A. Meaning and Definition of Sports Nutrition, Basic Nutrition guidelines, Role of nutrition in sports, Factor to consider for developing nutrition plan
- B. Principles of Nutrition: Eating well balanced breakfast, Eating less by eating more, Daily Exercise, Stay Hydrated, Pack your lunch, Eat fruit and veggies and stay away from processed food.

UNIT - H NUTRIENTS: INGESTION TO ENERGY METABOLISM

- A. Carbohydrates, Protein, Fat Meaning, classification and its function, Role of carbohydrates, Fat and protein during exercise
- B. Vitamins, Minerals, Water Meaning, classification and its function, Role of hydration during exercise, water balance,

UNIT - III NUTRITION AND WEIGHT MANAGEMENT

- A. Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management
- B. Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss

UNIT IV- NUTRITION AND OBESITY

- A. Nutrition Caloric value of Indian food. Deficiency of nutrition: in children, adults and in veterans.
- B. Obesity Definition, meaning and types of obesity, Health Risks Associated with Obesity, Obesity Causes and Solutions for Overcoming Obesity.

References:

- 1) Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.93* (6), 2027-2034.
- 2) Butryn, M.L., Phelan, S., &Hill, J. O. (2007). Consistent self-monitoring of weight: a key

Component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091-3096

- 4) DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
- 5) Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

3RD SEMESTER

CC-301 OFFICIATING AND COACHING

Unit- I: Introduction of Officiating and coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of coach in general, pre, during and post-game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching

Unit- III: Duties of Official

- Duties of official in general, pre, during and post-game.
- Philosophy of officiating
- Mechanics of officiating position, singles and movement etc.
- Ethics of officiating

Unit IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification of coach and official
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports

Reference Books:

Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.

Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.

Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.

Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.

Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.

Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

CC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit – I: Introduction to Computer

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

Unit - II: MS Word

- Introduction to MS Word
- Creating, saving and opening a document
- Formatting Editing features Drawing table,
- page setup, paragraph alignment, spelling and grammar check printing option, inserting
- page number, graph, footnote and notes

Unit - III: MS Excel

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

Unit - IV: MS Power Point

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

Referances:

Irtegov, D. (2004). Operating system fundamentals. Firewall Media.

Marilyn, M.& Roberta, B.(n.d.). Computers in your future. 2nd edition, India: Prentice Hall.

Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia.

Sinha, P. K. & Sinha, P. (n.d.). Computer fundamentals. 4th edition, BPB Publication.

CC-303 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Unit-I: - Sports Medicine:

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and
- Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and
- · Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education
- Prevention of injuries in sports Common sports injuries Diagnosis –
- First Aid Treatment Laceration Blisters Contusion Strain Sprain Fracture -
- Dislocation and Cramps Bandages Types of Bandages trapping and supports.

Unit-II: Physiotherapy

Definition – Guiding principles of physiotherapy, Importance of physiotherapy,
 Introduction and demonstration of treatments - Electrotherapy – infrared rays –
 Ultraviolet rays –short wave diathermy – ultrasonic rays.

Unit-III: Hydrotherapy:

Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast
Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage:
History of Massage – Classification of Manipulation (Swedish System) physiological
Effect of Massage.

Unit-IV: Therapeutic Exercise:

Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

References:

- Christine, M. D., (1999). Physiology of sports and exercise.USA: Human Kinetics.
- Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.),
- Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics
- David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
- Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee.
- (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74).
- Philadelphia: Lea &Febiger.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., (1990). Exercise physiology & sports medicine. Delhi:Lucky Enterprises.
- Mathew, D.K. & Fox, E.L, (1971). Physiological basis of physical education and athletics.
- Philadelphia: W.B. Saunders Co.
- Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

EC-301 SPORTS TRAINING

Unit – I Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- System of Sports Training Basic Performance, Good Performance and High Performance Training

Unit - II Training Components

- Strength Mean and Methods of Strength Development
- Speed Mean and Methods of Speed Development
- Endurance Mean and Methods of Endurance Development
- Coordination Mean and Methods of coordination Development
- Flexibility Mean and Methods of Flexibility Development

Unit - III Training Process

- Training Load- Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technical Training Meaning and Methods of Technique Training
- Tactical Training Meaning and Methods of Tactical Training

Unit IV Training programming and planning

- Periodization Meaning and types of Periodization
- Aim and Content of Periods Preparatory, Competition, Transitional etc.
- Planning Training session
- Talent Identification and Development

Reference:

- Dick, W. F. (1980). Sports training principles. London: Lepus Books.
- Harre, D.(1982). Principles of sports training. Berlin: Sporulated.
- Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia:
- Lea and Fibiger, 2nd Edn.
- Matvyew, L.P. (1981). Fundamental of sports training. Moscow: Progress Publishers.
- Singh, H. (1984). Sports training, general theory and methods. Patials: NSNIS.

• Uppal, A.K., (1999). Sports Training. New Delhi: Friends Publication.

EC-302 SPORTS MANAGEMENT

Unit-I

- Nature and Concept of Sports Management.
- Progressive concept of Sports management.
- The purpose and scope of Sports Management.
- Essential skills of Sports Management.
- Qualities and competencies required for the Sports Manager.
- Event Management in physical education and sports.

Unit-II

- Meaning and Definition of leadership
- Leadership style and method.
- Elements of leadership.
- Forms of Leadership.
 - 1. Autocratic
 - 2. Laissez-faire
 - 3. Democratic
 - 4. Benevolent Dictator
- Qualities of administrative leader.
- Preparation of administrative leader.
- Leadership and Organizational performance.

Unit-III

- Sports Management in Schools, colleges and Universities.
- Factors affecting planning
- Planning a school or college sports programme.
- Directing of school or college sports programme.
- Controlling a school, college and university sports programme.
 - 1. Developing performance standard
 - 2. Establishing a reporting system

- 3. Evaluation
- 4. The reward/punishment system

Unit-IV

- Financial management in Physical Education & sports in schools, Colleges and Universities.
- Budget Importance, Criteria of good budget,
- Steps of Budget making
- Principles of budgeting 2 years B.P.Ed Curriculum | 47

REFERENCES:

- Ashton, D. (1968). Administration of physical education for women. New York: The Ronal PressCl.
- Bucher, C.A. Administration of physical education and athletic programme. 7thEdition, St.
- Louis: The C.V. Mosby Co.
- Daughtrey, G. & Woods, J.B. (1976). Physical education and intramural programmes, organisation and administration. Philadelphia U.S.A.: W.B. Sounders Cp.
- Earl, F. Z,& Gary, W. B. (1963). Management competency development in sports and physical
- education. Philadelphia: W. Lea and Febiger.

4TH SEMESTER

CC-401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit-I - Introduction to Test & Measurement & Evaluation

- Meaning of Test & Measurement & Evaluation in Physical Education
- Need & Importance of Test & Measurement & Evaluation in Physical Education
- Principles of Evaluation

Unit- II Criteria; Classification and Administration of test

- Criteria of good Test
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- Type and classification of Test
- Administration of test, advance preparation Duties during testing Duties after testing.

Unit- III Physical Fitness Tests

- AAHPER youth fitness test
- National physical Fitness Test
- Indiana Motor Fitness Test
- JCR test
- U.S Army Physical Fitness Test

Unit- IV Sports Skill Tests

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I volleyball test

• S.A.I Hockey test

References:

- Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark:
- Ho+Storm.
- Barron, H. M., &Mchee, R. (1997). A practical approach to measurement in physical education.
- Philadelphia: Lea and Febiger.
- Barron, H.M. &Mchee, R. (1997). A Practical approach to measurement in physical education.
- Philadelphia: Lea and Febiger.
- Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi:
- D.V.S. Publications.
- Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B.SoundersCompnay.

CC-402 SPORTS PSYCHOLOGY AND SOCIOLOGY

Unit -I: Introduction

- Meaning, Importance and scope of Educational and Sports Psychology
- General characteristics of Various Stages of growth and development
- Types and nature of individual differences; Factors responsible -Heredity
 And environment
- Psycho-sociological aspects of Human behavior in relation to physical education and Sports

Unit-II: Sports Psychology

- · Nature of learning, theories of learning, Laws of learning,
- Plateau in Learning; & transfer of training
- Meaning and definition of personality, characteristics of personality,
- Dimension of personality, Personality and Sports performance
- Nature of motivation: Factors influencing motivation; Motivation and techniques and its
 Impact on sports performance.
- Mental Preparation Strategies: Attention focus, Self-talk, Relaxation, Imaginary.
- Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
- Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

Unit-III: Relation between Social Science and Physical Education.

- Orthodoxy, customs, Tradition and Physical Education.
- Festivals and Physical Education.
- Socialization through Physical Education.
- Social Group life, Social conglomeration and Social group, Primary group and Remote group.

Unit-4 Culture: Meaning and Importance.

- Features of culture,
- Importance of culture.
- Effects of culture on people life style.

Different methods of studying Observation/ Inspection method, Questionnaire method,
 Interview method

References:

- Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.
- Blair, J.& Simpson, R.(1962). Educational psychology, New York: McMillan Co.
- Cratty, B. J.(1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
- Kamlesh, M.L. (1998). Psychology inphysical education and sport. New Delhi:Metropolitan
- · Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system.
 London:
- Addison Wesley Publishing Company Inc.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society. Philadelphia:
- Lea &Febiger.
- Mathur, S.S., (1962). Educational psychology. Agra. VinodPustakMandir.
- Skinnner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India.
- William, F. O.&Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing
- House Pvt Ltd.

CC-403 KINESIOLOGY AND BIOMECHANICS

Unit - I Introduction to Kinesiology and Sports Biomechanics

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental concepts of following terms Axes and Planes, Centre of Gravity,
 Equilibrium, Line of Gravity

Unit - II Fundamental Concept of Anatomy and Physiology

- Classification of Joints and Muscles
- Types of Muscle Contractions
- Posture Meaning, Types and Importance of good posture.
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation

Unit - III Mechanical Concepts

- Force Meaning, definition, types and its application to sports activities
- Lever Meaning, definition, types and its application to human body.
- Newton's Laws of Motion Meaning, definition and its application to sports activities.
- Projectile Factors influencing projectile trajectory.

Unit - IV Kinematics and Kinetics of Human Movement

- Linear Kinematics Distance and Displacement, speed and velocity, Acceleration
- Angular kinematics Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- Linear Kinetics Inertia, Mass, Momentum, Friction.
- Angular Kinetics Moment of inertia, Couple, Stability.

Reference:

- Bunn, J. W. (1972). Scientific principles of coaching. Englewood Cliffs, N.J.: Prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1982). The anatomical and mechanical basis of human motion.
- Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. & Reid, J. G. (1988). Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc.

- Hay, J. G. (1970). The biomechanics of sports techniques. Englewood Cliffs, N.J.:
 Prentice Hall, Inc.
- Simonian, C.(1911).Fundamentalsof sport biomechanics. Englewood Cliffs, N.J.: Prentice Hall Inc.

EC-401 RESEARCH METHODOLOGY IN PHYSICAL EDUCATION

Introduction to Research

- Definition of Research
- Need and Importance of Research in Physical Education and Sports
- Scope of Research in Physical Education and Sports
- Classification of Research
- Research Problem, Meaning of the term, Location and criteria of selection of problem, formulation of a research problem, Limitations and Delimitations.

Unit-II SURVEY OF RELATED LITERATURE

- Need for surveying related literature
- Literature Sources, Library Reading
- Research Proposal, Meaning and Significance of Research Proposal
- Preparation of Research proposal/Project.

HLSURVEY AND CASE STUDY

Broad survey by questionnaire-development of questionnaire characteristics of questionnaire-Administering the questionnaire, interview, survey-characteristics of interview, case study.

IV. RESEARCH REPORT

A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evalutation, fitness status of the students, staff and other stakeholders etc., and submit the report to the institution.

Reference:

- Clarke, David H and Clarke H Harrison, <u>Research Processes in Physical Education</u> (2nd
 Ed) Engle wood cliff. New Jersey: Prentice hall, Inc 1984.
- Rotastein Amie L <u>Research Design and statistics for Physical Education</u>, Englewood cliffs, New Jerry: Prentice hall, Inc 1985

- 3. C.R.Kothari, Research Methodology methods and techniques. Wiley Eastern Ltd., New Delhi.
- 4. Dr. Kamalesh M.L-<u>Research Methodology in Physical Education and Sports</u>, Metropolitan Book Co., Pvt Ltd New Delhi
- 5. Rabson M. Brar T.S. and Uppal A.K., Thesis Format, Gwalior LNCPE, 1979

EC-402 THEORY OF SPORTS AND GAMES (ELECTIVE)

UNIT-IINTRODUCTION

General Introduction of specialized games and sports-

- Athletics,
- Badminton,
- Basketball,
- · Cricket,
- Football,
- Gymnastic,
- Hockey,
- Handball,
- Kabaddi,
- Kho-Kho,
- Tennis,
- Volleyball and
- · Yoga.

Each game or sports to be dealt under the following heads

- History and development of the Game and Sports
- Ground preparation, dimensions and marking
- Standard equipment and their specifications
- Ethics of sports and sportsmanship

UNIT-II Scientific Principles of coaching: (particular sports and game specific)

- Motion Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
- Force Friction, Centripetal and Centrifugal force, Principles of force.
- Equilibrium and its types

- Lever and its types
- Sports Training Aims, Principles and characteristics.
- Training load Components, Principles of load, Over Load (causes and symptoms).

UNIT-III Physical fitness components: (particular sports and game specific)

- Speed and its types
- Strength and its types
- Endurance and its types
- Flexibility and its types
- Coordinative ability and its types
- Training methods: Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training)

UNIT-IV Conditioning exercises and warming up.

- Concept of Conditioning and warming up.
- Role of weight training in games and sports.
- Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
- Recreational and Lead up games
- Strategy Offence and defense, Principles of offence and defense.

References:

Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.

Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.

Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.

Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.

Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

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