

# महात्मा गाँधी चित्रकूट ग्रामोदय विश्वविद्यालय

चित्रकूट, सतना, मध्य प्रदेश



बी०पी०ई०एस० (Bachelor of Physical Education & Sports)

त्रिवर्षीय (06 सेमेस्टर) पाठ्यक्रम

सत्र : 2016-17

मानविकी एवं सामाजिक विज्ञान विभाग

महात्मा गाँधी चित्रकूट ग्रामोदय विश्वविद्यालय  
चित्रकूट, सतना, मध्य प्रदेश

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M.G.C.G.V. Chitrakoot  
Dist.-Satna (M.P.)



बी०पी०ई०एस० (Bachelor of Physical Education & Sports)

## पाठ्यक्रम के अध्ययन मण्डल (Board of Studies) की बैठक

आज दिनांक 06.01.2017 को अधिष्ठाता कला संकाय की अध्यक्षता में बी०पी०ई०एस० (Bachelor of Physical Education & Sports) पाठ्यक्रम के संशोधन हेतु अधिष्ठाता कक्ष में अध्ययन मण्डल की बैठक का आयोजन किया गया।

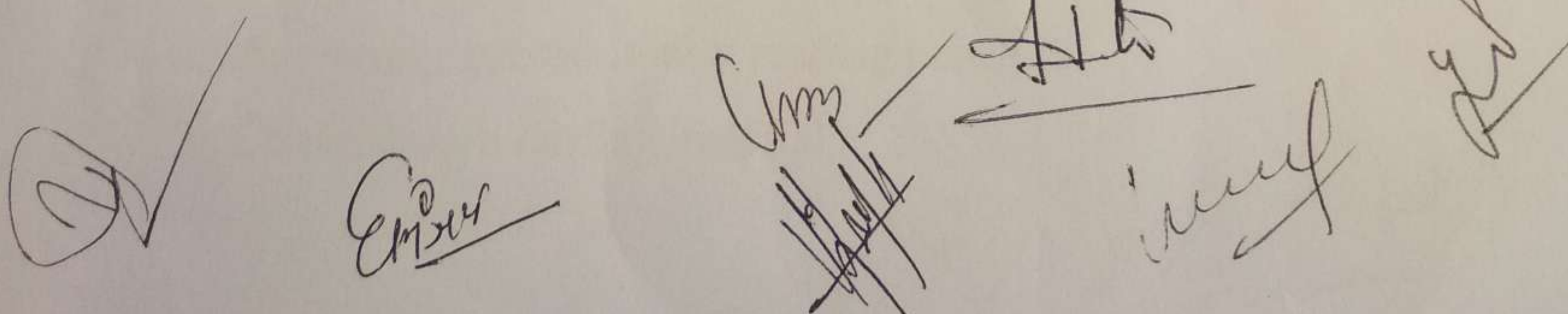
बैठक में निम्नलिखित महानुभाव उपस्थित हुए—

1. डॉ० वाई०के० सिंह (शिक्षा) अधिष्ठाता कला संकाय एवं अध्यक्ष अध्ययन मण्डल
2. डॉ० वी०एफ० पीटर एस० प्रोफेसर बाह्य विषय विशेषज्ञ देवी अहिल्या वि०वि० इन्दौर म०प्र०
3. डॉ० नन्दलाल मिश्रा एस० प्रोफेसर मनोविज्ञान
4. डॉ० सिद्धार्थ शर्मा एस० प्रोफेसर अंग्रेजी
5. डॉ० आर०के० श्रीवास्तव सहायक प्राध्यापक आयुर्वेद
6. श्री विजय सिंह—शारीरिक शिक्षा एवं खेल
7. श्री धनंजय सिंह— शारीरिक शिक्षा एवं खेल
8. डॉ० तुषारकान्त शास्त्री—शारीरिक शिक्षा एवं खेल
9. डॉ० विनोद कुमार सिंह पाठ्यक्रम प्रभारी शारीरिक शिक्षा एवं खेल

### बैठक का कार्यवृत्त

1. यू०जी०सी० के निर्णयानुसार बी०पी०ई० से पाठ्यक्रम का नाम बी०पी०ई०एस० करने का निर्णय लिया गया है। (पश्चावर्ती) उक्त निर्णय को अध्ययन मण्डल में संज्ञान में लिया।
2. वी०एस०आर० सिस्टम जो विश्वविद्यालय में पहले से ही चल रहा है उसे बी०पी०ई०एस० में यथावत लागू करने का निर्णय लिया गया है।
3. प्रथम सेमेस्टर में अंग्रेजी का प्रश्न पत्र यथावत चलता रहेगा तथा द्वितीय सेमेस्टर में अंग्रेजी प्रश्न पत्र के स्थान पर कम्प्यूटर प्रश्न पत्र लागू करने का निर्णय लिया गया।
4. बिन्दु क्रमांक 3 पर अंकित संशोधन सत्र 2016-17 से लागू किये जाने की अनुसंशा की जाती है।

उक्त निर्णयोंपरान्त अध्यक्ष की अनुमति से सभी सदस्यों का धन्यवाद ज्ञापन करते हुए सौहार्दपूर्ण वातावरण में बैठक सम्पन्न हुई।





School of Physical Education

BPE I<sup>st</sup> Semester

English- I

**Unit-I**

1. Tenses : Presents, Past and future tenses.
2. Vocabulary : Synonyms, Antonyms, one word, Substitution, Punctuation.
3. Preposition
4. Co-ordinate Conjunction and subordinate Conjunction
5. Gender & their uses.

**Unit- II**

1. Article : A, An and The
2. Syntax & their uses & applications.
3. Active & passive Voice
4. Idioms & Proverbs : Meaning and uses

**Unit -III**

1. Sentences structure simple and complex sentences.
2. Transformation (with and without changing the sense)
3. Interrogative sentences
4. Imperative sentences
5. Exclamatory Sentences

**Unit-IV Paragraph and Essay Writing**

1. Writing paragraphs and essays on topics concerning sports and general awareness.

**Unit-V Comprehension**

1. Precise writing
2. Answering questions after reading passages.
3. Comments on reading material.

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**Unit-I Introduction**

- i. Meaning and concept of Anatomy
  - a. Definition of anatomy
  - b. Types of Anatomy
- ✓ii. Need and importance of anatomy for the students of physical education.
- iii. Minute structure and functions of cells.
  - a. Structure of cell
  - b. Properties of cell
  - c. Constituents of cell their functions
- iv. Minute structure and functions of tissues
  - a. Definition of tissue
  - b. Classification of tissues
  - c. Structure and functions of various types of tissues

**Unit-ii Skeletal System**

- i. Brief introduction about the skeletal types of tissues
  - a. Composition of bone
  - b. Microscopic structure of bone
  - c. Classification of bones
  - d. Function of bones
  - e. General features of major bones of human body
  - f. Brief introduction about skull bone
- ii. Joints
  - a. Definition of joints
  - b. Classification of joints
  - c. Anatomical structure of synovial joints

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- d. Characteristic of synovial joints
- e. Terminology of movements around a joints

### **Unit- III Muscles**

- a. Structural classification of muscles
- b. Functional classification of muscles
- c. Microscopic structure of muscles (skeletal and smooth)
- d. Function of muscles (skeletal, cardiac and smooth)
- e. Properties of skeletal muscles (elasticity, contractibility, stretchibility, irritability and muscle tone)
- f. Location (origin and insertion) and action of important muscles of human body (shoulder girdle, shoulder joint, elbow joint, hip joint, knee joint, ankle joint)

### **Unit- IV Cardio- Vascular system**

- i. Introduction about heart and cardiovascular system
- ii. Structure of heart
- iii. Structure of artery, veins and capillaries
- iv. Blood flow through the heart
- v. Types of blood circulation
- vi. Pumping action of heart and its regulation
- vii. Introduction about mechanism of the contraction of heart
- viii. Introduction about regulation of heart beat

### **Unit-V Respiratory system**

- a. Introduction about respiratory system
- b. Organs of respiratory system
- c. Structure of organs
- d. Types of respiration

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# Principles of Physical Education

## BPE- I Semester

### Unit I

- Meaning and definition of physical education.
- Aims and objective of physical education.
- Scope of physical education.
- Need and importance of physical education.
- Physical education as an art as science.

### Unit II

- Meaning of sport psychology.
- Development of sport psychology.
- Psychological factors effecting physical performance.
- Notion about mind and body psychological unity of man.

### Unit III

- Meaning of camp.
- Aims and objective of the camps.
- Uses of camping / outdoor education .
- Types of camp and agencies promoting camping .
- Organization of camp and agencies promoting camping.
- Organization of camps and factors effecting its organization.
- Meaning and definition of recreation.
- Aims and objective of Recreation
- Types of Recreation & Y need and importance of recreation in modern society.

### Unit IV

- Definition of physical Fitness.
- Component of physical Fitness.

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Benefit of Physical fitness.

Effect of Exercises on muscular, circulatory, digestive, Respiratory system.

Warming up and cooling down and their importance.

Biological Basis of life and biological weakness.

Chronological, Anatomical, physiological and mental ages of individual  
their implications in developing and implementing programme of physical  
education.

## Unit V

Games and sports as man's cultural heritage.

Sports and socialization

Physical Education and sports as a need of the society.

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**Book Recommended :**

- a. MC Clerg, Anderon T, Human Kinetics and Analyzing Body Movements,  
London : William Hein Mann Medical Book Ltd.
- b. Davis, D.V. Gray's Anatomy : London : Longmans Green and Co. Ltd.
- c. Pcatce, Evelyn B, Anatomy and Physiology for Nurse : London faber and  
faber Ltd.
- d. Pearce, J.W. Anatomy for student and teachers of physical Education,  
London : Edward Arnold and Co.
- e. Anderson, T. Me. Clerg, Humer Kineties and Analyzing Body Movements,  
London : William Hein Mann Medical Book Ltd. 1961

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School of Physical Education  
BPE II<sup>nd</sup> Semester  
Basic and Systemic Anatomy- II

**Unit-I Digestive System**

- ix. Introduction and about digestive system
  - Organs of digestive system
  - Structure of various parts digestive system
  - Brief introduction about the accessory organs of digestive system (liver, pancreas, gall bladder)
- ii. Secretion and function of the digestive juices
  - The name of digestive juices
  - Their site of secretion, nature and function
- iii. Function of liver
  - Function of liver as an accessory organ of digestion
  - Brief knowledge of general function of liver

**Unit-II : Nervous system**

- i. Introduction about the nervous system
  - Introduction about the nervous system
  - Classification and organs of nervous system
  - Introduction about various parts of brain
  - Structure of various parts of brain
  - Structure of spinal cord
- ii. Functions of the important parts of the nervous system
  - Functions of cerebrum (Basal ganglia, Thalamus & Hypothalamus)
  - Functions of Cerebellum
  - Functions of mid brain
  - Functions of pons

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Functions of medulla oblongata

Functions of spinal cord

### **Unit – III : Urino – Genital and Excretory System**

i. Brief account of urino-genital system

Introduction about urinal system

Structure of kidney

Structure of ureter, bladder, urethra

Introduction about genital system

ii. Introduction about excretory system

Brief concept of excretion of water from the body through skin (sweating), lungs, kidney and urinal track

Structure of kidney and urinal track

Formation of urine in kidney

(simple filtration, selective reabsorbs ion and secretion)

### **Unit-IV : Endocrine system**

Introduction about endocrine system

Name of endocrine glands and their sites

Structure of glands (Pituitary, Thyroid, Pancreas and Adrenal)

Role of their secretion in growth, development and body functions

Basic knowledge of transmission of hereditary characteristics

### **Unit-V : Sensory System**

Structure of organs of vision

Functions of various parts of eye

Structure of organs of hearing

Functions of various parts of ear

Brief introduction of sense of touch (skin), smell and taste

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**Book Recommended :**

- a. MC clerg, Anderon T, Human Kinetics and Analyzing Body Movements,  
London : William Hein Mann Medical Book Ltd.
- b. Devis, D.V. Gray's Anatomy : London : Longmans Green and Co. Ltd.
- c. Pcatce, Evelyn B., Anatomy and Physiology for Nurse : London faber and  
faber Ltd.
- d. Pearce, J.W. Anatomy for students and teachers of Physical education,  
London : Edward Arnold and Co.
- e. Anderson, T. Me. Clerg, Humar Kineties and Analyzing Body Movements,  
London : William Hein Mann Medical Book Ltd. 1961

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**BPE II<sup>nd</sup> Semester**  
**History of Physical Education**

**Unit-I**

1. Definition of physical education- Its meaning and importance misconception above physical education
2. Aims and objectives of physical Education

**Unit-II**

1. Physical education in ancient India- Vedic period- Epic period and Buddhist period
2. Physical Education in the city states of Greece

**Unit-III**

1. Survey of Modern Physical education in India- pre and post independence period.
  - a. Physical education and sports training institutions in India
  - b. Indian Olympic association
  - c. Sports authority of India
2. Youth welfare programmes NCC, NSS, NSC, Scouts and guides.

**Unit – IV**

Modern Olympic games : Starts of Olympics, objectives of Olympics motto and flag, Olympic charter opening and closing ceremonies, Olympic commissions and their functions.

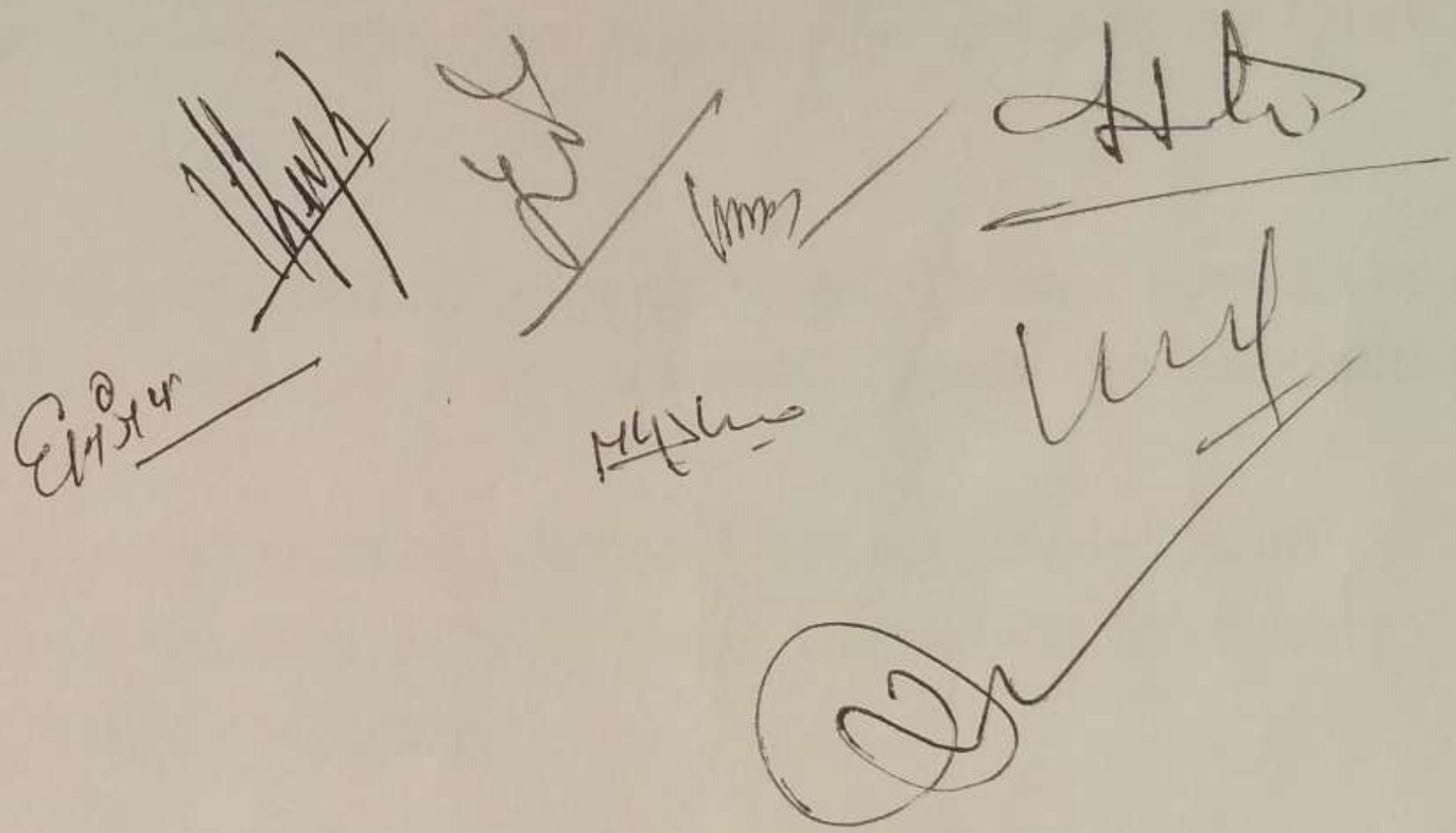
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## Unit -V

Contribution to the growth of physical education by leaders and movements in the following countries :-

- i. Germany Johan Basedow, Guts Muths Fredrick Ludwing John Sweden (Per Henric Ling)
- ii. Denmark (Frak Nachtegat)
- iii. Great Britain Y.M.C.A. and it contribution
- iv. India : Pt. Jawaharlal Nehru, Dr. P.M. Joseph Dr . J.P. Thomas, Shri H.C. Buck.

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**BPES**  
विषय- कम्प्यूटर के आधार  
(Fundamental of Computer)

**Semester-II**

**Credit 3 (2+1)**

**Unit-1 Introduction to Computer-** History of computer, types of computer on the basis of size, components. Usage, block diagram of computer, types of memory (primary & secondary), introduction of RAM, ROM, PROM, EPROM, CD (ROM), CD (RW), DVD, Floppy Disk Hard Disk, Magnetic Tape, Control Unit, Arithmetic Logic Unit.

**Unit 2 : Introduction to Input Devices-** Keyboard, mouse, scanner, Joystick, digital camera, touch screen, light pen, OCR, MICR.

**Introduction to Output Devices-** Speaker, display, types of display, CRT, LCD, printer, types of printers-character printer, line printer, dot matrix, inkjet, laser printer.

**Unit 3 : Introduction to number system-**Decimal, Octal, Binary, hexadecimal, conversion decimal to binary, binary to decimal, addition, subtraction, multiplication of binary numbers.

**Introduction to Windows Operating system-** Desktop, taskbar, start button, my computer, my document, my network place, recycle bin, internet explorer, run, search, new file folder creation.

**Unit 4 : Introduction to Disk Operating System-** History of disk operating system, C-prompt, command, types of commands, internal commands, external commands, commands- date, time, ver, cd, md, copy con, type, edit, copy, del, rd, cd, ren, xcopy. Types of files in disk operating system.

**Unit 5 : Introduction to internet-** URL, HTTP, WWW, Domain name, FTP, Computer Virus, Antivirus, types of connections, creation of e-mail account, reading and sending e-mail, search engine, searching in internet.

**Reference :**

Fundamental of Computer - BPB Publication.

Fundamental of Computer – V. Rajaraman.

*Er. P. S. Singh*

*M. S. Singh*

*Dr. J. K. Singh*



Physiology and Physiology of Exercise

Unit-I : Introduction

- a. Meaning and concept of physiology
- b. Need and importance of physiology for the student of physical education
- c. Meaning and concept of exercise physiology
- d. Need and importance of exercise physiology in physical education and sports

Unit-II Cardio Pulmonary system

1. The Cardio- vascular system and blood
  - a. Cardiac-cycle
    - Definition of cardiac cycle
    - Concept of cardiac cycle with the help of diagram
  - b. Blood pressure, its maintenance and regulation
    - Definition of blood pressure
    - Types of blood pressure
    - Measurement of blood pressure
    - Regulation of blood pressure
  - c. The cardiac output and its regulation
  - d. Concept of cardiac output
2. The respiratory system
  - Meehanism of respiration
  - Pulmonary ventilation and its regulation
  - Second-wind, oxygen debt.

Unit-III : Digestive, nervous and sensory system

- a. Digestive system
  1. Absorption of food

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2. General metabolism, metabolism of carbohydrates fats and proteins
3. Temperature- regulation
- b. Nervous system
  1. Functions of the important part of the nervous system, cerebrum, medulla oblongata, thalamus, cerebellum and spinal cord
  2. Function of autonomic nervous system
- c. Sensory system
  1. General sensations (cutaneous and kinesthetic)
  2. Brief knowledge about various forms of senses with special books recommended to vision and hearing.

#### **Unit IV : Excretory, Endocrine and reproductive system**

- a. The excretory system

Excretion of water from the body through skin (sweating), lungs, kidney and GI tract.
- b. The endocrine system-
  1. Secretion of endocrine glands (Pituitary, Thyroid, Adrenal and Pancreas)
  2. Role of their secretion in growth, development and body function
- c. Reproductive system-
  1. Physiology of human reproduction
  2. Basic knowledge of transmission of hereditary characteristics

#### **Unit-V : Physiology of Exercise**

1. Effect of exercise on respiratory, circulatory and muscular system
2. Change during muscular contraction
3. Nerve control of muscular activity
4. Warming-up, conditioning and training
5. Stitch and cramps

*Engr. A. J. Khan*  
*Dr. A. J. Khan*  
*Dr. A. J. Khan*  
*Dr. A. J. Khan*  
*Dr. A. J. Khan*



**Unit-I : I meaning and nature of psychology**

Sources of psychology

Definition of psychology

Psychology is a sciences

Branches of psychology

Importance of psychology in educational with special books recommended to physical education

**Unit-II Growth and development**

Meaning of growth and development

Development by maturation

Development by exercise and learning

Behavioral development with special books recommended to perceptual

Language intellectual social

Emotional and physical

Individual differences

Meaning of the terms individual differences

Heredity and environment as cause of individual differences

Interaction of heredity and environment

**Unit-III Learning**

Meaning and nature of learning

Principle of learning

Theories of learning (Trial and error, conditioned reflex, insight theory learning by imitation)

Meaning of transfer of training

Conditions of transfer of training

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Learning curve

How to overcome plateau

#### **Unit-IV Motivation**

Meaning of motivation

Concept of need, drive, motive, incentive and achievement

Types of motivation

Role of motivation on teaching physical activities

Emotion

Meaning and nature of emotion

Types of emotion

Emotional experiences (anxiety and fear) and their effect on learning of physical activities.

#### **Unit- V Personality**

Meaning and nature of personality

Physiological and social factors in personality

Development of personality

Memory

Definition of memory, Types of memory

Mechanism of the process of remembering, memory training

Meaning of forgetting, Reasons of forgetting, curves of forgetting

Importance of memory in learning physical activities

Practical

Practical will be conducted to acquaint with practical aspects of the subject.

There will be practical internal examination for 10 marks. The marks of this examination will be added to the theory sectionals.

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## Methods of Physical Education

### BPE III<sup>rd</sup> Semester

#### Unit-I :

1. Meaning of the term "teaching method" its scope and importance  
The factors to be considered in determining the method of teaching
2. Types of method : part whole method, whole part method, command method, discussion method, project method, demonstration method.
3. Principle of teaching

#### Unit-II Presentation techniques

1. Personal preparation
2. Technical preparation
3. Steps of presentation
4. Command and their techniques
5. Situation which require different words of command.
6. Types of class management

#### Lesson Planning

1. Types of lessons and their values
  - a. Objectives of different lesson plans and part of the lesson introductory and development
  - b. Skill practice/group work
  - c. Class activity/recreation part (reassembly revision and dismissal)

#### Unit-III

1. Organization and conduct of competitions
  - a. Tracks and field
  - b. Gymnastics
  - c. Weight lifting, body building and best physique contest
  - d. Wrestling and combative

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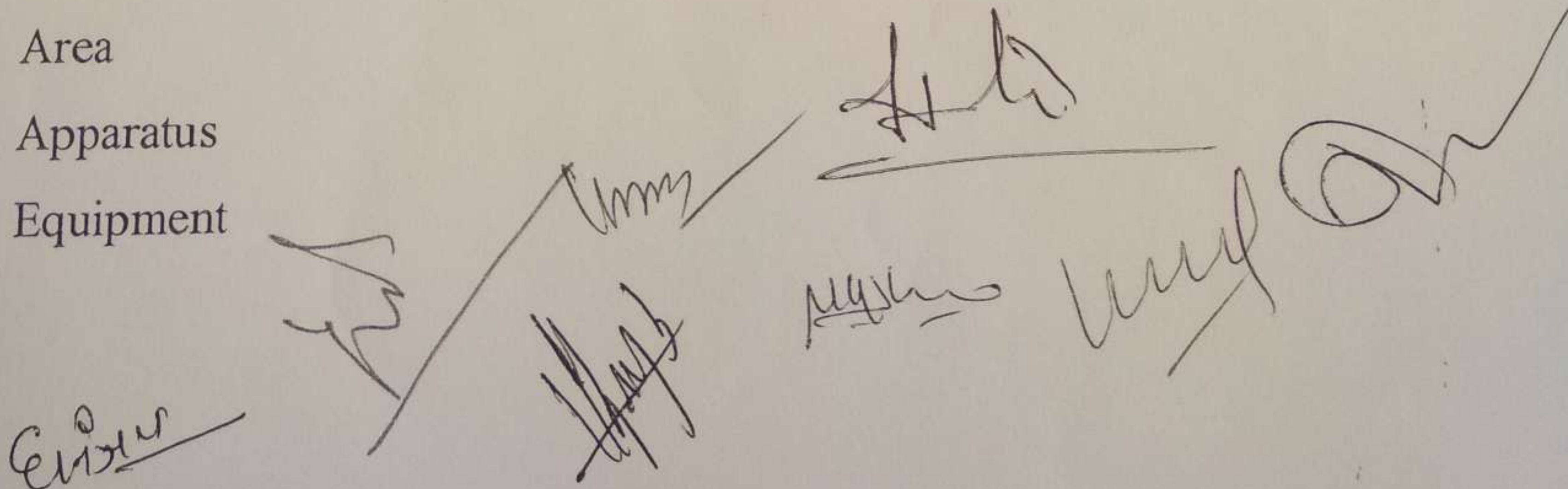
- e. Swimming, diving-aquatics
- f. Games and sports tournaments
- 2. Tournaments-organization, meaning and their types,
  - a. Knock-out types of elimination double elimination tournaments
  - b. League- (single-double) or round robin type)
  - c. Combination type of tournament
  - d. Challenge of perennial type (ladder-pyramid type)
  - e. Miscellaneous type of small area games.

#### Unit-IV

- 1. Audio-visual aids and teaching gadgets
  - i. Values and uses of audio visual aids
  - ii. Criteria for selecting the aids
  - iii. Steps to be followed in using teaching aids
  - iv. Publicity-meaning and method of preparation
  - v. Demonstration
  - vi. Play days
  - vii. Exhibitions
  - viii. Sports for all days

#### Unit-V

- 1. Marking of track and play fields
  - a. Track and field-track 400m standard and 200m
  - b. Play field-football, volleyball, basketball, hockey, badminton, kabaddi, kho-kho, softball, as per international regulation
- 2. Improvisation- ways and means of improvisation
  - a. Area
  - b. Apparatus
  - c. Equipment





- d. Leadership
- e. Evaluation
- f. Need
- g. Importance
- h. Basic methods of evaluation
- i. Observation
- j. Interview
- k. Tests and measurements
- l. Corporative evaluation by pupil and teacher

**Books Recommended :**

1. Tirunaryanan, C. and hariharan, S. methods in physical education, Karai Kudi South India press, 1962
2. Kozman, b. Cassidy, Rosalind and Jakson, C.D. Methods in physical education, London : W.B. Saunders company, 1960
3. Knapp, Clyde and Hagman, E.P. Teaching methods for physical education, New York : MC Graw Hill Book Co. 1948

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**Unit-I : Introduction**

1. Definition, brief history and important contributions of Aristotle, Leonardo da Vinci, Alfonso Borelli, Weger Brother, Benjamin Duchene
2. Aims and objective of Kinesiology
3. Role of kinesiology in physical education and physical medicine
4. Fundamental concepts

Definition and brief explanation of the following terms and their application to the human body.

**Unit-II : Anatomical Concepts**

1. Review of classification of joints and muscles, terminology of fundamental movements.
2. Types of muscle-Contraction (isometric and isotonic-concentric, eccentric) all or none Law, Reciprocal innervations and inhibition group action of muscles and muscular co-ordination.
3. Major characteristics location and action of major joints of shoulder, hip, knee, elbow, forearm, and wrist joints, location and actions of major muscles at these joints.

**Units-III : Mechanical Concepts**

1. Concept of mechanical basic of Kinesiology and its application in physical education and sports.
2. Definition and brief explanation of following basic terms :  
mass, weight, force, motion, equilibrium, friction, speed, velocity, and momentum.

**Unit-IV : A Kinesiological Fundamental of mechanisms**

1. Simple mechanics found in the muscular skeletal system (Leverage and its application to human body)

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2. Laws of motion and their application to sports activities

3. Forces :

- a. Moving one's own body
- b. Giving impetus to external objectives
- c. Receiving impetus

4. Equilibrium : Role of equilibrium in sports and games.

#### **Unit-V : Application**

1. Application of basic mechanical principles to walking, running and jumping,
2. Motor skills of daily living
3. Application of mechanics prevention of injury

#### **Books Recommended :**

1. Brower, Marion, R. Efficiency of human movement, Philadelphia, W.B. Saunders Co. 1966- Dollar
2. Cooper, John, M. and R.B. Glassgow, Kinesiology, St. Louis : C.V. Mosby Company, 1963
3. Scott M. Gladys, Analysis of human motion, New York
4. Wells, Katherine P. Kinesiology, Philadelphia, W.B. Saunders Co. 1966
5. James, G. Hay, J. Gavin Reid, anatomical and mechanical bases of human motion prentice hall Inc, New Jersey.
6. Rasch Philip J. and P.K. Burke Kinesiology and Applied Anatomy, Philadelphia LEA and Febiger. 1967
7. Duan, John W. Sscientific Principles of Coaching, Englewood cliffs, N.J. Prentics Hall Inc, 1966
8. Davall Elien Neal, Kinesiology Engliewood Cliffs, N.J. Prentice Hall Inc, 1956

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**BPE- IV Semester**  
**Basics of Sports Training**

**Unit-I : Sports Training**

1. Definition of terms-conditioning, teaching, coaching and sport training
2. Importance of sports training
3. Aim, tasks and characteristics of sports training
4. Principle of sports training

**Unit-II Biomotor abilities and training means-**

1. Concept of biomotor abilities & definition of important motor abilities- cardio-respiratory endurance, muscular endurance, strength, speed, power, agility, flexibility, co-ordination, balance
2. Training means and methods for developing various fitness components

**Unit-III Warming up and cooling down**

1. Introduction
2. Types of warming up
3. Significance of warming up
4. General guidelines that govern the warming up programme
5. Methods of warming up
6. Duration of warming up
7. Components of warming up
8. Physiological basis of warming up
9. Cooling down

**Unit-IV environmental factors and sports performance**

1. Introduction
2. Variation in temperature
3. Humidity
4. Altitude

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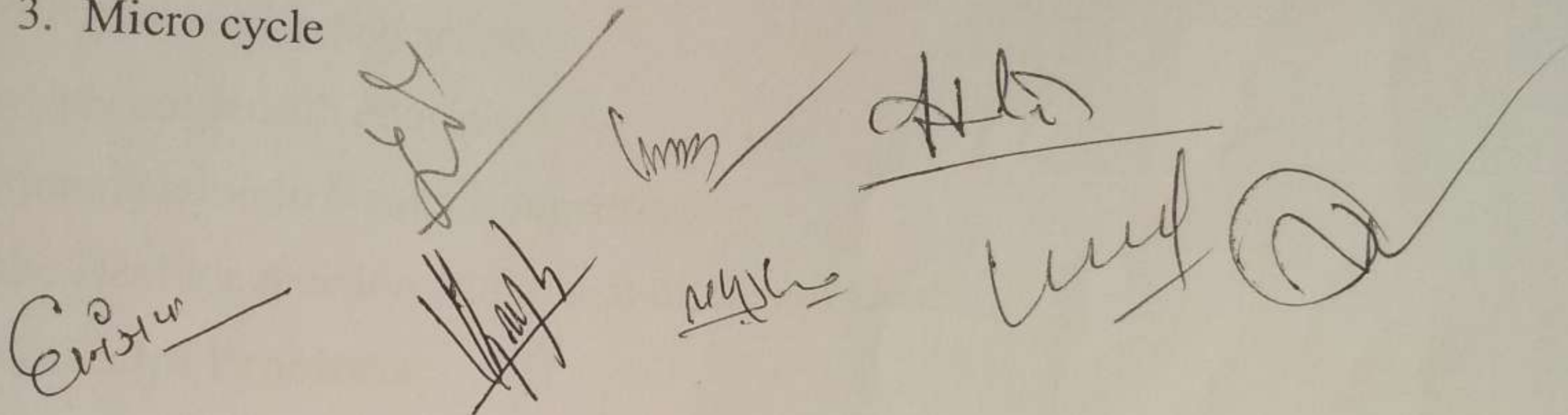
5. Physical programme at altitude
6. Physiological function at altitude

#### Unit-V (A) Preiodisation

1. Concept of periodization and its importance
2. Different periods of training and their duration
3. Types of periodization
4. Aim and content of different training periods

#### (B) Cycles of training

1. macro cycle
2. Meso cycle
3. Micro cycle





BPE- IV<sup>th</sup> Semester  
Paper XIV : Health Education

**Unit-I : (A) Health**

1. Dimension of Health
2. Positive Health
3. Concept of Health
4. Ecology of Health
5. Spectrum of Health
6. Determinants of Health

**(B) Health Education**

1. Concept, objective and scope
2. Principles of Health education
3. Communication in Health Education
4. Public Health education attainment of Health Goals

**Unit-II (A) Health Problems**

1. Communicable disease
2. Nutrition
3. Environmental sanitation
4. Medical care
5. Population

**(B) Organization and administrative set-up of Health system in India :**

1. Central level
2. State level
3. District Level

**(C) Planning of Health Education Programme**

1. Practice of Health education child Health
2. Steps to be followed in Planning and health education programme

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### 3. Brief description of Maternal child Health

#### Unit-III(A) Hygiene

The concept, care of skin, mouth nails, clothing, bathing, etc.

Importance of rest, sleep and exercise.

#### (B) Community Health

Brief account of Housing water, supply, sewage and refuse disposal

#### (C) School Health Service

1. History and Health Problems
2. Objectives of school Health service

#### (D) Aspects of school Health Service

1. Health appraisal
2. Remedial measures and follow-up
3. Prevention of communicable diseases
4. Healthful school environment
5. Nutritional services
6. First-aid and emergency care
7. Mental health
8. Dental health
9. Eye health service
10. Health Education
11. Education of handicapped children
12. School health record

#### Unit-IV (A) Food and Nutrition

Classification of foods, proximate principles, and Role of Various nutrient

#### (B) Balanced diet

Definition, Principles of preparing and balance diet. Balanced diet for Indian players/School children. Malnutrition and adulteration of food.

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**Unit-V (A) National Family welfare programme.**

**(B) Sex Education**

Concept, need and organization of sex education at school level.

**(C) National Health Programmes in Indian :**

1. NMEP (National Malaria Eradication Programme)
2. DDCP (Diarrhoeal Diseases Control Programme)
3. NFCP (National Filaria Control Programme)
4. National TB control Programme
5. STD Control Programme

**(D) International Health Agencies**

- i. WHO      ii. UNICEF      iii. FAO      iv. ILO

**(E) Evaluation :**

1. Evaluation of Health Education Programme
2. Importance of Evaluation of Health Education Programme

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Management of Physical Education and Recreation

**Unit-I : Introduction**

- (a) Meaning and definition of planning organizing, administration and management and their nature and scope.
- (b) Importance of planning and management in education institutions
- (c) Principle of planning and management in education institutions
  - i. Working out an effective scheme of organization
  - ii. Scheme of organization in school, college and university
  - iii. Scheme of organization in the district and state education

**Unit-II : Facilities and equipment's**

- (a) Layout of the school building and other facilities
- (b) Types of buildings, laboratories, other built-up facilities
- (c) Layout of physical education facilities common and special
- (d) Need and importance of equipment for physical education and recreation
- (e) An ideal of equipment for physical education and recreational activities
- (f) Realistic approach in purchases, procedures
- (g) Development of improvised equipment's
- (h) Storing, store keeping
- (i) Care, maintenance, repairs and disposal equipment's

**Unit-III**

**Staff and leadership**

- (a) Head of the institute, his role in imbuing the spirit of discipline in sports and education
- (b) Importance of qualified teachers of physical education and recreational leaders
- (c) Qualities of good teachers/teachers of physical education

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- (d) Development of voluntary services of other teachers
- (e) Student leadership it's importance and limitations
- (f) Staff cooperation
- (g) Selection of training of students leaders
- (h) Recognition of staff and student leaders

#### **Unit-IV**

##### **Intramurals and extramural, Public relations1**

##### **(i) Intramural**

- (a) It's importance and planning
- (b) Events of competition, Time and facility factors
- (c) Point system, award recognition

##### **(ii) Extramural**

- (a) Outcomes of participation (education)
- (b) Limitations in participation
- (c) Selection and training of teams
- (d) Participation, finances and other, aspects

##### **(III) Public relations**

- (a) Definition and need
- (b) Principles of public relations in physical educations
- (c) techniques, sue of media
- (d) Relation with parents, public and other bodies
- (e) Demonstration, displays on special occasions

#### **Unit-V**

##### **Office management and budget**

- (a) Maintenance of records
- (b) Office correspondence, filing and reports
- (c) Physical education budget and it's preparation

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(d) Income & expenditure (sources)

(e) Maintenance of accounts

(f) Petty cash

**Books Recommended :**

1. Joseph, P.M. organization of physical education, the old students association, TIPE Kandivali (Bombay) 1963
2. Voltmer, E.F. et al The organization and administration of physical education, prentice hall inc. New Jersey, 1979
3. Bucher, C.A. Administration of physical Education and athletic programmes, the C.V. Mosby co. Landon 1983
4. Zeigler, E.R. and Bowie G.W. Management competency development in sports and physical Education, Lea and Febiger, Philadelphia, 1983
5. Maheshwari, B.L. Management by objective, tata Mc. Graw-Hill. Publishing Co. Ltd. New Delhi 1982
6. Alen L.A. Management and organization, Mc Graw-Hill Book co. Inc. London 1958
7. Newman W.H. Administrative Action, Prentice Hall Inc. New Jersey, 1963
8. Huges, W.L. etal administration and physical Education. The Ranald Press Co. New York, 1962

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**B.P.E.- V Semester**  
**Gym Management and Fitness Training**

**Aim :**

To acquaint the students with the knowledge of maintaining health and fitness and to develop their managerial quality to manage a health club.

**Objectives :**

1. To Develop the theoretical and practical knowledge of basis of health and fitness
2. To develop the knowledge of means and methods for maintaining health and fitness
3. To develop the knowledge of structure and functions of a health club
4. To develop the ability to handle health club equipment's and able to prepare exercise and diet plan.

**Prerequisite :**

Students should have the knowledge of anatomy and physiology and basis of sports training.

**Outcomes :**

After studying this subject the students will be able to effectively manage a health club or start their own health club or he/she will be able to personally guide the people about their health and fitness.

**Unit-I Introduction**

- a. Concept of a Gym/Health Club (Basic-Facilities)
- b. Equipment's for modern gym (strength section, Cardio Section, Floor Exercise Section)
- c. Sauna and steam Therapy
- d. Concept of SPA

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## **Unit-II : Gym Management**

- a. Staffing Pattern of Gym
- b. Budget preparation
- c. Various Programs
- d. Pre and post Training Testing
  - i. Cardio-Respiratory Endurance
  - ii. Muscular- Endurance
  - iii. Muscular Strength
  - iv. Musculoskeletal Flexibility

## **Unit – III : Nutrition**

- a. Nutrition and Nutritional Supplements
- b. Calculating calorie of intake and output
- c. Preparing a diet chart
- d. Role of various nutritional products

## **Unit-IV : Strength Training**

- a. **Exercise for developing**
  - i. Chest muscles
  - ii. Back muscles
  - iii. Shoulder muscles
  - iv. Arm muscles
  - v. Abdominal muscles
  - vi. Thigh muscles
  - vii. Calf muscles

## **Unit-V : Obesity and weight control**

- a. Overweigh and obesity
- b. Methods of assessing body fat
- c. Principles of fat reduction program

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d. Exercise for controlling fat

**Books Recommended :**

1. Arnold, Schwarzenegger, The New Encyclopedia of Modern Body Building, Fireside Rockefeller, 1230 Avenue of the Americas, 2002
2. Thomas, R Hacchle : Fitness Weight Training, Human Kinetics, 2001
3. Blan, F.C. Hand Book of Food and Nutrition; Bikaner Agro Botanical Publishers 4 E-106 J.N. Vyas nager, 1999
4. Gupta, K : Food and Nutrition, New Delhi : Jaypee Brother, 1984
5. Foster, E.R. and Haritinager, Karyn : Fitness Fun, Champaign; Human Kineics, 1992
6. Miller, David K. and Allen, T Earl : Fitness A lifetime Commitment, Delhi, Surjeet publication 1982
7. Uppal A.K. : Physical Fitness How to Develop, Delhi : Friends Publications, 1992
8. Williams, Meliven : Lifetime Fitness and wellness, Boulevard Dubuqur : Wm.C. Brown, 2001

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# Bachelor of physical Education V Semester

## Paper – Sports Specialization

### Theory

Ancient history

Modern history

1. Basket ball

2. Badminton

3. football

4. cricket

5. kho-kho

National federation

International federation

Field marking

Specification of measurement

Advance skills

### Practical

Basic and advance skills

Playing ability test

Eraser

Hand

Leg

Arm

Head

Foot

Back

Stomach



B.P.E.- VI Semester  
Test and Measurement in Physical Education

**Unit-I : Introduction**

1. Meaning of Test, measurement and Evaluation, Need and importance of test and measurement and Evaluation in physical Education :
2. Meaning of statistics, Need and importance of statistics.
3. Meaning of Data, Kinds of Data
4. Frequency table-meaning construction and uses. Population and sample. Sampling techniques-importance and principles.

**Unit-II : Fundamentals of statistics**

1. Measures of central Tendency- Meaning uses and calculations from frequency tables.
2. Measures of variability-meaning uses and calculations
3. Graphical representation of data
4. Percentile meaning, Uses and calculations
5. Correlations- meaning, use and calculations

**Unit-III : Test and Evaluation and construction**

1. Knowledge test, importance and types
2. Items to be included in objective and subjective knowledge tests
3. Criteria of test selection
4. Administration of Testing programme

**Unit-IV : Measurement of Health status**

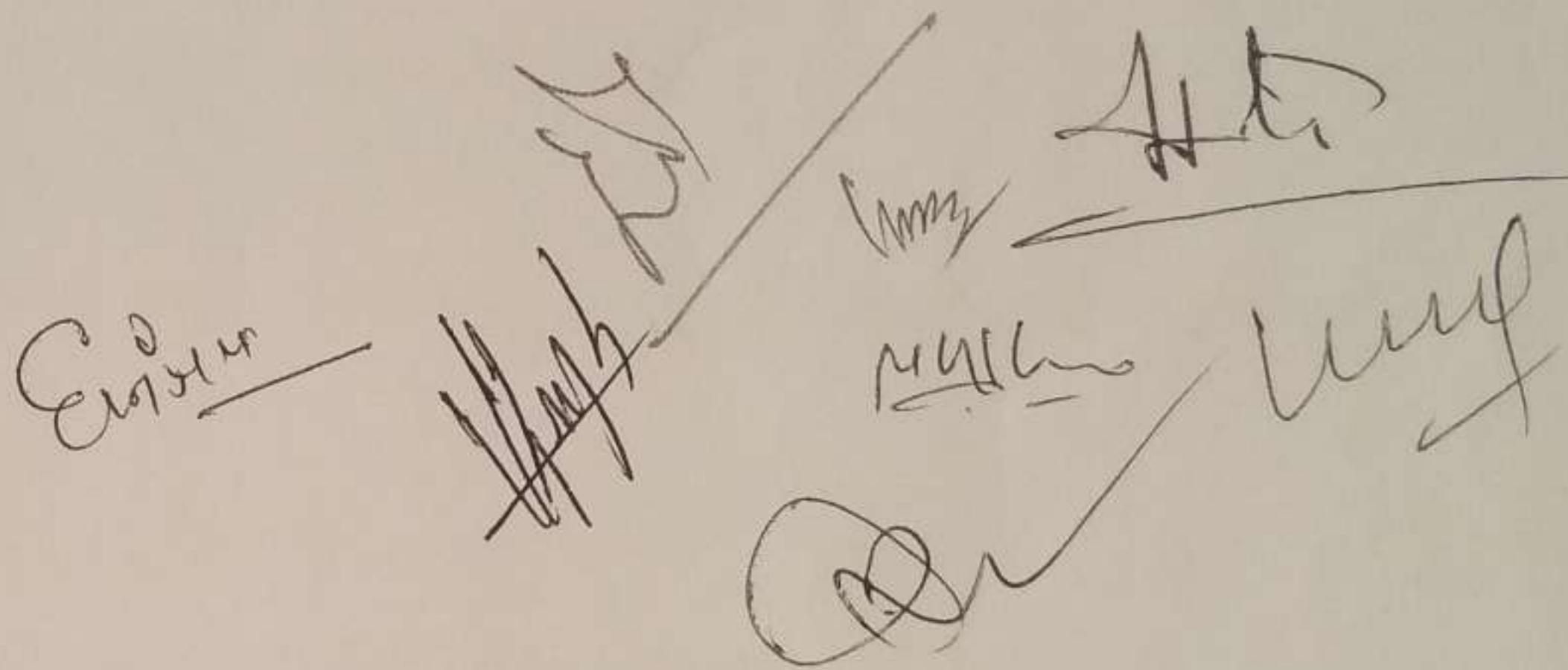
1. Measurement of nutritional status (subjective and objective)
2. Somatotyping-A brief account of kretchmer's and sheldon's body types
3. Medical Tests- Vision (shellen's Chart) Hearing (Watch tick method) Blood pressure, vital capacity

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**Unit-V : Measurement of social Efficiency, physical fitness and skill performance.**

1. Social Efficiency-Meaning, administration and interpretation of behavior rating scales.
2. Sports Skill Tests :
  - a. Lockhart and Mc Pherson Badminton Test.
  - b. Johnson Basketball ability test.
  - c. Mc Donald Soccer Test.
  - d. Brady volleyball test
  - e. Dribble and Goal Shooting Test in hockey
3. Fitness Tests- Roger's PFI, AAHPLERD Youth fitness test, Indiana motor fitness test, JCR Test and Kraus-Weber Test



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B.P.E.- VI Semester  
Correctives and Rehabilitation in physical Education

**Unit-I :**

Meaning and scope of "Correctives" in Physical Education  
Posture and its deviation

1. Definition, Standards of standing posture values of good I posture, causes and drawbacks of bad posture
2. Common postural deviations, their causes and remedial exercises :
  - a. Psychosis                      b. Scoliosis                      c. Lordosis ✓
  - d. Knock Knees                  e. Bowlolegs                      f. Flat-Feet
3. Organization of a cooective- gymnastic class (Group Theory) and it's natges.

**Unit-II**

- a. 1. Scope of sports injuries in physical education
2. Hazards of incomplete treatment and
3. Role of a trained personnel in the management of the sports injuries

**b. Prevention of injuries :**

1. Factors predisposing the sports injuries
2. General principle regarding the prevention of injuries

**c. Common sports injuries and their immediate treatment :**

- |              |              |               |                |
|--------------|--------------|---------------|----------------|
| a. Contusion | b. Abrasion  | c. Laceration | d. Sprain      |
| e. Strain    | f. Hematomas | g. Fracture   | h. Dislocation |

**Unit-III Rehabilitation**

1. Definition, aims, objectives and scope of rehabilitation
2. Goal of rehabilitation
3. An Introduction, effect and uses of therapeutic Modalities in rehabilitation
  - a. Cold Therapy      b. Infra-Red

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Radiations

c. Contrast Bath

d. Wax Bath

Therapy

d. Hydrotherapy (exercises under water)

#### Unit-IV (A) Therapeutic Exercises

1. Definition and scope of therapeutic Exercises in Athletic injuries
2. Classification, physiology effects and uses of the following
  - a. Active exercise (Free, Assisted and Reassisted, Movement)
  - b. Passive Exercises (Relaxed and forced movements)
3. An introduction to progressive resistance exercises method

(B) Techniques of therapeutic exercises

a. Muscles strengthening exercises

b. General principles of muscle strengthening

c Manual-muscle testing : A method of assessing muscle-strength

1. Stretching and mobilizing exercises : factors causing limitation of joint range, general mobilizing methods and practical demonstration of exercises to mobilize the shoulder, elbow, wrist, hip, knee, ankle and foot.
2. Testing of common soft tissue tightness or contractures and suitable exercises to stretch them
  - a. Hip flexors particularly rectus femoral-muscle
  - b. Iliotibial band
  - c. Hamstrings
  - d. Heel cord (Achilles Tendon)

#### Unit-V : Therapeutic and sports massage

1. Definition and brief history of massage and remedial exercises
2. General approach to a massage manipulation

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Hand

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Hand

Hand

Hand



3. Common physiological effects of massage
4. Common massage manipulations used in sports and athletics and their therapeutic uses :

a. Effleurage

b. Kneading

c. Petri sage

d. Friction

Percussion Manipulations

\*e. Shaking Manipulations

5. Contra-indication of massages in general

6. Techniques of massage for the limbs back and neck practical

Practical will be conducted to acquaint the students with practical aspects of the subject. There will be practical internal examination for 10 marks. The marks of this examination will be added to the theory sessionals.

**Book recommended :**

1. First aids to the injured, new Delhi, St. John Ambulance association
2. Johnson, W.R. and Buskirk, E.R. "Science and Medicine of Exercise and sports, New York, Harper and Row, 1974.

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**Bachelor of physical Education VI<sup>th</sup> Semester**  
**Paper – Sports Specialization**

## Theory

## Ancient history

## Modern history

## National federation

## International federation

## Field marking

## Specification of measurement

## Advance skills

## Bio-mechanic analysis of skill


# Practical

## Basic and advance skills

## Playing ability test

1. Volley ball
2. Kabaddi
3. Table Tennis
4. Hockey
5. Tennis

Смзч



Wm

My shoe

Wm





**Ordinance of Bachelor of Physical Education (B.P.E.)**

(D.A. University Indore General Rules, Scheme of Examination (Ordinance) and Course of studies Adopted)

**1. The Examination for the degree of bachelor of physical education will be of six semester (three years) duration :**

- i. B.P.E. Semester I and Semester II
- ii. B.P.E. Semester III and Semester IV
- iii. B.P.E. Semester V and Semester VI

**2. A candidate, Who:**

- (a.) Completed his/her higher secondary (10+2 scheme) examination or intermediate examination or the pre-university (10+2) or any other equivalent examination recognized by the M.P. Board of secondary Education, Bhopal or any other board recognized for this purpose by Mahatma Gandhi Chitrakoot Gramodaya Vishwavidyalaya, Chitrakoot as equivalent thereto or
  - (b.) Admission subject to : being selected on the basis of admission tests prevailing in the year when admission is sought in the department.
  - (c.) After obtaining Indian or foreign qualifications recognized as equivalent to those mentioned in 2 (a) above by the Mahatma Gandhi Chitrakoot Gramodaya Vishwavidya, Chitrakoot and on the basis of admission tests, shall be admitted to semester – I for the degree of bachelor of physical education.
3. The provisions of regulation No. 18 Examination Rules and Regulation No. 19 Credit systems Regulations & Award of Grades will be applicable for this course.

**Examination**

1. The Examination will be conducted according to regulation no. 18 examination rules and regulation no. 19 credit systems regulations & award of grades.
2. The medium of instruction shall be Hindi/English and a candidate can take examination either in Hindi or English.

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# ACADEMIC PROGRAMME

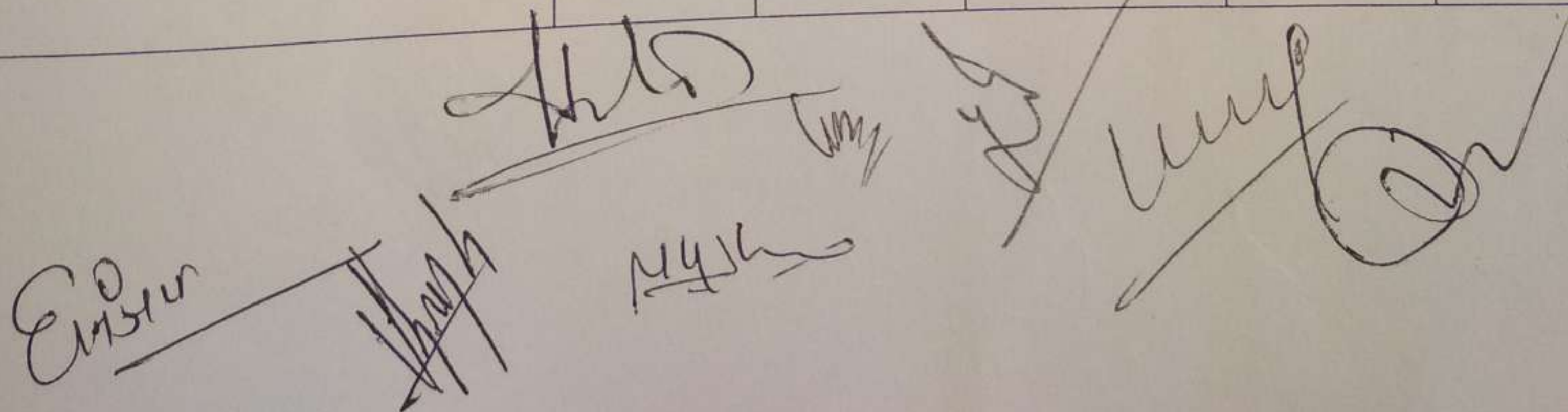
(With No. of Lectures and Credits Per Week)

## BPESI Semester

Part A (Theory Papers)		No. of classes per week			No. of Credits	Faculty Name
		Lectures	Tutorials	Practical / Project Work		
T-01	Basic and Systemic Anatomy-1	03	-	-	03	
T-02	Principles of physical Education	03	-	-	03	
T-03	English-I	03	-	-	03	
<b>Part-B (Practical's)</b>						
P-01	Athletics	03			03	
P-02	Gymnastics	03			03	
P-03	Yoga				03	
P-04	Conditioning & Match Practice	05	-	05	08	
<b>Part- C (Viva-Voce)</b>						
C-01	Comprehensive Viva-voce				04	
Total Credits					30	

## BPESII Semester

Part A (Theory Papers)		No. of classes per week			No. of Credits	Faculty Name
		Lectures	Tutorials	Practical / Project Work		
T-04	Basic and Systemic Anatomy-II	03	-	-	03	
T-05	History of physical Education	03	-	-	03	
T-06	Fundamental of Computer	03	-	-	03	
<b>Part-B (Practical's)</b>						
P-05	Athletics II	03			03	
P-06	Gymnastics II	03			03	
P-07	Yoga II				03	
P-08	Conditioning & Match Practice	05	-	03	08	
<b>Part- C (Viva-Voce)</b>						
C-01	Comprehensive Viva-voce				04	
Total Credits					30	





### B.P.E. III Semester

Part A (Theory Papers)		No. of classes per week			No. of Credits	Faculty Name
		Lectures	Tutorials	Practical / Project Work		
T-07	Physiology and Physiology					
T-08	Educational of psychology	03	-	-	03	
T-09	Methods in Physical Education	03	-	-	03	
Part-B (Practical's)		03	-	-	03	
P-09	Volleyball					
P-10	Weight lifting and training	03			03	
P-11	Teaching Practice	03			03	
P-12	Conditioning & Match Practice				03	
Part- C (Viva-Voce)		05	-	03	08	
C-01	Comprehensive Viva-voce					
Total Credits					04	
					30	

### B.P.E. IV Semester

Part A (Theory Papers)		No. of classes per week			No. of Credits	Faculty Name
		Lectures	Tutorials	Practical / Project Work		
T-10	Kinesiology	03	-	-	03	
T-11	Basics of Sports Training	03	-	-	03	
T-12	Health Education	03	-	-	03	
Part-B (Practical's)						
P-13	Badminton/Hockey	03			03	
P-14	Football/Cricket	03			03	
P-15	Teaching Practice				03	
P-16	Conditioning & Match Practice	05	-	03	08	
Part- C (Viva-Voce)						
C-01	Comprehensive Viva-voce				04	
Total Credits					30	



## B.P.E. V Semester

Part A (Theory Papers)		No. of classes per week			No. of Credits	Faculty Name
		Lectures	Tutorials	Practical / Project Work		
T-13	Management of Physical Education	03	-	-	03	
T-14	Gym Management and Fitness Training	03	-	-	03	
T-15	Sports Specialization	03	-	-	03	
<b>Part-B (Practical's)</b>						
P-17	Table-Tennis	03			03	
P-18	Kabaddi	03			03	
P-19	Sports Specialization (Practical Skill)				03	
P-20	Conditioning & Match Practice	05	-	03	08	
<b>Part- C (Viva-Voce)</b>						
C-01	Comprehensive Viva-voce				04	
Total Credits					30	

## B.P.E. VI Semester

Part A (Theory Papers)		No. of classes per week			No. of Credits	Faculty Name
		Lectures	Tutorials	Practical / Project Work		
T-16	Test and measurement in Physical Education	03	-	-	03	
T-17	Correctives and Rehabilitation in Physical Education	03	-	-	03	
T-18	Sports Specialization	03	-	-	03	
<b>Part-B (Practical's)</b>						
P-21	Kho-Kho	03			03	
P-22	Basketball	03			03	
P-23	Sp. Specialization (Coaching Lessons)				03	
P-24	Conditioning & Match Practice	05	-	03	08	
<b>Part- C (Viva-Voce)</b>						
C-01	Comprehensive Viva-voce				04	
Total Credits					30	

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**SCHEME OF EXAMINATION**  
**BPES Semester -I**

<b>Part -A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
T-1	Basic and Systemic Anatomy-I	80	20
T-2	Principles of physical Education	80	20
T-3	English-I	80	20
<b>Part-B (Practical's)</b>		80	20
P-1	Athletics-I	80	20
P-2	Gymnastics-I	80	20
P-3	Yoga-1	80	20
P-4	Conditioning & Match Practice	80	20
	(a.) Conditioning-60marks	-	100
	(b.) (b) Match Practice-40 Marks		
<b>Part-C (Viva-voce)</b>			
C-01	Comprehensive Viva-Voce	-	100
<b>Total</b>		<b>360</b>	<b>440</b>

**BPES Semester -II**

<b>Part -A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
T-4	Basic and Systemic Anatomy-II	80	20
T-5	History of physical Education	80	20
T-6	Fundamental of Computer	80	20
<b>Part-B (Practical's)</b>			
P-5	Athletics-II	80	20
P-6	Gymnastics-II	80	20

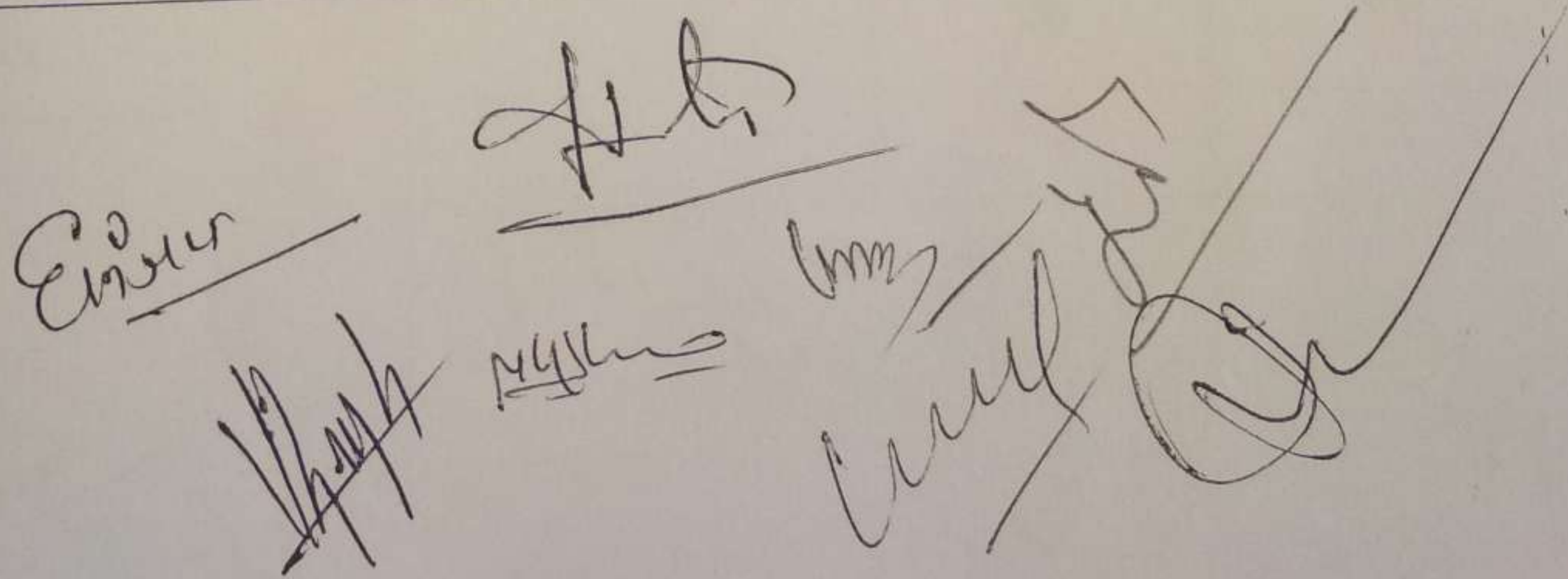
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p-7	Yoga-II		
p-8	Conditioning & Match Practice	80	20
	(a.) Conditioning-60 marks	-	100
	(b.) (b) Match Practice-40 Marks		
<b>Part-C (Viva-voce)</b>			
C-01	Comprehensive Viva-Voce		
Total		-	100
		360	440

### BPES Semester -III

Part -A (Theory Papers)		Maximum Marks	
		External	Internal
T-7	Physiology and physiology of Exercise	80	20
T-8	Educational Psychology	80	20
T-9	Methods in physical Education	80	20
<b>Part-B (Practical's)</b>			
P-9	Volleyball	80	20
P-10	Weight lifting and Training	80	20
P-11	Teaching Practice	80	20
P-12	Conditioning & Match Practice	-	100
	(a.) Conditioning-60 Marks		
	(b.) (b) Match Practice-40 Marks		
<b>Part-C (Viva-voce)</b>			
C-01	Comprehensive Viva-Voce	-	100
Total		360	440





## BPES Semester -IV

### Part-A (Theory Papers)

		Maximum Marks	
		External	Internal
T-10	kinesiology		
T-11	Basics of Sports Training	80	20
T-12	Health Education	80	20
<b>Part-B (Practical's)</b>		80	20
P-13	Badminton/Hockey		
P-14	Football/Cricket	80	20
P-15	Teaching Practice	80	20
P-16	Conditioning & Match Practice	80	20
	(a.) Conditioning-60 Marks	-	100
	(b.) (b) Match Practice-40 Marks		
<b>Part-C (Viva-voce)</b>			
C-01	Comprehensive Viva-Voce	-	100
<b>Total</b>		<b>360</b>	<b>440</b>

## BPES Semester -V

### Part-A (Theory Papers)

		Maximum Marks	
		External	Internal
T-13	Management of physical Education & Recreation	80	20
T-14	Gym management and fitness Training	80	20
T-15	Sports Specialization	80	20
<b>Part-B (Practical's)</b>			
P-17	Table Tennis	80	20
P-18	Kabbadi	80	20



P-19	Sports Specialization (Practical skill)		
P-20	Conditioning & Match Practice	80	20
	(a.) Conditioning-60 Marks	-	100
	(b.) (b) Match Practice-40 Marks		
<b>Part-C (Viva-voce)</b>			
C-01	Comprehensive Viva-Voce		
		-	100
<b>Total</b>		<b>360</b>	<b>440</b>

### BPES Semester -VI

<b>Part -A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
T-16	Test and measurement in physical Education	80	20
T-17	Correctives and Rehabilitation in physical Education	80	20
T-18	Sports specialization	80	20
<b>Part-B (Practical's)</b>			
P-21	Kho-Kho	80	20
P-22	Basketball	80	20
P-23	Sp. Specialization (Coaching Lesson)	80	20
P-24	Conditioning & Match Practice	-	100
	(a.) Conditioning-60 Marks		
	(b.) (b) Match Practice-40 Marks		
<b>Part-C (Viva-voce)</b>			
C-01	Comprehensive Viva-Voce	-	100
<b>Total</b>		<b>360</b>	<b>440</b>



Semesters	Maximum Marks
Semester – I	
Semester – II	800
Semester – III	800
Semester – IV	800
Semester – V	800
Semester – VI	800
<b>GRAND TOTAL</b>	800
	<b>4800</b>

*Erveen*

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*ggs* / *Chm*

*Myk*  
*Wend*  
*Q*