

Bachelor of Physical Education & Sports B.P.E.S

B.P.E.S. (1st Semester)

Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 101	Hindi/ English (Optional)	40	20	60
B.P.E.S.TC- 102	Principles and History of Physical Education	40	20	60
B.P.E.S.TC -103	Foundations Of Physical Education	40	20	60
B.P.E.S.TC - 104	Olympic Study	40	20	60
	TOTAL	160	80	240
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total marks
		External	Internal	
B.P.E.S.PC - 101	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	40	20	60
B.P.E.S.PC - 102	Athletics:- Running events	40	20	60
B.P.E.S.PC - 103	Yoga (Asanas)	40	20	60
B.P.E.S.PC - 104	Swimming/Gymnastics(Group)/Shooting (Any one)	40	20	60
B.P.E.S.PC - 105	Drill & Marching	40	20	60
	TOTAL	200	100	300

B.P.E.S. (2nd Semester)

Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 201	Anatomy and Physiology	40	20	60
B.P.E.S.TC - 202	Yoga	40	20	60
B.P.E.S.TC - 203	Kinesiology	40	20	60
B.P.E.S.TC - 204	Sports Nutrition	40	20	60
TOTAL		160	80	240
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total marks
		External	Internal	
B.P.E.S.PC - 201	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc(Different form 1 st Sem)	40	20	60
B.P.E.S.PC - 202	Athletics	40	20	60
B.P.E.S.PC - 203	Yoga (Kriyas, Bandhas & Pranayama)	40	20	60
B.P.E.S.PC - 204	Swimming/Gymnastics(Ground)/Shooting (Any one)	40	20	60
B.P.E.S.PC - 205	Lezim/ Lezim / Hoop/Umbrella	40	20	60
TOTAL		200	100	300

B.P.E.S. (3rd Semester)

Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 301	Health Education	40	20	60
B.P.E.S.TC- 302	Sports Psychology	40	20	60
B.P.E.S.TC -303	Physiology of Exercise	40	20	60
B.P.E.S.TC - 304	Management in Physical Education	40	20	60
	TOTAL	160	80	240
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total marks
		External	Internal	
B.P.E.S.PC - 301	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	40	20	60
B.P.E.S.PC - 302	Officiating of Major Game (any One games)	40	20	60
B.P.E.S.PC - 303	Athletics:- Throwing events. (any two events)	40	20	60
B.P.E.S.PC - 304	Swimming/Gymnastics(Any One Apparatus)/Shooting (Any one)	40	20	60
Part - C Teaching Practices				
B.P.E.S.TC - 301	Teaching Lesson A)General Lesson Plan (05lessons) B) Lessons in outdoor Sports & Game activities (05lessons)	40	20	60
	TOTAL	200	100	300

B.P.E.S.(4th Semester)

Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 401	Fundamental of Computer and its use in Physical & Sport	40	20	60
B.P.E.S.TC- 402	Basic principles of Sports Training	40	20	60
B.P.E.S.TC -403	Recreation	40	20	60
B.P.E.S.TC - 404	Adapted Physical Education	40	20	60
TOTAL		160	80	240
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total marks
		External	Internal	
B.P.E.S.PC - 401	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	40	20	60
B.P.E.S.PC - 402	Athletics:- Officiating of Throwing events. (any two events)	40	20	60
B.P.E.S.PC - 403	Racket Sports: Badminton/ Table Tennis/Squash/ Lawn Tennis. (Any one)	40	20	60
B.P.E.S.PC - 404	Swimming/Gymnastics(One Apparatus)/Shooting (Any one)	40	20	60
Part - C Teaching Practices				
B.P.E.S.TC - 401	Teaching Lesson A) Lessons in Racket Sports (05 lessons) B) Lessons in Throwing events(05 lessons)	50	10	60
TOTAL		200	100	300

B.P.E.S. (5th Semester)

Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 501	Sports Sociology	40	20	60
B.P.E.S.TC- 502	Method of Physical Education	40	20	60
B.P.E.S.TC -503	Remedial and Corrective Physical Education	40	20	60
B.P.E.S.TC - 504	Test and Measurement in Physical Education	40	20	60
	TOTAL	160	80	240
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total marks
		External	Internal	
B.P.E.S.PC - 501	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	40	20	60
B.P.E.S.PC - 502	Athletics:- Jumping events. (any two events)	40	20	60
B.P.E.S.PC - 503	Yoga Performance in Asanas, Kriyas, Bandhas & Pranayama	40	20	60
Part - C Teaching Practices				
B.P.E.S.TC - 501	Teaching Lesson Lessons in Yoga (5Lessons)	40	20	60
B.P.E.S.TC - 502	Class Room Teaching Lessons (5Lessons)	40	20	60
	TOTAL	200	100	300

B.P.E.S. (6th Semester)

Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 601	Professional Preparation in Physical Education & Sports	40	20	60
B.P.E.S.TC - 602	Educational Technology	40	20	60
B.P.E.S.TC - 603	Officiating and Coaching	40	20	60
B.P.E.S.TC - 604	Fitness & Wellness	40	20	60
TOTAL		160	80	240
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total marks
		External	Internal	
B.P.E.S.PC - 601	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	40	20	60
B.P.E.S.PC - 602	Swimming/Gymnastics(Apparatus)/Shooting (Any one)	40	20	60
B.P.E.S.PC - 603	Athletics:- Officiating Jumping events. (any two events)	40	20	60
Part - C Teaching Practices				
B.P.E.S.TC - 601	Officiating Lessons A)Game Specializations (5 Lessons each) B) Track and Field (5 Lessons each)	40	20	60
B.P.E.S.TC - 602	PROJECT ORGANIZED Athletic (any one events) / Games Specialization(any one Game) Events	-----	60	60
TOTAL		160	140	300

B.P.E.S SEMESTER –I

PAPER –I HINDI LANGUAGE (Optional)

Max. Marks: 50

External Marks: 40

Internal Marks: 10

Time: 3 hours

हिंदी भाषा और साहित्य ;

क आधुनिक भारतीय भाषाओं का उद्भव और विकास ;ख; हिंदी भाषा का परिचय एवं विकास

;ग; हिंदी साहित्य का इतिहास ;आदिकाल, मध्यकालद्ध : सामान्य परिचय ;घ;

हिंदी साहित्य का इतिहास ,आधुनिक कालद्ध : सामान्य परिचय पाठ्य-विषय-

01- हिन्दी ध्वनियों का स्वरूप -

क- स्वर और व्यंजन

ख- संज्ञा, सर्वनाम, क्रिया, विशेषण

ग- वाक्य संरचना

02- हिन्दी शब्द समूह -

03- हिन्दी शब्द संरचना- पर्यायवादी, समानार्थक, विलोमार्थक, अनेकार्थक, अनेक शब्दों के स्थान पर एक शब्द समूहार्थक शब्द के प्रयोग, निकटार्थी शब्दों के सूक्ष्म अर्थ-भेद, समानार्थक शब्दों के भेद।

04- लिंग विधान और कारक प्रयोग-

क- वर्तनी।

ख- विरामादि चिन्हों के प्रयोग।

ग- मुहावरे और लोकोक्तियों तथा उनके रचनात्मक प्रयोग।

05- निबन्ध

सन्दर्भ-

01- राजभाषा हिन्दी- गोविन्ददास- हिन्दी साहित्य सम्मेलन, प्रयाग।

02- राष्ट्रभाषा आन्दोलन- गोपाल परशुराम- महाराष्ट्र सभा।

03- आधुनिक हिन्दी व्याकरण एवं रचना- वासुदेव नन्दन प्रसाद, पटना 04- हिन्दी शब्द
मीमांसा- किशोरी प्रसाद बाजपेयी

04- हिन्दी का सामान्य ज्ञान भाग-2, हरदेव बाहरी, लोकभारती, इलाहाबाद 05- शुद्ध हिन्दी-
जगदीश प्रसाद कौशिक 06- अच्छी हिन्दी- रामचन्द्र वर्मा

07- निबन्ध के रूप और तत्व- देवमित्र

PROPOSED SYLLABUS FOR B.A. Hindi CCS University Meerut

B.P.E.S SEMESTER -I

PAPER -I ENGLISH LANGUAGE (Optional)

Max. Marks: 50

External Marks: 40

Internal Marks: 10

Time: 3 hours

Section-A

(1) Story/ Prose

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

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

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

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

Section-B

Grammar

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

Section-C

Language-in-Use

1. Letter-Writing (Personal and Applications)

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

Reference :

(a) PROPOSED SYLLABUS FOR B.A. ENGLISH CCS University Meerut.

(B) Texts Prescribed for Grammar Oxford Practice Grammar by John Eastwood.

B.P.E.S SEMESTER –I

PAPER –II PRINCIPALS AND HISTORY OF PHYSICAL EDUCATION

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

UNIT- I

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

UNIT- II

2 Physiological Principles :

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

UNIT- III

3. Psychological principles :

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

UNIT- IV

4. History of physical education:

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

5. Physical Education in modern India :

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

Reference :

(Principles of Physical Education)

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

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

B.P.E.S SEMESTER –I

PAPER – III FOUNDATIONS OF PHYSICAL EDUCATION

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

UNIT – I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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

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

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

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

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

UNIT-I THE OLYMPIC MOVEMENT

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

UNIT-II STRUCTURE OF THE OLYMPIC MOVEMENT

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

UNIT-III THE OLYMPIC GAMES

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

UNIT-IV IOC PROGRAMMES

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

5.3 Drug abuse and doping

5.4 Arbitration and dispute resolution

References:

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

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

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

Unit-I

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

Unit-II

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

Unit-III

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

Unit-IV

Effect of exercise and training on cardiovascular system.

o Effect of exercise and training on respiratory system.

o Effect of exercise and training on muscular system

o Physiological concept of physical fitness, warming up, conditioning and fatigue.

Ref.:-

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