

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

<b>Part–A Theory Courses</b>				
<b>Course Code</b>	<b>Title of the Papers</b>	<b>Marks Theory</b>		<b>Total marks</b>
		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
	<b>TOTAL</b>	<b>160</b>	<b>80</b>	<b>240</b>
<b>Part–B Practical Course</b>				
<b>Course Code</b>	<b>Activities</b>	<b>Marks [Practical]</b>		<b>Total marks</b>
		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
<b>Part – C Teaching Practices</b>				
B.P.E.S.TC – 301	Teaching Lesson A)General Lesson Plan (05lessons) B) Lessons in outdoor Sports & Game activities (05lessons)	40	20	60
	<b>TOTAL</b>	<b>200</b>	<b>100</b>	<b>300</b>

**B.P.E.S SEMESTER – III  
PAPER – I  
HEALTH EDUCATION**

**Unit-I**

**Health Education**

- Concept and meaning of Health.
- Concept, meaning, definition, and scope of health education.
- Principles and practice of health education.
- Planning and evaluation in health education programmes.
- Organisation and administrative set up of health services in India

**Unit-II**

**Hygiene**

- **Hygiene:** The concept of hygiene and personal hygiene.
- Care of skin, mouth, teeth, nose, eyes, hands, feet, nails, hair clothing, vital genital organs etc.
- Importance of rest, sleep, diet and exercise.

**Community Health:**

- Community Health: Brief account of housing water supply, sewerage and refuse disposal.

**School Health Programmes:**

- School Health Service: History, School Health Problems. Health appraisal, healthy school environment nutritional services, mental health, school health programmes/services, school health records, Safety measures in the playfields – first aid and emergency care

**Unit-III**

**Diseases**

- **Disease:** Meaning of a disease, diseases cycle, epidemiological trials, modes of disease transmission and immunity.
- Health Problem in India: Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus) nutrition, environmental sanitation, medical care and population.
- Eating Disorders - Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders

**Unit-IV**

**Sex Education**

- Concept and meaning of sex education
- Need of sex education to the professional students.

**Family Planning**

- Meaning and concept of family planning.
- Methods to control child birth
- National family welfare programme

- Mother and child health care

**Reference Books:**

- Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- Pandey, P.K. and Gongopadhay, S. R. "Health Education for School Children", Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Park, J.E. and Park, K. "Text Book of Preventive and Social Medicine", (1985) Bnasidar 91 Bhanot, Publisher, Jabalpur-1985

**B.P.E.S SEMESTER – III  
PAPER – II  
SPORTS PSYCHOLOGY**

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

**UNIT – I**

**1. Introduction :**

- Meaning definition and nature of Psychology and Educational Psychology.
- Psychology as a Science.
- Importance of Psychology in Physical Education.

**UNIT –II**

**2.1 Growth and Development :**

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

**2.2 Individual Differences:**

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

**UNIT – III**

**3. Learning**

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

**UNIT – IV**

**4.1 Motivation and Emotion :**

- 4.1.1 Meaning of Motivation

- 4.1.2 Concept of need, drive, motive, incentive and achievement
- 4.1.3 Types of Motivation
- 4.1.4 Role of Motivation in teaching physical activities
- 4.2 Emotion :
- 4.2.1 Meaning and nature of Emotion
- 4.2.2 Types of Emotion
- 4.3 Personality :
- 4.3.1 Meaning and nature of Personality
- 4.3.2 Dimensions of Personality
- 5. Introduction to Sports Psychology
- 5.1 Meaning and area/scope of sports psychology
- 5.2 Importance of sports psychology for physical educationists Coaches and players

#### REFERENCES :

- Coates, A.I. et al. Educational Psychology (Macmillan Co. N.Y. 1957)
- Lindgram, H.E. Advanced Educational Psychology in the classroom.
- Kuppnswami, B. Advanced Educational Psychology (Sterling Publishers Pri. Ltd., 1947)
- Oxendine, J.B. Psychology and Motor Learning (Engle wood chffs : New Jersey, 1968)
- Dr. M.L. Kamlesh, "Psychology of Physical Education of Sports" metropolitan, New Delhi 1983.
- Jack H. Liewellyn, Judy A. Bluckeve,, Psychology of Coaching Theory and application Surjeet Publication, Delhi 1982.

### B.P.E.S SEMESTER – III PAPER – III PHYSIOLOGY OF EXERCISE

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

#### UNIT – I

- Definition of physiology and its importance in the field of physical education and sports.
- Structure, Composition, Properties and functions of skeletal muscles.
- Nerve control of muscular activity:
- Neuromuscular junction
- Transmission of nerve impulse across it.
- Fuel for muscular activity
- Role of oxygen- physical training, oxygen debt, second wind, vital capacity.
- 1. Energy –
- Meaning of energy
- Production and use of energy.
- Types of Energy
- Aerobic and anaerobic of muscular energy.

#### UNIT-II

## 2. Muscles :-

- 2.1 Types of muscles
- 2.2 Characteristics of skeletal muscles, innervation and blood supply.
- 2.3 Microscopic structure of muscles fiber, sensory organ of muscle.
- 2.4 Biochemical changes in muscles during exercise, second wind.
- 2.5 Muscles fatigue and recovery process, debt.

## UNIT-III

### 3. Circulatory System :

- 3.1 Functioning of heart during exercise.
  - 3.1.1 Stroke volume
  - 3.1.2 Cardiac output
  - 3.1.3 Pulse rate
- 3.2 Effect of training on functioning of heart.
- 3.3 Blood-constituents, Role during exercise-Blood lactate CO<sub>2</sub> in blood, O<sub>2</sub> carriage in body Oxyhemoglobin, Blood pressure changes during exercise.

## UNIT - IV

### 4. Respiratory System :

- 4.1 General functioning of the system-Varioues measures & capacities like Vital capacity, tidal air, residual air, inspiration and expired air pressure.
- 4.2 Transportation of gases.
  - 4.2.1 At lung level
  - 4.2.2 At Cellular level
- 4.3 Changes during exercise in respiratory system.
- 4.4 Effect of long term training on respiratory capacities.

### Reference :

- Physiology of Exercises – by Maccurdy and Mekenzh.
- Physiology of Exercise – by Karpovich.
- Sports physiology – by Fox
- Exercise physiology – by Morehanse & Miller.
- Physiological Basis of Physical Education and Athletics by Mathews and Fox.
- Exercise Physiology – by David H. Clarke.

**B.P.E.S SEMESTER – III**  
**PAPER – IV**  
**MANAGEMENT IN PHYSICAL EDUCATION**

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

## UNIT - I

### 1 Management and Organizational Structure :

Meaning and Definition of the Terms – Administration and Management. Elements/Phases of Management (Planning, Organizing, staffing; Directing and Coordination; Supervision and Control/ Evaluation; Re-adjustments and Improvement/ Follow-up) Importance/Significance of the Subject Management in Physical Education and Sports. Principles of Management.

## UNIT- II

### 2. Facilities and Equipments :

The Need for Out-door Facilities: Principles for their Location and the Recommended Area.  
Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking.  
Guidelines/Principles for the Lay-out of out door Facilities. Care and Maintenance of Out-door Facilities  
Gymnasium: The need, Location, Dimensions, Sample Floor Plans.  
Swimming Pool: The Need, Construction, Maintenance and Supervision.  
The need for Equipments and their Types. Procedure for the Purchase of Equipments.  
Principles to be followed for the Purchase. Store Room Management: Need, Location, Fixtures, Handling of equipments, Issuing Procedure and Periodical Stock- Checking.  
Stocking of Leather Equipments, Rubber Equipments, Wooden Equipments, Cloth Uniform Shuttle Cocks, Mattres  
Swimming and Track Equipments. Repairs and Disposal of Damaged Equipments.

## UNIT – III

### 3. Staff and Leadership

Head of the Institute/Department and his Role in Imbibing the Spirit of Discipline among his Staff and Students.  
Qualifications of Physical Educators for Different Level Assignments.  
Qualities of a Good Physical Education Teacher.

## UNIT - IV

### 4. Class Management & Office Management

Teacher's Preparation before Class (Lesson Plan, Markings of the Courts, Necessary Equipments Suitable Uniforms)  
Students Preparation Handling and Controlling the Class.  
Attendance System.  
Grading the Student.  
Preparing Reports.  
The Need for Office, It's Location and Set up.  
Office Function and Practice.

### REFERENCES :

Joseph P.M. Organization of physical Education. The old students Association, IPE, Candiwali, Bombay 1963.  
Vltmar, B.P. et. al. The Organization and Administration of Physical Education, Prentice Hall Inc. New Jersey, 1963.  
Bucher, C.H. Administration of Physical Education and Athletic programmes, The C.V. Mosby Co London, 1983.  
Zigler, E.M. and Dewie, G.W. Management Competency Development in Sports and Physical Education, IPE, Philadelphia, 1983.  
Maheshwari, B. Management by Objectives Tabe Mc. Graw Hill publishing company Ltd., New Delhi, 1982  
L.A. Management and Organization Mc-Graw Hill Book Company Inc. London 1958.  
Newman, W.D. Administrative Action, Prentice Hall I.C., New Jersey 1963.  
Hugesm W.L.et.al. Administrative of Physical Education. The Ronaid Press, Company, New York, 1962.  
Venderzwaq, H.J. Sports Management in Schools and Colleges, McMillian Publishing company, New York, 1933.  
Larry Horine, Administration of Physical Education and Sports, Wm. C. Brown Publishers, 1991 (IInd Edition)