

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 SEMESTER – V
PAPER- I
SPORTS SOCIOLOGY**

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

UNIT-I

1. Concept of Sociology

- 1.1 Meaning, nature and scope of sociology
- 1.2 Methods of sociology and their relationship with other social sciences.
- 1.3 Effect of various social forces on personality development.
- 1.4 Sport – medium of socio-cultural change.

UNIT-II

2. Introduction to sports sociology

- 2.1 Meaning and scope of sports sociology
- 2.2 Sports sociology as a discipline
- 2.3 Sports as a social occurrence
- 2.4 Effect of appearance, sociability and specialization on sport participation

UNIT-III

3. Sports and society

- 3.1 Socialization through games and sports
- 3.2 Recreation and its scope through games and sports.
- 3.3 Sport as an element of society
- 3.4 Sport as an element of cultural development
- 3.5 Sport as an art.

UNIT-IV

4. Social factors concerning sports in society

- 4.1 Social stratification in sports
- 4.2 Demonstration in sports
- 4.3 Sport and women
- 4.4 Sport and children
- 4.5 Sport and older adults

REFERENCES :

- Sharma, S.R., Sociological foundation in physical education and sports, friends publication, New Delhi.

- Singh, Kawaljeet, Sociology of sports, Friends publication, New Delhi.
- Sing, Bhupinder, Sports Sociology-An Indian perspective, Friends publication, New Delhi.
- Yobu, A, Sociology of Sports, Friends publication, New Delhi.

B.P.E. SEMESTER-V
PAPER-II
METHOD OF PHYSICAL EDUCATION

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

UNIT-I

1. Physical Educational Method :
 - 1.1 Definitions – Scope and importance of method in Physical education:
 - 1.2 Teaching Techniques in Physical Education
 - 1.2.1 Lecturer Method
 - 1.2.2 Command Method
 - 1.2.3 Demonstration Method
 - 1.2.4 Limitation Method
 - 1.2.5 Project Method
 - 1.2.6 Discussion Method
 - 1.2.7 Group Directed Practice Method
 - 1.3 Teaching Procedure in Physical Education :
 - 1.3.1 Whole Method
 - 1.3.2 Whole part whole method
 - 1.3.3 Part whole method
 - 1.3.4 Stage whole method

UNIT-II

2. Classification :-
 - 2.1 Classification of pupils for routine physical Education activities and competitions
 - 2.2 Various method of classification
 - 2.3 Advantage and disadvantage of classification.

UNIT-III

Lesson Planning :

- a) i) Types of lessons: Knowledge lesson, Drill lesson, skill lesson, Review lesson, Appreciation lesson.
- ii) Planning and observation of Class- Room Teaching lesson.

iii) Planning and observation of field Activity Teaching lesson.

b) Teaching aids-importance, Types and uses, Audio-Visuals, Charts, Models, Films, Black Board, etc.

UNIT-IV

4.1 Tournaments and competitions : Group competitions and their importance, Methods of organizing competitions types of tournaments, methods of conducting tournaments 4.2 Methods of conducting intra- Mural and Extra mural completions, games of law organization, organization of excursions.

51. Construction and marking of play field for various games, laying out of running's. Track, construction of jump pits preparing and markings of different play fields. The admeasurements and requirements.

B.P.E.SEMESTER-V

PAPER-III

REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

UNIT-I

1.1 Meaning, importance and scope of posture education.

1.2 concept and classification of posture-

1.2.1 Correct and incorrect posture-

1.2.2 Static and dynamic posture-

1.2.3 Body type and posture-

UNIT-II

2. Postural Deformities :

A study of Physical defects in posture and the corrections to be arrived at – Kyphosis

Lordosis

Scolliosis –

Flat foot.

Bowed legs

Knocked knees

Corrective exercise

Assessment of posture-posture test.

Therapeutic exercise and their classification.

UNIT-III

3.1 Sports Injuries :

3.1.1. Introduction to sports injuries

3.1.2 Role of trained personnel in the management of the sports injuries

3.2 Prevention injuries:

3.2.1 Factors causing sports injuries

3.2.2 Factors sports injuries

3.2.3 Complications of incomplete treatment

UNIT-IV

4.1 Common sport injuries and their immediate treatment

- 4.1.1 Sprain
- 4.1.2 Strain
- 4.1.3 Contusion and hematoma
- 4.1.4 Dislocation
- 4.1.5 Fracture

4.2 Rehabilitation :

- 4.2.1 Definition objectives and scope
- 4.2.2 Effects and uses of the therapeutic modalities in
 - 4.2.2.1 Cold therapy
 - 4.2.2.2 Hot most
 - 4.2.2.3 Infra Red
 - 4.2.2.4 Contrast bath
 - 4.2.2.5 Wax bath therapy

5. Massage

- 5.1 Brief history of massage.
- 5.2 Principles of application of Massage.
- 5.3 Classification of the manipulations used in massage and effects of each such type on different systems of human body.
 - 5.3.1 Stroking manipulation
 - 5.3.2 Pressure manipulation
 - 5.3.3 Percussion Manipulation

Reference:-

1. Corrective physical education by rathbone (J.I.H.B. Saunders and Co.)
2. Manual of message and movement by Prof. E.M.Naro (Faber & Faber)
3. Therapeutic exercises for body alignment and function by William Maclimond, Catherine Worthingw (W.B.Saunders & Co.)
4. Message and Medical Gymnastics by M.V.Lace (J & A Churchhill Ltd.
5. Preventive and Corrective Physical Education by Stafford and Kelly (Ronald Press Co. New York)
6. Tests and Measurements by McColy and Young.

**B.P.E.SEMESTER-V
PAPER-IV
TEST AND MEASUREMENT IN PHYSICAL EDUCATION**

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

UNIT-I

1. History and Need:

- 1.1 History of measurement in physical education.
- 1.2 Meaning of test and measurement
- 1.3 Need for test and measurement in phy-education.
- 1.4 The use of test and measurement in phy-education.

UNIT-II

2. Criteria for selecting tests :

- 2.1 Validity
- 2.2 Reliability
- 2.3 Objectivity
- 2.4 Norms
- 2.5 Standard norms
- 2.6 Accuracy and interpretability

UNIT-III

3. Physical Fitness Test :

- 3.1 Strength Test
 - 3.1.1 Fleshman's battery on basic fitness test
 - 3.1.2 Physical fitness index
 - 3.1.3 Sargen test
- 3.2 Motor Fitness Tests –
 - 3.2.1 J.C.R. Test
 - 3.2.2 National Physical efficiency test
- 3.3 Cardiovascular test-
 - 3.3.1 Harward's Step test
 - 3.3.2 Foster test
 - 3.3.3 Copper's Twelve minuler Run and walk test

UNIT-IV

4. Sport skills test

- 4.1.1 Application of skill test.
- 4.1.2 Fundamental of measuring techniques in sports.
- 4.1.3 Standard activity tests Miler Volley ball test, Johnson Baskaball ability test. Goal shooting test in hockey.

REFERENCES :

- Clarks H : Application of measurement of health physical education, prence Hall. inc. 1967.
- Larson L.A. & Yucom R.D. Measurement and Evaluation in Physical Health and Recreation Education St. Luis C.V.Mosby Co.
- Mathew, Donald: Measurement in Physical Education London, W.B. Saunders & Co.
- Neilson, N.P.: An elementary Course in Statistics Test and Measurement in Physical, California National Test, P Also.
- Harbens Singh : Teaching Hockey Through Testing, Kamal, Laxmi Sports Industries.
- Wilks, S.S.Elementary Statistical Analysis, Calcutta, Oxford and T.B.H. Pub.