

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. SEMESTER-VI
PAPER-I
PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION & SPORTS

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

UNIT-I

- 1.1 Meaning Nature and Criteria of profession.
- 1.2 Physical Education as a profession.
- 1.3 Aims and objectives of Genral Education contribution of professional preparation to the purpose of education.
- 1.4 Forces and Factors affecting the policies and programmes of professional preparation educational, social, political, economical, religions etc.
- 1.5 Accreditation and Certification.

UNIT-II

- 2.1 Qualifications for teaching courses of professional preparation in physical education.
- 2.2 Specific qualifications for physical educattors.
- 2.3 Teaching evaluation
- 2.4 Duties and services of physical education teachers.
 - 2.4.1 Experience through movement education including games, sports and other activities.
 - 2.4.2 Professional preparation programmes Health, safty, recreation, camping and outdoor education.
 - 2.4.3 Coaching (d) conducting research.
 - 2.4.4 Administrative functions (f) Measurement and Evaluation.
 - 2.4.5 Community Responsibilities
 - 2.4.6 Professional Leadership

UNIT-III

- 3.1 Role of central and state Government in professional preparation.
- 3.2 Role of non-official agencies in improving professional preparations.
- 3.3 Historical perspective of teachers training in physical education in India.

UNIT-IV

4.1 Allied subjects their meaning, concept and scope sports, psychology, sports sociology, sports philosophy, sports, mechanics, kinesiology, physiology sports medicine, health education.

4.2 Sports and other field

4.2.1 Sports and politics

4.2.2 Sports and Culture

4.2.3 Sports and Economics (Commerce)

REFERENCES :

- Bucher, Wuest: Foundation of physical education and sport.
- Seidel Reseck : Physical education : An overview (2nd Edn)
- Richard S. Revenes : Foundation of physical education.

B.P.E. SEMESTER-VI PAPER-II EDUCATIONAL TECHNOLOGY

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

UNIT-1

1. Introduction to Educational Technology :

1.1 Definition

1.2 Educative process

1.3 The Teacher of Yesterday & Today.

4. An outline of teaching method used then and now

UNIT-II

2. Teaching Aids :

Importance of Teaching Aids.

Criteria for selecting teaching aids

Difference between teaching method and teaching aid

Broad classification to teaching aids

Audio Aids

Visual Aids

Audio Visual Aids

Effectiveness of Edger Dale's cone classification.

UNIT-III

3. Advantage and suggestions for effective use of selected

teaching aids.

Verbal

Chock Board

Charts

Models

Slide Projector

Over Head Projector

Motion Picture

Self Experiment and Projects.

UNIT-IV

4. New Teaching Techniques and INNOVATIONS-II :

Micro Teaching

Concept and features of micro teaching .

Micro teaching verses traditional teaching.

Steps in micro teaching

Micro teaching skills

Limitation of Micro teaching

5. Simulation Teaching :

5.1 Meaning of Simulation

5.2 Types of activities in simulation

5.3 Steps in simulation

5.4 Advantages of simulation

5.5 Limitations of simulation

REFERENCES :

- K Smapath, A Pannirselvan and S. Santhanam , Introduction to Educational Technology (New Delhi : Sterling Publishers Pvt. Ltd.)1981.
- Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi: Doaba House) 1959
- Walia J.S.Principles and Methods of Educatin (Paul Publishers Jullandhar), 1999
- Kochar, S.K.Methods and TEchniques of Teaching (New Delhi Jallandhar, Sterling Publishers Pvt. Ltd.), 1982.
- Lozman Cassidy and K Jackson, Methods in Physical educatin (W.B.Saunders Company, Philadelphia and London) 1952.
- Singh, Ajmer and other Modern Text Book of Physical Education. Health and sports B.A.Part-I (Kalyani Publishers Ludhiana), 2000
- Amita Bhardwaj, New Media of Educational Planning Sarup of Sons, New Delhi, 2003.

B.P.E. SEMESTER – VI PAPER-III OFFICIATING AND COACHING

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

UNIT-I

- 1.1 Teaching and Training, Principles of Coaching.
- 1.2 Personality of Coach, Methods of Personality Skills.
- 2.1. Principles of conditioning, methodical principles of weight training isometric training. circuit training.
- 2.2 Cross country, Fartlek, pressure Training and Sprint Training.

UNIT-II

- 3.1 Basic Principles and planning of training schedule maintenance fitness.
- 3.2 Selection of players, measures for maintaining and stimulating the interest of students in games and sports.

UNIT-III

- 4.1 Analysis of individual and team performance.
- 4.2 Sports hygiene, safety measures in sports.

UNIT-IV

- 5.1 Official his duties and qualities, factors influencing officiating.
- 5.2 Record sheets, facilities, techniques, strategies and rules and their interpretations of the following athletics, football, hockey, volleyball, basketball, cricket, kabaddi, cho-cho, gymnastics, and wrestling also for girls- Netball, Throwball, Badminton, Table Tennis etc.

REFERENCES:

1. Harold, Abraham and Jack Crumps (Athletics The Naldrett Press, London)
2. Doherty : Modern Track and Field.
3. Miller : Fundamentals of Track and Field.
4. D.B.Crmwell Championship Technique in Track and Field
5. Breshnabam and Tuttle : Track and Field.
6. Meeley : Test and Measurements

B.P.E.SEMESTER-VI PAPER-IV FITNESS & WELLNESS

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

UNIT – I INTRODUCTION

- 1.1 Concept and meaning of fitness and wellness

- 1.2 Components of fitness and their description
- 1.3 Components of wellness and their description
- 1.4 Significance of fitness and wellness in present scenario.
- 1.5 Fitness and wellness for life

UNIT – II FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING

- 2.1 Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance)
- 2.2 Principals of physical fitness
- 2.3 Benefits of fitness programme
- 2.4 Obesity (causes and prevention)
- 2.5 Weight management (role of diet & exercise in maintenance of ideal weight)

UNIT – III WELLNESS

- 3.1 Identifying dimensions of wellness, achieving and maintenance of wellness
 - Adopting healthy & positive lifestyle.
 - Identifying stressors and managing stress
 - Staying safe & preventing injuries
 - Knowledge of Nutrition & its implication on healthy lifestyle
 - Factors leading to eating disorders
 - Hazards of substance abuse (smoking, alcohol & tobacco)
 - Adoption of spirituality principals & their remedial measures
 - Yogic practices for achieving health and fitness
 - Worthwhile use of leisure time.
 - Sexuality – preventive measures for sexual transmitted diseases.
 - Emphasis on proper rest & sleep.
 - Prevention of cancer, cardio-vascular disorders & other diseases.
- 3.2 Relationship of wellness towards positive lifestyle
- 3.3 Benefits of wellness

UNIT – IV BEHAVIOR MODIFICATION

- 4.1 Barriers to change
- 4.2 Process of change (6 stages) SMART
- 4.3 Technique of change & smart goal setting.
- 4.4 Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)
- 5.1 Daily schedule based upon one's attitude, gender, age & occupation.
- 5.2 Basic – module: - Time split for rest, sleep, diet, activity & recreation.
- 5.3 Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

REFERENCES

Fitness

- Anderson, B., Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.
- Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
- Bean, Anita, Food For Fitness, London : A & C Block, 1999.
- Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
- Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994.
- Difiore, Judy, Complete Guide to Postnatal Fitness, London : A & C Black, 1998.

- Giam, C.K & The, K.C., Sport Medicine Exercise and Fitness, Singapore : P.G. Medical Book, 1994.

Practical Courses

B..P.E.S. (SEMESTER- 1ST AND 2ND)

GAMES SPECIALIZATION WITH (OFFICIATING) .(ANY TWO GAMES)

Kabaddi: Fundamental Skills

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
- Ground Marking, Rules and Officiating

Kho Kho:

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Ground Marking
- Rules and their interpretations and duties of officials.

Badminton: Fundamental Skills

- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

Table Tennis: Fundamental Skills

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- Stance and Ready position and foot work.

- o Rules and their interpretations and duties of officials.

Squash Fundamental Skills

- o Service- Under hand and Over hand
- o Service Reception
- o Shot- Down the line, Cross Court
- o Drop
- o Half Volley
- o Tactics – Defensive, attacking in game
- o Rules and their interpretations and duties of officials.

Tennis: Fundamental Skills.

- o Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- o Stance and Footwork.
- o Basic Ground strokes-Forehand drive, Backhand drive.
- o Basic service.
- o Basic Volley.
- o Over-head Volley.
- o Chop
- o Tactics – Defensive, attacking in game
- o Rules and their interpretations and duties of officials.

Base Ball Fundamental Skills

- o Player Stances – walking, extending walking, L stance, cat stance.
- o Grip – standard grip, choke grip,
- o Batting – swing and bunt.
- o Pitching –
- o Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball.
- o Softball: windmill, sling shot,
- o starting position: wind up, set.
- o Fielding –
- o Catching: basics to catch fly hits, rolling hits,
- o Throwing: over arm, side arm.
- o Base running –
- o Base running: single, double, triple, home run,
- o Sliding: bent leg slide, hook slide, head first slide.
- o Rules and their interpretations and duties of officials.

Netball: Fundamental Skills

- o Catching: one handed, two handed, with feet grounded, in flight.
- o Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- o Footwork: landing on one foot; landing on two feet; pivot; running pass.
- o Shooting: one hand; two hands; forward step shot; backward step shot.
- o Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- o Defending: marking the player; marking the ball; blocking; inside the circle; outside the

circle (that is, defending the circle edge against the pass in).

- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials.

Cricket: Fundamental Skills

- Batting-Forward and backward defensive stroke
- Bowling-Simple bowling techniques
- Fielding-Defensive and offensive fielding
- Catching-High catching and Slip catching
- Stopping and throwing techniques
- Wicket keeping techniques

Football: Fundamental Skills

- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
- Trapping-trapping rolling the ball, trapping bouncing ball with sole
- Dribbling-With instep, inside and outer instep of the foot.
- Heading-From standing, running and jumping.
- Throw in
- Feinting-With the lower limb and upper part of the body.
- Tackling-Simple tackling, Slide tackling.
- Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

Hockey: Fundamental Skills

- Player stance & Grip
- Rolling the ball
- Dribbling
- Push
- Stopping
- Hit
- Flick
- Scoop
- Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,
- Reverse hit
- Dodging
- Goal keeping – Hand defence, foot defence
- Positional play in attack and defense.
- Rules and their interpretations and duties of officials.
- Rules and their interpretations and duties of officials.
- Ground Marking.

Softball Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot.

- o The toss-up.
- o Role of individual players
- o Rules and their interpretations and duties of officials.

Volleyball: Fundamental Skills

- o Players Stance-Receiving the ball and passing to the team mates,
- o The Volley (Over head pass),
- o The Dig(Under hand pass).
- o Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- o Rules and their interpretations and duties of officials.

Hand Ball:

- o Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.
- o Rules and their interpretations and duties of officials.

Basket ball: Fundamental Skills

- o Player stance and ball handling
- o Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.
- o Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
- o Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- o Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.
- o Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.
- o Individual Defensive-Guarding the man with the ball and without the ball.
- o Pivoting.
- o Rules and their interpretations and duties of the officials.

Track and Field: Track and Field (OFFICIATING) (ANY TWO EVENTS)

Running Event

- o Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- o Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- o Ground Marking, Rules and Officiating

Yoga:

- o Asanas
- o Sitting
- o Standing
- o Laying Prone Position,
- o Laying Spine Position
- o Surya Namaskara,
- o Pranayams
- o Corrective Asanas
- o Kriyas

GYMNASTICS / SWIMMING / SHOOTING (ANY ONE)

Gymnastics: Floor Exercise

- Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.
- Vaulting Horse
- Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

Swimming: Fundamental Skills

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes
- **Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.**
- **Start and turns of the concerned strokes.**
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

Shooting Fundamental Skills

- Basic stance, grip, Holding rifle/ Pistol, aiming target
- Safety issues related to rifle shooting
- Rules and their interpretations and duties of officials

Light Apparatus:

- Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.
- Drill & Marching
- Lezim/ Lezim / Hoop/Umbrella

B..P.E.S. (SEMESTER- 3RD AND 4TH)

TEAM GAMES AND GAMES OF SPECIALIZATION

Same as semester -I & II

Officiating of Major Game (any two games)

ATHLETICS:- THROWING EVENTS. (ANY TWO EVENTS) WITH OFFICIATING

Fundamental Skills- throwing Techniques.

Types of throwing

Ground Marking and Officiating.

SWIMMING/GYMNASTICS(APPARATUS)/SHOOTING (ANY ONE)

Same as semester -I & II

TEACHING PRACTICES:

a. General Lesson Plan (05lessons in outdoor) (4 Internal 1 external)

b. Lessons in outdoor Sports & Game activities (05lessons). (4 Internal 1 external)

RACKET SPORTS: (ANY ONE)

Badminton: Fundamental Skills

o Racket parts, Racket grips, Shuttle Grips.

o The basic stances.

o The basic strokes-Serves, Forehand-overhead and underarm, **Backhand-overhead and underarm**

o Drills and lead up games

o Types of games-Singles, doubles, including mixed doubles.

o Rules and their interpretations and duties of officials.

Table Tennis: Fundamental Skills

o The Grip-The Tennis Grip, Pen Holder Grip.

o Service-Forehand, Backhand, Side Spin, High Toss.

o Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, **Balloon, Flick Shit, Loop Drive.**

o Stance and Ready position and foot work.

o Rules and their interpretations and duties of officials.

Squash Fundamental Skills

o Service- Under hand and Over hand

o Service Reception

o Shot- Down the line, Cross Court

o Drop

o Half Volley

o Tactics – Defensive, attacking in game

o Rules and their interpretations and duties of officials.

Tennis: Fundamental Skills.

o Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, hopper grip.

o Stance and Footwork,

o Basic Ground strokes-Forehand drive, Backhand drive.

o Basic service.

o Basic Volley.

o Over-head Volley.

o Chop

o Tactics – Defensive, attacking in game

o Rules and their interpretations and duties of officials.

TEACHING PRACTICES:

A) Lessons in Racket Sports (05 lessons) (4 Internal 1 external)

B) Lessons in Throwing events(05 lessons) (4 Internal 1 external)

B..P.E.S. (SEMESTER- 5TH AND 6TH)

TEAM GAMES AND GAMES OF SPECIALIZATION

Same as semester –III & IV

ATHLETICS:- JUMPING EVENTS. (ANY TWO EVENTS) WITH OFFICIATING

- o Approach Run,
- o Take off
- o Clearance over the bar.
- o Landing

SWIMMING/GYMNASTICS(APPARATUS)/SHOOTING (ANY ONE)

Same as semester –III & IV

TEACHING PRACTICES:

- a Teaching Lesson Lessons in Yoga (5Lessons) (4 Internal 1 external)
- b Class Room Teaching Lessons (5Lessons) . (4 Internal 1 external)

OFFICIATING LESSON PLAN:

- a Game of specialization (05lessons in outdoor) (4 Internal 1 external)
- b Lessons in Track and Field (5 Lessons each) . (4 Internal 1 external)

PROJECT ORGANIZED

(MAXIMUM 4 STUDENT IN ONE ATHLETIC EVENT(SEMESTER I to V) OR ANY ONE GAME SEMESTER I to V)

- A) Athletic (any one events)
- B) Games Specialization(any one Game)

OFFICIATING LESSON OF TRACK & FIELD & GAMES SPECIALIZATION

- 05 Lesson each (4 Internal 1 external)