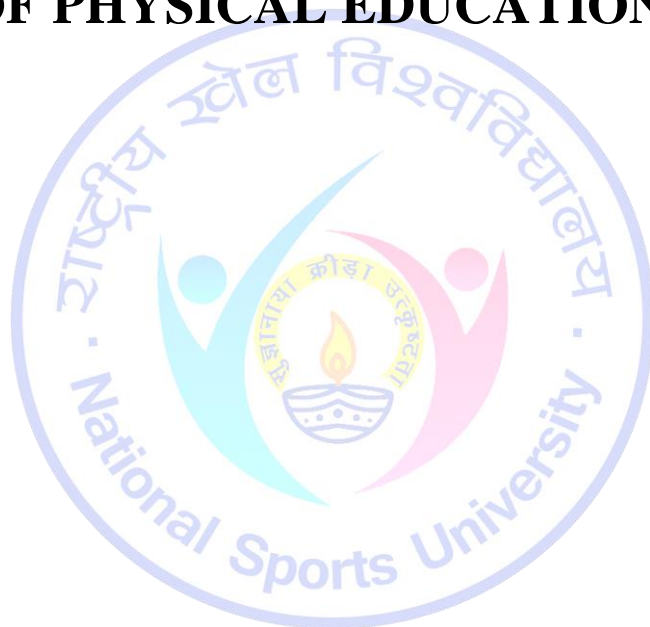


**NATIONAL SPORTS UNIVERSITY
SYLLABUS
FOR
BACHELOR OF PHYSICAL EDUCATION AND SPORTS**



Curriculum Framework of B. P. E. S. Programme

Preamble:

The Bachelor of Physical Education and Sports (B.P.E.S.) three years (Six Semesters, Choice Based Credit System) programme is a professional programme meant for preparing Physical Education and Sports Professionals as per UGC norms and Standard and Specifications of Degree in Sports Science. The programme of study in Physical Education is designed to encourage the acquisition of subject knowledge, orientation in fundamentals skills of different sports and professional competence required for Physical Education professionals and sports educators. Learning experience are designed and implemented to foster active learning approach for professional growth to strengthen sports ecosystem.

The Bachelor of Physical Education and Sports (B.P.E.S.) has designed to develop skilled workforce with Professional Skill, Vocational Competence and Core Subject Knowledge, Pedagogical knowledge, Physical Literacy and Active Learning and Perfect Communication Skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory internship at community sports centers/Schools /College/Sports Organizations/Sports Academy/Sports Club and in Sports Industry.

Moreover, A variety of approaches to teaching-learning process, including lectures, seminars, tutorials, workshops, peer teaching and learning, practicum and project-based learning, field-based learning, substantial laboratory-based practical component and experiments, open-ended project work, games, technology-enabled learning, internship in sports industry and research establishments in sports science lab etc. will be adopted to achieve this. Problem-solving skills and higher-order skills of reasoning and analysis will be encouraged through teaching strategies.

Essence of the Academic Programmes:

A sports education programme needs to be designed to develop quality sports trainers who are committed, motivated and confident: who are knowledgeable about content and their pedagogy, understand how to plan to train, are able to engage athletes interactively and inclusively, and reflect upon their teaching and develop their professional competencies.

As we know, the aspiration levels of the athletes have changed considerably under the overreaching influences of technological revolution. In this context, the athlete's preparation programmes in sports education must be revamped such as:

- Introducing Integrated Sports Education Programme of longer duration.
- Enhancing the duration of existing sports education programme.
- Upgrading the status of fitness and sports education by making the entire system a part of Higher Education.
- Ensuring continuity in professional development of existing sports teachers / trainers and coaches.
- Strengthening the upgrading, regulatory and monitoring mechanism.
- Establishing performance appraisal systems for institutes running sports education programmes.

Carrier Opportunities

A sport integrates the mind, body and spirit, purges one's negativity and thereby provides strength. Over the last few decades, the Indian sports ecosystem has seen great metamorphosis. From, one Saturday evening fun event to the dynamic and professional multimillion dollar industry, today sports involve multiple stake holders. Mushrooming of the hi-tech gyms, specialized sports academies, sports colleges, universities, and indeed the high-profile league matches have been reiterating that the graph of Indian sports industry shall only ascend in the years to come. Today sportspersons rely on the expertise, guidance and advice from a wide network of support personnel in order to maximize their potential and achieve their goals. Science, Nutrition, Medicine, Psychology, Rehabilitation, Strength and conditioning are key factors in the preparation of the sportsperson in modern days. In order to ensure that outstanding sportspersons represent the state in National Games/Championships and further go on to win medals at International Events, Institutional Capacity Building is being worked upon.

1. Eligibility:

For Admission:

The student who passed in the Higher Secondary Examination with any discipline conducted by the Central Government and State Government; or an examination accepted as equivalent there to by the Board of Governors / MHRD, India, subject to such conditions as may be prescribed therefor.

Admission shall be made on merit on the basis of marks obtained in the entrance test (written test, sports proficiency test, physical fitness test & marks obtained in the qualifying examination) or any other selection process as per the policy of University with

due weight for physical fitness test.

2. Duration:

The B.P.E.S. Programme is for a period of three years. Each academic year shall comprise of two semesters viz. Odd and Even semesters. Odd semesters shall be from June / July to October / November and Even Semesters shall be from November / December to April / May. There shall be not less than 90 working days which shall comprise 450 teaching clock hours for each semester. (Exclusive of the days for the conduct of University or external end-semester examinations).

3. The CBCS System:

All Programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected from it in the light of liberalization and globalization in higher education.

4. Courses in Programme:

The B.P.E.S. Programme consists of a number of courses, the term 'Course' is applied to indicate a logical part of the subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses for the B.P.E.S. Programme.

Theory:

Core Course, Elective Course and Add on Course

Practicum:

Field practical, Lab practical and Internship

5. Semesters:

An academic year is divided into two semesters. In each semester, courses are offered in 15 teaching weeks and the remaining 5 weeks are to be utilized for conducting examinations and evaluation purposes. Each week has 36 working hours spread over 6 days a week.

6. Credits:

The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.E.S. programme is 144 credits and for each semester- 24 credits.

7. Course:

Each course is to be designed variously under lectures, lessons, practical, instructional work, seminar, workshop, assignment, term paper, book review, project work, viva etc., to meet effective teaching and learning needs of teacher.

8. Examinations:

There shall be examinations at the end of each semester, for first, third & fifth semester in the month of October/November; for second, fourth & sixth semester in April/May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in October/November or April/May.

9. Attendance & Condonation:

Students must have 75% of attendance in each course for appearing in the examination (15% attendance Relaxation included medical/leave). Students having below 74% of attendance shall apply for condonation in the prescribed form as on duty leave (Sports participation AIU/Affiliated Government Federations) / Medical Leave.

10. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade points. Evaluation for each course shall be done by a Continuous Internal Assessment (CIA) by the concerned course teacher as well as by an end semester examination and will be consolidated at the end of the course. The components for continuous internal assessment are:

Questions Paper pattern of End Semester theory Examination:

Each Question Paper shall have five questions corresponding to five units of each theory course. Style of question paper is shown below.

External Evaluation; Question

The total marks for end semester examination consists of 45 and 30 for 3 credit and 2 credit theory paper respectively.

Each question paper for external evaluation shall have five questions. The pattern will be as follows:

Question No	Description	Marks for 3 credit subjects	Marks for 2 credit subjects
1	Answer in detail (Long Question) Or Answer in detail (Long Question)	10	8
2	Answer in detail (Long Question) Or Answer in detail (Long Question)	10	8

3	Answer in detail (Long Question) Or Answer in detail (Long Question)	10	8
4	Answer in detail (Long Question) Or Answer in detail (Long Question)	10	-----
5	Short Question (A) (B) (C) (D) Attempt any two	2.5+2.5	2+2+2(three short questions have to attempt out of six questions)
	total	45marks	30 marks

Internal Examination

For Theory (A)	One Test	:	15 marks
	Seminar/Quiz	:	05 marks
	Assignments	:	05 marks
	Attendance	:	05 marks
	Total		30 marks
(B)	One Test	:	8 marks
	Seminar/Quiz	:	05 marks
	Assignments	:	05 marks
	Attendance	:	02 marks
	Total		20 marks

Attendance shall be taken as a component of continuous assessment, although the students should put in minimum of 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be a written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester, examination is 40: 60 in theory & 50: 50 in practical.

11. Minimum Passing Marks:

The passing minimum for CIA (Continuous Internal Assessment) shall be 40% out of 30 marks (i.e., 12 marks) and 8 marks out of 20 in theory Internal. In practical examination 50% marks required to pass in practical examination. The students who fail in the internal assessment are permitted to improve their Internal Assessment marks in the subsequent semester (2 chances will be given) by writing test and by submitting

Assignments. The passing minimum for University or External Examinations shall be 40% out of 45 marks (i.e., 18 marks) and 14 out of 30 marks in each theory paper.

12. Grading:

Once the marks of the CIA (Continues Internal Assessment) and end-semester examinations for each of the courses are available, they will be added. The marks thus obtained will then be graded as per details provided in B.P.E.S. 3. From the First semester onwards the total performance within a semester and continuous performance starting from the first semester are indicated respectively by Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA). These two are calculated by the following formulae:

Where 'Ci ' is the Credit earned for the Course i in any semester; 'Gi' is the Grade Point obtained by the student for the Course i and 'n' is the number of Courses passed in that semester. CGPA = SGPA of all the Courses starting from the first semester to the current semester.

$$\text{SGPA} = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

13. Environmental Studies

The UGC recommended Certificate Course on Environmental Studies is to be offered in the second semester of all the UG programmes as elective course.

14. Classification of Final Results:

For purposes of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end- Semester (External)examinations.

15. Clearing and carrying forward the Semester:

Rules for carrying forward the semesters are:

1. A candidate must have at least 75% overall attendance in the program (As explained in R.B.P.E.S. 9) and should have satisfactory performance in class-room participation of each course and must have appeared in internal written test to be eligible for grant of term.

2. In case, a candidate obtains Grade D in any one course / all courses in the first

semester, he / she shall be allowed to proceed to the second semester provided he / she has kept his / her term of the first semester successfully.

3. The candidate shall be allowed to appear his/her back papers of first semester in the third semester.

4. In case, a candidate obtains Grade D in any one course / all courses in the second semester, he / she shall be allowed to proceed to the third semester provided he / she has kept his / her term of the second semester successfully.

5. The candidate shall be allowed to appear his/her back papers of second semester in the fourth semester.

6. In case a candidate obtains Grade D in any one course / all courses in the third semester, he / she shall be allowed to proceed to the fourth semester provided he/ she has kept his / her term of the third semester successfully.

7. The candidate shall be eligible for the award of the degree after successful clearance of all the courses of semester I, II, III, IV, V & VI by the sixth semester examination of the third-year programme or before the expiry of registration /enrolment.

8. Whenever a candidate fails in a course due to failure of obtaining minimum marks in the internal component of the examination, the marks obtained in project and assignment shall be carried forward for the consideration of the repeat examination. The student has to appear in the internal test only to complete the requirement of the internal assessment.

16. Assessment and Evaluations:

1. All the theory papers consist of 3credits (75 marks)and 2 credits (50 marks) as per the weightage of the course.
2. The marks would be divided between internal and external assessment.
3. There shall be one end-semester external examination of each course in every semester consisting of 60% (45marks and 30 marks)
4. Each Theory course shall have internal assessment of 40% weightage.

The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment at semester end practical examinations.

1. Each Practical course will be assessed on the basis of 100/50 marks. The marks would be divided between internal and external assessment.
2. Minimum fifty percent is required to pass in practical examination.

5. Conferment of the B.P.E.S. Degree:

A candidate shall be eligible for the conferment of the Degree of B.P.E.S. only if he/she has earned the minimum required credits for the programme prescribed therefore (i.e.,144Credits).

6. Examinations and Fee:

The University shall conduct the External or Semester-End Examination for the Semester-I, II, III, IV, V & VI. The Internal Examination for the Semester-I, II,

III, IV, V & VI shall be conducted by the University themselves. However, the common format of question papers suggested and / or prepared by the University has to be followed by all the Faculties / Departments for Examinations of Internal practical & the Foundation courses mentioned.

The Examination fees for all end-semester exams shall be decided by University from time to time.

7. Conversion Table for B.P.E.S. Course:

The grades for each course would be decided on the basis of the percentage marks obtained in the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Grade	Description
85 & above	8.5-10.0	O	Outstanding
70-84.99	7.0-8.49	A+	Excellent
60-69.99	6.0-6.99	A	Very Good
55-59.99	5.5-5.99	B+	Good
50-54.99	5.0-5.49	B	Above Average
40-49.99	4.0-4.99	C	Average
Below 40	0	F	Fail/Dropped
	0	AB	Absent
	0	R	Reappear

17. Grade Point Calculations

Calculation of Semester Grade Point Average (SGPA) and Credit Grade Point (CGP) and declaration of class for U.G. B.Ed. Programme. The credit grade points are to be calculated on the following basis:

$$\text{SGPA} = \frac{\text{Sum of grade points of all courses of the particular semester}}{\text{Total credit of the semester}}$$

Example-

Marks obtained by Student in course A 101 = 78/100 percentage of marks = 78 % Grade from the conversion table is = O

Grade Point = $7.0 + 8 (1.49/14.99) = 7.0 + 8 \times 0.1 = 7.0+0.8$

The Course Credits = Credits Grade Point = $7.8 \times 4 = 31.2$

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade points of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all six courses of the semester) / total credit of the semester as per example given below:

Course	Credit	Marks out of 100/50	Grade	Grade Point	Credit Grade Point
BSTC-101	4	65	A	6.5	26.0
BSTC-102	4	60	A	6.0	24.0
BSTC-103	4	62	A	6.2	24.8
BSTE 101/102	4	57	B+	5.7	22.8
BSPC-101	2	35	O	7.0	14.0
BSPC-102	4	72	O	7.2	28.8
BSPC-103	2	36	O	7.2	14.4
Total	24				154.8

Examples: Conversion of marks into grade points

$$65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$$

$$57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$$

$$72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

SEMESTER GRADE POINT AVERAGE (SGPA) = Total

Credit Grade Points = 154.8 / 24 = 6.45 SGPA Sem. I = 6.45

SGPA Sem. II = 7.63

SGPA Sem. III = 5.89

SGPA Sem. IV = 7.26

SGPA Sem. V = 6.78

SGPA Sem. VI = 6.89

Total SGPA = 40.9

Cumulative Grade Point Average (CGPA) = 40.9 / 6 = 6.81

CGPA = 6.81

Grade = A

Class = First Class

Note:

- (1) SGPA is calculated only if the candidate passes in all the courses i.e., get minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the semesters.
- (3) The cumulative grade point average will be calculated as the average of the SGPA of all the two semesters, as shown above.
- (4) For the award of the class, CGPA shall be calculated on the basis of:
 - (a) Marks of End Semester External Examination And
 - (b) Total Marks obtained (Marks of End Semester External Examination + Marks of Internal Assessment) for each course. The final Class for B.P.E Degree shall be awarded on the basis of lowest CGPA (marks) of (a) & (b) of one to sixth semester examinations.

18. End-Semester Examination:

The University shall conduct the external Examination for the Semester-I, II, III, IV, V&VI. The internal Examinations shall be conducted by the concerned Faculty and submitted to Controller of Examination through Head of the Department (HOD).

19. Grievance Redressal Committee:

The department shall form a Grievance Redressal Committee for each course in each department with the Course teacher / Dean / Vice-Chancellor and Head of the Department HOD of the faculty as the members. This Committee shall solve all grievances of the students.

20. Revisions of Syllabi:

1. Syllabi of every course should be revised according to the National Sports University (NSU) and University Grant Commission (UGC) norms.

2. Revised Syllabi of each semester should be implemented in sequential way.

3. In courses, where units / topics relate to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic council / Board of Studies of National Sports University.

4. All formalities for revisions in the syllabi should be completed before the end of the 2nd / 4th semester for implementation of the revised syllabi in the next academic year.

5. During every revision, up to twenty percent (20%) of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.

6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.



BPES
Proposed Scheme of Examination
SEMESTER I

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/101	History and Foundation of Physical Education and Sports	3	48	30	45	75
BPES/CC/102 (A and B- I, II, III, IV)	Officiating and Coaching-I Athletics, Major Games-Any one	3	48	30	45	75
BPES/GE/01	Introduction to Information Technology	2	32	20	30	50
BPES/AECC/01	English (MIL)	2	32	20	30	50
ELECTIVE COURSE (ANY ONE)						
BPES/DSE/01	Physical Fitness and wellness	2	32	20	30	50
BPES/DSE/02	Sports Event Management					
LAB PRACTICAL						
BPES/GE(P)/01	Introduction to Information Technology	1	32	10	15	25
BPES/AECC/(P)01	English (Communication Skill)	1	32	10	15	25
BPES/DSE(P)/01	Physical Fitness and Wellness	2	64	25	25	50
BPES/DSE(P)/02	Sports Event Management					
SPORTS PRACTICAL						
BPES/CCP/102 (A)	Officiating and Coaching-1 Athletics- Running (Sprint) and Throwing events	4	128	50	50	100
BPES/CCP/102 (B: I, II, III, IV)	Officiating and Coaching-1 Major Games (Volley ball Football, Handball, Basketball) (Any One)	4	128	50	50	100
		24	576	265	335	600

NCC: All Students are required to opt as an elective subject right from First Semester.

CODE:1-CC- Core course, DSE- Discipline Specific Elective, GE- Generic Elective, SE- Skill Enhancement, AEC- Ability Enhancement Compulsory, PC- Practicum Course

SEMESTER I
PART – A: THEORY COURSE
HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS
COURSE CODE: BPES/CC/101

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/101	History and Foundation of Physical Education and Sports	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the concept of physical education and Sports
- Understand the historical development of physical education and sports education in India and abroad.
- Understand Olympic movements and major international games and its committees.
- Understanding the concept of Foundation of Philosophical, Biological, Psychology and Sociological aspect of Physical Education and Sports

UNIT-I

Introduction of Physical Education and Sports

- 1.1 Meaning, Definition, Nature and Scope of Physical Education and Sports Education
- 1.2 Aim and Objectives of Physical Education and Sports Education
- 1.3. Need and importance of Physical Education and Sports in modern society.
- 1.4. Misconception about physical Education. Relationship of physical education, Sports education and General education

UNIT-II

History of Physical Education and Sports Education

- 2.1. Ancient Physical Education in India – Harappa civilization, Vedic age, Epic age, etc.
- 2.2 Science of Exercise and Sports: Ancient Indian Origin
- 2.3 Medieval age, British period till 1947, Physical Education and Sports after Independence
- 2.4. Ancient Physical Education in Greece, Rome, Germany, UK, and USA etc.

UNIT-III

Olympic Movement and Major International Games, IOC

- 3.1 Ancient Olympic Games – historical background, significance of ancient games,
- 3.2 Modern Olympic Games – revival organization and conduct of games and ceremonies (opening and closing ceremonies), objectives and functions of International Olympic Committee (IOC)
- 3.3. World Cups and World Championships
- 3.4. Commonwealth games, Asian games, SAF games

UNIT – IV

Foundation of Physical Education and Sports

- 4.1 Meaning and Definition of Philosophy - Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism
- 4.2 Biological Foundation: Evolution of Man, Biped Position: Advantages and Disadvantages, Age, Gender characteristics, Body Types, Anthropometric differences
- 4.3 Psychological Foundation: Learning types, Learning curve, Laws and principles of learning, Attitude, Interest, Cognition, Emotions
- 4.4 Sociological Foundation: Socialization through Physical Education

SUGGESTED READINGS:

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3. Bucher, C.A., (2010). *Foundation of Physical education* (16ed.). New Delhi: Tata McGraw-Hill.
4. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner
5. Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical Education.
6. Frank, A.M. (2003). *Sports & education*. CA: ABC-CLIO
7. Kretchmar, R.S. (1994). *Practical Philosophy of Sport*. IL: Human Kinetics.
8. Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.
9. Osborne, M. P. (2004). *Magictree house fact tracker: ancient Greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.
10. Susan Capel, Susan Piotrowski (2000). *Issues in Physical Education*. London: Routledge
- Young, D.C. (2004). *A brief History of Olympic Games*. UK: Blackwell Publishing.
11. Ziegler, E.F. (2007). *An introduction to Sports & Phy.Edu.Philosophy*. Delhi: Sp.
12. Mondal. S. Science of Exercise: Ancient Indian Origin, Journal of Association Physicians of India, 2013

OFFICIATING AND COACHING – I
(ATHLETICS AND MAJOR GAMES)
(Volleyball, Football, Handball and Basketball Any One)
COURSE CODE: BPES/CC/102 (A)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/102(A and B- I, II, III, IV)	Officiating and Coaching-I Athletics, Major Games (<i>Volleyball, Football, Handball and Basketball</i>)-Any one	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- To understanding the, Rules and regulation officiating of Sprint (athletics)
- To understanding the, Techniques and tactics of throwing event (athletics)
- To understand the officiating and coaching of major games (Volleyball, Football, Handball and Basketball)
- Students would be able to organize the concerned sports event

UNIT-I

Athletics: Rules and officiating of Sprint and throwing events:

- 1.1 Brief history of sprint and throwing events. Layout, dimensions and markings of Track
- 1.2 Ethics in officiating, Duties of Officials, Rules and officiating of sprint events
- 1.3 Layout, dimensions and markings of throwing events
- 1.4 Rules and Officiating of Throwing events.

UNIT-II

Techniques and their coaching aspects of sprint and throwing events

- 2.1 Starting and finishing techniques of sprint events (crouch start and its variations, proper use of blocks, Run through, forward lunging, shoulder shrug)
- 2.2 Fault and their corrections of starting and finishing sprint events, teaching and coaching stages of sprint events
- 2.3. Responsibilities of a coach on and off the field, Techniques of throwing events
- 2.4. Fundamentals of coaching (throwing events).

N.B. Apart from first two units of Athletics the students would study another two units as per their choice of the game.

UNIT-III

VOLLEYBALL (B-I)

Introduction of Volleyball

- 3.1. Introduction of Volleyball, Historical development of volleyball in India and world
- 3.2. Dimensions, layouts and marking of fields of Volleyball, Tournament and its types.
- 3.3 IVBF Rules, regulations and their interpretation of Volleyball, Score sheet of Volleyball
- 3.4 Officiating procedure of volleyball tournament, Qualifications of Officials conducting various tournaments.
Duties and responsibilities of Volleyball officials

UNIT-IV

Techniques and their coaching aspects of Volleyball

- 4.1 Fundamental techniques of volleyball (attacking and defensive techniques), Players positional responsibilities.
- 4.2 Demonstration, explanation and fault correction and principles of coaching
- 4.3. Fundamental teaching and coaching principles of Volleyball
- 4.4 Coaches role and coaching in volleyball

The students will choose any one major game. First two units distributed to Athletics and unit- III and unit- IV are related with many one major game.

FOOTBALL (B-II)

UNIT-III

Introduction of Football

- 3.1. Introduction of football, Historical development of football in India and world
- 3.2. Dimensions, layouts and marking of fields of football, Tournament and its types.
- 3.3 AIFF Rules, regulations and their interpretation of football, Score sheet of football
- 3.4 Officiating procedure of football tournament, Qualifications of Officials conducting various tournaments. Duties and responsibilities of football officials

UNIT-IV

Techniques and their coaching aspects of Football

- 4.1 Techniques and strategies of football (attacking and defensive techniques), Players positional responsibilities.
- 4.2 Demonstration, explanation and fault correction and principles of coaching
- 4.3. Fundamental teaching and coaching principles of football coaching
- 4.4 Coaches role and planning in football coaching

HANDBALL (B-III)

UNIT-III

Introduction of Handball

- 3.1. Introduction of handball, Historical development of handball in India and world.
- 3.2. Dimensions of handball ground, equipment and ball. Tournament and its types.
- 3.3 AHF and HFI Rules, regulations and their interpretation, Score sheet of handball

3.4 Officiating procedure of handball tournament, Qualifications of Officials conducting various tournaments. Duties and responsibilities of handball officials.

UNIT-IV

Techniques and their coaching aspects of Handball

- 4.1 Techniques and strategies of handball (attacking and defensive techniques), Players positional responsibilities.
- 4.2 Demonstration, explanation and fault correction and principles of coaching
- 4.3. Fundamental teaching and coaching principles of handball coaching
- 4.4 Coaches role and planning in handball coaching

BASKETBALL(B-IV)

UNIT-III

Introduction of Basketball

- 3.1. Introduction of Basketball, Historical development of Basketball in India and world
- 3.2. Dimensions of Basketball ground, equipment and ball. Tournament and its type.
- 3.3 IBF and BFI Rules, regulations and their interpretation, Score sheet of Basketball
- 3.4 Officiating procedure of Basketball tournament, Qualifications of Officials conducting various tournaments. Duties and responsibilities of Basketball officials

UNIT-IV

Techniques and their coaching aspects of Basketball

- 4.1 Techniques and strategies of Basketball (attacking and defensive techniques), Players positional responsibilities.
- 4.2 Demonstration, explanation and fault correction and principles of coaching
- 4.3. Fundamental teaching and coaching principles of Basketball coaching
- 4.4 Coaches role and planning in Basketball coaching

Reference Books:

1. Anthony C. Varghese., & Lawrence V. (2009). Volleyball Player. Handbook Friends Publication, New Delhi
2. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice
3. Bill Beswick. (2010). Focused for Soccer. 2nd Edition Human Kinetics.
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6. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd. Lawther, J.D. (1965).
7. Hall. Bunn, J. W. (1972). Scientific principles of coaching.
8. Kaur Balwinder, Officiating and Coaching, Sports Publication, 2020
9. Nikola Radicc; Andraz Repar; Primoz Pori; Dussan Krizzman & Mitja Ilc. (2013). Handball: from beginner to top player. Self-publishing N. Radic Publisher.
10. Phulkar Ashish, Sports officiating and coaching, Sports Publication, 2021
11. Rose. H. Lee (2004). The Basketball Handbook. Human kinetics, USA.
12. Ranganathan P.P. (2003). Volleyball, A Guide to Playing and Coaching. Friends Publication, Delhi.
13. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Grew Hill.
14. Thomas Reilly & Mark Williams. (2003). Science and Soccer. Routledge London.

INTRODUCTION TO INFORMATION TECHNOLOGY
COURSE CODE: BPES/GE/01

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/GE/01	Introduction to Information Technology	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- To Understand about Information Technology in Physical Education and sports
- Recognize and use application software used in Physical Education and sports.
- Utilization of platform and application of software in the field of physical education and sports.

UNIT-I

Introduction to Information Technology

- 1.1 Evolution of computers, characteristics and applications.
- 1.2 Concept, and importance of Information Technology in Physical Education
- 1.3 Need of Information Technology in Physical Education
- 1.4 Applications and Challenges faced in the present context

UNIT-II

Microsoft Office and Introduction to Networking

- 1.1 Multimedia– Meaning, Components and Applications
- 1.2 Microsoft office MS word, MS excel and MS powerpoint.
- 1.3 History of Internet: Uses of Internet
- 1.4 Electronic mail, file transfer protocol, Telnet, Usenet, WWW, Browsers, Search Engines

UNIT-III

Platforms and Applications in Sports

- 3.1 Software and Hardware: concept and importance
- 3.2 Software platforms used in teaching and learning process: online applications
- 3.3 Gadgets: Equipment and Technology in Sports and Physical Education, Heart Rate Monitor; Polar watches; Heddoko – Uniforms with sensors; Myovolt pads for sports therapy
- 3.4 Information Technology-possibilities and future oriented context in relation to Physical education and sports. Sports Technologies: Hawk-Eye Technology; Stump Camera in cricket; Goal Line Technology in Soccer; Radar Gun technology in Tennis

PRACTICAL
CODE:BPES/GE(P)/01

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
LAB PRACTICAL						
BPES/GE(P)/01	Introduction to Information Technology	1	32	10	15	25

Course Learning Outcomes

After completing this course, the students will be able to:

- Acquire practical exposure and skills set for basic operation of computer.
- Acquire practical exposure of use of IT in Physical Education and Sports.

UNIT -I

- 1.1. Basic Operation of Computers
- 1.2. Microsoft Office: Word, Excel
- 1.3. PowerPoint presentation

UNIT -II

- 2.1. Heart rate monitor
- 2.2. Hawk eye technology with computer analysis
- 2.3. Goal line technology analysis
- 2.4. Maintaining a practical record book

Suggested Reading

1. Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.
2. Marilyn, M. & Roberta, B. (n.d.). *Computers in your future*. 2nd edition, India: Prentice Hall.
3. Milke, M. (2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.
4. P.M. Heathcote (2000), „A' Level Computing (4th ed), Payne-Gallway Publishers Ltd ISBN 1-903112-2
5. Sinha, P. K. & Sinha, P. (n.d.). *Computer fundamentals*. 4th edition, BPB Publication.

ENGLISH (MODERN INDIAN LANGUAGE)
COURSE CODE: BPES/AECC/01

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/AECC/01	English (MIL)	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Have an appreciable understanding of English grammar.
- Produce grammatically and idiomatically correct spoken and written discourse.
- Understanding the composition of English language errors and correction

UNIT-I

Parts of Speech

- 1.1 Nouns - different types; Pronoun - different types
- 1.2 Verbs – tense - Concord - types of verbs
- 1.3 Adjectives – different types; Adverbs - different types
- 1.4 Prepositions - different types
- 1.5 Conjunctions - subordinating and coordinating
- 1.6 Determinatives articles - possessives - quantifiers

UNIT-II

Structure of English

- 2.1 Phrases - various types of phrases
- 2.2 Clauses - main and subordinate clauses
- 2.3 Basic sentence patterns in English - constituents of sentences
- 2.4 Complement – adverbials
- 2.5 Basic sentence patterns in English - various types of sentences – simple – compound – complex – declaratives – interrogatives – imperatives – exclamatory.
- 2.6 Analysis and conversion of sentences – Active to Passive and vice versa – Direct to Indirect and vice versa.

UNIT-III

Composition

- 3.1 Written Composition – Letter writing
- 3.2 Written Composition – Précis writing
- 3.3 Written Composition – Outline story
- 3.4 Written Composition - Expansion of proverb
- 3.5 Written Composition - Short essay
- 3.6 Written Composition – Email / Resume writing

Practical
CODE: BPES/AECC(P)/01

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
LAB PRACTICAL						
BPES/AECC/(P) 01	English (Communication Skill)	1	32	10	15	25

Course Learning Outcomes

After completing this course, the students will be able to:

- Acquire practical experience in communication skills.
- Acquire practical exposure for public speaking and interview skills.

UNIT - I

English Language Interactive Communication Skills (Language Lab)

1.1 Effective Speaking Skills.

Practical: Ice-Breaking Activity and JAM Session- Situational Dialogues – Greetings – Taking Leave – Introducing Oneself and Others.

1.2 Effective Communication strategies.

Practical: Situational Dialogues – Role-Play- Expressions in Various Situations – Making Requests and Seeking Permissions - Telephone Etiquette.

UNIT-II

Communication Skills (Classroom and Outdoor Interactions)

2.1 Descriptions- Narrations- Giving Directions and Guidelines.

Practical: Giving Instructions – Seeking Clarifications – Asking for and Giving Directions – Thanking and Responding – Agreeing and Disagreeing – Seeking and Giving Advice – Making Suggestions.

2.2 Public Speaking – Exposure to Structured Talks - Non-verbal Communication- Presentation Skills.

Practical: Making a Short Speech – Extempore- Making a Presentation.

2.3 Group Discussion- Interview Skills.

Practical: Group Discussion- Mock Interviews.

SUGGESTED READINGS:

1. *Wren and Martin's High School English Grammar & Composition*. S.Chand Publishing, 2018.
2. *Cuttis, Martin. (2010) Oxford Guide to Plain English*. Oxford University Press.

**DISCIPLINE SPECIFIC ELECTIVE (DSE)
PHYSICAL FITNESS AND WELLNESS
COURSE CODE:BPES/DSE/01**

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
ELECTIVE COURSE (DSE)						
BPES/DSE/01	Physical Fitness and wellness	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the modern concept of physical fitness and wellness.
- Understand the components of health and skill related physical fitness wellness
- Develop competencies of different types of exercises for physical fitness

UNIT-I

1. Introduction

- 1.1 Meaning and importance of Health, Exercise, Fitness and Wellness
- 1.2. Meaning and importance of Fitness and Wellness, Dimensions of Wellness
- 1.3. Misconceptions about Health, Exercises, Benefits of Fitness and Wellness
- 1.4 Relationship among fitness, wellness and holistic health.

UNIT-II

2. Components of Physical Fitness

- 2.1. Introduction to Physical Fitness: Meaning and Definition
- 2.2 Aim & Objectives of Physical Fitness, Principles of Physical Fitness
- 2.3 Components of health - related fitness: Muscular strength, Muscular Endurance, Cardio Respiratory Endurance, Body composition, Flexibility
- 2.4 Components of performance/Skill related fitness: Strength, Endurance, Power, Agility, Co-ordination, Speed, Balance, reaction time.

UNIT-III

3. Types of Exercise

- 3.1. Aerobic, Anaerobic, Types of Aerobic and Anaerobic Exercises
- 3.2 Strength/Weight Training, Types of exercises, Isometric- Isotonic and Iso-kinetic exercises, Circuit training and Plyometric exercises
- 3.3 Stretching, Types of Stretching, Stretching exercises,
- 3.4 Cross Fit Exercise

PRACTICAL'S
CODE: BPES/DSE (P)/01

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
LAB PRACTICAL						
BPES/DSE(P)/01	Physical Fitness and Wellness	2	64	25	25	50

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire practical experience for designing training programme for all age group.
- Acquire practical experience for designing training programme for specific target group.

UNIT-I

- 1.1. Strength training exercises design for various age groups
- 1.2. Flexibility exercises and design for various age groups
- 1.3 Speed training exercises and design for various age group
- 1.4 Designing Endurance training exercises

UNIT-II

- 2.1 Circuit training exercises
- 2.2 Plyometric training exercises
- 2.3 Design of Complete fitness training programme for different age group
- 2.4 Gym equipment and their exercises with set and repetition

SUGGESTED READINGS

1. Aggarwal Ameet, (2018). Heal Your Body, Cure Your Mind, CreateSpace Independent Publishing Platform
2. Chouksey itendra (2021). Lose fat, get fittr: the simple science of staying healthy for life, Rupa Publications, India.
3. Carol K. Armbruster, Ellen M. Evans and Catherine M. Laughlin(2018) Fitness and wellness away of life, Human Kinetics.
4. Difiore, J. (1998). *Complete guide to postnatal fitness*. London: A & C Black,
5. Diwekar Rujuta,(2020). The 12-Week Fitness Project Juggernaut.
6. Giam, C. K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
7. McGlynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown. 4-Sharkey, B. J. (1990). *Physiology of fitness*, Human Kinetics Book.
8. Rath, Shyam Sundar. (2017). Physical Fitness and wellness, Sports Publication, New Delhi.
9. Werner W.K, Sharon A, Cherie I. and Amber L. (2018) Fitness and wellness, Cengage Learning.
10. Werner W.K. Hoeger and Sharon A. (2015) Principles and lab for fitness and wellness, Cengage Learning

DISCIPLINE SPECIFIC ELECTIVE (DSE)
SPORTS EVENT MANAGEMENT
COURSE CODE: BPES/DSE/02

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/DSE/02	Sports Event Management	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- To Identify and understanding various types of contemporary sporting events
- Understand the internal and the external sponsorship to sport event management
- To understand the misconnect and the negligence affect to event management

UNIT-I

Introduction:

- 1.1. Understanding Sport Facilities/Planning, Importance of Sports Event Management
- 1.2. Different types of sports events, sports event and sport tourism
- 1.3. Event Planning Sequence, Opening and Closing ceremony
- 1.4. Event manager and role of management staffs and different committee

UNIT-II

Budgeting, Sponsorship and Marketing

- 2.1 Sports event budget, Planning and preparation of budget, Event Cost Estimate
- 2.2 Sponsorship and advertisement of the event
- 2.3 Marketing strategies and Event Marketing
- 2.4 Media role and promotion, Media partner

UNIT-III

3. Event Management and Negligence:

- 3.1 Sports Venue location and selection and facilities
- 3.2 Event and GameDay Management, Risk Management and negligence, analysis of strength and weakness of risk factors of event
- 3.3 Services and Logistics, Pre-Event and Post event evaluation, evaluation of managing staffs
- 3.4 Crowd Management

Practical
Code: BPES/DSE(P)/02

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/DSE(P)/02	Sports Event Management	2	64	25	25	50

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire practical exposure to manage sports events.
- Acquire practical exposure for planning, budgeting, report writing and organizing events.

UNIT-I

- 1.1. Management of various sports events
- 1.2. Field visit to different Schools, Colleges and Universities
- 1.3. Observation of sports events at SAI centers

UNIT-II

- 2.1. Planning and preparation of budget for sport events
- 2.2 Submission of assignment about event management
- 2.3 Report writing on opening and closing ceremony of event

Suggested Readings

1. Bucher, C.H.(1983) *Administration of Physical Education and Athletic Programmes*, The C.V. Mosby Company, London.
2. Zeigler, E.M. and Dewie, G.W. (1983) *Management Competency Development in Sports and Physical Education*, Lea and Febiger, Philadelphia.
3. Allen, L.A.(1958) *Management and Organization*, Mc-Graw Hill Book Company, Inc., London.
4. Huges, W.L. et. al. (1962) *Administrative of Physical Education*, The Ronald Press, Company, New York.
5. Venderzwaq, H.J.(1935) *Sports Management in Schools and Colleges*, McMillan Publishing Company, New York.
6. Larry Horine,(1991) *Administration of Physical Education and Sports*, Wm.C. Brown Publishers (IInd Edition).
7. Rober L. Mathis & John H. Jackson(2000) *Human Resource Management*(Ninth Edition) South Western College Publishing.
8. Jackquelyn Cuneed & M. Joy Sidwell,(1994) *Sports Management Field Experiences*, Fitnson Information Technology; Inc.

SPORTS PRACTICAL
OFFICIATING AND COACHING-1
CODE: BPES/CCP/102 (A)
ATHLETICS- RUNNING (SPRINT) AND THROWING EVENTS
ATHLETICS(SPRINT EVENT AND THROWING EVENTS)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/102 (A)	Officiating and Coaching-1 Athletics- Running (Sprint) and Throwing events	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the dimensions of track and throwing events
- Appraise the rule & regulation and learning skills
- Demonstrate and assess various techniques of starts and finish.
- Interpret the rules, regulations and officiating and coaching.

UNIT-I

Dimension and layout of track and field events

- 1.1. Dimension and lay out of 200m track
- 1.2. Dimension and lay out of 400 m track
- 1.3. Dimension and lay out of Shot put and Discus sector
- 1.4. Dimension of Javelin and Hammer throw sector

UNIT-II

Rules and Skill of Running Events

- 2.1. Sprint: Starting techniques: Standing start, Crouch start and its variations
- 2.2. Proper use of blocks.
- 2.3. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- 2.4. Rules and regulations and their interpretations

UNIT- III

Throwing events

- 3.1. Putting the shut: Grip, hold the shut, Perri O'Brien, Disco Put technique
- 3.2. Discus technique: Grip, Stance, Wind up, Starting the throw, Bringing the turn to the center of the ring, complete the turn to the center of the ring, turn to power position, release and balance
- 3.3 Javelin techniques: Grip, hold the Javelin, approach run, perform withdrawal, make the transition,
Delivery stride, perform the delivery throw, follow throw
- 3.4. Hammer: Grip, swing, entry, turns, delivery, heel-toe turn footwork, release angle,

UNIT-IV

Officiating and Coaching

- 4.1. Rules and their interpretations and duties of officials in track and field events.
- 4.2 Learning officiating of track and field events
- 4.3. Fundamentals of coaching ability (Demonstration, explanation, rectification and class control)
- 4.4. Tactical aspects of sprint and throwing events

TEACHING LEARNING STRATEGIES

The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing/ Shadow Practice etc.

ASSESSMENT RUBRICS

- End Semester Exam(External)
(Skill Proficiency, Project File, Officiating, Viva)
- Internal
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 100

Marks:50

Marks: 50

Suggested Reading:

1. Brewer, Clive, Athletic Movement Skills, Human Kinetics, USA, 2017.
2. Cartwright, L.A. Fundamentals of Athletics Training, Human Kinetics, 2011.
3. David H. Perrin, Athletic Tapping and Bracing, Third Edition, Human Kinetics, 2012.
4. Freeman, W. Track and Field Coaching Essentials, AADI Books, Delhi, 2015
5. Gupta, U.C. Athletic- Skills & Techniques, Human Kinetics, 2016.
6. Schneider, R. C. (2009). Ethics of Sport and Athletics: Theory, Issues, and Application. Wolters Kluwer Health/Lippincott Williams & Wilkins
8. USA Track & Field, Track & Field Coaching Essentials, Human Kinetics, 2017

SEMESTER – I
PRACTICUM COURSE BPES/CCP/102(B-I,II,III,IV)
Officiating and Coaching-1: Any One- Major Games (Volleyball, Football, Handball, Basketball)
VOLLEYBALL (B-I)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/102 (B: I, II, III, IV)	Volleyball (B-I)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Understand Ground marking and Fundamental Skills of Volleyball
- Acquire and interpret basic Volleyball skills
- Appraise the rules and regulation.
- Demonstrate and assess various basic skills/techniques and game strategies.
- Officiate in competition.

UNIT-I

Ground marking and Fundamental Skills of Volleyball

- 1.1. Ground marking of volleyball court
- 1.2. Players Stance, Receiving the ball, Passing to the team mates
- 1.3. The Volley (Overhead pass)
- 1.4 The Dig (Under hand pass)

UNIT-II

Service and setting skill in Volleyball

- 2.1 Service-Under Arm Service, side arm service, tennis service
- 2.2 Effective service performance
- 2.3 Service strategy and reception
- 2.4 Basic technique in setting skill

UNIT-III

Attacking and defensive skill

- 3.1. Types of attack, spike straight arm spick,
- 3.2 Service reception and block, single block,
- 3.3 Attack combination and blocking evaluation
- 3.4 Defense and importance of block, defense of libero, Individual player and positional responsibility, basic offensive and defensive pattern play

UNIT-IV

Officiating and Coaching

- 4.1 learning Officiating skill, Interpretation of rules and officiating
- 4.2 Fundamentals of coaching ability (Demonstration, explanation, rectification and class control)
- 4.3 Tactical aspects of Volleyball coaching
- 4.4 Drills and lead up activities

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT RUBRICS

Marks: 100

- End Semester Exam(External)
(Skill Proficiency, Project File, Officiating, Viva)

Marks:50

- Internal
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 50

SUGGESTED READINGS

1. Anthony C. Varghese., & Lawrence V. (2009). Volleyball Player. Handbook Friends Publication, New Delhi
2. Bob Bertucci, Toshiaki Yoshida, Makoto Kattsumoto, The Complete Volleyball, Coaches Choice (December 7, 2011)
3. Becky Schmidt, Volleyball: Steps to Success, Human Kinetics; First edition September 29, 2015)
4. Dumphy Mary & Wilde Rad (2000). Volleyball Today. 2nd Edition, Fritz/Brett.
5. Ranganathan P.P. (2003). Volleyball, A Guide to Playing and Coaching. Friends Publication, Delhi.
6. Soudhu S. Gurbaksh (1982). Volleyball Basic and Advanced. Sports People, Chandigarh.
7. Sagar, S.K. Skills & Tactics Volleyball, sports Publication, 2018.
8. USA Volleyball. (2007). Coaching Youth Volleyball, 4th Edition, Human Kinetics

FOOTBALL (B-II)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/102 (B: I, II, III, IV)	Football (B-II)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic skills of Football.
- Implication of the laws of Football.
- Demonstrate and assess various basic skills and team strategies.
- Officiating in football match.

UNIT-I

Ground marking, dribbling and trapping

- 1.1. Ground marking
- 1.2. Dribbling-With instep, inside and outer instep of the foot
- 1.3. Trapping-trapping rolling the ball
- 1.4. Trapping bouncing ball with sole

UNIT-II

Kicks in Football

- 2.1. Kicks-Inside kick
- 2.2. Instep kick
- 2.3. Outer instep kick
- 2.4. lofted kick, throw in

UNIT-III

Heading, tackling and Goal keeping

- 3.1 Heading-From standing, running and jumping.
- 3.2 Feinting-With the lower limb and upper part of the body.
- 3.3 Tackling-Simple tackling, Slidetackling.
- 3.4. Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

UNIT-IV

Officiating and Coaching

- 4.1. Rules and their interpretations.
- 4.2 Learning officiating in Football
- 4.3. Fundamentals of coaching ability (Demonstration, explanation, rectification and class control)
- 4.4. Principles of football coaching, Tactical aspects of football coaching and training.

TEACHING LEARNING STRATEGIES

The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT RUBRICS

Marks: 100

- End Semester Exam (External)

Marks: 50

(Skill Proficiency, Project File, Officiating, Coaching & Viva)

- Internal

Marks: 50

(Skill Proficiency, Project File, Officiating, Coaching, Attendance, Viva)

SUGGESTED READINGS

1. Bill Beswick. (2010). Focused for Soccer. 2nd Edition, Human Kinetics.
 2. Bobby Moffat. (1985), The Basic Soccer Guide. Collier Books.
 3. Dylan Joseph, Soccer Coaching: A Step-by-Step Guide on How to Lead Your Players, Manage Parents, and Select the Best Formation, Understand, LLC, 2019
 4. John Hughson, Handbook of Football Studies Routledge, 2018
 5. Jacob Danial, The Complete Guide to Coaching Soccer Systems and Tactics, Reedswain (October 1, 2003)
 6. Nelson McAvoy, Teaching soccer fundamentals, Human Kinetics; 1st edition (August 24, 1998)
 7. Robert Koger 101 Great Youth Soccer Drills McGraw-Hill Education; 1st edition (2005).
 8. Thomas Reilly & Mark Williams. (2003), Science and Soccer. Routledge, London.
- Thomson, W. Teaching Soccer

HANDBALL (B-III)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/102 (B: I, II, III, IV)	Handball (B-III)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic skills of Handball
- Appraise the rules and regulation.
- Demonstrate and assess various basic skills/techniques and game strategies.
- Understand the fundamental of coaching and officiate in competition.

Unit-I

Ground Marking, Catching, Dribbling and Passing:

- 1.1 Ground Marking, Players Positions and Ball Handling in Handball.
- 1.2 Catching the Ball: Overhead Catch (Catching Above the Head), Medium Catch (Catching Above the Waist), Low Catch (Catching Below the Waist) and Catching While Running.
- 1.3 Dribbling: Dribbling High and Dribbling Low
- 1.4 Passing the Ball: Overhead Pass, Wrist Pass, Push Pass, Pitch Pass, Behind the Back Pass and Behind the shoulder Pass

Unit-II

Shooting and 7 Meter Throw:

- 1.5 Set Shot or straight shot, Jump Shot High, Jump Shot Long,
- 1.6 Wing Shot, Dive Shot, running shot (without blocking steps),
- 1.7 Lob shoot, Side Step shot and Fast Break.
- 1.8 Penalty Shoot (7 Meter throw) shooting variation.

Unit-III

Goal Keeping, Defensive and Attacking Systems.

- 1.9 Goalkeeper Position in Goal Post
- 1.10 Blocking High Shots, Blocking Low Shots
- 1.11 Blocking Medium High Shot, Blocking Wing Shot, Defending fast break ball
- 1.12 Defensive systems and Attacking system

Unit-IV

Officiating and Coaching in Handball

- 4.1 Rules and their interpretations and duties of officials.
- 4.2 Learning officiating in Handball.
- 4.3 Fundamentals of coaching ability (Demonstration, explanation, rectification and class control)
- 4.4 Tactical aspects of Handball Coaching.

TEACHING LEARNING STRATEGIES

The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT RUBRICS

Marks: 100

- End Semester Exam (External)
(Skill Proficiency, Project File, Fundamentals of coaching
Officiating, Viva)

Marks: 50

- Internal
(Skill Proficiency, Project File, Fundamentals of coaching, Officiating, Attendance, Viva)

Marks: 50

Suggested Reading:

1. Bernath E Phillips, Fundamental Handball, (2011), Createspace Independent Publishing Platform
2. Baha M. H and James D. L (1994). Team Handball: Skills, Strategies and Training. Eddie Bowers Publishing Company.
3. Bernath E. Phillips (2013). Fundamentals of Handball. Literary Licensing publisher.
4. Narang Priyanka, (2016) Teach yourself Handball, Sports Publication.
5. Reita Clanton & Mary P. D. (1996). Team Handball: Steps to Success: Steps to Success Sports. Human Kinetics Publishers.
6. Nikola Radicc; Andraz Repar; Primoz Pori; Dussan Krizzman & Mitja Ilc. (2013). Handball: from beginner to top player. Self-publishing N. Radic Publisher.

BASKETBALL (B-IV)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/102 (B: I, II, III, IV)	Basketball(B-IV)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic skills of Basketball
- Appraise the rules and regulation.
- Demonstrate and assess various basic skills/techniques and game strategies.
- Officiate in competition and fundamental knowledge of Coaching

UNIT-I

Basketball Court Measurement and Marking and fundamental Skills

- 1.1. Basketball Court Measurement and Marking
- 1.2. Player stance and ball handling, Passing-Two Hand chest pass, two hands Bounce Pass
- 1.3. One Hand Baseball pass, Side Arm Pass, Over Head pass, Hook Pass.
- 1.4. Drills and lead up activities on the above-mentioned skills

UNIT-II

Dribbling and receiving the ball

- 2.1. Dribbling-How to start dribble, how to drop dribble, High dribble, Low dribble, Reverse dribble, rolling dribble.
- 2.2. Receiving-Two Hand receiving, one hand receiving, receiving in stationary position, receiving while jumping, receiving while running.
- 2.3. Shooting-Layup shot and its variations, one hand set shot, one hand jump shot, Hook shot, and Freethrow, Pivoting.
- 2.4. Drills and lead up activities on the above-mentioned skills

UNIT-III

Offensive and Defensive rebound

- 3.1. Rebounding- Offensive rebound
- 3.2. Defensive rebound
- 3.3. Individual Defense- Guarding the man with the ball and without the ball,
- 3.4. Drills and lead up activities on the above mentioned skills

UNIT-IV

Officiating and Coaching

- 4.1. Rules and their interpretations and duties of officials.
- 4.2. Learning officiating in Basket ball

4.3. Fundamentals of coaching ability (Demonstration, explanation, rectification and class control)

4.4. Tactical aspects of Basketball Coaching

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills

ASSESSMENT RUBRICS

Marks: 100

- End Semester Exam (External)
(Skill Proficiency, Project File, Officiating, Viva)

Marks: 50

- Internal
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 50

SUGGESTED READINGS

1. Brian T. McCormick, The 21st Century Basketball Practice: Modernizing the basketball practice to develop the global player, Independently published, 2020.
2. DeVenzio, Stuff Good Players Should Know: Intelligent Basketball from A to Z, Pgc Basketball; 4th ed. edition (2014).
3. Geyer Dick (1977). Full Court Control Basketball. Parker Publishing Company, Inc. New York
4. Jerry Krause, Craig R. Nelson Basketball skills and Drills, Human Kinetics; Fourth edition, 2018.
5. Laszlo, N. Basketball skill of the games, Crowood Press (March 1, 2002)
6. Rose. H. Lee (2004). The Basketball Handbook. Human kinetics, USA.
7. Wissel, H. Basketball steps to success, Human Kinetics, 1994.

SEMESTER II

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
Theory						
BPES/CC/201	Anatomy and Physiology	3	48	30	45	75
BPES/CC/202 A&B-I,II,III,IV	Officiating and coaching II Athletics, Major Games: (Any One)	3	48	30	45	75
BPES/GE/02	Traditional Exercise, Sports and Games	2	32	20	30	50
BPES/AECC/02	Environmental science	2	32	20	30	50
Elective Papers (Any One)						
BPES/DSE/03	Recreation and Adventure Sports	2	32	20	30	50
BPES/DSE/04	Value Education					
LAB /PRACTICAL						
BPES/CC(P)/201	Anatomy and Physiology	1	32	10	15	25
BPES/GE(P)/02	Traditional Exercise, Sports and Games	1	32	10	15	25
BPES/DSE(P)/03	Recreation and Adventure Sports	2	64	25	25	50
BPES/DSE(P)/04	Value Education					
SPORTS PRACTICAL						
BPES/CCP/202(A)	Athletics- Running (Middle and Long distance) and Jumping event	4	128	50	50	100
BPES/CCP/202(B -I,II,III	Major Game: Cricket, Hockey, Kho Kho and Kabaddi (Any one)	4	128	50	50	100
		24	576	265	335	600

NCC: Compulsory for all Students in first year

CODE:CC- Core course, DSE- Discipline Specific Elective, GE-Generic Elective, SE- Skill Enhancement, AEC-Ability Enhancement Compulsory, PC- Practicum Course

SEMESTER - II
ANATOMY AND PHYSIOLOGY
COURSE CODE: BPES/CC/201

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
THEORY						
BPES/CC/201	Anatomy and Physiology	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the Need and importance of anatomy and physiology in the field of physical education.
- To know about types, structure and characteristics of muscles and circulatory system
- To understand digestive and respiratory system
- To understand and to understand excretory, nervous and endocrine system

COURSE CONTENTS

UNIT – I

Introduction of Anatomy & Physiology

- 1.1 Meaning, Definition, Need and importance of anatomy and Physiology in the field of physical Education and Sports science
- 1.2 Skeletal System, Classification of Bones, Function of bones, Types of Joints, Classification of joints and their functions.
- 1.3 Definition, Structure and Function of the Cell,
- 1.4 Tissue: Types and structure of Tissues, Organs and systems

UNIT – II

Introduction of Muscular and Nervous System

- 2.1. Muscular System: Gross Anatomy of Skeletal Muscles.
- 2.2. Types of Muscles and Muscle Contraction, Group action in skeletal muscles
- 2.3. Motor unit, functional types of skeletal muscles, muscles metabolism and fatigue
- 2.4. Nervous system: Central Nervous System, Peripheral Nervous Systems, function of nervous system.

UNIT-III

3. Cardiovascular and Respiratory System

- 3.1 Heart: its structure and function, Systemic and pulmonary circulatory system
- 3.2 Cardiac Cycle, Stroke volume, Cardiac output and Blood Pressure
- 3.3 Respiratory System: lungs, Respiratory tract, Mechanism of Respiration (internal and external respiration)
- 3.4 Exchanges of gases, Ventilation and lungs volumes, Pulmonary Volumes and Vital Capacity

UNIT – IV

- 4.1 Digestive System: Structure and Function
- 4.2 Endocrine System: Structure and Function
- 4.3 Excretory System: Structure and Function
- 4.4 Reproductive System: Structure and Function



**PRACTICAL:
CODE: BPES/CC(P)/201**

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
LAB /PRACTICAL						
BPES/CC(P)/201	Anatomy and Physiology	1	32	10	15	25

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire practical experience in laboratory and create conceptual richness.
- Acquire virtual imaginary of different system of human body.

UNIT-I

- 1.1. Demonstration of cell, tissue, major muscles (origin and insertion) through video
- 1.2. Identification of human bones, Joints and its explanation by the students
- 1.3. Measurement of BP, resting heart rate and exercise heart rate
- 1.4. Measurement of Lungs volumes and Capacities

UNIT-II

- 2.1. Video presentation of digestive system and its explanation by the students
- 2.2. Video Presentation of endocrine grand its explanation by the students
- 2.3. Video Presentation of Kidney and urinary tract and its explanation by the students
- 2.4. Video Presentation of human Brain and its explanation by the students

SUGGESTED READINGS

1. Chaurasia B.D (2020) B D Chaurasias Handbook of General Anatomy, 6 th edition, CBS Publisher.
2. Dr. A. Chandra Sekhar (2014) Handbook of Anatomy & Physiology, All India Publishers & Distributors; 2nd Edition
3. Elaine Marieb and Suzanne Keller (2017) Essentials of Human Anatomy & Physiology, Global Edition, Publisher-Pearson; 12th edition.
4. Fredric H. Martini, Michael J. Timmons Human Anatomy Prentice Hall, New Zealand 2000.
5. Garg K. (2020) Essentials of Anatomy and Physiology for GNM with Clinical Importance, Publisher -CBS Nursing.
6. Jamet Parker The Human Body Atlas Om Books Publication Comp. Inc. 2006.
7. Ken Ashwell The Student Anatomy of Exercise Manual Medtec an Imprint of Scientific International Pvt. Ltd., Australia 2012.
8. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
9. Richard L. Drake Grays Anatomy for Students Elsevier Churchill Livingstone Comp. Inc., Philadelphia 2005.
10. Gerard J. Tortora and Bryan H. Derrickson (2017) "Tortora & 39's Principles of Anatomy and Physiology" Publisher : Wiley 15th edition.
11. G.L. Khanna (2016) Exercise Physiology and Nutrition, Friends Publications (India); First edition.

SEMESTER – II
OFFICIATING AND COACHING II
COURSE CODE: BPES/CC/202 (A and B-I,II, III, IV)
ATHLETICS AND MAJOR GAMES

Running (Middle and Long distance) and jumping events, Major games (Any one) Cricket, Hockey and softball

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/202 A&B-I,II,III,IV	Officiating and coaching II Athletics, Major Games: Cricket, Hockey, Softball, Kho Kho and Kabaddi(Any one)	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- To understanding the, Rules and regulation officiating of long distance and jump (athletics)
- To understanding the, Techniques and tactics and the officiating aspects of Running and jumping athletics)
- understand the officiating and coaching of major games (Cricket, Hockey, softball)

UNIT-I

Rules of Middle, long distance running and Jumping events:

1.1. Introduction of AFI and IAAF

1.2. Brief history of middle, long distance running and jumping events. Layout, dimensions and markings of jumping Events.

1.3. Ethics in officiating, Duties of Officials in middle and long distance running and jumping events

1.4 Rules and Officiating of Jumping events.

UNIT-II

Coaching Techniques and their coaching aspects of running jumping events

2.1. Middle and long distance Running events and their technique, movement economy

2.2 Importance of Interval and continuous training for middle and long distance training

2.3. Responsibilities of a coach on and off the field in jumping events

2.4. Classifying training methods, long term development of jumpers, training organization strategies.

CRICKET (B-I)

UNIT-III

Introduction of Cricket

- 3.1 Introduction of Cricket, Historical development of Cricket in India and world
- 3.2 Dimensions, layouts and marking of cricket, Major cricket Tournament.
- 3.3 ICC Rules, regulations and their interpretation, LBW rules
- 3.4 Cricket officiating procedure, Qualifications for Officials conducting cricket tournament, Duties and Responsibilities of Cricket Umpire and third Umpire

UNIT-IV

Coaching aspects of Cricket

- 4.1 Batting Fundamental techniques ball (attacking and defensive techniques), Players and captains Position and responsibilities in the ground.
- 4.2 Demonstration, explanation and fault correction and principles of coaching in cricket
- 4.3 Fundamental teaching and coaching principles of bowling and wicket keeping in cricket. Demonstration method, explanation and rectification
- 4.4 Training session template in cricket

HOCKEY (B-II)

UNIT-III

Introduction of Field Hockey

- 3.1 Introduction of Hockey, Historical development of hockey in India and world
- 3.2 Dimensions, layouts and marking of hockey, Major hockey Tournament. The performance of Indian team in Olympics and other International competition
- 3.3 FIH Rules, Regulations and their interpretation.
- 3.4 Hockey officiating procedure, Qualifications for Officials conducting Hockey tournament, Duties and Responsibilities of Hockey officials

UNIT-IV

Coaching aspects of Hockey

- 4.1 Fundamental techniques (attacking and defensive techniques), Players and captains Position and responsibilities in the ground
- 4.2 Demonstration, explanation and fault correction and principles of coaching in Hockey
- 4.3 Fundamental teaching and coaching principles of Hockey. Demonstration method, explanation and rectification
- 4.4 Training session models in Hockey

KHO-KHO (B-III)

Unit-III

Introduction of Field Kho-Kho

- 3.1 Introduction of Kho-Kho, Historical development of Kho-Kho in India and world
- 3.2 Dimensions, layouts and marking of Softball, Major Kho-Kho Tournament in India
- 3.3 Kho-Kho Rules, Regulations and their interpretation.
- 3.4 Kho-Kho officiating procedure, Qualifications for Officials conducting Kho-Kho tournament, Duties and Responsibilities of Kho-Kho officials

UNIT-IV

Coaching aspects of Kho-Kho

- 4.1 Fundamental techniques (attacking and defensive techniques), Players and Captains position and responsibilities in the ground
- 4.2 Demonstration, explanation and fault correction and principles of coaching in Kho-Kho
- 4.3 Fundamental teaching and coaching principles of Kho-Kho, Demonstration method, explanation and rectification
- 4.4 Training session models in Kho-Kho.

KABADDI (B-IV)

Unit-III

Introduction of Field Kabaddi

- 3.1 Introduction of Kabaddi, Historical development of Kabaddi India and world
- 3.2 Dimensions, layouts and marking of Kabaddi court, Major Kabaddi Tournament in India and world.
- 3.3 Kabaddi Rules, Regulations and their interpretation.
- 3.4 Kabaddi officiating procedure, Qualifications for Officials conducting Kabaddi tournament, Duties and Responsibilities of Kabaddi officials

UNIT-IV

Coaching aspects of Kabaddi

- 4.1 Fundamental techniques (attacking and defensive techniques), Players and Captains position and responsibilities in the ground
- 4.2 Demonstration, explanation and fault correction and principles of coaching in Kabaddi
- 4.3 Fundamental teaching and coaching principles of Kabaddi, Demonstration method, explanation and rectification
- 4.4 Training session models in Kabaddi.

Reference Books:

1. Aneja, O.P. (2012). How to Play Cricket, Prerna Prakashan.
2. Arora, Monika (2005). Cricket Coaching Manual. Sports Publication.
3. Bertagna Joe, The Hockey Coaching Bible, Human Kinetics 2015
4. Brewer, Clive, Athletic Movement Skills, Human Kinetics, USA, 2017.
5. Cartwright, L.A. Fundamentals of Athletics Training, Human Kinetics, 2011.
6. David H. Perrin, Athletic Tapping and Bracing, Third Edition, Human Kinetics, 2012.
7. Deshmukh Anil A, Kabaddi, (2020) Sports Publication, New Delhi
8. Dave Chambers, The hockey drill book, Human Kinetics; Second edition, 2016
9. Jain Deepak, How to play Hockey, Prerna Prakashana, 2016
10. Karikalan. I, (2021) The book of Kabaddi, Sports Publications, New Delhi.
11. Kaur Balwinder, Officiating and Coaching, Sports Publication, 2020
12. Phulkar Ashish, Sports officiating and coaching, Sports Publication, 2021
13. Naval Kishore, (2016), How to play Kho Kho, Sports Publication, New Delhi
14. Singh .C.P, Sports coaching and Officiating, Sports Publication, 2020
15. Verma Kavita, (2015) Text book on Kho Kho, International E Publication.

SEMESTER – II
TRADITIONAL EXERCISE, SPORTS AND GAMES
COURSE CODE: BPES/ GE/02

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/GE/02	Traditional Exercise, Sports and Games	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Students will be able to know the traditional sports and games and specific exercises related to games
- Understand the historical background of traditional sports and games
- Understand the social values of traditional sports and games

UNIT-I

1. Introduction to Traditional Sports and Games

- 1.1 Meaning and importance of Traditional exercise and Games.
- 1.2 Need and Scope of Traditional exercise, Sports and Games.
- 1.3 Benefits of Traditional exercise, Sports and Games in present days.
- 1.4 UNESCO: Intangible Cultural Heritage-Traditional Sports and Games (TSG)

UNIT-II

2. Historical Background

- 2.1. History of Traditional exercises, Sports and Games in ancient India and their origin.
- 2.2. Traditional exercises, Sports and Games in Pre and Post-Independence Period.
- 2.3. Traditional exercise, Sports and Games in North East India.
- 2.4. History of Traditional Sports and Games of Manipur and their classifications

UNIT-III

3. Traditional Sports and Society

- 3.1. Traditional Sports and Games and its social values.
- 3.2. Traditional Sports and Games as a tool for intercultural learning
- 3.3. Traditional Games as a recreational activity.
- 3.4. National and International Association/Bodies of Traditional Sports and Games.

PRACTICAL
CODE: BPES/GE(P)/02

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/DSE(P)/03	Recreation and Adventure Sports	2	64	25	25	50

UNIT-I

- 1.1. Traditional exercises and sports of India
- 1.2. Traditional exercises and sports of North East India
- 1.3. Traditional martial arts of North East India
- 1.4. Traditional exercises and Sports from different parts of the World

UNIT-II

- 2.1. Traditional wrestling in India
- 2.2. Thang-Ta and Mukna
- 2.3. Mallakhambh and Gatka
- 2.4. Kalaripayattu and Raibansa

SUGGESTED READING:

1. www.unesco.org : Traditional Games and Sports (TSG)
2. www.tafisa.org
3. Encyclopaedia of Traditional Games, Gremese International; 192nd ed. edition (1 March 1995)
4. Traditional Games, Sports Publication (1 December 2015)
5. www.mallakhambindia.com
6. Rath. ShyamSundar, Martial Arts A critical Analysis of Orissa, KalpazPublisher, New Delhi, 2005.
7. L. Kokngang, Thang- Ta, 2008
8. KonjengbamBiren Singh, Meitei HuyenLanlong, Manipur State Kala Academy, 1985.
9. sgfibharat.com/images/stories/RULES/Rules_Thangta.pdf
10. https://www.keralatourism.org/kalaripayattu/origin
11. https://gatkaa.com
12. https://themanipurpage.tripod.com/culture/thangta.html
13. blog.globalindianschool.org
14. www.sportanddev.org
15. www.chaseyoursport.com

SEMESTER – II
ENVIRONMENTAL SCIENCE
COURSE CODE: BPES/AECC/02

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/AECC/02	Environmental science	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the definition of environmental studies, its scope and importance in the educational system.
- Determine the renewable and non-renewable resources. and develop public awareness about environment
- The role of an Individual in the conservation of natural resources.
- To understand the structure and functions of an ecosystem.

UNIT-I

1. Environmental studies

- 1.1. Introduction to environmental studies with their importance.
- 1.2. Need for public awareness.
- 1.3. Sensitization and participation.
- 1.4. Swatch Bharat Abhiyan.

UNIT-II

2. Natural Resources

- 2.1. Types of natural resources and their importance.
- 2.2. Renewable and Non-Renewable Resources.
- 2.3. Land resources, Water resources, Forest resources- use and overuse Minerals and Energy resources- importance of renewable and sustainable energy.
- 2.4. Role of an individual in the conservation of natural resources

UNIT-III

3. Ecosystems

- 3.1. Concept of an ecosystem,
- 3.2. Types of ecosystems, of Forest ecosystem, Grassland ecosystem and Desert ecosystem, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)
- 3.3. Structure and function of an ecosystem, Producers, consumers and decomposers.
- 3.4. Energy flow in the ecosystem, Food chains, food webs and ecological pyramids, Ecological succession.

SUGGESTED READING

1. A.C. Pandey (2014). "*Frontiers in Environmental Research, Academic Excellence*, India.
2. Agrawal, K. C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.
3. Gupta (2001) *Methods in Environmental Analysis, Water, Soil and Air*, AGROBIOS (India).
4. Hofrichter, R. (ed.) *Toxic Struggle: The Theory and Practice of Environmental Justice*. Philadelphia: New Society Publishers.
5. K. Glaz, B.K. Rimer, K. Viswanath (2008). *Healthy Behavior and Healthy Education* (4th edition). Jossey-Bass A Wileyimprint.
6. K. Tones, Y.K. Robinson"s, S. Tilfor (2013). *Health Education*, Springer.
7. L.B. Lave, E.P. Seskin (2013). *Air Pollution and Human Health*, Ref. Press, New York. P.K.
8. Lancaster, R. N. and Leonardo, M. (eds.) 1997. *The Gender /Sexuality Reader: Culture, History, Political Economy*. New York: Routledge. 10
9. P. Elliot, J.C. Wakefield, N.G. Best, D.J. Biggs (2000). *Spatial Epidemiology: Methods and Application*.
10. Park J.E. & Park K. (2002). *Textbook of preventive and social medicine*. Jabalpur: Banarasi Das Bhanot Publication.
11. Shiva, V. 1989. *Staying Alive: Women, Ecology and Development*. London: Zed Books.
12. Stein, R. 2004. *New Perspective on Environmental Justice: Gender, Sexuality and Activism*. New Jersey: Rutgers University Press.
13. UGC (2005). *Textbook of Environmental Studies*, University Press.
14. UNDP: Human Development Report (2000) New Delhi: OUP.
15. W.P. Cummingham, B.W. Saigo (2001). *A Global Concern*, Cummingham.
16. WHO (2006). *Preventing diseases through healthy environment*.

SEMESTER II
DISCIPLINE SPECIFIC ELECTIVE (DSE)
RECREATION AND ADVENTURE SPORTS
COURSE CODE: BPES/DSE/03

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/DSE/03	Recreation and Adventure Sports	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand meaning, definition, need and importance of recreation
- Understand branches and types of recreation
- Understand the adventure sports and its scope

UNIT – I

Introduction to Recreation

- 1.1 Meaning & Definition of Recreation, Need and Importance of Recreation
- 1.2 Concept in Sports Recreation
- 1.3 History of Recreation in India, Trends of Recreational activities in India
- 1.4 Camping, Types of Camping, Importance of Camping in Physical Education

UNIT-II

Branches and Types of Recreation

- 2.1. Branches: Aquatic branch, community branch, Park resources branch, State Parks branch, Therapeutic branch
- 2.2. Types of Recreation – Indoors & Outdoor
- 2.3. Recreational Therapy: introduction and its benefits
- 2.4. Misconception regarding Recreation Hiking, Trekking, River Crossing as Recreational Activity

UNIT-III

Adventure Sports

- 3.1 Introduction to Adventure Sport, Adventure Sports Management and Risk Management
- 3.2 Mountaineering and Rock Climbing their Equipment, Clothing & Techniques
- 3.3 Rafting, Scuba Diving their Equipment, Clothing & Techniques
- 3.4 Hang gliding & Paragliding: Equipment, Clothing & Techniques

PRATICAL
CODE: BPES/DSE(P)/03

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/DSE(P)/03	Recreation and Adventure Sports	2	64	25	25	50

UNIT-I

- 1.1 Trekking, Hiking,
- 2.1. Rock climbing,
- 2.2.Camping etc.
- 2.3.Canoeing, kayaking, etc.

UNIT-2

- 2.1 Recreation Sports for School Children – Individual and Groups
- 2.2 Recreation Sports for Youth – Individual and Groups
- 2.3 Recreation Sports for Middle Aged People – Individual and Groups
- 2.4 Recreation Sports for Aged People – Individual and Groups

SUGGESTED READINGS

1. Dheer, S. &Radhika Kamal, Organization and Administration of Physical Education, Friends Publication, New Delhi – 1991.
2. Two Experienced Professors, Organization, Adminsitration and Recreation in Physical Education, Parkash brothers, Educational Publishers, Ludhiana 1986.
3. Butler G.O. introduction to "Community Recreaton" NewyorkMcGraw-hill Co. Inc.1959
4. H.D. Meyer and C.K. Bright bill community Recreation', A guide to its organization. New Zercy,1964.
5. "A Recreation". Professor Shri C.H. Dubey L.N.C.P.E. Gwalior.(M.P.)
- 6.Mood Dale P., Judith E. Rink and Frank F. Musker, Sports and Recreational Activities McGraw-Hill Education; 15th edition, 2011
- 7.Matt Berry, Adventure Sports Coaching, Routledge, 2015
- 8.Matt Berry and Chris Hodgson, Adventure Education An Introduction, Routledge; 2011**
- 9.Smith Paul, Coaching adventure sports, Adventure Sports Media House, 2020.
10. Tyler Tapps, and Mary Sara Wells, Introduction to Recreation and Leisure Human Kinetics; Third edition, 2018.
- 11.Hiking: The Essential Guide to Equipment and Techniques (Adventure Sports), New Holland Publishers Ltd (2009).

SEMESTER II
DISCIPLINE SPECIFIC ELECTIVE (DSE)
VALUE EDUCATION
COURSE CODE BPES/DSE/04

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/DSE(P)/04	Value Education	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand introduction to value education
- Understand Value System and Guidelines
- Social Value and citizenship

UNIT-I

Introduction of Value education

- 1.1. Need, Importance and Objectives of Value Education, Value education-its purpose and significance in the present world
- 1.2. Theories of Moral Values, Value system – The role of culture and civilization
- 1.3. Holistic living – balancing the outer and inner – Body, Mind and Intellectual level
- 1.4. Duties and responsibilities of the citizen, Commitment and commitment to values.

UNIT-II

Value System and Guidelines

- 2.1. Salient values for life – Truth, commitment, honesty and integrity, forgiveness and love, empathy and ability to sacrifice, care, unity, and inclusiveness, Self-esteem and self-confidence, punctuality
- 2.2. Value for Time, task and resource management
- 2.3. Ethical and Moral value, Values tend to influence attitudes and behavior and help to solve common human problems
- 2.4. Social value, Interpersonal and Intra personal relationship, Team work, Positive and creative thinking.

UNIT-III

Social Value and citizenship

- 3.1. The role of educational institution on value building.
- 3.2. Human Rights violations, National Integration – Peace and non-violence
- 3.3. Dr. A P J Kalam's ten points for enlightened citizenship – Social Values and Welfare of the citizen
- 3.4. Social evils, corruptions, domestic violence

PRACTICAL
CODE: BPES/DSE(P)/04

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/DSE(P)/04	Value Education	2	64	25	25	50

UNIT-I

- 1.1. Field visit orphanage and old age home
- 1.2. Arrangement of Lectures by reputed personality about value education
- 1.3 Development of interpersonal and intra personal skills
- 1.4. Practice of Yama and Niyama its impact on moral value

UNIT-II

- 2.1. Organization of Seminar and workshop on value education
- 2.2 To develop problem solving abilities and positive approaches to life
- 2.3. Organizing campaigns on community sanitation, literacy, environmental awareness, AIDS prevention awareness, Yoga, meditation and prayer sessions, Eradication of social evils campaign activities gender inequality, dowry, alcoholism
- 2.4. Aware and identify their own values, The students are encouraged to share their experiences.

SUGGESTED READINGS

- 1-Bandiste, D.D. (1999) Humanist Values: A Source Book, B.R. Publishing Corporation, Delhi,
2. Chakravarthy, S.K.(1999) Values and ethics for Organizations: Theory and Practice, Oxford University Press, New Delhi.
3. Das, M.S. & Gupta, V.K.(1995) Social Values among Young adults: A changing Scenario, M.D. Publications, New Delhi.
4. Kaul, G.N.(1975) Values and Education in Independent Indian, Associated Publishers, Mumbai.
5. M.G. Chitakra: (2003) Education and Human Values, A.P.H. Publishing Corporation, New Delhi.
6. NCERT, 1992 Education in Values, New Delhi.
7. Ruhela, S.P.: Human (1986.) Values and education, Sterling Publications, New Delhi,
8. Satchidananda, (1991) M.K: Ethics, Education, Indian Unity and Culture, Ajantha Publications, Delhi.
9. Swami Budhananda (1983) How to Build Character A Primer :Rmakrishna Mission, New Delhi.
10. Values, A Vedanta Kesari Presentation, (1996) Sri Ramakrishna Math, Chennai, .

SEMESTER II
SPORTS PRACTICAL
CODE: BPES/CCP/202(A)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/202 (A)	Athletics- Running (Middle and Long Distance) and Jumping event	4	128	50	50	100

Athletics-Running (Middle and Long distance) and Jumping event

- Acquire, analyze and interpret the required jumping techniques.
- Demonstrate and assess various techniques of jumping events.
- Interpret the rules, regulations and officiate in competitions.
- Understand fundamental principles of coaching

UNIT-I

Middle and long distance run and Long jump:

- 1.1. Starting and finishing technique of middle and long distance run
- 1.2. Movement economy and shoulder with pelvic coordination of middle and long distance run
- 1.3. Hang Style: Approach Run, Take off, Flight in the air and Landing
- 1.4. Long jump Ground Marking, Rules and Officiating

UNIT-II

High Jump

- 2.1 High Jump Techniques: Scissor jump, Straddle Roll, Fosbury Flop
- 2.2 Approach Run, Takeoff, Clearance over the bar and landing
- 2.3 Rules of the high jump and their interpretation
- 2.4 Officiating of High jump

UNIT-III

Triple Jump

- 3.1. Basic skill (Hop, Step and Jump)
- 3.2. Approach run, Take-off and landing of all the three Phase-Hop, Step and Jump.
- 3.3. Rules of the triple jump and their interpretation
- 3.4, officiating of Triple jump

UNIT-IV

Concept of Coaching

- 4.1 Fundamental concept and principles of coaching in athletics
- 4.2. Differentiates various coaching styles and recognizes appropriate coaching behavior
- 4.3. Demonstration, explanation and rectification of techniques
- 4.4. Communication techniques in coaching

TEACHING LEARNING STRATEGIES

The content will be taught by using demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole methodDrills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Practice withoutimplement

ASSESSMENT RUBRICS

Marks: 100

• End Semester Exam(External)
(Skill Proficiency, Project File, Officiating, Viva)

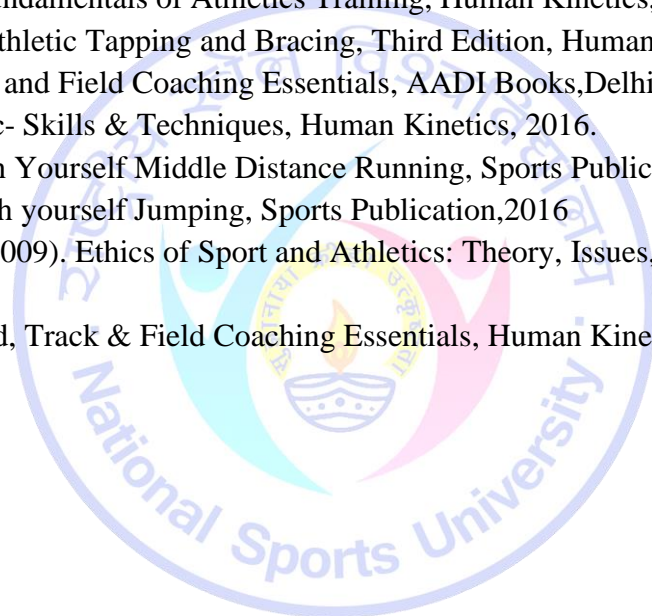
Marks:50

• Internal
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 50

Suggested Reading

1. Brewer, Clive,Athletic Movement Skills, Human Kinetics, USA,2017.
2. Cartwright, L.A.Fundamentals of Athletics Training, Human Kinetics, 2011.
3. David H. Perrin, Athletic Tapping and Bracing, Third Edition, Human Kinetics, 2012.
4. Freeman,W. Track and Field Coaching Essentials, AADI Books,Delhi, 2015
5. Gupta,U.C.Athletic- Skills & Techniques, Human Kinetics, 2016.
6. Jain Deepak, Teach Yourself Middle Distance Running, Sports Publication,2016
7. Nagi Kunnal, Teach yourself Jumping, Sports Publication,2016
8. Schneider, R. C. (2009). Ethics of Sport and Athletics: Theory, Issues, and Application. Wolter Kluwer
9. USA Track & Field, Track & Field Coaching Essentials, Human Kinetics, 2017



SEMESTER – II
SPORTS PRACTICAL: Major Games (Any One)
BPES/CCP/202(B-I, II, III, IV)
CRICKET (B-I)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/202 (B-I, II, III)	Cricket(B-I)	4	128	50	50	100

COURSE LEARNING OUTCOME

- Acquire, analyze and interpret basic skills of Batting, Bowling and Fielding in Cricket.
- Appraise the laws of Cricket.
- Demonstrate and assess various basic skills of Batting, Bowling and Fielding in Cricket.
- Officiate in match.

UNIT-I

Cricket pitch and Fundamental batting Skills

- 1.1. Dimensions of the Cricket pitch
- 1.2. Grip, stance, guard, and back swing
- 1.3. Batting-Forward and backward defensive stroke
- 1.4. Batting skill: Cut, drive, hook, Leg Glance, Sweep, Pull

UNIT-II

Bowling skills

- 2.1 Basic grip for pace and spin bowlers
- 2.2 Upright seam – observation, Practice spinning the ball across a stump or line – underarm/over arm
- 2.3. Bowling skill: Simple bowling techniques, fast and spin bowling
- 2.4. Bowling plan for different batsman

UNIT-III

Fielding and Wicket keeping techniques

- 3.1 Fielding-Defensive and offensive fielding, field placement with attacking variations
- 3.2 Catching-High Catching and Slip catching
- 3.3 Stopping and throwing techniques
- 3.4 Wicket keeping techniques

UNIT-IV

Officiating, Coaching Ability, Tactics, Rules and their interpretation

- 4.1. Learning Officiating skill, Interpretation of rules and officiating
- 4.2. Fundamentals of coaching ability (Demonstration, explanation, rectification and class control)
- 4.3. Tactical aspects of Cricket coaching, use a whiteboard to demonstrate the different fields for different bowlers
- 4.4 'load' a field to make it difficult for a batsman to use his/her preferred shots

TEACHING LEARNING STRATEGIES

The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Shadow, Partner and Net Practice

ASSESSMENT RUBRICS

Marks: 100

- End Semester Exam(External)

Marks:50

(Skill Proficiency, Project File, Officiating, fundamentals of coaching Viva)

- Internal

Marks: 50

(Skill Proficiency, Project File, Officiating, fundamentals of coaching Attendance, Viva)

SUGGESTED READINGS

1. Aneja, O.P. (2012). How to Play Cricket, Prerna Prakashan.
2. Arora, Monika (2005). Cricket Coaching Manual. Sports Publication.
3. Arun Kumar. (2012). Cricket Skills & Rules. Khel Sahitya Kendra.
4. Bagga Kulwinder Singh, (2016)The art of Cricket, sports Publication,
5. Syal, & Meenu. (2004). Teach Yourself Cricket. Prerna Prakashan.
6. Srivastava A.K.,(2016) Touch yourself cricket, Sports Publisher
7. Tyagi, & Arun Kumar. (2012). Cricket Skills & Rules. Khel Sahitya Kendra



HOCKEY (B-II)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/202 (B-I,II,III)	Hockey (B-II)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic skills of Hockey
- Appraise the rules and regulation.
- Demonstrate and assess various basic skills/techniques and game strategies.
- Officiate in competition.

UNIT-I

Dimension and fundamental Skills

- 1.1. Dimension and lay out of Hockey field
- 1.2. Grip, rolling the ball, dribbling foot position, ball position, head position, body position
- 1.3. Push, hitting foot position, ball position, head position, body position
- 1.4. Stopping foot position, ball position, head position, body position

UNIT-II

Passing and stopping

- 2.1. Passing-Forward pass, square pass, Triangular pass, diagonal and return pass.
- 2.2. Flick and scoop foot position, ball position, head position, body position
- 2.3. Goal keeping skill –Hand defense and Foot defense
- 2.4. Flat stick tackle, block tackle and cover

UNIT-III

Leading and positioning, Ball control drills

- 3.1. Jab/poke, give and go, reverse stick
- 3.2. Trapping first touch
- 3.3. Leading and positioning, foul and Obstruction
- 3.4. Ball control drills, dodging drill, pull back drill, cone wave, spin around the cones

UNIT-IV

Officiating, Coaching Ability, Tactics, Rules and their interpretation

- 4.1 Rules and their interpretations and duties of officials, learning officiating skill. Umpire, s and their Signals, officiating practice
- 4.2 Fundamentals of coaching ability (Demonstration, explanation, rectification and class control)
- 4.3. Tactical aspects of Hockey coaching
- 4.4 Coaching various hockey training drills

TEACHING LEARNING STRATEGIES

The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT RUBRICS

Marks: 100

- End Semester Exam (External)

Marks: 50

(Skill Proficiency, Project File, Officiating and coaching, Viva)

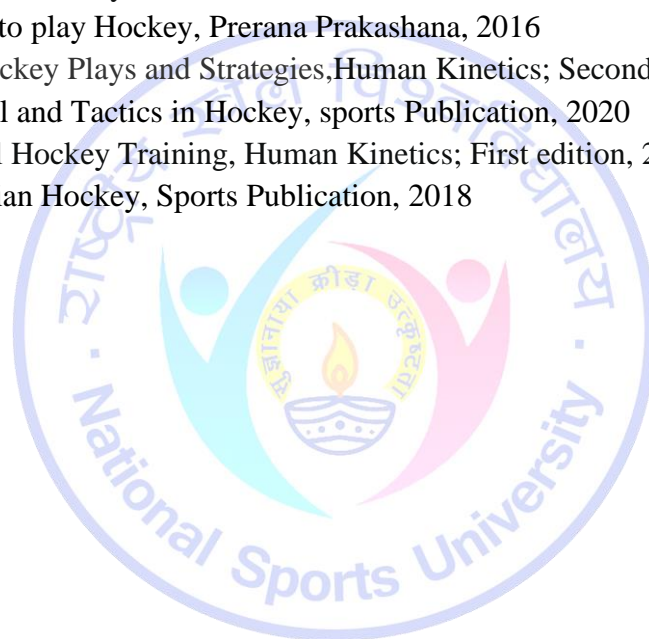
- Internal

Marks: 50

(Skill Proficiency, Project File, Officiating and coaching, Attendance, Viva)

SUGGESTED READINGS

1. Bertagna Joe, The Hockey Coaching Bible, Human Kinetics 2015
2. Dave Chambers, The hockey drill book, Human Kinetics; Second edition, 2016
3. Jain Deepak, How to play Hockey, Prerana Prakashana, 2016
4. Johnston Mike, Hockey Plays and Strategies, Human Kinetics; Second edition, 2018
5. Lokesh Thani, Skill and Tactics in Hockey, sports Publication, 2020
6. Sean Skahan, Total Hockey Training, Human Kinetics; First edition, 2016
7. Tiger Ramesh, Indian Hockey, Sports Publication, 2018



Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/202 (B-I,II,III)	Kho-Kho (B-III)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic Kho-Khoskills
- Appraise the rules and regulation.
- Demonstrate and assess various basic skills/techniques and game strategies.
- Officiate and fundamentals of coaching.

UNIT-I

Dimension Fundamental Skills

- 1.1. Dimension and lay out of Kho-Kho ground
- 1.2. General skill of the game Running, cashing, Dodging, Faking
- 1.3. Skill in chasing, correct Kho, moving on the lane, pursuing the runner
- 1.4. Tapping the inactive runner, Tapping the inactive runner in the heel

UNIT-II

Foul and Running Skills

- 2.1. Tapping on the pole, diving, Judgment in giving the Kho
- 2.2. Rectification of foul
- 2.3. Skill in Running: jig jag running, single and double chain, Ring Play
- 2.4. Rolling on the side, dodging while facing and on back, fake on the pole, Fake leg

UNIT-III

Officiating of Kho-Kho

- 3.1. Rules and their interpretations and duties of Kho-Kho officials.
- 3.2 Officiating positions, signals in Kho-Kho
- 3.3. Officiating equipment
- 3.4 Officiating practice and their corrective measures

UNIT-IV

Coaching in Kho-Kho

- 4.1. Responsibilities of a coach on and off the field
- 4.2 Fundamentals of coaching ability (Demonstration, explanation, rectification and class control)
- 4.3. Tactical aspects of Kho-Kho coaching
- 4.4 Kho-Kho coaching model for different performance level

TEACHING LEARNING STRATEGIES

The content will be taught by using demonstration, explanation, presentation methods,

training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT RUBRICS

Marks: 100

- End Semester Exam (External)

Marks: 50

(Skill Proficiency, Project File, Officiating and coaching, Viva)

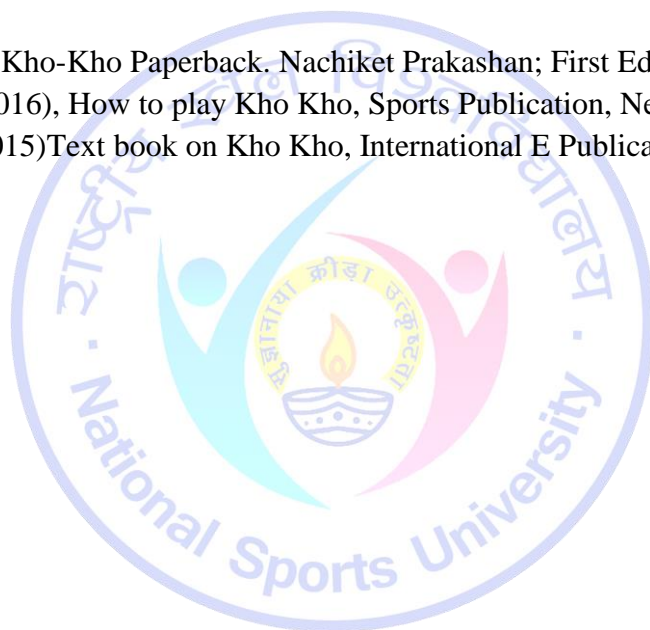
- Internal

Marks: 50

(Skill Proficiency, Project File, Officiating and coaching, Attendance, Viva)

Suggested Reading:

1. Lap Lambert Academic Publishing. Yogesh Yadav. (1969). Kho-Kho. Maharashtra Kho-Kho Association.
2. Khalatkar (2016). Kho-Kho Paperback. Nachiket Prakashan; First Edition, 2016.
3. Naval Kishore, (2016), How to play Kho Kho, Sports Publication, New Delhi
4. Verma Kavita, (2015) Text book on Kho Kho, International E Publication.



Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/202 (B-I,II,III)	Kabaddi (B-IV)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic Kabaddi skills
- Appraise the rules and regulation.
- Demonstrate and assess various basic skills/techniques and game strategies.
- Officiate and fundamentals of coaching.

UNIT-I

Dimension and offensive skill

- 1.1. Dimension and lay out of Kabaddi court
- 1.2. Raiding, Side, front and back kick
- 1.3. Hand touch, touch and head touch
- 1.4. Sudden squat leg thrust, fault correction

UNIT-II

Defensive skill

- 2.1. Ankle hold, thigh hold and waist hold
- 2.2. Tackle and Block
- 2.3. Chain Tackle
- 2.4. Diving ankle holds, fault correction

UNIT-III

Officiating of Kabaddi

- 3.1. Rules and their interpretations and duties of Kabaddi officials.
- 3.2. Officiating positions, signals in Kabaddi
- 3.3. Officiating equipment
- 3.4. Officiating practice and their corrective measures

UNIT-IV

Coaching in Kabaddi

- 4.1. Responsibilities of a coach on and off the field
- 4.2. Fundamentals of coaching ability (Demonstration, explanation, rectification and class control)
- 4.3. Tactical aspects of kabaddi coaching
- 4.4. Kabaddi coaching model for different level of players

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

ASSESSMENT RUBRICS

Marks: 100

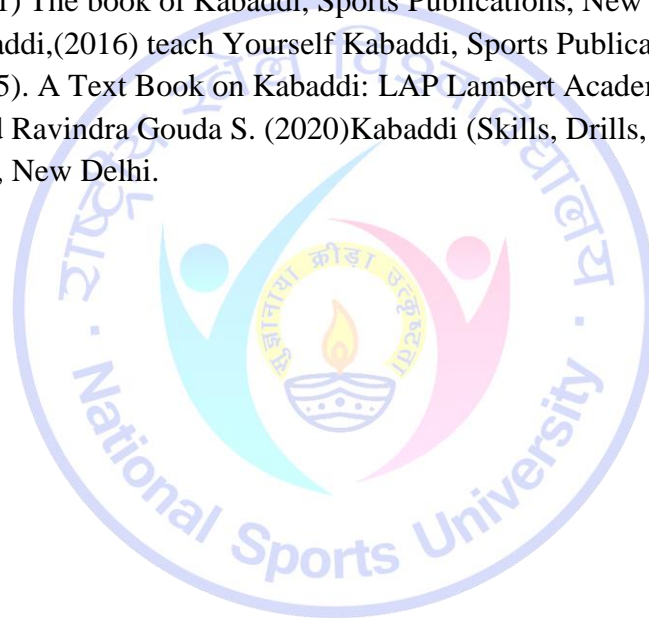
- End Semester Exam(External)
(Skill Proficiency, Project File, Officiating and coaching, Viva)
- Internal
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks:50

Marks: 50

SUGGESTED READINGS

1. Prasad Rao (2002). Kabaddi the complete hand book. Jagadamba Publications, Vizianagaram.
2. Deshmukh Anil A, Kabaddi, (2020) Sports Publication, New Delhi.
3. Karikalan. I, (2021) The book of Kabaddi, Sports Publications, New Delhi.
4. Mishra. S.C. Kabaddi,(2016) teach Yourself Kabaddi, Sports Publication, New Delhi.
5. Muniraju, S. (2015). A Text Book on Kabaddi: LAP Lambert Academic Publishing.
6. Sudhakara. G. and Ravindra Gouda S. (2020)Kabaddi (Skills, Drills, Tactics and Strategies), sports publication, New Delhi.



SEMESTER III

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/301	Exercise Physiology	3	48	30	45	75
BPES/CC/302(A, B-I,II,III)	Officiating and coaching III Swimming, Racket Games: Badminton, Tennis and Table Tennis(any one)	3	48	30	45	75
BPES/CC/303	Health Education	2	32	20	30	50
BPES/GE/03	Science of Yoga and Naturopathy	2	32	20	30	50
ELECTIVE PAPER (ANY ONE)						
BPES/SEE/01	Sports Journalism	2	32	20	30	50
BPES/SEE/02	Sports Venue Management					
LAB /PRACTICAL						
BPES/CC/301(P)	Exercise Physiology	1	32	10	15	25
BPES/CC/303(P)	Health Education	1	32	10	15	25
BPES/SEE/01(P)	Sports Journalism	2	64	25	25	50
BPES/SEE/02(P)	Sports Venue Management					
SPORTS PRACTICAL						
BPES/CCP/302(A)	Officiating and Coaching-III Swimming	4	128	50	50	100
BPES/CCP/302 (B-I,II,III)	Officiating and Coaching-III Racket Game: Badminton, Tennis, Table Tennis (Any One)	2	64	25	25	50
BPES/GE(P)/03	Science of Yoga and Naturopathy	2	64	25	25	50
		24	576	265	335	600

NSS is compulsory for all students in second year.

CODE:CC- Core course, DSE- Discipline Specific Elective, GE- Generic Elective, SE- Skill Enhancement, AEC- Ability Enhancement Compulsory Course,

SEMESTER III

EXERCISE PHYSIOLOGY COURSE CODE: CODE:BPES/CC/301

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/301	Exercise Physiology	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understand about the exercise physiology and structure and types of muscles
- Understand the bioenergetics and muscles contraction
- Understand the effect of Conditioning and Training on circulatory and respiratory Systems
- Understand the acclimatization conditions to sports performance

UNIT-I

Introduction of Exercise Physiology and Structure of Muscle

- 1.1 Meaning and Definition of Physiology, Sport and Exercise Physiology.
- 1.2 Different types of muscles (Voluntary, Involuntary and cardiac).
- 1.3 Macro and Micro Structure of Skeletal Muscle,
- 1.4 Muscle Fibers type (Red, White, and Intermediate). Type of muscle contraction

UNIT-II

Bioenergetics and Muscle Contraction

- 2.1 Fuel for Muscular work (ATP).
- 2.2 Aerobic and anaerobic metabolism
- 2.3 Aerobic and Anaerobic system during rest and exercise.
- 2.4 Theories of muscular contraction and sliding filament theory.

UNIT-III

Conditioning and Training on circulatory and respiratory Systems

- 3.1 Cardiac Cycle, Stroke Volume, Cardiac Output, factors affecting heart rate and Cardiac Hypertrophy.
- 3.2 Effect of Exercises and training on the Cardio vascular system.
- 3.3 Mechanism of Breathing, Respiratory muscles, Minute ventilation, Diffusion of gases, Oxygen Debt, Lung Volumes and Capacities, Second Wind.
- 3.4 Effects of exercises and training on respiratory system.

UNIT-IV

Climatic condition and Sports Performance

- 4.1 Effects of Variation in temperature and Humidity in sports performance
- 4.2 Thermoregulation, Sports performance in hot climate and cool climates.
- 4.3 Meaning and definition of altitude training, types of altitude training and Altitude sickness in sports.
- 4.4 Effects of altitude training on sports performance.

LAB PRACTICAL

COURSE CODE: BPES/CC(P)/301

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/301(P)	Exercise Physiology	1	32	10	15	25

UNIT-I

- 1.1 Video presentation and introduction of muscles contraction
- 1.2 Measuring Blood Pressure
- 1.3 Measurements of Lungs volume and Capacity
- 1.4. Hemoglobin test

UNIT-II

- 2.1. Exercise and Resting Heart Rate
- 2.2 Body Composition test
- 2.3 VO₂ Max test
- 2.4. Anthropometric test

REFERENCE

1. Bob Murray, Practical Guide to Exercise Physiology, Human Kinetics, 2016
2. Jonathan K. Ehrman, Advanced Exercise Physiology: Essential Concepts and Applications, Human Kinetics, 2017
3. Jack H. Wilmore, Physiology of Sports and Exercise, Human Kinetics, 1994.
4. Tiwari Sandhya, Exercise Physiology, sports Publication, New Delhi, 2021
5. Smith Dinesh L., Advanced Cardiovascular Exercise Physiology, Human Kinetics 2010
6. W. Larry Kenney, Physiology of Sport and Exercise, Sixth Edition Human Kinetics, 2015
7. Yadav Hiralal, Physiological Responses and Recovery Pattern in Athletics, Sports Publication, New Delhi, 2020

OFFICIATING AND COACHING III
COURSE CODE: CODE:BPES/CC/302 (A& B-I,II,III)
SWIMMING & RACKET GAMES: BADMINTON, TENNIS AND
TABLE TENNIS ANYONE

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/302 A, B-I,II,III	Officiating and coaching III Swimming, Racket Games: Badminton, Tennis and Table Tennis(any one)	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the historical development of swimming
- Understand officiating and coaching in swimming
- Oriented with the rules regulations of the chosen game
- Students would able to lay out and mark the dimensions of the court and officiating and coaching

SWIMMING (A)

UNIT-I

Introduction to Swimming

- 1.1 Introduction of Swimming and historical development in India and world
- 1.2 FINA (Federation Internationale de Natation) and SFI (Swimming Federation of India), Events, Aims and Objectives
- 1.3 Swimming events and Dimension of swimming pool.
- 1.4 Swimming rules and their interpretation

UNIT-II

Officiating and coaching of swimming

- 2.1. Coaching and teaching basic swimming skills – submerging, jumping, floating, locomotion & breathing.
- 2.2. Laws of learning applied in swimming
- 2.3 Methods of teaching and sequence of teaching competitive swimming strokes and their fault correction
- 2.4 Management of Competitions, Officials, Seeding, The Start, Freestyle, Backstroke, Breaststroke, Butterfly, Medley Swimming,
- 2.5 The Race, Timing, and Automatic Officiating

BADMINTON (B-I)

UNIT-III

Introduction of Badminton

- 3.1 Introduction of Badminton Game, History and Development of the Badminton in India and world
- 3.2 Structure and Functions of BWF and BAI
- 3.3 Dimensions of Badminton court, Major tournaments in Badminton
- 3.4 Rules and their interpretations of Badminton and Qualification and number of officials in Badminton competitions.

UNIT-IV

Officiating and coaching in Badminton

- 4.1 Mechanics of officiating: Duties of Referee(s), Umpire, Service Judge, Line Judges
Clothing Regulations
- 4.2 Fundamental aspects of coaching in Badminton, Coaching prior to Competition, During Competition
- 4.3 Tactics and Strategy in Badminton
- 4.4 principles of training in Badminton

TENNIS (B-II)

UNIT-III

Introduction of Tennis

- 3.1 Introduction of Tennis Game, History and Development of the Tennis in India and world
- 3.2 Structure and Functions of ITF and AITA
- 3.3 Dimensions of Tennis Court, Racquet, Ball, Major tournaments of Tennis
- 3.4 Rules and their interpretations of Tennis
- 3.5 Official Qualification and their responsibilities in Tennis game

UNIT-IV

Officiating and coaching in Tennis

- 4.1 Mechanics of officiating: Duties of Chair and line Umpire, community officials, Referees, Clothing Regulations
- 4.2 Fundamental aspects of coaching in Tennis, Coaching prior to Competition, During Competition
- 4.3 Tactics and Strategy in singles, Doubles, Mixed doubles in Tennis
- 4.4 Principles of training in Tennis

TABLE TENNIS (B-III)

UNIT-III

Fundamental of Table Tennis

- 3.1 Introduction of Table tennis Game, History and Development of the Table Tennis in India and world
- 3.2 Structure and Functions of ITTF and TTFI
- 3.3 Dimensions of TT board, TT Bat, Ball, Major tournaments in Table Tennis
- 3.4 Rules and their interpretations of Table Tennis and Qualification and number of officials in Table tennis game.

UNIT-IV

Officiating and coaching of Table Tennis

- 4.1 Mechanics of officiating: Duties of Referee(s), Umpire, Service Judge, Line Judges Clothing Regulations
- 4.2 Fundamental aspects of coaching in Table Tennis, Coaching prior to Competition, During Competition
- 4.3 Tactics and Strategy in Table Tennis
- 4.4 Principles of training in Table Tennis

SUGGESTED READINGS

1. A.K., Uppal(1999).*Sports Training*. New Delhi: Friends Publication.
2. Aneja O P. (2012). *How to play badminton*.PrernaPrakashan.
3. Bose, Tapan & Mukherjee, Bhawani (2000).
4. Brahams. (2010). *Badminton handbook*. Meyer and Meyer sports.
5. Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
6. Dehart ken,(2019).Master Your Tennis Game , Rockridge Press
7. Jensen, R. C. & Fisher, A. G. (1979).*Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger.
8. Jain Anoop,(2017)Table Tennis Rule Book Sports Publication.
9. Tennis Association, (2006) Tennis (Know the game) A and C Black Publishers Ltd
10. Priyanka, (2016) Teach Yourself Table Tennis, Sports publication.
11. Professional Tennis Registry, (2013)International Book of Tennis Drills: Over 100 Skill-Specific Drills, Triumph Books; Revised edition.
12. Kumar S. (2010). *Badminton skills and rules*. Vishalkanishk printers.
13. Grice T. (2008). *Badminton steps to success (2nded.)*.Human kinetics.
14. Matvyew, L. P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.
15. Singh, H. (1984). *Sports training, general theory and methods*.Patials: NSNIS. Uppal,
16. Singh C.P. (2020)Sports coaching and Officiating, Sports Publication
17. Table Tennis Training Manual. (Phulkian Press Pvt. Ltd., SAI, NSNIS, Patiala, India).
18. Tina Hoskins-Burney and Lex Carrington (2014) The Tennis Drill Book Human Kinetics
19. W. Timothy Gallwey (1997) The Inner Game of Tennis, Random House Trade

HEALTH EDUCATION
COURSE CODE: CODE:BPES/CC/303

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/303	Health Education	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand about the concept of health, hygiene and health education.
- Understand about nutrition and balanced diet
- Apply the comprehensive knowledge of the concept of health education, school health services.

UNIT-I

Introduction to Health Education and Hygiene

- 1.1. Definition and Meaning of Health and Health Education Importance of Health Education
- 1.2. Aims, Objectives and Principles of Health Education, Qualities of Good Health,
- 1.3. Factors effecting Personal Hygiene, Personal Hygiene – Care of skin, mouth, teeth, nails, clothing etc.
- 1.4 Rest, Sleep and exercises, Effect of Heredity and environment on Health

UNIT-II

Nutrition and Balanced diet

- 2.1 Detail information of nutritional components, Function of nutritious food.
- 2.2. Details of micro and macro nutrients
- 2.3. Balanced Diet, Components of Balanced Diet,
- 2.4. Steps for maintaining good health habits

UNIT-III

Health Education in School

- 3.1. School Health Education Programme, role and function of World Health Organization
- 3.2 Health Facilities in School, School health education, Health instructions, School health service.
- 3.3 Communicable Diseases and Non-Communicable Diseases, steps for preventing communicable diseases in school children
- 3.4 First aid, Qualities and duties of a first aid personal, Medicine for first aid box

PRACTICAL

UNIT-I

- 1.1. First aid training
- 1.2 Awareness programme on healthy food habit
- 1.3. Calculation of calories values of various types of food
- 1.4. Clinical sign and symptoms of common diseases

UNIT-II

- 2.1 measurement of Body composition analysis and BMI calculations
- 2.2 Awareness programme Covid-19
- 2.3 Survey on public Awareness of prevention from communicable and non-communicable diseases
- 2.4 Assignment on community health awareness and healthy lifestyle

SUGGESTED READINGS

1. Park J.E. & Park K. (2002). Textbook of preventive and social medicine. Jabalpur: Banarasi Das Bhanot Publication.
2. K. Tones, Y.K. Robinson's, S. Tilfor (2013). Health Education, Springer.
3. UGC (2005). Textbook of Environmental Studies, University Press.
4. A.C. Pandey (2013). "Ozone" Academic Excellence, New Delhi.
5. L.B. Lave, E.P. Seskin (2013). Air Pollution and Human Health, Ref. Press, New York.
6. P.K. Gupta (2001) Methods in Environmental Analysis, Water, Soil and Air, AGROBIOS
7. (India).
8. WHO (2006) Preventing diseases through healthy environment.
9. P. Elliot, J.C. Wakefield, N.G. Best, D.J. Biggs (2000). Spatial Epidemiology: Methods and Application.
10. W.P. Cummingham, B.W. Saigo (2001). A Global Concern, Cummingham.
11. A.C. Pandey (2014). "Frontiers in Environmental Research, Academic Excellence, India.
12. K. Glaz, B.K. Rimer, K. Viswanath (2008). Healthy Behavior and Healthy Education (4th edition). Jossey-Bass A Wiley imprint.
13. Agrawal, K. C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.
14. William, F. O. & Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Ltd.

SEMESTER III
SCIENCE OF YOGA AND NATUROPATHY
COURSE CODE: CODE:BPES/GE/03

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/GE/03	Science of Yoga and Naturopathy	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand Historical development of Yoga and science behind it.
- Relate Yoga with health and wellness.
- Demonstrate and apply variations benefit of Yoga in the physical, mental spiritual body.
- Understand the Naturopathy (Nisargopachar) form the traditional and scientific point of view with its application in daily life.

UNIT-I

History, Philosophy, Ayurveda and Yoga

- 1.1. Indian civilization: Harappa, Vedic, Puranic, Buddha & Jain, Golden period. Etc.
- 1.2. Yoga Physiology and different schools of Yoga
- 1.3. Ayurveda: Vyayama and Yoga
- 1.4. Definitions and objectives of Yoga and its application.

UNIT- II

Astanga Yoga and Science behind it

- 2.1. Yama and Niyama and its social impact
- 2.2. Kriya and Asana and its effect on human Physiology
- 2.3. Pranayama, Mudra, Pratyahara and its relationship with human Psychophysiology
- 2.4. Dharana, Dhyana, Samadhi and its effect on Spiritual body

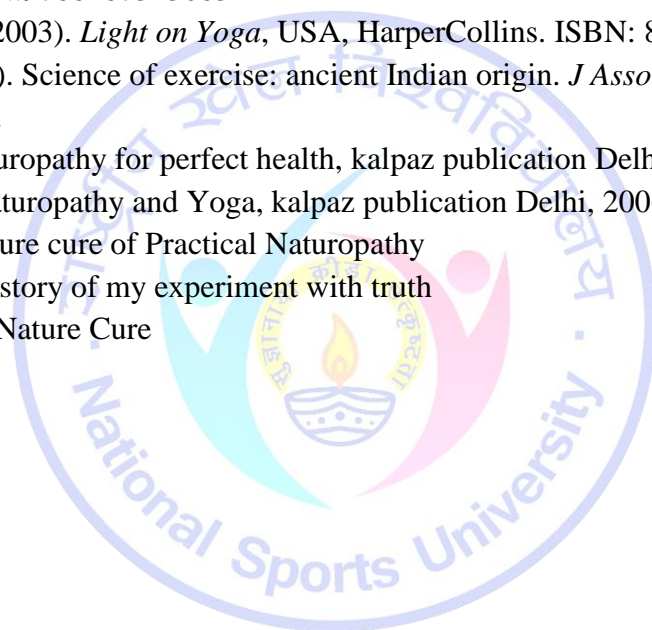
UNIT- III

Naturopathy(Nisargopachar): its concept and effects

- 3.1. Ayurveda and Naturopathy (Nisargopachar)
- 3.2. Composition of human body: Pancha Mahabhoota and Sankhaya Tattava
- 3.3. Fundamental Principles of Naturopathy and Upavasa
- 3.4. Naturopathy and wellness concept.

Text and Reference Book

1. Muktibodhananda S. (2013). *Hatha Yoga Pradipika*, Munger, Bihar School of Yoga Publication (3rd ed.). ISBN-10:9788185787381
2. Niranjanda S. S. *GherandaSamhita*. (2012).Munger, Bihar School of Yoga. Publication ISBN-9789381620199
3. Maheshananda S, Sharma B.R., Sahay GS, BodhaR.K, Jha B.L, Bharadwaj C.L. (2009).*Siva Samhita*.Lonavalla,Kaivalyadhama Publication. ISBN: 9788189485535
4. Maheshananda S, Sharma B.R, Sahay G.S. (2005). *VasisthaSamhita*. LonavallaKaivalyadhama Publication. ISBN:8189485377
5. Kuvalayananda S. (1993). *Asanas*. Lonavala,KaivalyadhamaPublication, India.
6. Satyananda S.S. (2004). *Asana Pranayama Mudra Bandha*,Munger,Yoga Publications Trust, Bihar,India. ISBN: 8186336141
7. Nagarathna R, Nagendra H.R. (2008).*Yoga for Promotion of Positive Health*. Vivekananda Yoga Research Foundation Swami Vivekananda Yoga Prakashana. ISBN:9788187313083
8. Iyengar B.K.S. (2003). *Light on Yoga*, USA, HarperCollins. ISBN: 8172235011
9. Mondal S. (2013). Science of exercise: ancient Indian origin. *J Assoc Physicians India* . 61: 40-42.
10. S.D. Dwivedi: Naturopathy for perfect health, kalpaz publication Delhi, 2002
11. Pravesh Handa: Naturopathy and Yoga, kalpaz publication Delhi, 2006
12. S.J. Singh: My Nature cure of Practical Naturopathy
13. M.K. Gandhi: The story of my experiment with truth
14. M.K. Gandhi: My Nature Cure



SEMESTER III
SPORTS JOURNALISM (ELECTIVE)

COURSE CODE: CODE:BPES/SEE/01

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/SEE/01	Sports Journalism	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand importance of sports journalism to develop social acceptance of sports
- Understand the use of Sports News, Print/Multi-media Journalism to promote sports
- Understand Broad Cast Journalism to promote sports

UNIT 1

Sports Journalism

- 1.1 Introduction to Sports Journalism: Sports Journalist and guiding principles
- 1.2 Media basics: Writing, Reporting, Editing, Mass Communication
- 1.3 Sports Law/Policy; Media Law, ethics, Platforms
- 1.4 Sports Public Relation

UNIT-II

Sports News Print/Multi-media Journalism

- 2.1 Journalistic and technical aspects of Print media
- 2.2 Journalism and technical aspects of electronic media
- 2.3 Critical thinking in Sports Journalism
- 2.4 Sports current affairs and general Knowledge

UNIT-III

Broad Cast Journalism

- 3.1 Introduction: Ideas, Script writing, Interviews, Anchoring, Reporting
- 3.2 Different platforms: Convergence across media
- 3.3 Content development, delivery and media studies
- 3.4 T.V, Radio and other media

PRACTICAL
CODE:BPES/SECC(P)/301

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/SEE/01(P)	Sports Journalism	2	64	25	25	50

UNIT-I

- 1.1. Field trip to various stadium indoor hall and observe sports competition
Methods of gathering information
- 1.2. Practice of Content writing with title of the sports event
- 1.3 Practicing writing skill of Sport news for Radio and TV
- 1.4. Skill enhancement of writing sports article for leading sports journal

UNIT-II

- 2.1 Writing skill practice Sports news and article for news paper
- 2.2 Observe of sports competition and submitting news report
- 2.3 attend sports conference, seminar and covering news report
- 2.4. Interview with National reputed sports person and submitting report
Group discussion

SUGGESTED READINGS

1. Andrews Phil (2013). *“Sports Journalism: A practical introduction”*. SAGE Publications Ltd; second edition. ISBN-13:978-1446253373.
2. Chouhan Bhupindar Singh and Hitesh Chandra Rawal, Sports Journalism and Mass Media, Sports Publication, New Delhi, 2019.
3. Motiz, Brian (2014). *“Rooting for the story: Institutional sports Journalism in the digital age”*. Syracuse University.
4. Stofer, Kathryn T. et al., (October 2009). *“Sports Journalism: An introduction to reporting and writing”*. Rowman & Littlefield Publishers.
5. Singh Hoshiyar, Sports Journalism and Mass media, Khel Sahitya Kendra, 1917.

SEMESTER III
SPORTS VENUE MANAGEMENT
COURSE CODE:BPES/SEE/02

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/SEE/02	Sports Venue Management	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understanding the available resources for venue management both indoor and outdoor facilities
- Understand Sports Venue Operation Management
- Understand Marketing and Risk Management

UNIT-I

Sports Venue and Infrastructure Facilities

- 1.1 Sports venue its meaning and “Sports Venue by type”
- 1.2 Indoor and outdoor sports venue with their infrastructure facilities
- 1.3 Multipurpose sports venue and their facilities
- 1.4 Sports complex and recreation center

UNIT-II

Sports Venue Operation Management

- 2.1. Responsibilities of sports venue manager and other staffs
- 2.2. Staff requirement to maintain sports venue and employment opportunity
- 2.3 Parking area and crowd management at the time of competition
- 2.4 Safety precaution at sports venue and their management

UNIT- III

Marketing and Risk Management

- 3.1. Event booking and Sales
- 3.2. Marketing and branding
- 3.3. Legal and risk management
- 3.4. Sports venue with latest technology

PRACTICAL
CODE: BPES/SEE/02(P)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/SEE/02(P)	Sports Venue Management	2	64	25	25	50

UNIT-I

- 1.1. Field visit
- 1.2. Observation of various indoor and outdoor stadiums
- 1.3. Understand their management system
- 1.4. Report writing and Assignment on venue management system

UNIT-II

- 2.1. Data collection about maintenance budget of stadium
- 2.2. Data analysis of budget and maintenance cost
- 2.3. Visiting event management company and observe their job responsibility
- 2.4. Use of latest sports technology

Suggested Readings:

1. Fried, G. (2015). Managing Sport Facilities, Third Edition. E-Book. Champaign, IL: Human Kinetics
2. Greenwell, et al (2014). Managing Sport Events. Champaign, IL: Human Kinetics.
3. Kimberly L. Mahoney, Lee A. Eskilsen, Adonis N. Jerald, Steve Came, Public Assembly Venue Management: Sports, Entertainment, Meeting, and Convention Venues (2nd edition) Kendall Hunt, 2020.
4. Sawyer H. T. (Editor-in-chief) (2012). Facility planning for health, fitness, physical activity and sports: concepts and applications (11th Edition). Sagamore Publishing, Inc
5. Supovitz Frank, The Sports Event Management and Marketing Playbook 2nd Edition, kindle, 2013

SPORTS PRACTICAL
OFFICIATING AND COACHING-III SWIMMING
CODE:BPES/CCP/302(A)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/302(A)	Officiating and Coaching-III Swimming	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic strokes in swimming
- Appraise the rules and regulation.
- Demonstrate and assess various techniques of starts and finish in basic strokes.
- Officiate in competition.

UNIT-I

Fundamental skills and important rules to be followed in swimming pool

- 1.1. Swimming pool dimension, Entry into the pool.
- 1.2. Developing water balance and confidence: Water-fear removing drills, Floating-Mushroom and Jelly- fish etc. and Gliding-with and without kickboard.
- 1.3. Safety rules to be followed at swimming pool.
- 1.4. Health and hygiene of Swimming pool.

UNIT-II

Front Roll and Back Technique

- 2.1. Front Crawl: Body Position, Leg Action, Arm Action, Breathing and Co-ordination
- 2.2. Front Crawl: Start (Grab Start, Track Start & Circular Arm Swing Start), Turns (Open turn & Flip turn) & Finish
- 2.5. Backstroke: Body Position, Leg Action, Arm Action, Breathing, Co-ordination
- 2.6. Backstroke: Start, Turns (Simple turn & Roll over turn) & Finish

UNIT-III

Breast and Butterfly Technique

- 3.1. Breaststrokes: Body Position, Leg Action, Arm Action, Breathing, Co-ordination
- 3.2. Breaststroke: Start, Turn & Finish
- 3.3. Butterfly: Body Position, Leg Action, Arm Action, Breathing and Co-ordination
- 3.4. Butterfly: Start (Grab Start & Track Start), Turn and Finish

UNIT-IV

Officiating and Management

- 4.1 Management of Competitions, Officials, Seeding, Start, Freestyle, Backstroke, Breaststroke, Butterfly, Medley Swimming, Time Keeping, Automatic Officiating Procedure.
- 4.2 Officiating of swimming competition
- 4.3 Teaching basic swimming skills – submerging, jumping, floating, locomotion & breathing.
- 4.4. Methods of coaching and Sequence of coaching competitive swimming strokes

TEACHING LEARNING STRATEGIES

The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Work in the Pool/ Viva/ learning by doing/ Individual Practice etc.

ASSESSMENT RUBRICS

- End Semester Exam (External)
(Skill Proficiency, Project File,
Officiating and coaching, Viva)
- Internal

Marks: 50

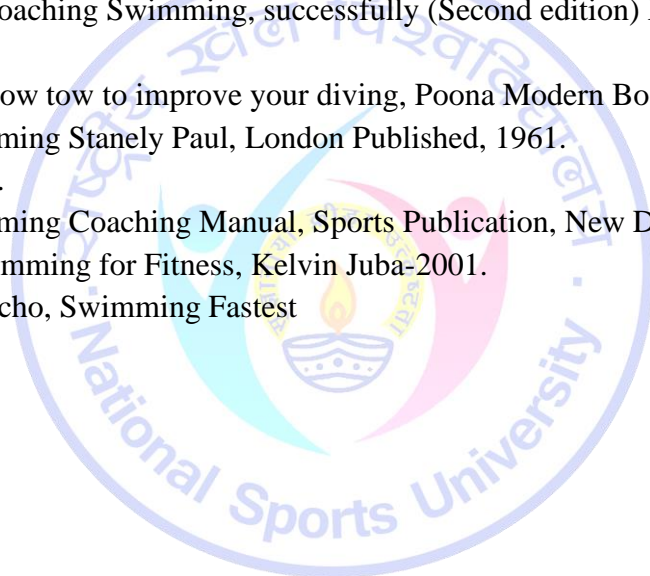
Marks: 25

Marks: 25

(Skill Proficiency, Project File, Officiating and coaching, Attendance, Viva)

References

1. Aneja, Om Prakash, Swimming Skills & Rules, Khel Sahitya Kendra, New Delhi, 2010.
2. D. Jain, Swimming Skill & Rules, Khel Sahitya Kendra, New Delhi, 2003.
3. Dick Hannula, Coaching Swimming, successfully (Second edition) Friends Publication (India), 2003.
4. Harlen, Bruce, How to improve your diving, Poona Modern Book Stall.
5. Juba, Bill. Swimming Stanely Paul, London Published, 1961.
6. FINA Handbook.
7. Kanika K. Swimming Coaching Manual, Sports Publication, New Delhi, 2005.
8. Kelvin Juba, Swimming for Fitness, Kelvin Juba-2001.
9. Ernest W Maglischo, Swimming Fastest



SPORTS PRACTICAL
OFFICIATING AND COACHING-III
CODE:BPES/CCP/302(B-I,II,III)
RACKET GAMES: BADMINTON, TENNIS, TABLE TENNIS (ANY ONE)
Badminton (B – I)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/302 (B-I, II, III)	Badminton (B-I)	2	64	25	25	50

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic techniques and skill
- Appraise the rules and regulation.
- Demonstrate and assess various techniques of Badminton skill
- Officiating knowledge and fundamentals of coaching.

UNIT-I

Badminton court, grip, service

- 1.1. Lay out of Badminton court
- 1.2. Type of Grips: Forehand Grip and Backhand Grip Neutral Grip Short and Long Grip, flying pan grip
- 1.3. Types Of service: High lob serve for Singes and high serve for doubles, short serve, flick serve, Drive service
- 1.4. Forehand Overhead Strokes: clear, smash and drop, Drills to learn the skill

UNIT-II

Forehand and backhand stroke:

- 2.1. Forehand Underarm Strokes: Lob and Net shot
- 2.2. Forehand Sidearm Strokes: Parallel/ Drives
- 2.3. Overhead Backhand Strokes
- 2.4. Backhand Sidearm Strokes

UNIT-III

Movement and Hitting Cycle

- 3.1. Footwork
- 3.2 Shadow practice
- 3.3 Lead up activities
- 3.4 Recreational games.

UNIT-IV

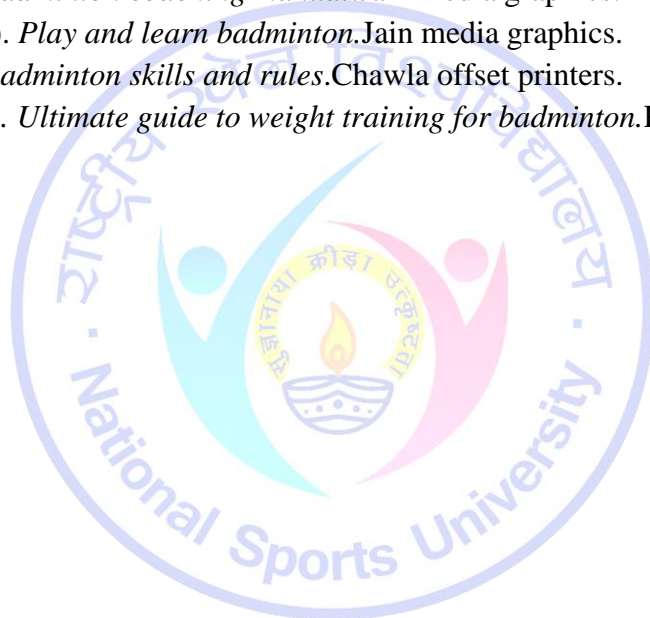
Officiating and Coaching:

- 4.1. Officiating in Badminton: Service Court Errors Faults and Lets Shuttle not in Play and Continuous Play Misconduct and Penalties

- 4.2 Technique Training in Badminton (Demonstration explanation, and fault correction)
- 4.3 Tactics and Strategy Singles, Doubles and Mixed Doubles
- 4.4 Principle of coaching in Badminton

RECOMMENDED BOOKS

1. Dr. Aneja O P. (2012). *How to play badminton*. PrernaPrakashan.
2. Sudhir T S. (2012). *An inspirational biography SaniaNewhal*. Nimby books.
3. Brahams. (2010). *Badminton handbook*. Meyer and Meyer sports.
4. Kumar S. (2010). *Badminton skills and rules*. Vishalkanishk printers.
5. Grice T. (2008). *Badminton steps to success (2nded.)*. Human kinetics.
6. Dr Singh M K. (2007). *Comprehensive badminton*. Friends publication, India.
7. Jain A. (2005). *Badminton coaching manual*. Jain media graphics.
8. Narang P. (2005). *Play and learn badminton*. Jain media graphics.
9. Jain D. (2003). *Badminton skills and rules*. Chawla offset printers.
10. Robert G. (2003). *Ultimate guide to weight training for badminton*. Price world enterprises



TENNIS (B – II)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/302 (B-I,II,III)	Tennis (B-II)	2	64	25	25	50

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic techniques and skill
- Appraise the rules and regulation of Tennis.
- Demonstrate and assess various techniques of Tennis skill
- Officiating knowledge and fundamentals of coaching.

UNIT-I

Tennis rules Equipment, grip, service

- 1.1. Tennis rules, Dimension of Court, Racquet, Ball and Net
- 1.2. Type of Grips, footwork
- 1.3 Service
- 1.4 Different training drills to learn the skill

UNIT-II

Tennis strokes

- 2.1 Tennis Forehand, Back Hand stroke
- 2.2 Tennis Lob
- 2.3. Tennis overhead, Tennis volley
- 2.4. Different training drills to learn the skill

UNIT-III

Forehand and Backhand

- 3.1. Forehand Ground stroke
- 3.2 Backhand ground stroke
- 3.3. Overhead smash
- 3.4. Different training drills to learn the skill

UNIT-IV

Officiating and Coaching

- 4.1. Officiating in Tennis
- 4.2. Technique Training in Table tennis (Demonstration explanation, and fault Correction)
- 4.3. Tactics and Strategy Singles, Doubles and Mixed Doubles in Tennis
- 4.4. Principle of coaching in Tennis

Suggested Reading

1. Ken DeHart, (2019) Master Your Tennis Game: 50 Mental Strategies and Tactics, Rockridge Press
2. Tennis Association, (2006) Tennis (Know the game) A and C Black Publishers Ltd
3. Marty Smith, (2017), Absolute Tennis: The Best and Next Way to Play the Game, New Chapter Press
4. Professional Tennis Registry, (2010) Top Tennis Tips from around the world, PTR.
5. Professional Tennis Registry, (2013) International Book of Tennis Drills: Over 100 Skill-Specific Drills, Triumph Books; Revised edition.
6. Tina Hoskins-Burney and Lex Carrington (2014) The Tennis Drill Book Human Kinetics.
7. W. Timothy Gallwey (1997) The Inner Game of Tennis, Random House Trade



TABLE TENNIS (B – III)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/302 (B-I, II, III)	Table Tennis (B-III)	2	64	25	25	50

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic techniques and skill
- Appraise the rules and regulation.
- Demonstrate and assess various techniques of Table tennis skill
- Officiating knowledge and fundamentals of coaching.

UNIT-I**Table Tennis Equipment, grip, service**

- 1.1. Dimension of Table, Table tennis bat, Ball
- 1.2. Type of Grips: the tennis grip, pen hold grip
- 1.3. Stance and Ready position and foot work
- 1.4. Different training drills to learn the skill

UNIT-II**Service and Stroke:**

- 2.1. Forehand service and backhand service
- 2.2. Top and backspin serve, Sidespin and high toss serve
- 2.3. Forehand and backhand Push, Chop, Forehand and Backhand drive, Halfvolley
- 2.4. Different training drills to learn the skill

UNIT-III**Smash:**

- 3.1. Smash (both forehand and backhand)
- 3.3. Forehand attack the semi-long ball, Drop shot, Balloon
- 3.3. Forehand and backhand Flick, backhand Loop to under spin ball
- 3.4. Different training drills to learn the skill

UNIT-IV**Officiating and Coaching:**

- 4.1. Officiating in Table Tennis
- 4.2. Technique Training in Table tennis (Demonstration explanation, and fault Correction)
- 4.3. Tactics and Strategy Singles, Doubles and Mixed Doubles
- 4.4. Principle of coaching in Table tennis

Suggested Reading:

1. Choudhury P. (2005) Table Tennis Coaching Manual, Sports Publication
2. Jain Anoop, (2017)Table Tennis Rule Book Sports Publication.
3. Lodziak, Tom, (2020)SPIN: Tips and tactics to win at table tennis,Independently published.
4. Priyanka Narang, (2016) Teach Yourself Table Tennis, Sports publication.
5. Priestley Sam,and Ben Larcombe,(2015)The Ultimate Table Tennis Challenge, CreateSpace
6. Independent Publishing,
7. Richard McAfee, (2009)Table Tennis: Steps to Success, Human Kinetics; First edition
8. SeemillerDan and Mark Holowchak, (2020)Winning Table Tennis: Skills, Drills, and Strategies Independently published,ISBN-13: 8651205967-979
9. Verma Hement, (2016) How to play Table tennis, Sports Publication



SCIENCE OF YOGA AND NATUROPATHY
COURSE CODE:BPES/GE(P)/03

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/GE(P)/03	Science of Yoga and Naturopathy	2	64	25	25	50

Course Learning Outcome:

After completing this course, the students will be able to

- Perform Yogasana, pranayama and Kriya.
- Acquire the practical knowledge of meditation
- Acquire Practical knowledge of Naturopathy

UNIT-I

Yogic Kriya and Yogasana

- 1.1.Susakma and Sthulo Vayayama
- 1.2.Kriya- kapalbhati, Trataka, Nauli.
- 1.3.Asana- Standing, Sitting, Laying
- 1.4 Mudra and Bandh

UNIT- II

Pranayama and Dhayana

- 2.1. Pranayama- Balancing, Heating, Cooling
- 2.2 Pratyahara
- 2.3. Dhyana for Beginners
- 2.4 Dhyana for Intermediate

UNIT- III

Naturopathy (Nisargopachar)

- 3.1.Hydrotherapy (Jalchikitsa)- Hot, Cool, Moving
- 3.2.Heat Therapy (TejChikitsa)- Dry and Moisture
- 3.3. Mardan Therapy (Indian Massage)
- 3.4. Mud Therapy

Evaluation:

Internal Assessment 25 Marks

External assessment 25 marks

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/401	Kinesiology and Sports Biomechanics	3	48	30	45	75
BPES/CC/402 A and (B-I,II,III)	Officiating and Coaching IV(Gymnastics, Combative Games any one)	3	48	30	45	75
BPES/CC/403	Sports Psychology and Sociology	2	32	20	30	50
BPES/GE/04	Adapted Physical Education and Sports	2	32	20	30	50
ELECTIVE PAPER (ANY ONE)						
BPES/SEE/03	Sports Entrepreneurship	2	32	20	30	50
BPES/SEE/04	Strength and Conditioning					
LAB/ PRACTICAL						
BPES/CC(P)/40 1	Kinesiology and Sports Biomechanics	1	32	10	15	25
BPES/CC(P)/40 3	Sports Psychology and Sociology	1	32	10	15	25
BPES/GE(P)/04	Adapted Physical Education and Sports	1	32	10	15	25
BPES/SEE(P)/0 3	Sports Entrepreneurship	1	32	10	15	25
BPES/SEE(P)0 4	Strength and Conditioning					
SPORTS PRACTICAL						
BPES/CCP/402 (A)	Officiating and Coaching IV Gymnastics	4	128	50	50	100
BPES/CCP/402 (B-I, II, III)	Coaching IV Combative Game: Taekwondo, Judo, Boxing (Any One)	4	128	50	50	100
		24	576	260	340	600

NSS is compulsory for all students in second year.

CC- Core course, DSE- Discipline Specific Elective, GE-Generic Elective, SE- Skill Enhancement, AEC- Ability Enhancement Compulsory

**SEMESTER IV
KINESIOLOGY AND SPORTS BIOMECHANICS**

COURSE CODE: BPES/CC/401

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/401	Kinesiology and Sports Biomechanics	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- To know the concept of kinesiology and biomechanics
- Understanding the classification and fundamental movements
- To know the concept of kinetics and kinematics and movement analysis
- To understand the locomotion of movements and mechanical analysis

UNIT - I

Introduction to Kinesiology

- 1.1 Definition, Aims and Objectives of Kinesiology and sports Biomechanics
- 1.2 Role of Kinesiology and biomechanics in Sports.
- 1.3 Brief history with important contributions of Aristotle, Leonard Da Vinci, Weber brothers
- 1.4 Basic Concepts of Axes and Planes, Center of Gravity&Line of Gravity

UNIT-II

Joints and Movements (Upper Extremity and Lower Extremity)

- 2.1 Location and action of major muscles acting at the following joints:(Shoulder, Elbow, Wrist, Hip, Knee & Ankle
- 2.2. Fundamental Movements of Human Body)
- 2.3 Two-joint muscles (Origin, Insertion and Function)
- 2.4 All or None Law, Reciprocal Innervations,

UNIT-III

Application of Mechanical Concepts

- 3.1 Quantities in biomechanics, Scalar and vector quantities, Motion, type of motion, Distance and speed, Displacement and velocity, Acceleration, Angular distance and Angular displacement, Angular Speed, Angular Velocity, Angular Acceleration, Inertia, mass, weight, Newton's Laws of motion.
- 3.2 Work, Power & Energy, potential and kinetic energy.
- 3.3 Force and its characteristics, Internal and external forces and application of force, centripetal and centrifugal forces
- 3.4 Stability and Equilibrium (Nature, Types and Advantages), factors affecting stability, principles of stability and Lever: Types and Implications in Sports, mechanical advantages of levers

UNIT -IV

Projectile motion, Kinesiological and mechanical analysis of movements

4.1 Kinesiological analysis of fundamental movements

4.2 Motion, its importance in sports with reference to Diving, Gymnastics, Jumping & Throwing

4.3 Projectile Motion: Principles, Factors affecting Projectile Motion and its Applications in Sport

4.4 Mechanical Analysis of Fundamental Movements: (Walking, Running, Jumping, Throwing, Catching, Landing)

LAB PRACTICAL CODE: BPES/CC(P)/401

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC(P)/401	Kinesiology and Sports Biomechanics	1	32	10	15	25

UNIT-I

- 1.1. Demonstration of fundamental movements with reference to Axis and planes
- 1.2. Calculation of Center of Gravity, Segmentation Method
- 1.3. Motion Analysis of Sports Skill (Videography)
- 1.4. Demonstration and analysis of projectile motion

UNIT-II

- 2.1. Mechanical analysis of fundamental movements with Kinovia software
- 2.2. The use of videography for analysis in sports movements
- 2.3. Recording the movement and analyze mechanical benefits of movement
- 2.4. Calculation of mechanical advantage of the movement through ICT support

SUGGESTED READING

1. A.K. Lawrence Mamta MP *Kinesiology* (Friends Publication India 2004)
2. Broer, M.R. *Efficiency of Human Movement* (Philadelphia: W.B. Saunders Co., 1966)
3. Bunn, John W. *Scientific Principles of Coaching* (Engle wood cliffs: N.J. Prentice Hall Inc., 1966)
4. Duvall, E.N. *Kinesiology* (Engle wood cliffs: N.J. Prentice Hall Inc., 1956)
5. Hoffman S.J. *Introduction to Kinesiology* (Human Kinesiology publication In.2005)
6. Uppal Rasch and Burke, *Kinesiology and Applied Anatomy* (Philadelphia: Lea and Fibger, 1967)
7. Scott, M. G. *Analysis of Human Motion*, New York.
8. Wells, K. P. *Kinesiology* (Philadelphia: W.B. Saunders Co. 1966) Cooper, John M. and Glasgow, R.B. *Kinesiology* (St. Louis: C.V. Mosby Co., 1963)

SEMESTER IV
OFFICIATING AND COACHING IV
(GYMNASTICS AND COMBATIVE GAMES ANY ONE)
COURSE CODE: BPES/CC/402 (A)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/402 A and (B-I, II,III)	Officiating and Coaching IV(Gymnastics, Combative Games any one)	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- To orient with the rules regulations and competition procedure
- To know layout of competition arenas and marking and dimensions of the court/arena.
- To understand organization structure of concerned sports event
- To orient in the art of coaching and officiating

GYMNASTICS

Unit-I

Introduction to Gymnastics

- 1.1. Introduction of Gymnastics and historical development in India and world
- 1.2. IGF (Federation Internationale de Gymnastique) and GFI (Gymnastic Federation of India), Events, Aims and Objectives
- 1.3. Gymnastic men and women events and Dimension of Men and women apparatus.
- 1.4. Gymnastics rules and their interpretation, Gymnastics terminology and Scoring system

UNIT-II

Officiating and coaching

- 2.1. Coaching and Teaching basic Gymnastic skills
- 2.2. Laws of learning applied in Gymnastics
- 2.3. Methods of teaching and sequence of teaching competitive Gymnastics events and their fault correction
- 2.4. Management of Competitions, Officials, Men and women events, Gymnastics coaching for beginners

TAEKWONDO 402 (B - I)

UNIT-III

Introduction to Taekwondo

- 3.1. Introduction of Taekwondo, History and Development of the Taekwondo in India and world
- 3.2. Structure and Functions of WTF world Taekwondo Federation and TFI Taekwondo Federation of India
- 3.3. Dimensions of completion arena of Taekwondo, Mat equipment and dress code of Taekwondo.
- 3.4. Rules and their interpretations of Taekwondo, Qualification and number of officials and their responsibilities in the competition

UNIT-IV

Officiating and coaching in Taekwondo

- 4.1. Mechanics of officiating: Duties of Referee(s), Judge, recorder or score keeper Regulations
- 4.2. Fundamental aspects of coaching in Taekwondo, Coaching prior to Competition and During Competition
- 4.3. Tactics and Strategy in taekwondo
- 4.4. Principles of training in Taekwondo Coaching and competition facilities required for Taekwondo

JUDO 402 (B – II)

UNIT-III

Introduction to Judo

- 3.1. Introduction to Judo, History and Development of the Judo in India and world
- 3.2. Structure and Functions of IJF, International Judo Federation and JFI, Judo Federation of India
- 3.3. Dimensions of completion arena of Judo, Mat equipment and dress code of Judo.
- 3.4. Rules and their interpretations of Judo, terminology in Judo
- 3.5. Qualification and number of officials and their responsibilities in the competition

Unit-IV

Officiating and coaching in Judo

- 4.1. Mechanics of officiating: Duties of Referee(s), Judges, recorder, competition controller, timekeeper Regulations
- 4.2. Fundamental aspects of coaching in Judo, Coaching prior to Competition and During Competition
- 4.3. Tactics and Strategy in Judo
- 4.4. Principles of training in Judo, Coaching and competition facilities required for Judo

BOXING 402 (B – III)

UNIT-III

Introduction to Boxing

- 3.1. Introduction to Boxing, History and Development of the Boxing in India and world
- 3.2. Structure and Functions of IBF, International Boxing Federation and BFI, Boxing Federation of India
- 3.3. Boxing completion arena dimension, equipment and dress code of Boxing.
- 3.4. Rules and their interpretations of Boxing, terminology in Boxing, Qualification and number of officials and their responsibilities in the competition

UNIT-IV

Officiating and coaching in Boxing

- 4.1. Mechanics of officiating: Duties of Referee(s), Judges, recorder, competition controller, timekeeper Regulations
- 4.2. Fundamental aspects of coaching in Boxing, Coaching prior to Competition and During Competition
- 4.3. Tactics and Strategy in Boxing
- 4.4 Principles of training in Boxing, Coaching and competition facilities required for boxing

Reference Books:

1. Andy Dumas and Jamie Dumas, Successful Boxing: The Ultimate Training Manual, Crowood Press, 2013
2. Carle, D.T. (1963). Hand book of progressive gymnastics. Englewood Cliffs: N.J. Printice Hall.
3. Chakraborty, S. (2006). Activities for children teaching gymnastics Pyramids. Sports Publication.
4. Chakraborty. S. and Baljit Singh Sakhon, Basis of Judo, Sports Publication, 2020
5. Doug Cook, Traditional Taekwondo: Core Techniques, History, and Philosophy, YMAA Publication Center, 2006
6. Harry Mullan and Bob Mee, The Ultimate Encyclopedia of Boxing Welbeck Publishing, 2020
7. Negi, Teach Yourself Women Gymnastics, Sports Publication, 2016.
8. Kunal Negi, Teach Yourself Men Gymnastics, Sports Publication, 2016.
9. Kaur Balwinder, Officiating and Coaching, Sports Publication, 2020
10. Kalra Deepti, Teach Yourself Judo, Sports Publication, 2016.
11. Kärrlander. Peter Y, The Complete Boxing handbook: A step by step guide to Boxing CreateSpace Independent Publishing Platform, 2010
12. Phulkar Ashish, Sports officiating and Coaching, Sports Publication, 2021

13. Scott Shaw, Taekwondo Basics, Tuttle Publishing; Illustrated edition, 2018
14. Soon Man Lee and Gaetane Ricke, Official Taekwondo Training Manual, Tuttle Publishing, 2005.
- 15- Yeon Hee Park, Yeon Hwan Park and Jon Gerrard, Tae Kwon Do: The Ultimate, Reference Guide to the World's Most Popular Martial Art, Skyhorse; 1st edition, 2014



SEMESTER IV
SPORTS PSYCHOLOGY AND SOCIOLOGY
COURSE CODE: BPES/CC/403

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/403	Sports Psychology and Sociology	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understanding the concept of psychology
- Describe the concept of personality and motivation and sports performance
- Meaning and importance of sociology
- Discuss the sociological issues for optimizing behavior and performance

UNIT – I

Introduction to Psychology

- 1.1 Definition, Meaning and Branches of Psychology
- 1.2 Scope of psychology in physical education and sports
- 1.3 Importance of Psychology in physical education and Sports
- 1.4 Methods of Psychology in physical education and Sports

UNIT II

Learning Processes, Personality and Motivation

- 2.1. Theories of Learning (Trial and Error Learning, Learning by Insight, Classical & Operant Conditioning)
- 2.2. Laws of Learning (Law of readiness, Law of exercise, and Law of effect), Transfer of Learning (Positive, Negative, Zero, Bilateral)
- 2.3. Learning Curve (Positive, Negative, S-Curve) Memory (Sensory, Short-term, Long-Term) and Forgetting in Learning.
- 2.4. Personality, Motivation, anxiety and Emotion in physical education and Sports

UNIT-III

Sports and Society:

- 3.1. Meaning definition and scope of sociology in physical education and sports
- 3.2. Social acceptance of physical education and sports. Sports as an element of Society, Development of an athletic identity in the society
- 3.3. Socialization through games and Sports, Social Factors and Socio-metric techniques in Sport
- 3.4. Role of Family, Institution and peer group in sports Socialization, Team cohesiveness and Leadership in Sports, aggression and violence in sport, Effect of crowd behavior in Sports

LAB PRACTICAL
CODE: BPES/CC(P)/403

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC(P)/403	Sports Psychology and Sociology	1	32	10	15	25

UNIT-I

- 1.1. Reaction time, Mirror drawing apparatus
- 1.2. Color Progressive Matrices (CPM)
- 1.3. Achievement motivation test, Big five personality test
- 1.4. Memory test, Finger dexterity concentration and anticipation test

UNIT-II

- 2.1. Assessment of team cohesiveness
- 2.2. Assessment of leadership quality
- 2.3. Assessment sociometry and sociability

SUGGESTED READING

1. Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.
2. Blair, J. & Simpson, R. (1962). *Educational psychology*, New York: McMillan Co. Cratty, B. J. (1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.
3. Kamlesh, M. L. (1998). *Psychology in physical education and sport*. New Delhi: Metropolitan Book Co.
4. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sports and social system*. London: Addison Wesley Publishing Company Inc.
5. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea & Febiger.
6. Mathur, S.S., (1962). *Educational psychology*. Agra. Vinod Pustak Mandir. Skinner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.
7. William, F. O. & Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Ltd.
8. Ball, Donald, W. and Lay John W. *Sport and Social order Contribution to the Sociology of Sport*. Lea & Febiger, 1981).
9. Loy John W., Mepheron, Barry D., and Kenyon Gerall, *Sport and Social System* (London: Addition Wesley Publishing Co. Inc., 1978).
10. Loy, Jhon W., Kenyon, Geral S. and Mopherson, Barry D., *Sports Culture and society* (Philadelphia: London: Addition Wesley Publishing Co. Inc., 1975).

SEMESTER IV
ADAPTED PHYSICAL EDUCATION AND SPORTS
COURSE CODE: BPES/GE/04

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/GE/04	Adapted Physical Education and Sports	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the modern concept of adapted physical education and Sports.
- Understand Classification of differently able and Application of Exercise and Sports
- Explain Provisions of special rights and privileges for differently able through legislations.
- Understand Guiding Principles for Adapted Physical Education and sports Programme

UNIT-I

Introduction to adapted physical education and Sports

- 1.1. Meaning, aim and objectives of adapted physical education and Sports
- 1.2. Brief historical review of adapted physical education and Sports
- 1.3. Need and importance of adapted physical education and Sports
- 1.4. Role of inclusive education in adapted physical education and Sports

UNIT-II

Classification of differently able and Application of Exercise and Sports

- 2.1 Changing concept of differently abled people.
- 2.2 Physically challenged, mentally challenged, Speech and Hearing challenged and visually challenged.
- 2.3 Other Differently able Condition problems Behavioural Problems-Adjustment Problem, learning disabilities, Emotional Problem
- 2.4 Social Problem -Social Determination, Social Rejection, Social welfare programmes for differently able

UNIT-III

Guiding Principles for Adapted Physical Education and Sports Programme

- 3.1 Guiding Principles for Adapted Physical Education and Sports Programme

- 3.2 Physical Education and Sports Programme for Differently able
- 3.3 Co-Curricular activities for differently able: Aquatic activity programmes for differently able
- 3.4 Rehabilitative role& importance of Recreation and Adventure sports

**PRACTICAL:
CODE:BPES/GE(P)/04**

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC(P)/404	Adapted Physical Education and Sports	1	32	10	15	25

UNIT-I

- 1.1 Designing various types of exercise and sports for physically challenged
- 1.2 Designing various types of exercise and sports for mentally challenged (especially abled)
- 1.3. Designing various types of exercise and sports for Speech and Hearing challenged
- 1.4 Exercise and sports competition for Divyangans

UNIT- II

- 2.1. Designing various types of exercise and sports for visually challenged
- 2.2. Designing different types of exercise and sports for other differently able people
- 2.3. Para and Special Olympic Sport events
- 2.4 Field trip for Adapted Physical Education and Sports

SUGGESTED READINGS

1. Anoop Jain, "Adapted Physical Education" Sports Publications, Ashok Vihar Delhi-52
2. Arthur G. Miller & James, "Teaching Physical Activities to impaired youth" John Wilag & Sons Inc. Canada.
3. Arthur S. Daniels & Euilya, "Adapted Physical Education", Harpet & Row Publisher- New York.
4. Auxter, Byler, Howtting, "Adapted Physical Education and reactions" Morbey-St. Louis Missouri.
5. K. Park, "Preventive Social Medicine M/s Banaridas Bhanot Publishers Prem Nagar Jabalpur.
6. Ronald W. French, & Paul J., "Special Physical Education", Charles E. Merrics Publishing Co. Edinburch, Ohio.
7. Shekar KC, Adapted Physical Education (Khel Sahitya Kendra: New Delhi)-2005
8. Winnick JP, Adapted Physical Education and sport Human Kinetics USA, 2005
9. Uppal, A. K. (1990). Physical fitness: how to develop. New Delhi: Friends Publication.
10. Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications.

SEMESTER IV
SPORTS ENTREPRENEURSHIP
COURSE CODE: BPES/SEE/03

CourseCode	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/SEE/03	Sports Entrepreneurship	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand nature and types of sports entrepreneurships
- Develop the knowledge and skills to manage and implement a sport venture;
- Use creativity, critical thinking, analysis of sport entrepreneurship
- Understand business plan and marketing
- Identifying opportunity for innovation in sports

UNIT I

Nature and Types of Entrepreneurships

- 1.1 Nature and importance of entrepreneurship
- 1.2. Types of entrepreneurships
- 1.3 Sport as a catalyst for entrepreneurialism
- 1.4.Mindset, Intentions of corporate entrepreneurship

UNIT II

Creativity and new business ideas

- 2.1. Generating and exploring new entries in sports field
- 2.2. Creativity the Business Idea in Sports, identifying opportunities for innovation in sport
- 2.3 Characteristics of individual entrepreneurs in sport
- 2.4.Entrepreneurialism within large sporting organizations

UNIT III

Business plan and marketing

- 2.1. Domestic and international opportunities and Legal issues
- 2.2. Business plan and Marketing
- 2.3. Organizational plan, financial plan, identifying opportunities for innovation in sport
- 2.4. Sources of capital, and informal risk capital, venture capital.

PRACTICAL
CODE: BPES/SEE(P)/03

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC(P)/03	Sports Entrepreneurship	1	32	10	15	25

UNIT-I

- 1.1. Preparing Business plan and project
- 1.2. Requirement to start a new sports business (project)
- 1.3. Field visit: different sports manufacturing unit
- 1.4. Physical observation of small-scale industry their set up

UNIT-II

- 2.1 Assessment of Employment requirement both skilled and non-skilled workers in the project
- 2.2. Developing managerial skill
- 2.3. Inviting reputed entrepreneur and sharing their experience to students
- 2.4 Visit of sports industries

Suggested Readings:

1. Aldrich, H.E. (2005) Entrepreneurship. In Handbook of Economic Sociology, N. Smelser and R. Swedberg (Eds), Princeton, NJ: Princeton University Press, pp. 451-577.
2. Ansoff, I.H. (1968) Corporate Strategy, Penguin Books: London.
3. Baker, T., Gedajlovic, E. and Lubatkin, M. (2005) A Framework for Comparing Entrepreneurship Processes Across Nations. Journal of International Business Studies, Vol. 36, pp. 492-504.
4. Harms, R., Schulz, A. and Kraus, S. (2009) The Conceptualization of 'Opportunity' in Strategic Management Research. International Journal of Entrepreneurial Venturing, Vol. 1, No. 1, pp. 57-71.
5. Hills, G.E. and Shrader, R.C. (1998) Successful Entrepreneurs Insights into Opportunity Recognition.

SEMESTER IV
STRENGTH AND CONDITIONING
COURSE CODE: BPES/SEE/04

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/SEE/04	Strength and Conditioning	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the components of physical fitness
- To design, implement, and plan appropriate individual specific workouts
- Understand Functional Equipment and Exercises
- Understand Strength and Conditioning Training for Different Sports

UNIT I

Introduction to Strength and Conditioning

- 1.1 Meaning, Nature and importance of strength and conditioning exercises Baseline fitness testing before activity
- 1.2 Concentrate on proper techniques, body mechanics, and safety in strength and conditioning exercises.
- 1.3 Strengthening exercises for different major muscles and Joints
- 1.4 Personal fitness portfolio and a personal fitness plan, Understand the role of baseline testing.

UNIT II

Introduction to Functional training Equipment and functional Exercises

- 2.1. Introduction to resistance training variables: set, repetition, intensity, tempo, rest, and interval, Concepts of Free weights Vs Machine to develop load structure of the movement
- 2.2. Free hand exercise, Calisthenics exercise and Swiss ball exercise
- 2.3 sports specific Core strengthening exercises, introduce pyramid sets and supersets system
- 2.4. Concept of designing different strength and conditioning programme for different age groups

UNIT III

Strength and Conditioning Training for Different Sports

- 3.1 Introduction to Flexibility Training and Concepts
- 3.2 Strength and conditioning exercises for sport specific programs.
- 3.3 Speed and agility exercises for sport specific programs.
- 3.4. Introduction to Circuit Training and its Principles plyometric training principles and workouts

**PRACTICAL
BPES/SEE(P)/04**

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC(P)/04	Strength and Conditioning	1	32	10	15	25

UNIT-I

- 1.1 Perform a personal pre-fitness assessment.
- 1.2 Calculate target heart rate zones for various aerobic exercise intensities.
- 1.3 Designing different strength and conditioning programme for different age & sex groups
- 1.4 Designing different strength and conditioning programme for elite athletes

UNIT-II

- 2.1 Organization and administration of Balance test
- 2.2 Designing Strength and flexibility exercise with set and repetition
- 2.3 Designing various types of complete strength and conditioning programme for different label of athletes
- 2.4 Preparing and operate circuit training and Plyometric training plan of different station.

Suggested Readings:

1. Aurelien Broussal Dervd, s. Ganneace, The Modern Art of High Intensity Training, Human kinetics, 2017.
2. Boyle Michael, New Functional Training for Sports, 2nd edition humankinetics, 2018
3. Half g.Gregiv, Triplett N. Travis, Essentials of Strength Training and Conditioning Fourth Edition,by NSCA -National Strength & Conditioning Association (Editor),2021
4. Jeff. T Chandler, Lee E. Brown, Conditioning for Strength and Human Performance: Third Edition 3rd Edition, Human Kinetics, 2021.
5. Verkhoshansky Yuri, V. Natalia, Special Strength Training: Manual for Coaches, Verkhoshansky.co, 2011.

**SPORTS PRACTICAL
OFFICIATING AND COACHING IV
CODE:BPES/CCP/402(A)
GYMNASTICS**

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/402 (A)	Officiating and Coaching IV Gymnastics	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret basic skills
- Appraise the rules and regulation.
- Demonstrate and assess various basic skills/techniques and game strategies.
- Officiating and coaching in competition.

UNIT-I

Introduction and Fundamental Skills

- 1.1. Gymnastics hall, competition arena, equipment and costume
- 1.2. Floor Exercise: Stance Forward Roll, Backward Roll, Sideward Roll, cartwheel
- 1.3. Different kinds of scales, Leg Split, Bridge, Dancing steps (for girls)
- 1.4. Hand stand, Jumps-leap, scissors leap

UNIT-II

Vaulting Table and Ring

- 2.1. Vaulting Horse: Approach Run, Take off from the beat board, Cat Vault, Squat Vault.
- 2.2. Ring hang, pull and push up, top support, swing and dismount
- 2.3 Rules and interpretation of Vaulting horse and Ring
- 2.4. High bar basic skills and rules

Unit III

Pommel Horse and Parallel Bar

- 3.1. Pommel horse: front support swings, back support swings, false scissor
- 3.2. Rules and interpretation of Pommel horse
- 3.3. Parallel bar: Swings, L sit support, V sit, Hand stand, Swing and dismount
- 3.4. Rules and interpretation of Parallel bar

UNIT-IV

Officiating and Coaching

- 4.1. Rules and their interpretations and competition management
- 4.2 Officiating of Gymnastic competition
- 4.3. Teaching and coaching basic of Gymnastics skills
- 4.4. Methods and principles of coaching and Sequence of coaching in Gymnastics

TEACHING LEARNING STRATEGIES

The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Work in the Pool/ Viva/ learning by doing/ Individual Practice etc.

ASSESSMENT RUBRICS Marks: 100

- End Semester Exam (External)
(Skill Proficiency, Project File, Officiating, Viva)
- Internal **Marks:50**
(Skill Proficiency, Project File, Officiating, Attendance, Viva)
- External **Marks:50**

Suggested Reading:

1. Carle, D.T. (1963). Hand book of progressive gymnastics. Englewood Cliffs: N.J. Prentice Hall.
2. Chakraborty, S. (2006). Activities for children teaching gymnastics Pyramids. Sports Publication.
3. Kunal Negi, Teach Yourself Men Gymnastics, Sports Publication, 2016.
4. Lokesh Thani, Skill & Tactics Gymnastics, Sports Publication, 2020
5. Mohit, How to play Floor exercises Gymnastics, Sports Publication, 2016
6. O. P. Aneja, Teach Yourself Rhythmic Gymnastics, Sports Publication, 2016
7. Savage Jeff, Top 25 Gymnastics Skills, Tips, and Tricks Enslow Publisher, 2011
8. Vincent Walduck, My Books of Gymnastics, DK, 2020

SEMESTER IV
SPORTS PRACTICAL
OFFICIATING AND COACHING IV
COMBATIVE GAME:TAEKWONDO, JUDO, BOXING (ANY ONE)
CODE:BPES/CCP/402(B-I,II,III)

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/402 (B-I,II,III)	Coaching IV Combative Game: Taekwondo, Judo, Boxing (Any One)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Develop concept of skill.
- Appraise the rule & regulation.
- Demonstrate and assess various techniques of starts and finish.
- Interpret the rules and regulations officiate and coaching of the game.

TAEKWONDO 402 (B – I)

UNIT-I

Introduction and Fundamental Skills

- 1.1. Taekwondo hall, competition arena, equipment and costume
- 1.2. Player Stances – walking, extending walking, L stance, cat stance
- 1.3. Sitting stance punch, single punch, double punch, and triple punch. Punching Skill from sparring position
- 1.4. Front-fist punch, rear fist punch, double punch, and four combination punch.

UNIT-II

Front and Back kick with Foot Techniques

- 2.1. Foot Techniques (Balgisul) – standing kick (soseochagi)
- 2.2. Front kick (AP chagi), Arc kick (Bandal Chagi), Side kick, (Yeop Chagi), Turning kick (Dollyo Chagi),
- 2.3. Back kick (Twit Chagi), Reverse turning kick (Bandae Dollyo Chagi), Jump kick (Twimyo Chagi),
- 2.4. Poomsae (Forms) – Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement – eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques)

UNIT-III

Sparring and Self Defense Techniques

- 3.1. Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques)
- 3.2. Self-defense techniques, combination kicks
- 3.3. Free Sparring. Board Breaking (Kyokpa) – eye control, balance, power control
- 3.4. Speed, point of attack.

UNIT-IV

Officiating and Coaching

- 4.1. Rules and their interpretations and competition management
- 4.2. Officiating of Taekwondo competition
- 4.3. Teaching and coaching basic of taekwondo skills
- 4.4. Methods and principles of coaching and Sequence of coaching taekwondo Techniques

TEACHING LEARNING STRATEGIES

The class will be taught by using lectures, demonstration, explanation, videos, learning by doing, Whole part whole method, Lead-ups games and presentations method.

SUGGESTED MODE OF TRANSECTION

Lectures/Demonstration/Explanation/FieldWork/OutreachActivities/Vocational Training/Viva/ learning by doing / Lead-up Games/ Minor Games/ Dummy Practicetc.

ASSESSMENTRUBRICS

Marks: 100

End SemesterExam(External) **Marks:50**

(Skill Proficiency, Project File, Officiating and coaching, Viva)Internal **Marks:50**

(Skill Proficiency, Project File, Officiating and coaching, Attendance, Viva)

Suggested Reading

1. Gilles R. Savoie, Taekwondo:A Technical Manual,Blue snake books, 2010
2. Kevin Hornsey, Taekwondo, Tuttle publishing, 2003
3. Lee Kyu Hyung,Tae Kwon do:The ultimate Reference Guide to the World's Most Papaular Martial Art, Skyhouse, 2014.
4. Stuart Anslow Paul, The Encyclopedia of Taekwondo Patterns, Check point,Press,2010
5. Scott Shaw, Taekwondo Basics, tuttle publishing, 2018.
6. Soon Man Lee and Gaetane Ricke, Official Taekwondo Training Mannual, Tuttle publishing, 2005.

JUDO 402 (B – II)

UNIT-I

Fundamental Skills

- 1.1. Judo hall, dimension of judo mat, and equipment
- 1.2. Rei (Salutation)-Ritsurei (Salutation in standing position), Zarai (Salutation in the sitting position), Shisei (Posture in Judo)
- 1.3. Kumi kata (Methods of holding judo costume)
- 1.4. Kuzushi (Act of disturbing the opponent posture) Tsukuri and kake (Preparatory action for attack)

UNIT-II

Break Fall and Front Break Fall

- 2.1 Ukemi (Break Fall)-Urhiro Ukemi (Rear break Fall), Yoko Ukemi (Side Break Fall),
- 2.2 Mae Ukemi (Front Break Fall), Mae mawari Ukemi (Front Rolling break fall)
- 2.3 Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps).
- 2.4 Tai Sabaki (Management of the body)

UNIT-III

Throwing Technique

- 3.1 Nage Waze (Throwing techniques)-Hiza Guruma (Knee wheel), Sesae Twurikomi-ashi (Drawing ankle throw), De ashi hari (Advance foot sweep),
- 3.2 Goshi (Major loinm), Seoi Nage (Shoulderthrow).
- 3.3 Katama waze (Grappling techniques)-Kesa gatame (Scaff hold)
- 3.4 Kata gatame (Shoulderhold), Kami shiho gatama (Locking of upper four quarters), Method of escaping from each hold.

UNIT-IV

Officiating and Coaching

- 4.1 Management of Competitions, Rules and their interpretations
- 4.2 Officiating of Judo competition
- 4.3. Teaching and coaching basic of Judo skills
- 4.4. Methods and principles of coaching and Sequence of coaching judo techniques

TEACHING LEARNING STRATEGIES

The class will be taught by using lectures, demonstration, explanation, videos, learning by doing, Whole part whole method, Lead-ups games and presentations method.

SUGGESTED MODE OF TRANSECTION

Lectures/Demonstration/Explanation/FieldWork/OutreachActivities/Vocational Training/Viva/ learning by doing / Lead-up Games/ Minor Games/ Dummy Practice etc.

ASSESSMENT RUBRICS

Marks: 100

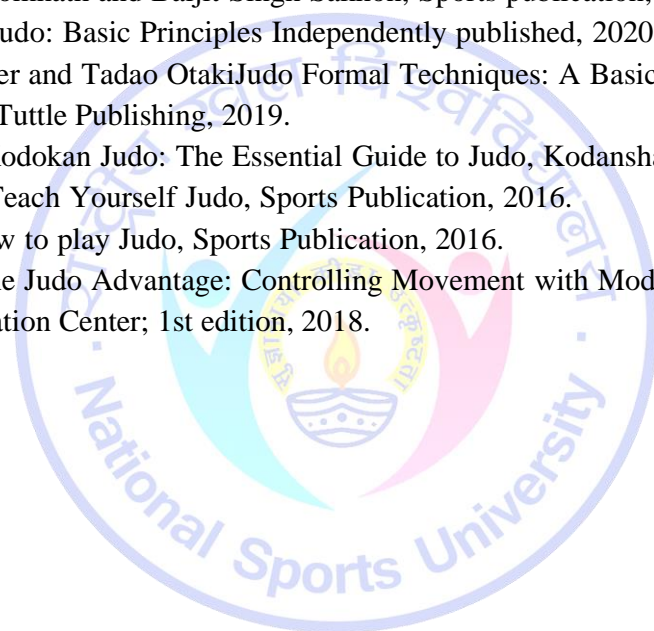
End Semester Exam(External) **Marks:50**

(Skill Proficiency, Project File, Officiating and coaching, Viva) Internal **Marks:50**

(Skill Proficiency, Project File, Officiating and coaching, Attendance, Viva)

Suggested Reading

1. Aurélien Broussal-Derval, Training and Conditioning for Judo, Human Kinetics, 2020.
2. Charkrabarty Somnath and Baljit Singh Sakhon, Sports publication, 2020.
3. Dominy Eric, Judo: Basic Principles Independently published, 2020.
4. Donn F. Draeger and Tadao Otaki Judo Formal Techniques: A Basic Guide to Throwing and Grappling Tuttle Publishing, 2019.
5. Jigoro Kano, Kodokan Judo: The Essential Guide to Judo, Kodansha International, 2013
6. Kalra Deepti, Teach Yourself Judo, Sports Publication, 2016.
7. O.P Aneja, How to play Judo, Sports Publication, 2016.
8. Steve Scott, The Judo Advantage: Controlling Movement with Modern Kinesiology, YMAA Publication Center; 1st edition, 2018.



BOXING 402 (B – III)

UNIT-I

Introduction and Fundamental Skills

- 1.1. Boxing hall, competition arena, equipment and costume
- 1.2. Player Stances Target and vulnerable points, Wrapping of Bandage, Clenching of fist, On Guard Position
- 1.3. Foot work in different direction, circling to the left, circling to the right, Side Step, Organization of footwork training for beginners
- 1.4. Straight arm blow in boxing and its defense action

UNIT-II

Bent Arm Blows I and II, South Pow and Range Distance

- 2.1. Bent arm blows I, Defensive actions for bent arm blows (Hooks)
- 2.2. Bent arm blows II, Left upper cut to the head and body, right upper cut to the Head and body
- 2.3. South Pow Boxing, offensive and defensive action
- 2.4. Range distance in Boxing

UNIT-III

Sparring:

- 3.1 School fight, Technique Sparring,
- 3.2 Control sparring, Free sparring
- 3.3 Competition bout
- 3.4 Organization of sparring session

UNIT - IV

Officiating and Coaching

- 4.1. Rules and their interpretations and competition management
- 4.2. Officiating of Boxing competition
- 4.3. Teaching and coaching basic of Boxing skills
- 4.4. Methods and principles of coaching and Sequence of coaching in Boxing

TEACHING LEARNING STRATEGIES

The class will be taught by using lectures, demonstration, explanation, videos, learning by doing, Whole part whole method, Lead-ups games and presentations method.

SUGGESTED MODE OF TRANSECTION

Lectures/Demonstration/Explanation/Field Work/Outreach Activities/Vocational Training/Viva/ learning by doing / Lead-up Games/ Minor Games/ Dummy Practice etc.

ASSESSMENTRUBRICS

Marks: 100

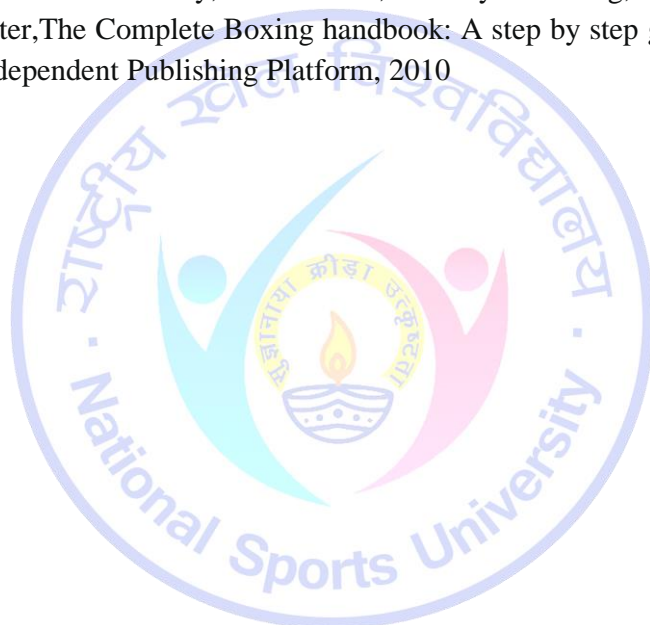
End SemesterExam(External) **Marks:50**

(Skill Proficiency, Project File, Officiating and coaching, Viva)Internal **Marks:50**

(Skill Proficiency, Project File, Officiating and coaching, Attendance, Viva)

Suggested Reading

1. Andy Dumas and Jamie Dumas,Successful Boxing: The Ultimate Training Manual, Crowood Press,2013
2. Dempsey Jack, Championship Fighting: Explosive Punching and Aggressive Defense, Simon & Schuster; Illustrated edition, 2015.
3. Haislet L. Edwin, Boxing, The Worldwide Art of Hand-to-Hand Combat, 2016.
4. Harry Mullan and Bob Mee, The Ultimate Encyclopedia of Boxing Welbeck Publishing, 2020
5. Louis Jeo and Edward J Mallory, How to Box, Literary Licensing, LLC, 2012
6. Y Kärrlande Peter,The Complete Boxing handbook: A step by step guide to Boxing, CreateSpace Independent Publishing Platform, 2010



SEMESTER V

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/CC/501	Research method and Statistics	3	48	30	45	75
BPES/CC/502	Exercise and Sports Training	3	48	30	45	75
BPES/CC/503	Sports Pedagogy	2	32	20	30	50
BPES/CC/504	Sports Nutrition	2	32	20	30	50
ELECTIVE COURSE (ANY ONE)						
BPES/DSE/05	Exercise Prescription					
BPES/DSE/06	Sports Talent Identification					
BPES/DSE/07	Health Club Management	2	32	20	30	50
LAB/ PRACTICAL						
BPES/CC(P)/502	Exercise and Sports Training	1	32	10	15	25
BPES/DSE(P)/05	Exercise Prescription					
BPES/DSE(P)/06	Sports Talent Identification					
BPES/DSE(P)/07	Health Club Management	1	32	10	15	25
SPORTS PRACTICAL						
BPES/CCP/505	Sports Specialization (Students will choose any one Game which they have studied up to 4 th sem.)	4	128	50	50	100
BPES/CCP/506	Mass Exercises (Indian club, lazium, Dumb bell, Wands Aerobic, and Rhythmic)	4	128	50	50	100
BPES/CCP/507	Community Coaching	2	64	25	25	50
		24	576	265	335	600

SEMESTER V
RESEARCH METHOD AND STATISTICS
COURSE CODE: BPES/CC/501

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/CC/501	Research method and Statistics	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the basic framework of research process
- Understand different types of methods in research
- Identify various sources of information for literature review and data collection.
- Understand importance of statistics, measure of central tendency and dispersion

UNIT-I

Introduction to Research

- 1.1 Meaning, definition and types of Research.
- 1.2 Characteristics of Good Research, Nature and Scope of Research in Sports.
- 1.3 Classification of Research, Location and identifying of research Problem, Criteria for Selecting a research Problem
- 1.4 Understand Research Format, chapters and writing synopsis

UNIT-II

Methods of Research

- 2.1 Descriptive Methods of Research: Survey and Case study, interview and questionnaire
- 2.2 Historical Research: Steps in Historical Research, Sources of Primary and Secondary Data, Internal and External Criticism.
- 2.3. Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables, Research Design.
- 2.4 Purpose of literature review, presenting the research hypothesis, Limitation, delimitation and significance of studies

UNIT-III

Statistical techniques used in interpretation of data

- 3.1 Meaning, Definition and Importance of Statistics in sports.
- 3.2 Quantitative and qualitative Data, tools and techniques of data collecting, population and

sample

3.3 Class interval, Raw data, group and ungroup data, Construction of Table, Introduction to Graphic Techniques (Histogram, Bar chart and pie diagram)

3.4 Measure of Central tendency, Calculation of Mean, Median & Mode, Normal Curve, skewness and kurtosis

UNIT-IV

Statistical techniques used interpret data

4.1 Measure of Dispersion (Standard Deviation, Mean Deviation, Quartile Deviation)

4.2 Method of Calculation of Correlation

4.3 Types of t-test, interpreting t, relationship of t and r.

4.4 Introducing ICT and Statistical software

SUGGESTED READINGS

1. Ahlawat, R. P. (2016). Research Process in Physical Education & Sports Sciences. Friends Publication.
2. Flick, U. (2017). Introducing Research Methodology. Sage Publications.
3. Flick, U. (2019). An Introduction to Qualitative Research. Sage Publications.
4. Kahn, J. V. (2016). Research in Education (Vol. 10). Pearson Education Inc.
5. Kamlesh, D. M. (2019). Methodology of Research in Physical Education and Sports. Sports Publication.
6. Kothari, C. (2019). Research Methodology: Methods and Techniques. New Age International Publishers.
7. Mishra, P. D. (2018). Research and Statistics in Physical Education. Sports Publication.
8. Thomas, J. R. (2016). Research Method in Physical Activity. US: Human Kinetics.

SEMESTER V
EXERCISE AND SPORTS TRAINING
COURSE CODE: BPES/CC/502

CourseCode	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/CC/502	Exercise and Sports Training	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- To understand concept, characteristics and importance of sports Training;
- To understand concept and characteristics of Training load
- To gain knowledge about resistance training and its use
- To understand concept of Overload

UNIT-I

Introduction to Sports Training

- 1.1 Aim, Objectives, Importance and characteristics of Sports Training
- 1.2 Structure and Principles of Sports Training
- 1.3 Types and Importance of Warming up and Cool down, its Advantage and Disadvantage
- 1.4 Importance and Types of Motor Components

UNIT-II

Components of Load

- 2.1 Concept of Training load; Types of Training load – External and Internal
- 2.2 Training load and Adaptation process
- 2.3 Factors of training load: Physical exercise, Movement quality, Load Intensity, Load volumes, Density, Duration, Repetition etc.
- 2.4 Principles of progression of load – recovery – adaptation – symptoms of over load

UNIT-III

Means and Methods of Development of Motor Qualities

- 3.1 means and method developing strength
- 3.2 means and methods of developing speed –form of speed
- 3.3 means and methods of developing Endurance
- 3.4 means and methods of developing Flexibility and coordinative abilities

UNIT-IV

Technique and Tactical Preparation, Planning and Periodization

- 4.1 Technique and phases of technical training
- 4.2 Tactics and tactical ability
- 4.3 Planning: Micro, Meso, Macro Training Session
- 4.4 Periodization: Types of Periodization and Top Form

SEMESTER –V
PRACTICAL
EXERCISE AND SPORTS TRAINING
COURSE CODE: BPES/CC/ (P) /502

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/CC(P)/502	Exercise and Sports Training	1	32	10	15	25

UNIT-I

- 1.1 Measurement of Intensity and Volume of training load
- 1.2 To demonstrate free weight exercises
- 1.3 To demonstrate spotting technique for free weight exercises
- 1.4 To measure Internal and external training load

UNIT-II

- 2.1 To demonstrate Swiss Ball Exercises and core strengthening exercises
- 2.2 Selection of exercises for special populations
- 2.3 To develop programs to tackle overload
- 2.4 Design a Micro and Meso training plan of your sports (Biggeners)

SUGGESTED READINGS

1. Dick, W. F. (1980). Sports training principles. London: Lepus Books. Harre, D. (1982). Principles of sports training. Berlin: Sporulated.
2. Jensen, R. C. & Fisher, A. G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn.
3. Matvyew, L. P. (1981). Fundamental of sports training. Moscow: Progress Publishers.
4. Singh, H. (1984). Sports training, general theory and methods. Patiala: NSNIS.
5. Uppal, A. K., (1999). Sports Training. New Delhi: Friends Publication.

SEMESTER V
SPORTS PEDAGOGY
COURSE CODE: BPES/CC/503

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/CC/503	Sports Pedagogy	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the concept of sports coaching Pedagogy and methods of teaching.
- Understand use various teaching/coaching methods and teaching and coaching aids
- Construct the lesson plans for various sports coaching activities.
- Classify the types of presentation, techniques and technical preparations required for Sports Coaching lessons.

UNIT - I

Contemporary Issues in Sports Coaching Pedagogy

- 1.1 Scope of Sports Education in India
- 1.2 Current Issues and Challenges in Coaching Pedagogy
- 1.3 Use of Educational Technology in Physical Education and Sports
- 1.4 Coach Education framework in India

UNIT - II

Methods, Teaching and Coaching Aids:

- 2.1 Meaning, Importance and Types of Teaching and Training Gadget and Specialized Training Aids.
- 2.2 Criteria for selecting Teaching Aids (Availability, Modification and, Scientific Aids)
- 2.3 Simulation Teaching: Meaning, Types and steps of simulation teaching.
- 2.4 Types of Teaching Methods: (Lecture, Command, Discussion, Workshop, Project, Demonstration, Imitation methods)

UNIT - III

Teaching and Coaching Lesson Plan

- 3.1 Lesson Planning: Meaning, Importance, Types and Principles of lesson plans.
- 3.2 Presentation Techniques: Personal and Technical preparation, Steps of presentation – Demonstration, Explanation, Practice and, Rectification.
- 3.3 Class Construction and Classification:
- 3.4 Methods of Sports Coaching: Simple to Complex, Known to Unknown, Whole-Part-Whole Method, and Learning by Doing.

Suggested Reading

1. Bhardwaj, A. (2003) *New Media of Educational Planning*, Sarup & Son New Delhi.
2. Cassidy, T. (2004). Coaching methods. In C. Cassidy, R. Jones & P. Protrac (Eds). *Understanding Sports Coaching: The Social Cultural and Pedagogical Foundations of Coaching Practice* (pp26-37). London: Routledge.
3. Kidman, L. (2001). *Developing Decision Makers: An Empowerment Approach to Coaching*. Christchurch, NZ: Innovative Print Communications Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons.
4. Kochar, S. K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
5. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to Educational Technology*. New Delhi: Sterling Publishers Pvt. Ltd.
6. Walia, J. S. (1999). *Principles and Methods of Education*. Jalandhar: Paul Publishers.



SEMESTER V
SPORTS NUTRITION
COURSE CODE: BPES/CC/504

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/CC/504	Sports Nutrition	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Student will learn about sports nutrition and their application in physical education and sports.
- Student will learn how to plan the diet chart for sports person (before after and during competition) and diet for obesity management.
- Understand the knowledge of sports supplements and its needs before, during and after the competition.
- Concept of fluid and electrolyte replacement, values of vitamins and minerals, carbohydrate loading according to the requirement of sports.

COURSE CONTENTS

UNIT – I

Introduction to Nutrition

- 1.1 Aims and Objectives of Sports Nutrition
- 1.2 Essentials of Nutrition: Macro and Micro Nutrients
- 1.3 Balance Diet and Nutritive values of food
- 1.4 Malnutrition, Imbalance of nutrition

UNIT – II

Nutritional Requirement for Sports Person

- 2.1 Dietary requirements of Sports persons.
- 2.2 Planning of sport diets for different categories of sports
- 2.3 Pre, post and during game Meal
- 2.4 Weight management, Crash dieting and eating disorders

UNIT – III

Carbohydrate Loading and Metabolism

- 3.1 Metabolism in sports
- 3.2 Food Safety –Factors Affecting Nutrition, Energy – BMR, RDA, Weight and Body Composition of Athletes
- 3.3 Carbohydrate loading, sports supplement
- 3.4 Hydration in Athlete, Fluids and electrolyte replacement

SUGGESTED READING

1. Benardot Dan, Advanced sports Nutrition, Human Kinetics, 2020.
2. Fink Heather Hedrick, JSports Nutrition, A Practical approach, Jones and Bartlett Learning, 2020.
3. Jeukendrup Asker, Sports Nutrition, Human Kinetics, 2018.
4. Karpinski Christina and A. Rosenbloom Christine, Sports Nutrition: Ahand book of Professionals, Academy of Nutrition and Dietetics, 2017.
5. Mizera Justyna and Krzysztof mizera, Sports Nutrition: Eat smart, Be healthy Get on top of your game, Velo press, 2019.
6. Stull, G. A. and Cureton, T.K. Encyclopedia of Physical Education , Fitness and Sports- Training Environment , Nutrition and Fitness, Brighton Publishing Co. Saltlake City, 1980.
7. Wolliam D Mcardle, Sports, Exercise and Nutrition, LWW, 2019.



SEMESTER V
EXERCISE PRESCRIPTION
COURSE CODE: BPES/DSE/05

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/DSE/05	Exercise Prescription	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Know about exercise prescription concepts and techniques
- Understanding Exercise testing and exercise Prescription
- Exercise prescription for different age group and ailments

UNIT - I

Introduction

- 1.1 Exercise Prescription its meaning, Need and Importance
- 1.2 Pre-exercise evaluation history, Components of an exercise prescription.
- 1.3 Basic Exercise Prescription and Programming
- 1.4. Exercise recommendation principles and nutrition guideline

UNIT- II

Fitness testing and Exercise Prescription:

- 2.1 Method of Assessment of present level of homeostasis
- 2.2. Exercise Prescription for all age group men and women
- 2.3 Exercise prescription for different fitness goals of individuals
- 2.4 Precaution required dealing with aging people

UNIT-III

Exercise prescription for different age group and ailments

- 3.1 Exercise prescription for children, adolescents, adult and aged group.
- 3.2 Exercise prescription for hypertension and diabetic patients
- 3.3 Exercise prescription for people with back problems and other hypo kinetic diseases
- 3.4 General guideline for the exercise prescription in chronically ill patients.

PART- B
PRACTIAL
CODE: BPES/DSE(P)/05

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/DSE(P)/05	Exercise Prescription	1	32	10	15	25

UNIT - I

- 1.1. Body composition Assessment
- 1.2. Flexibility and fitness assessment for different age group
- 1.3. Aerobic capacity Assessment
- 1.4. Designing resistance training programme for various age group

UNIT-II

- 2.1. Exercise prescription for lifestyle diseases
- 2.2. Exercise prescription for senior citizen
- 2.3. Exercise prescription for women
- 2.3. Exercise prescription for Divyangjan

Suggested readings:

1. McArdle WD, Katch FI, Katch VL. Exercise Physiology: Energy, Nutrition, and Human Performance. 8th ed. Philadelphia: Lippincott Williams & Wilkins. 2010.
2. American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. 9th ed.* Baltimore, MD: Lippincott, Williams and Wilkins, 2014.
3. American College of Sports Medicine. Resource Manual for Guidelines for Exercise Testing and Prescription. 7thed. Lippincott Williams & Wilkins. 2014.
4. American College of Sports Medicine. ACSM's Health-Related Physical Fitness Assessment Manual. 4th ed. Baltimore, MD: Lippincott, Williams and Wilkins, 2014.

SEMESTER V
SPORTS TALENT IDENTIFICATION
COURSE CODE: BPES/DSE/06

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/DSE/06	Sports Talent Identification	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Students will come to know about need and importance of Talent identification for improvement of Sports Performance
- Various Phases of talent identification
- Evaluation of talent identification
- Sources of talents

UNIT- I

Introduction

- 1.1.Need and importance of talent identification
- 1.2.Aims and objectives of talent identification
- 1.3.Principles of Identifying Talent
- 1.4.Sources of Talent and role of Physical Education Professionals

UNIT-II

Phases of talent Identification

- 2.1Preliminary Phase
- 2.2.Basic Selection Phase
- 2.3Profound Selection Phase
- 2.4Talent development and selection

UNIT-III

Evaluation of Talent

- 3.1.Physical and Physiological Assessment
 - 3.2.Psychological Assessment
 - 3.3.Anthropometrical Assessment
 - 3.4 Kinesiological and biomechanical assessment,Prediction of future performance
- Game specific Skills

Practical
Code: BPES/DSE(P)/06

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/DSE(P)/06	Sports Talent Identification	1	32	10	15	25

UNIT-I

- 1.1. Physical fitness Assessment(Balance test, standing board jump, flying start 30 mt.)
- 1.2. Assessment of endurance (1.6 km. run), Beep test
- 1.3. Anthropometrical Assessment
- 1.4 Observation of behavior, positive attitude

UNIT-II

- 2.1. Kinesiological and biomechanical assessment,
- 2.2.Physiological assessment
- 2.3 Observation of reaction time, concentration
- 2.4 Observation of Game specific Skills

Suggested readings

1. Adam L. Kellyjeam, Jean Cote, Mark Jeffreys, Jennifer Turnnidge,(2021)Birth Advantages and Relative Age Effects in Sport,Published by Routledge.
2. Coyle Daniel, (2012)The little book of Talent, Bantam.
3. Gill A Shley (2021), Foundation of Sports Coaching Applying Theory and Practice,Routledge.
4. Joseph Baker, Stephen Copley, Jorg Schorer,(2020)Talent Identification and Development in SportPublished by Routledge.
5. Khan Faazil Mohammed, (2021)A hand book on talent identification, Kindle Publication.,
6. Mark Patington, (2019) "Sports Coaching" A theoretical and practical guide,Routledge.
7. Baghurst Timothy, (2020). Coaching for Sports High Performance, Routledge.

SEMESTER V
HEALTH CLUB MANAGEMENT
COURSE CODE: BPES/DSE/07

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/DSE/07	Health Club Management	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Know about Health club administration and Management
- Health club Membership, Facilities and maintenance
- Marketing analysis for Membership of the Health Club
- Operating systems of the health club
- Advertisement and Strength, Weakness Opportunity and Challenges (SWOC) Analysis.

UNIT-I

Introduction

- 1.1. Modern Health club location and facilities
- 1.2. Membership target and system, Daily Operation and systems
- 1.3. Hygiene and safety issues,
- 1.4. Health club Rules and Regulations

UNIT-II

Health Club Management

- 2.1. Health club enrollment and Customer's satisfaction
- 2.2. Requirement of trainer and other support staffs and their management and their Incentives
- 2.3. Health club equipment and other facilities maintenance
- 2.4. Health Club Class management, Health club software management

UNIT-III

Finance and Marketing Analysis

- 3.1. Marketing Analysis and Target Market
- 3.2. Sales and Marketing Strategy
- 1.3. Publicity and advertisement for Health Club
- 1.4. Strength Weakness Opportunities and challenge (SWOC) Analysis

PRACTICAL
CODE:BPES/DSE(P)/07

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/DSE(P)/07	Health Club Management	1	32	10	15	25

UNIT-1

- 1.1 Field trip (observation of various GYM and Health club)
- 1.2. Operational Knowledge about Gym equipment
- 1.3 Operation of steam bath, Jacuzzi and Sauna
- 1.4 Designing Gym Rules

UNIT-II

- 2.1. Understand and practical experience of lasted Gym software
- 2.2 Practical knowledge of pulley system of GYM weight training equipment
- 2.3 Assignment on job responsibilities of health club staffs
- 2.4. Customer behaviour and satisfaction analysis

Suggested Reading

1. Bates Mike, Spezzacno, Danhoff, Health Fitness management, Human Kinetics, 2020.
2. Stere Main, Total Health Club Management, Kindle, 2011
3. www.gymmaster.com
4. The ultimate health club management guide: ABC Fitness, www.abcfitness.com

**SPORTS PRACTICAL
CODE: BPES/CCP/505
SPORTS SPECIALIZATION**

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/505	Sports Specialization (Students will choose any one Game which they have studied up to 4 th sem.)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Students will able to learn rules and regulation of specialization sports
- Enhance the playing ability of the sports
- Enhance the teaching ability of the techniques and skills
- Enhance the officiating ability of the sports
- Enhancing coaching ability of the specialization sports

UNIT-I

- 1.1. Introduction and historical review of the specialization Game
- 1.2. Rules and Regulation of the specialization Games
- 1.3. Specification of sports equipment
- 1.4. National and International tournaments and Records of specialization sports

UNIT-II

- 2.1. Playing ability of the Game
- 2.2 Demonstration and explanation of various skills of specialization sports
- 2.3. Kinesiological and Mechanical analysis of the Skill
- 2.4. Technical and Tactical ability of the specialization sports

UNIT-III

- 3.1 General and Specific warming up
- 3.2. Skill teaching ability of specialization
- 3.3. Coaching Ability of the Specialization sports (beginners, intermediate and advanced players)
- 3.4 Designing coaching meso and micro plan

UNIT-IV

- 4.1 Officiating ability of the specialization sports in different position
- 4.2 Organization and Administration ability of the specialization Sports
- 4.3 Maintaining score sheet of specialization sports
- 4.4 Record book Keeping

Guidelines of Specialization Record Book

1. Introduction with historical analysis
2. Rules and regulations
3. Skill, techniques and tactics of the games with mechanical principle involved
4. Coaching Modalities for beginners, intermediate and advance players
5. National and International reputed players
6. Important tournaments, National and International records of the Sports
7. Conclusion

Students will appear the examination and evaluated by both external and internal examiner.
Evaluation Procedure:

Area of Evaluation	Internal Examiner	External Examiner
Officiating Proficiency	10 marks	10 marks
Coaching ability	10 marks	10 marks
Playing ability	10 marks	10 marks
Viva	10 marks	10 marks
Specialization sports record book	10 marks	10 marks
Total	50 marks	50 marks

External Assessment 50 marks

Internal Assessment 50 marks

**MASS EXERCISES, MARCHING, INDIAN CLUB, LAZIUM, DUMB BELL, WAND,
AEROBIC, AND RHYTHMIC
CODE: BPES/PC/ 506**

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/CCP/506	Mass Exercises (Indian club, Lazium, Dumb Bell, Wands Aerobic, and Rhythmic)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Acquire, analyze and interpret rhythmic movements with apparatus
- Learn free hand exercises with counts and drum bits
- Learn drill and marching
- Learn aerobic and step exercises
- Learn Lezuim activities

COURSE CONTENTS

UNIT-I

- 1.1. Mass Exercises-Two count, four count and eight count exercises with demonstration and explanation
- 1.2. Mass exercises (seating position) with whistle and drum bits
- 1.3. Exercises with verbal command, drum, whistle and music – Two count, four count, eight count Standing Exercise, Jumping Exercise, Moving Exercise and Combination of all
- 1.4. Drill and Marching

UNIT-II

- 2.1. Indian club exercise: Attention with Indian club, Stand– at – ease with Indian Club
- 2.2. Indian Club Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count, Standing Exercise, Jumping Exercise, Moving Exercise and Combination of above all
- 2.3. Dumbbells, Attention with Dumbbells, Stand– at – ease with Dumbbells
- 2.4. Dumbbells Exercises with verbal command, drum, whistle and music – Two count, four count, eight count, Standing Exercise, Jumping Exercise, Moving Exercise and Combination of above all

UNIT-III

- 3.1. Wand exercise, Attention with wand, Stand– at – ease with Wands
- 3.2. Exercises with verbal command, drum, whistle and music – Two count, four count, eight count Standing Exercise, Jumping Exercise, Moving Exercise and Combination of all
- 3.3. Organization of Mass demonstration exercise
- 3.4. Command, demonstration, explanation and rectification parts

UNIT-IV

- 4.1. Ghati Lezuim– Aath awaaz, Bethak awaaz, Aage Paon, Aage Kadam, Do pher awaaz.
- 4.2. Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.
- 4.3. Aerobics
- 4.4. Rhythmic

TEACHING LEARNING STRATEGIES

The class will be taught by using demonstration, explanation, videos, learning by doing and Whole part whole method.

Total Marks: 100(Internal Assessment 50 and External Assessment 50)

Area of Evaluation	Internal Examiner	External Examiner
Class formation and reporting to examiner	10 marks	10 marks
Command and demonstration	15 marks	15 marks
Proper Explanation	15 marks	15 marks
Rectification, Class control and Dismissal	10 marks	10 marks
Total	50 marks	50 marks

COMMUNITY COACHING

BPES/PC/507

The students will visit community centers near to University campus. They will share their knowledge, skill to different age groups. The students will get field expose and opportunity to share people about various theory and practical activities. They will be involved community coaching in different theory and practical subjects. At least they will take two theory lesson and two practical lessons for different age group.

UNIT-I

Theory Subject area:

- 1.1. Fitness, Health and Wellness
- 1.2. Diet and Nutrition
- 1.3. Rules and regulations of games
- 1.4. Childhood obesity

UNIT-II

Practical Classes

- 2.1 Teaching game skill
- 2.2 Organizing minor games
- 2.3 Officiating in their community hall
- 2.4 Conducting exercise program for various age groups

Evaluation:

Both internal and external examiners evaluate the students. Total marks 50

Internal Assessment: 25 marks

External Assessment: 25 marks



SEMESTER VI

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/601	Test and Measurement in Sports and Physical Education	3	48	30	45	75
BPES/CC/602	Sports Medicine and Physiotherapy	3	48	30	45	75
BPES/CC/603	Sports Technology and Innovation	3	48	30	45	75
LAB /PRACTICAL						
BPES/CC(P)/601	Test and Measurement in Sports and Physical Education	1	32	10	15	25
BPES/CC(P)/602	Sports Medicine and Physiotherapy	1	32	10	15	25
BPES/CC(P)/603	Sports Technology and Innovation	1	32	10	15	25
SPORTS PRACTICAL						
BPES/PC/ 602	Project	4	128	50	50	100
BPES/PC/603	Internship	8	256	50	150	200
		24	624	220	380	600

CC- Core course, DSE- Discipline Specific Elective, GE- Generic Elective, SE- Skill Enhancement, AEC-Ability Enhancement Compulsory Course

SEMESTER VI
TEST AND MEASUREMENT IN SPORTS AND PHYSICAL EDUCATION
COURSE CODE: BPES/CC/601

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/601	Test and Measurement in Sports and Physical Education	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the need & importance of test, measurement and evaluation in physicaleducation.
- Describe the criteria, classification and administration of test.
- Develop concepts related to test, measurement & evaluation.
- Construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
- Explain different physical fitness and skilltests.

UNIT-I

Introduction of Test, Measurement and Evaluation

- 1.1 Meaning and Definition of Test, Measurement and Evaluation
- 1.2 Need & Importance of Test, Measurement in Physical Education and Sports
- 1.3 Administration of Testing Programme, Duties Pre, During and After Testing Programme
- 1.4 Criteria of Test Selection- Scientific Authenticity, Administrative Feasibilities and Educational application

UNIT-II

Selection and Construction of Test

- 2.1 Scientific Authenticity (Reliability, Objectivity, Validity and Availability of Norms)
- 2.2 Principles of Construction of Test
- 2.3 Classification of Test-Standardized and Teacher made Test
- 2.4 Objective and Subjective Test

UNIT-III

Fitness Test

- 3.1 Roger's Physical Fitness, AAPHERD Youth Fitness
- 3.2 Indiana Motor Fitness, National Physical Fitness Programme (NPFP)
- 3.3 JCR test, HarwardStep Test, Cooper 12 Min Run and Walk Test, Beep Test
- 3.4 Kraus Weber Minimum Muscular Test

UNIT-IV

Sports Skill Test

- 4.1.Importance of Skill Test, SAI Football Test
- 4.2.Lockhart and McPherson Badminton Test
- 4.3.Johnson Basketball Test, McDonald Soccer Test, Rustle Lange Volleyball Test
- 4.4.HarbanSingh Hockey Test, Henry Friedal Field Hockey

LAB PRACTICAL

CODE: BPES/CC(P)/601

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
BPES/CC(P)/601	Test and Measurement in Sports and Physical Education	1	32	10	15	25

All the students will be involved practically to organize and administered following test.

UNIT-I

- 1.1. AAPHERD Youth Fitness
- 1.2. National Physical Fitness Programme(NPFP)
- 1.3. JCR test,
- 1.4. Harvard Step Test and Cooper 12 Min Run and Walk Test,

UNIT-II

- 2.1. BeepTest
- 2.2.Kraus Weber Minimum MuscularTest
- 2.3.Lockhart and McPherson BadmintonTest
- 2.4. Johnson Basketball Test, McDonald Soccer Test

SUGGESTED READINGS

1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark.
2. Barron, H. M., &Mchee, R. (1997).A practical approach to measurement in physical education.Philadelphia: Lea and Febiger.

3. Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
4. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
6. Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B. Saunders Company.
7. Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York.
8. Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Wiley and Sons.
9. Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.



SEMESTER VI
SPORTS MEDICINE AND PHYSIOTHERAPY
COURSE CODE: BPES/CC/602

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/602	Sports Medicine and Physiotherapy	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Students will understand nature, scope need and importance of sports medicine.
- Students will be able to identify the various kinds of common injuries, preventive measures and their first aid procedure.
- Practical and theoretical knowledge and application of sports physiotherapy and rehabilitative exercises.
- Understand about different therapeutic modalities and its safety measures.
- Concept of ergogenic aids in sports, ill effect of different drugs and doping.

UNIT – I

Introduction to Sports Medicine

- 1.1 Definition, aims and objectives of Sports Medicine
- 1.2 Scope of Sports Medicine
- 1.3 Need and Importance of Sports Medicine
- 1.4 History of Sports Medicine in India and Abroad

UNIT – II

Injuries in Sports

- 2.1 Classification of Injuries, causes and prevention of sports injuries.
- 2.2 Skin and Muscles Injuries (blisters, corns, abrasions, bruises, burns, cuts and lacerations, muscles strain and ruptures)
- 2.3 Tendons Ligaments, Cartilage, bursa and bone Injuries
- 2.4 Common site-specific injuries in sports Common regional injuries and their management (Head & Neck, Face, Thorax, Abdomen, Pelvis, Upper Limbs and Lower Limbs (shoulder, elbow, Wrist, hip, knee and Ankle joints).

UNIT-III

Introduction to Physiotherapy and Therapeutic Exercises and Modalities

- 3.1 Importance of Physiotherapy; Types of Massage

3.2 Definition and meaning of therapeutic exercise, Classification, Effects and uses of therapeutic Exercises

3.3 Hydrotherapy (Hot and Cold Packs, Whirlpool, Contrast bath), Thermotherapy

3.4 Electrotherapy (Infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic therapy, IFT)

UNIT-IV

Doping in Sports

4.1 Ergogenic aids in Sports

4.2 National and International Anti-doping organization and their role

4.3 Classification and types of drugs banned by WADA and NADA, Side effects of drugs

4.4 Blood doping, Types of Blood Doping



LAB PRACTICAL

CODE: BPES/CC(P)/602

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC(P)/602	Sports Medicine and Physiotherapy	1	32	10	15	25

UNIT-I

- 1.1. Demonstrate how to set up an individual on a program for injury prevention or general fitness enhancement.
- 1.2. Describe and demonstrate the proper fit, care, and usage of sports protective equipment.
- 1.3. Rehabilitation exercises for different injury
- 1.4. Muscles atrophy and exercise prescription

UNIT-II

- 2.1. Arrangement of special lecturer on anti-doping rules
- 2.2. Demonstration and explanation of sample collection kit and procedure of sample collection
- 2.3. Explanation of Players form fill up procedure and checking shield equipment by an expert
- 2.4. Practical approach of massage therapy

REFERENCES

1. Armstrong and Tucker, Injuries in sports (London: Staples press, 1964).
2. Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
3. Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
4. David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
5. Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea & Febiger.
6. Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
7. Khanna, G. L., (1990). Exercise physiology & sports medicine. Delhi: Lucky Enterprises.
8. Mathew, D. K. & Fox, E. L, (1971). Physiological basis of physical education and athletics.

9. Philadelphia: W.B. Saunders Co.
10. Pandey, P. K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
11. Ray, Steven and Irvin Richard, Sports Medicine. (New Jersey: Englewood cliffa, Prentice Hall, 1983).
12. Williams, J. G. P. (1962). Sports medicine.London: Edward Arnold Ltd.te



SEMESTER VI
SPORTS TECHNOLOGY AND INNOVATION
COURSE CODE: BPES/CC/603

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/CC/603	Sports Technology and Innovation	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the meaning and definition and importance of technology in sports and science of sports material-nano molding technology, nano turf.
- Understand the different type of foot wear production factor application in sports, constraints.
- Understand the surface of play field and the type of material: synthetic, wood, polyurethane artificial turf
- Understand the different modern playing equipment and material types and advantages clothing and shoes. Also understand the use of computer and software in matter and analysis and coaching

UNIT - I

Sports Technology

- 1.1 Meaning and definition
- 1.2 Importance of technology in Sports
- 1.3 General Principles and purpose of instrumentation in sports
- 1.4 Technological impacts on sports.

UNIT - II

Science of Sports Materials

- 2.1 Adhesives- Nano glue; Nano moulding technology, Nano turf.
- 2.2 Foot wear production
- 2.3 Factors and applications in sports, constraints.
- 2.4 Foams- Polyurethane, Polystyrene, Styrofoam, closed cell and open-cell foams, Neoprene, Foam; Smart Materials: Shape Memory Alloy (SMA), Thermo chromic film, High-density modeling foam.

UNIT - III

Surfaces of Playfields

- 3.1 Modern surfaces for playfields, construction and installation of sports surfaces.
- 3.2 Types of materials: synthetic, wood, polyurethane. Artificial turf.
- 3.3 Modern technology in the construction of indoor and outdoor facilities.
- 3.4 Use of computer and software in Match Analysis and Coaching.

UNIT - IV

Modern Sports Equipment

- 4.1 Playing Equipment: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages.
- 4.2 Clothing and shoes: Types, Materials and Advantages; Sports equipment with nano technology, Advantages.
- 4.3 Measuring equipment: Running, Throwing and Jumping Events.
- 4.4 Protective equipment: Types, Materials and Advantages.



PRACTICAL
CODE: BPES/CC(P)/603

Course Code	Course Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
BPES/ CC(P)/603	Sports Technology and Innovation	1	32	10	15	25

UNIT-I

- 1.1. Visiting different types of Turf used in track, basketball, volleyball, badminton courts to find the layers of court used and name of the materials.
- 1.2. Modern sports technology (Hawk-Eye Technology, Instant Replay, Sensor Tools, RFID Chips, HANS device, Video Technology, GPS etc.)
- 1.3 Biomechanical analysis of sports movements considering anatomical lever.
- 1.4 Computerized sports performance analysis

UNIT-II

- 2.1 Field visit and observation of different construction materials used in sports ground Understand their theoretical knowledge on potential, kinetic, kinematic, thermal, work and power, torque, acceleration, pressure, gravity, velocity, in relation to athletics and ball games.
- 2.2 Visit different well-constructed indoor and outdoor hall.
- 2.3 Maintenance of sports science equipment.
- 2.4 Operating electronic officiating equipment.

Reference Books:

1. Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
2. Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.
3. John Mongilo, (2001), "Nano Technology 101 "New York: Green wood publishing group.
4. Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982
5. Kozman, Cassidy and Jackson. (1952)Methods in Physical Education (W.B. Saunders Company, Philadelphia and London),

**SPORTS PRACTICAL
CODE: BPES/PC/ 602
PROJECT**

Guidelines for Writing a Project

This document, herein after referred to as the **Project Guide**, lists the general and specific requirements governing Project and Projectpreparation including guidelines for structuring the contents. For style, structure and presentation of the Project, students may refer to additional style manuals or reference guides (though some guidelines are provided) and to the published literature in their respective field of study.

Preparation of Manuscript and Copies

The Project needs to be prepared using a standard text processing software and must be printed in black text (color for images, if necessary) using a laser printer or letter quality printer in standard type face (Times New Roman/ Arial).

The Project must be printed or photocopied on both sides of white paper. All copies of Project pages must be clear, sharp and even, with uniform size and uniformly spaced characters, lines and margins on every page of good quality white bond paper of 75 gsm or more. **(How so ever the students are advised to prepare in the format given and submit in PDF Format to their respective Guide and to the Department duly signed by them, the hard copies as per the specification provided has to be submitted for record.)**

Project and project should be free from typographical errors.

Binding

The student should submit the copies of the Projectin fully bound form (soft cover) or a partially bound form (coiled wire binding, clamping, or filing). Once the Projects accepted, it is the student's responsibility to get it properly bound before depositing the required number of copies with the Department concerned. **The front cover of the bound copy should be the same as the title page of the project.** The front cover should have printing on the side to include the author's name, abbreviated Project title (optional), degree, department, and the year.

Note: The students will follow the guidelines for their project

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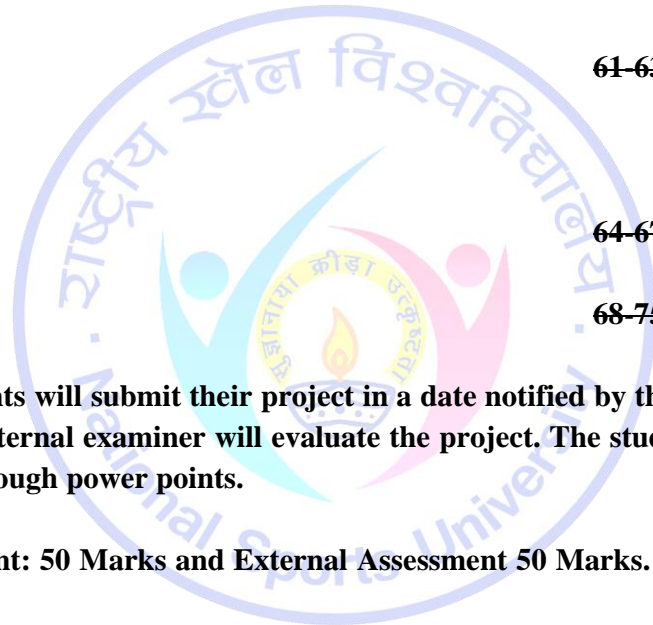
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REFERENCES

N.B.All the students will submit their project in a date notified by the HOD. Both supervisor and external examiner will evaluate the project. The student will present their chapters through power points.

Total Marks 100

Internal assessment: 50 Marks and External Assessment 50 Marks.



SPORTS PRACTICAL
CODE: BPES/PC/ 603
INTERNSHIP

Education is a scientific discipline where knowledge is created about the processes through which the human being is formed and about the changes in social, cultural and historical circumstances in which these processes are embedded. The pedagogical field deals with, for example, different aspects of upbringing, education, learning, teaching and other processes. In sport pedagogy these processes are studied within a sport framework. Questions, for example, can be raised regarding how and why certain values, knowledge and skill arise, how and why they are maintained, and how they vary within and between generations, groups and individuals.

During the internship and coaching pedagogy practice programme, the teaching- and coaching process are problematized within sports. Theoretical knowledge about different leadership styles, coaching philosophies and other factors affecting individual and group performances will be taken into practice and analyzed within the sports practice.

After the completion of the Internship Programme the Trainees will be acquainted with:

Knowledge and understanding

- demonstrate knowledge about teaching and coaching within various sports practices
- be acquainted with and demonstrate understanding of factors affecting individual and group performance

Skills and ability

- apply different leadership/coaching methods depending on various demands on individuals and groups
- transform theoretical knowledge into practice and use the theoretical content to analyse practice
- perform and analyze different coaching skills through various leadership experiences

Values and attitudes

- reflect on their own leadership style in relation to coaching methods in various sport practices
- reflect on their own leadership style in relation to teaching and learning theories in various sport practices

The Internship would be examined through the following ways:

- Individual coaching philosophy assignments given to them and group reflections (In field / web seminar) about coaching philosophy.
- Individual feedback and communication assignment (written assignment, In field work and web seminar).
- Individual applied coaching assignment (written assignment based on practical assignments).

ASSESSMENT CRITERIA FOR INTERNSHIP SUPERVISOR:

Sr. No.	Please evaluate this student intern on the following items:	Max. Marks
1.	Arrived to work on-time (Punctuality, sincerity, dedication and devotion towards work)	15
2.	Behaved in a professional manner	15
3.	Effectively performed Assignments given by PE teacher concerned School.	15
4.	Theory lesson: Observation of their subject knowledge and Communication skill(Physical education and Sports related topic)	15
5.	Teaching lesson Ability of sport skills (5 lesson)	15
6.	Coaching lesson Ability (5 lesson)	15
7.	Fitness and exercise class taken Ability	15
8.	Officiating ability	15
9.	Observation of records and register of the PE department and report writing on records and registers	15
10.	Observation and report writing on Maintenance of Equipment and Play fields	15
Total		150

ASSESSMENT CRITERIA FOR INTERNAL EXAMINER:

Sr. No.	Component	Max. Marks
1.	Internship Report	25
2.	Internship Record book and Viva-Voce	25
Total		50