

## **DETAILED SYLLABUS OF B.P.ED**

**PAPER –I**

Title: Foundations of Physical  
Edu. & Sports

Duration of Examination: 3 Hours

Maximum Marks : 100  
Theory Examination : 80 Marks  
Internal Assessment : 20 Marks

### **Unit – I**

Definition, meaning and scope of Physical Education; Aims and objectives of Physical Education; Relationship of Physical Education and Recreation ; Contribution of Physical Education towards General Education; Modern concept of Physical Education.

### **Unit – II**

History of Physical Education in ancient Greek; Comparative study of Spartans Athenian Education; The origin and development of Olympic Games; Development of Asian Games

### **Unit – III**

Physical Education in Germany, Sweden and Denmark (Emphasis on contribution of Basedow, Guts; Muths, John Speiss, Nachtegall, Ling); Present status of Physical Education and Recreation in Russia and Japan; History of Physical Education in India (Pre and Post Independence Era).

Unit – IV

### **Critical appreciation of the following :**

- i) J&K Sports Department;
- ii) I.O.C Policies for developing Physical Education and Sports;
- iii) Compulsory programme of Physical Education and Sports in Schools;
- iv) Modern Olympics;
- v) Sports Authority of India, its schemes for promoting Physical Education and Sports;
- vi) South Asian Federation Games;
- vii) Indian Olympic Association; and
- viii) Y.M.C.A and its contribution
- ix) National Awards (Sports)

Unit – V

### **Foundations of Physical Education :**

Biological activity, its need, use and disuse; Growth & Development; Age and sex difference; Classification of Physique

**PAPER –II**

Title : Psychology & Sociology with  
reference to Physical  
Education

Duration of Examination : 3 Hours

Maximum Marks: 100  
Theory Examination : 80 Marks  
Internal Assessment : 20 Marks

**UNIT – I**

Sports Psychology – its meaning and nature; scope, concept and goal of sports Psychology; Phenomenon of Growth & Development; Heredity and Environment; Individual differences and their implications in Physical Education and Sports.

**Unit – II**

Emotions and their implications in sports; Hazards of emotional involvement; Frustration, aggression, anger, fear, anxiety, Nature of motivation and its need in Physical Education and Sports.

**Unit – III**

Learning and nature of learning; Laws of learning and learning curve; some learning concepts applied to Physical Education and Sports; Transfer of training and its importance in learning Physical Skills.

**Unit –IV**

Meaning and definition of Personality; Methods of assessment of Personality; Dimensions of Personality; Role of Physical Education & Sports in the development of Personality.

**Unit – V**

Sociology and its meaning and importance in Physical Education and sports; Physical Education and socializing institution (family, school, college) Socio-cultural forces and sports;; Physical Education and Sports as a socializing agency.

## **PAPER –III**

Title : Anatomy, Physiology and Health Education

Duration of Examination : 3 Hours

Maximum Marks : 100  
Theory Examination : 80 Marks  
Internal Assessment : 20 Marks

### **Unit – I**

Meaning and importance of Anatomy and Physiology; Structure, function and properties of living cell; Skelton system; Classification of bones, joints and their types; Muscular system; properties and types of muscles. Effects of Exercises on Muscular system.

### **Unit – II**

Circulatory system; structure of Heart, blood vessels, arteries and blood circulation; Blood pressure and its measurement; Respiratory system – organs of respiration, structure and functions; Effects of exercise on circulatory and respiratory system.

### **Unit – III**

Digestive system – organs of digestion, structure function of digestive track; Absorption and assimilation of food; Excretory system; organs of excretion, structure and function of kidney and skin; Nervous system; Brain and its parts, spinal cord and reflex actions.

### **Unit – IV**

#### **Personal Hygiene**

Care of skin, teeth, nose, ears, hands, feet, hair, clothes and rest, sleep and exercise; Effect of smoking and alcohol on health; First-aid, meaning, scope, aims and objectives, need and importance of first-aid in Physical Education and Sports. Obesity, causes and preventive measuring and role of diet on performance.

#### **Communicable Diseases**

Modes of transmission; General methods of prevention and control; common communicable disease AIDS, Malaria, Typhoid, Dysentery, Small Pox, Measles and Tuberculosis.

### **Unit – V**

Health service; Health inspection, appraisal aspect and preventive aspects; Health supervision, healthy school living, sewage and refusal disposal, water supply, play grounds and swimming pools.

**PAPER –IV**

Title : **Officiating and Coaching**

Duration of Examination : 3 Hours

Maximum Marks : 100

Theory Examination : 80 Marks

Internal Assessment : 20 Marks

**Unit – I**

Importance and principles of officiating; qualities of a good official; relations of official with management, players, coaches and spectators; duties of official in general – pre, during and post game duties; measures of improving the standard of officiating.

**Unit – II**

Rules of games and Athletic events and their interpretation (Hockey, Football, Volleyball, Basketball, Kabaddi & Kho-Kho, Handball, Table-Tennis, Badminton, Cricket and Wrestling); Score Sheet of different games and all Athletic Events; Layout of different play fields, grounds, court and standard track.

**Unit – III**

Principles of coaching; qualities, qualification and responsibilities of a Coach. Warming-up, Cooling down and their physiological trends. Physical Fitness and wellness and its component.

**Unit – IV**

Methods of conditioning (Circuit training, Fartlek training, Interval training and weight-training), Principles of Training; lead up games.

**Unit –V**

Periodisation – types of periodisation; preparation of training schedule, factors affecting sports performance, eligibility rules of Inter-Collegiate and Inter-University participation, preparation of TA, DA bill

**PAPER – V**

**Title : Sports Management**

Duration of Examination : 3 Hours  
Maximum Marks :100  
Theory Examination : 80 Marks  
Internal Assessment : 20 Marks

### **Unit – I**

Meaning, importance and scope of sports management; Factors influencing Sports Management; Meaning and importance of teaching methods; Factors affecting teaching methods and various methods of teaching. Meaning, importance and types of audio-visual aids.

### **Unit – II**

Meaning and types of class management; Salient features of good class management; Factors affecting good class management; Meaning and values of lesson plan. Meaning and importance of tournaments; Types of Tournaments-knock-out, league, their advantages and disadvantages. Financial Management

### **Unit – III**

Meaning, importance and principles of administration and organization; Factors influencing good administration; Qualifications and qualities of Physical Education Teachers; care of sports equipments; Need and purchase of sports equipment. Material Management, importance and advantages.

### **Unit – IV**

Need and importance of curriculum planning; Time-Table, factors affecting time-Table, objectives, principles and precautions in preparation of time-table; Intramural objectives and organization; Budget – Importance and criteria for good budget; Meaning and importance of records, Types of records and registers.

### **Unit – V**

Organization and conduct of tournaments and Athletic Meets. Meaning and methods of supervision and inspection; Qualities of a good supervisor; Office Management, its element and functions.

## **NOTE FOR PAPER SETTING**

The question paper will contain two questions from each unit and the candidates will be required to answer one question from each unit i.e. there will be internal choice within each Unit.

### **Books for reference :**

1. P.M. Joseph : Organisation of Physical Education.
2. Suraj Singh : Administration of Physical Education.
3. S.S. Roy : Sports Management.
4. Tiru Narayan : SportsManagement
5. Dhananjoy Shaw : Lesson Planning – Teaching Methods and Class Management in  
& Seema Kaushik Physical Education.
6. H.C. Buck & : Sports Management.  
H.C. Clarke

## **PAPER – V I**

## **Title : Recreation and Yoga**

Duration of Examination : 3 Hours

Maximum Marks : 100  
Theory Examination : 80 Marks  
Internal Assessment : 20 Marks

### **Unit – I**

Definition, need and scope of recreation; Types of recreation – Indoor, Outdoor, active, passive, commercial; Qualities and qualifications of good recreation Leader.

### **Unit – II**

Camping – Organization of Camp, different types of camps; Staff and facilities required for camp and Equipments required for the smooth conduct of Camp. Preparation and nature of Mobile Camping, Recreation and activities during the Camp.

### **Unit – III**

Rural recreation and social games; Various agencies which provide recreation in India; Objectives of recreation.

### **Unit – IV**

Meaning and objectives of Yoga; Type of Yoga and importance of Yoga in the field of Physical Education and Sports; Cleansing processes and its role and purpose of Shat Karma; Meaning of Asanas, types of asanas and principles, effect, techniques and benefits of following asanas :

- |                            |   |                                |
|----------------------------|---|--------------------------------|
| a) Meditative              | : | Padma, Sidha, Vajra            |
| b) Relaxative              | : | Shev and Maker                 |
| c) Cultural and corrective | : | Bhuja, Shalabha, Dhanush, Hal, |
- yakrs,  
Chakra, Bak, Mayur, Garud, Tad and  
Tratak

### **Unit – V**

Meaning, objectives and types of Pranayam; Techniques and benefits of Ujjal, Bhastrika, Shitali, Sitkeri and Bharmari; Applications of Bandhas in the process of Pranayama; Role of Hatha Yoga in the process of Physical Fitness, mental health and its effects on sports and performance.

## **NOTE FOR PAPER SETTING**

The question paper will contain two questions from each unit and the candidates will be required to answer one question from each unit i.e. there will be internal choice within each Unit.

### **Books for reference :**

1. Joshi, J.S. Science of Yoga
2. Fitzarlad, Gerald Leadership in Recreation Education  
B.A.S. Barnet & Co.
3. Swami Satya Nanda Ashana, Paranayama Mudra Ovem bandh
4. Joshi K.S. Yogic Paranayama, 1984
5. B.K.S.lyenjar Lighton Paranayama, 1981
6. Joshi K.S. Yoga Personality, 1967
7. Ramamurthi Fundamental of Yoga, 1972
8. Dheer S and Sareen R.S. Developmental games and recreational activities, Friends Publications, Delhi, 1988.
9. Shivers S. Jay Administration, Friends Publication, Delhi – 1997.