



पाठ्यक्रम **SYLLABUS**

SCHEME OF EXAMINATION AND COURSES OF STUDY

FACULTY OF EDUCATION
Bachelor of Physical Education
B.P.Ed.- One Year

2010-11 से प्रभावी(w.e.f.)

सत्र 2013-14

महर्षि दयानन्द सरस्वती विश्वविद्यालय, अजमेर

NOTICE

1. Change in Statutes/Ordinances/Rules/Regulations/ Syllabus and Books may, from time to time, be made by amendment or remaking, and a candidate shall, except in so far as the University determines otherwise comply with any change that applies to years he has not completed at the time of change. **The decision taken by the Academic Council shall be final.**

सूचना

1. समय-समय पर संशोधन या पुनः निर्माण कर परिणियमों / अध्यादेशों / नियमों / विनियमों / पाठ्यक्रमों व पुस्तकों में परिवर्तन किया जा सकता है, तथा किसी भी परिवर्तन को छात्र को मानना होगा बशर्ते कि विश्वविद्यालय ने अन्यथा प्रकार से उनको छूट न दी हो और छात्र ने उस परिवर्तन के पूर्व वर्ष पाठ्यक्रम को पूरा न किया हो। **विद्या परिषद द्वारा लिये गये निर्णय अन्तिम होंगे।**

MAHARSHI DAYANAND SARASWATI UNIVERSITY, AJMER
BACHELOR OF PHYSICAL EDUCATION
(B. P. ED. - ONE YEAR)
2009-2010

PART - I THEORY**MARKS: 80**

Note : The candidate has to pass each paper securing minimum 36%

Practical Work**GROUP I Athletics**

Candidate has to Perform one event in each of section. The event allotment shall be done with lottery system.

Total Mark 25 + 25 + 25 = 75

The marks for boys and girls will be same and according to their performance

GROUP - II Gymnastics**Events**

Vaulting Horse
 Through Vault
 Split Vault
 Floor Exercises
 Beam
 Parallel Bar
 Aerobics Exercises

Total 20

All the activities of gymnastics are compulsory for boys and girls (Beam for girls) and (parallel Bar for boys) and total marks shall be given out of 20

Group - III P.T. ,Marching & Yoga

	Boys	Girls
P.T. & Marching	15	15
Yoga	15	15
Total	30	30

All the activities of P.T. marching & yoga for boys and girls shall be assessed internally for 30 marks only

GROUP - IV Major Games (A)

	Boys	Girls
Basket Ball	10	10
Football	10	10
Hockey	10	10
Volleyball	10	10
Cricket	10	10

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Swimming	10	10
Total	60	60

GROUP - V Major Games (B)

	Boys	Girls
Badminton	10	10
Table Tennis	10	10
Kho-Kho/Kabaddi	15	15
Handball	10	10
Wrestling	10	10
Tennis	10	10
Total	65	65

Note : In internal assessment in athletic, games and sports, gymnastic, PT. marching & yoga 60% marks shall be given in practicals for personal performance and 20% marks in explanation and record book and theory and 20% for officiating.

PART III

SECTION: I

**PRACTICE TEACHING AND OFFICIATING ABILITY
(CALISTHENICS AND SKILLS)**

	Practice teaching internal	With in School/ College
Major Games (A)	One	Three
Major Games (B)	One	Two
Athletics	One	Two
Gymnastics	One	Two
P.T. Marching & Yoga Exercises	Six	One

Teaching Practices in all the lessons shall be assessed internally for 100 marks from 10 best lessons out of Total 20 Lessons

SECTION: II

One major games (A)	10
One major games (B)	10
Any one event of athletics (candidates own choice)	15
Any Asana or Kriya (Candidates own choice)	15
Total	50

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One major games one minor game and any one event of athletics and one event of yoga (10 + 10 + 15 + 15 = 50)

SECTION - III

classroom Teaching Practice lessons (Theory LESSONS)

With own college students With another School / college students

Teaching contents From 5 5

any six theory subjects of own syllabus

The assessment for these lesson will be done internally for 100 marks
10 marks for each theory lessons and one by external expert for 50 marks.

SECTION: IV

Practice teaching (External) 150 Marks

A candidate shall appear for three +one lessons, one of athletics, one of game and also one lesson out of indigenous activities, Calisthenics, Marching, yoga and gymnastic activities.

Candidate's total marks: -

Athletics 50 + games 50 + and indigenous activities 50, Total - 150 marks.

A candidate shall be assessed internally in all the sections of part II and III except section IV of part III, which will be assessed externally and is required to pass in the internal and external examination separately. A candidate failing in any examination (internal & external) shall be declared as fail. The minimum passing aggregate total marks required by a candidate in all the three parts (Theory, practical i.e. internal-external) is 36%

Pass: 36% and above but below 48% of the aggregate marks.

II Division 48% and above but below 60% of the aggregate marks.

I Division 60% and above of the aggregate marks.

Distinction - 75% and above

A student securing 75% and above in any paper shall be declared to have obtained distinction in that paper provided be passed all the subjects in the first attempt and this shall be mentioned in his degree.

Candidates failing in one paper of Part A of B. P. Ed. (Theory) shall be eligible to appear in supplementary examination.

Note:- leadership-camp of minimum 7 days duration / historical tour / educational tour should from part of the curriculum.

Detailed Syllabus

PAPER I

PRINCIPLE OF PHYSICAL EDUCATION & EDUCATIONAL PSYCHOLOGY

UNIT I

1. Principles of Physical Education - Meaning & terminology.
2. Aims & Objective of Education & Physical Education with definition
3. Physical Culture, Physical Education & Physical Training. Biological & Sociological foundation of Physical Education
4. Exercise & Biological necessity, synchronised development, Reciprocal Innervation & difference of boys & girls in the period adolescence.
5. Somatotype Classification by Sheldon & Kretchmar.

UNIT II

1. Individual & society, gregarious instinct and desire for self recognition and national integration

Education Psychology

2. What is psychology? Its scope and relation with other science.
3. Basic features of Growth & Development and Heredity & Environment
4. Intelligence- I.S. & P.S; Individual differences & Personality

UNIT-III

Learning & Motivation

1. Theories of learning by THRONDIKE, PAVLOV (classical conditioning) SKINNER (reinforcement), KOHLAR (Insight),
2. Transfer of learning (training) with special reference to physical skills.
5. Instincts & Emotions.
6. Memory & Forgetting.
7. Terms to be remembered by Physical Education Teacher while dealing with sports trainees.

References:

1. Dr. M.L Kamlesh" sports psychology".
2. Bucher, Charles A. Foundation of Physical Education St. Louis Thomas C.V. Nos by Co. 1972.
3. Nixon E.E. & Cozen, F.W. An introduction to Physical Education Philadelphia, W.B. Saunders Co. 1969.
4. Obertenffer; Delbert Physical Education, New York, Harper & Brother Publisher, 1970.

PAPER - II

ORGANIZATION METHODS AND SUPERVISION IN PHYSICAL EDUCATION

UNIT I

Organization:

1. Introduction: Relationship of Physical Education with Education.
2. Meaning of Organization and Administration, Importance of Organization, Guiding Principles of Organization.
3. Scheme of Health and Physical Education: Schools, College, University, District, State.
4. Facilities and standards in Physical Education. Playgrounds- outdoor and Indoor-Standards for Educational Institutions, Problem of Lack of play space for schools in crowded cities and their solutions-public play grounds. Gymnasium - Standard for Educational Institution - Construction and care : Swimming pool - Standard for Education institutions - types of pools (Fill and draw type, perennial type, perpetual type, Circulation type) Construction of pool care and maintenance, including pool regulation. Equipment - Minimum requirement for an Educational Institution, Purchase of equipment (Policies and Procedures) care of equipment (general and specific).
5. Staff and Leadership-need for trained Leader-Qualification of Physical Education Teacher-Teaching Load and Teacher-pupil ratio-relationship of Physical Education Teachers with the Headmaster, Supervisor, Classroom teachers, Students parents and the community, Student leadership.
6. Preparation of Time Table fitting Physical Education in to school Time-Table before school after school activities. Types of Physical Education periods-daily Periodical and annual schedules.
7. Finance and Budget : Source of income, approved items of expenditure. Rules for the utilization of Game fund or Physical Education fund preparation and administration of a Budget-Accounting.
8. Office management-maintaining various types of records and registers and reports, check ups and their follow ups.
9. Promotion of Physical Education: Public relations-conference/ clinics and institutes-Physical Education Association.

UNIT - II

Methods:

1. Introduction: Meaning and importance of methods.
2. Presentation Techniques.
(a) Personal Preparation-Technical Preparation, Organizing Subject matter Teaching aids - Class Management.

- (b) Steps in Presentation Orientation, Experimentation - Correction and Repetition, Discussion and Evaluation.
- (c) Various methods of teaching of activities, command methods, Demonstration method, At will methods, set drill method part and whole method etc.
- 3. Selection and Teaching of Activities.
- 4. Formal Activities, Including indigenous exercise
 - (a) Gymnastics
 - (b) Rhythmic Activities
 - (c) Major Games
 - (d) Minor Games
 - (e) Track and Field
 - (f) Defensive Arts.
 - (g) Aquatic
- 5. Lesson Plans; General and Specific.
- 6. Competitions and Tournaments :
Tournaments and Leagues, Group Competition - Intramural - Extramural - Sports meet. Gymnastic, Competitions - play days.

UNIT - III

1. Supervision :

- (a) Introduction: Meaning and need for supervision - guiding principle of supervision
- (b) Qualities of Supervisors: Qualification and his relationship with the administrator and the physical education teacher.
- (c) Duties of supervisor: Administrative duties - Duties pertaining to facilities. Instruction of Professional growth.
- (d) Techniques of Supervision in brief, visitation, Individual and group conferences, Bulletins and Demonstration.
- 2. Test and Measurements: Need and Importance different types of test in Physical Education.
- 3. Classification of Pupils: Need and Importance methods of classifications.

Reference Books:

- 1. Knapp. C & haom, E. P., teaching methods for Physical Education New York : Graw Hill Book Co. Inc. 1963.
- 2. Kozman H.C. Classidly R & Jackson C & methods in Physical Education. London : W.L. Saunders Co. 1960.
- 3. Trunarayan, C. & Hariharan S. methods in Physical Education Karaikedi; South India Press, 1969.

PAPER III

PRINCIPLES OF COACHING & OFFICIATING

UNIT - I

Officiating

- 1. Theory and Practice of Officiating & Coaching of the following games & sports :- Football, Hockey, Volleyball , Basketball, Cricket , Kabaddi, Kho-kho, Wrestling (m), Swimming, Track & Field events, Table-Tennis, Gymnastics, Badminton and handball.
- 2. History & Development of the Game and Sports.
- 3. Ground dimensions and Marking (layout of the ground)
- 4. Standard equipment.
- 5. Rules and interpretation of rules.
- 6. Duties of officials and mechanics of officiating position, signals etc.

UNIT - II

Coaching

- 1. Philosophy of coaching-personal qualities and qualification of coach, Theory of Coaching and Training.
- 2. Scientific Principle of coaching - Force of Gravity, Newton's Law, Lever, Equilibrium, Motion, Velocity (in relation to correct form of slyle) speed and accuracy , strength and endurance.
- 3. Practice in coaching
 - (a) Conditioning exercises
 - (b) Weight training
 - (c) Teaching of Fundamental skill and their mastery.
 - (d) Integration of skill in the actual game.
 - (e) Lead up game.
 - (f) Positional play.
 - (g) Offence & Defence.
- 4. Skill Analysis of the different sports & Games (listed above)

UNIT - III

Skill & Fitness Test

- 1. Test - Meaning & Definition, Criteria of Test, Principles of test.
- 2. Skill Test
 - 1. Football
 - 2. Hockey
 - 3. Basketball
 - 4. Volleyball
 - 5. Badminton
- 3. Fitness Test
 - 1. AAPHER Youth Fitness Test
 - 2. JCR Test

3. N.P.F.I.
4. Canadian Test
5. Cooper 12 minutes run / walk and
6. Kraus waber test

Computer

(A) 1. What is Computer, Advantages & Disadvantages, Usage in physical education and sports.

2. M.S. office (word, excel, Power Point)
3. Internet -

(B) **Ergogenic Aids**

1. Glycogen boosting
2. Doping
3. Classification
4. Effects and affects of doping And categories of doping

Reference Books:

1. The Art of officiating Sports azls - John W. Bunn.
2. Englewood Cliffs N.J. Prentice Hall 1968.
3. M.S. Office and Windows - 98, Navneet Publication of Bombay.
4. Scientific Principles of Coaching-John W. Bunn Englewood cliffs N.J. Prentice Hall 1972

PAPER IV : BASIC ANATOMY & PHYSIOLOGY

UNIT - I

1. Meaning and Definition of Anatomy & Physiology, Need & importance of Anatomy & Physiology in physical education
2. Character of living bodies and difference between living & Nonliving bodies
3. Cell and it's parts, Cell division, Cellular basis of life
4. A brief account of evaluation & evolutionary adaptation of man
5. Tissues in the human body & their types, the general arrangement of the bodies
6. The genera arrangement of the skeleton, functions of the skeleton, ribs, vertebral column & their extremities. sex difference in the skeleton- Arches of the feet, general classification of the joints of the body and examples for each type.
7. Muscles -type of Muscles in the body & their difference

UNIT - II

1 **Circulatory system**

- A. **Blood** - Constituents of blood, functions of the blood, blood groups & transfusion, clotting of the blood.
- B. **Heart** - Structure of the heart, properties of the heart muscles, circulation of blood. cardiac cycle, blood pressure, blood vessels, Lymph & Lymphatic circulation.

2 Respiratory system

The lungs and their structures and exchange of gasses in the lungs, mechanism of respiration.

3. **Digestive system -**
A brief study of the structure and functions of the Tongue, Teeth, salivary Glands, stomach, small & large intestines, pancreas and the liver.
4. **Excretory system-**
A brief account of the structure and function of the kidneys and skin.
5. **Ductless Glands-**
A brief account of the function only of pituitary, Thyroid, Parathyroid, Adrenal and the sex Glands.
6. **Nervous system:-**
(a) The neuron- functions of the cerebrum and cerebral location and function of the cerebellum, medulla and spinal cord, reflex action autonomic nervous system and central nervous system.
7. **Special senses-**
A brief knowledge of the structures and functions of the Eye and Ear.

UNIT -III

Physiology of Exercises : A Physiological concept of health and fitness. Effect of Exercises on the various systems of the body with special emphasis on the circulatory and respiratory systems.

Muscle Contraction in sports;

- (a) Properties and Composition of voluntary muscles.
- (b) Minute structure of voluntary muscle.
- (c) Changes in muscle contraction.
- (d) Nerve control of Muscular activity.
- (e) Conditions effecting muscular contraction.
- (f) Relation between duration and severity of exercise.
- (g) Warming Up.
- (h) Conditioning.
- (i) Training.
- (j) Physiological factors affecting skill, strength and endurance.
- (k) Stitch and cramps.
- (l) Aging changes in muscles.

PHYSIOLOGY : PRACTICAL

(For sessional work only)

The students will attend demonstration and perform, experiments themselves

Section - I

1. To study the electrical apparatus use for stimulating excitable tissues and recording muscular contraction.
2. To draw the simple muscle curve.
3. To demonstrate the effect of repeated stimuli.

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4. To demonstrate the effect of fatigue on simple muscle nerve preparation.
5. To demonstrate the effect of temperature on simple muscle nerve preparation.
6. To demonstrate the effect of load on muscular contraction.
7. To demonstrate the effect of various, strengths of stimuli on a simple muscle curve.
8. To draw the curve of complete and incomplete tendon.

Section - II

1. To listen the breath sound by means of stethoscope.
2. To listen the heart sound is means of the stethoscope.
3. To study the effect of exercise or pulse rate.
4. Harward step up test.
5. To find the vital capacity by means of the spirometer.
6. To record chest movements by means of pneumographic.
7. To study the effect of rate movement, load and obstruction to blood supply on the onset of fatigue by means of aerograph.
8. To find out reaction time.
9. Demonstrate reflex action e.g. knee joint.
10. To test vision with Snalley's test chart.
11. To test color vision by ischiara's chart.

Section - III

1. To demonstrated the presence of reducing sugar in the given solution.
(a) Benedict's Test. (b) Fahling's Test.
2. To demonstrate the presence of starch in Rice-Potato Wheat flour etc.
3. To demonstrate the presence of proteins in :
(a) Egg white. (b) Egg flour
4. To examine the normal urine -
(a) Quantity (b) Specific Gravity
(c) Turbidity Chemical Test for (d) Urea, and
(e) Uric acid.
5. To find the percentage of Haemoglobin in Human blood.

Books Recommended:

1. Gupta Manju and Gupta M.C. body and auatemical Science (Hindi) Delhi Swaran Printing Press, 1980.
2. Sharma R.D. Health and Physical Education (Hindia) Gupta Prakashan, 1979.
3. Sing Sujan, Anatomy of Physiology and health Education repair, Jeet Publications, 1979 (Hindi).
4. Pearc Evalyn, C. Anatomy and Physiology for Nurses (Hindi) London Fater & Faber Ltd, 1962.
5. Karpovich, Peter V. Philosophy of Muscular Activity London W.B.

Saunders Co. 1959.

6. More House, L.K. & Filler, J. Physiology of Exercise St. Louis the C.V. Nesby Co. 1967.

PAPER - V

KINESIOLOGY: CARE OF ATHLETICS INJURIES
AND HEALTH EDUCATION

UNIT - I

Kinesiology:

What is Kinesiology?

1. Role of Kinesiology in Physical education & sports.
2. Review of classification of joints and fundamental movements of body
Definition & brief explanation of the following terms: axes and planes
centre of gravity, line of gravity & starting positions.
3. Origin, Insertion and action of the following major muscles :
(i) Sternocleido mastoid (ii) Trapezius
(iii) Deltoid (iv) Pectoralis Major/Minor
(v) Serratus Anterior (vi) Latissimus dorsi
(vii) Teres Major/Minor (viii) Supra Spinatus
(ix) Infra Spinatus (x) Subscapularis
(xi) Biceps (xii) Triceps
(xiii) Rectus Abdominis (xiv) Gluteus Maximus/Minimus
(xv) Sartorius (xvi) Quadriceps femons
(xvii) Hamstring Group (xviii) Gastrocnemius
Effect of Angle of Pull; Effect of angle of Resistance; Two Joint muscle;
All or None Law; Type of muscle contraction.
4. Exercise programme for the development of the various parts of the
body with special reference to the following:
(i) Muscles of the chest
(ii) Muscles of the Abdomen
(iii) Muscles of the Back
(iv) Muscles of the Upper Arm
(v) Muscles of the Fore Arm
(vi) Muscles of the Thigh
(vii) Muscles of the Calf

Unit - II

Care of Athletic Injuries:

1. Balance Diet; Physiological Rest
2. Role of the trainer in injury prevention
3. Common types of athletic injuries (Pathology; Diagnosis and Treatment)
(i) Sprain - Strain - Contusion - Laceration - Abrasion - Haematoma

(ii) Fractures and Dislocation

(iii) Internal Injuries

(iv) Stitch - Cramp

4. Regional Injuries and their First Aid Treatment.

(i) Ankle (ii) Knee (iii) Elbow

(iv) Shoulder (v) Wrist (vi) Finger.

Physiotherapy:

5. Guiding Principles of Physiotherapy.

6. Therapeutic Modalities and Their Application and Effects .

(i) Hydrotherapy

(a) Cold Compression - Ice cold water

(b) Hot water Bottle/Hot water bag

(c) Immersion in hot water

(d) Contrast bath (Hot and Cold)

(e) Whirl pool bath

(f) Vapour bath

(ii) Electro therapy :

(a) Infra red

(b) Diathermy

(c) Ultra sound

(iii) Massage - Manipulation

History, Physiological effect, Principles , Manipulations and Application

7. Practical demonstration and orientation of massage and use of electrotherapies appliances.

Unit - III

Health Education:

1. What is health factors that influence health. * heredity and environment, health requirement.

2. Causes of Disease - Infection - Spread of Infection. Public health measures to combat infection - general method of sanitation (Drinking water supply, Disposal of garbage sewage, Night soil and dead bodies).

3. (A) Common communicable disease like malaria , filaria, typhoid, cholera, . dysentery, small pox, whopping cough, diphtheria, tetanus, hydrophobia, tuberculosis and leprosy with special emphasis on their preventive methods.

(B) Cancer, STD (AIDS) & Hepatitis-B .

4. Immunity

5. Personal Hygiene - Desirable hygienic habits for each system of the body.

6. Public health administration

7. School health problems

8. School health Organisation - Instruction - service and supervision community health agencies.

Books Recommended.

1. Rash, Philop. J. and Durke R.K. Kinesiology and applied anatomy. Philadelphia Len & Febidger 1257.

2. Wells, Katharine, F. Kinesiology Philadelphia, W.B. Seunders Co. 1976.

3. Copper, John Glasson, R.W. Klnifogy. St. Louis C.V. mosby Co. 1963.

4. Anderson. T.M. kenatis and antysing Body moverents.

5. Tucker W.E. & Castle McIley, sportsman and Their Injuries.

PAPER - VI

RECREATION, CAMPING AND HISTORY OF PHYSICAL EDUCATION

UNIT - I

Recreation:

1. Introduction to recreation.

Definition: scope and significance, philosophy and objective , relationship with play, work , leisure, theories of play and recreation.

2. Historical Development of recreation.

Recreation of Primitive culture & Greek Period, Roman Period and middle ages-Development of Recreation in India since independence. Modern concept of recreation.

3. Organisation and Adminis itation;

Agencies offering Recreation - home, Governmental, Voluntary, Private and Commercial agencies, Rural, Urban Community and Industrial Recreation, Areas, facilities equipment and their maintenance.

UNIT II

Camping

1 Scope and significance of Camping : Types of Camps, Selection and lay out of camp sites. Organisation and administration of camps.

2 Programme planning in Recreation;

General principles of Programme, construction, Types of Recreational activities - indoor and outdoor games, arts and crafts, Drama, Music, Hobbies, Aquatics, Dancing, Nature Study and Hiking . Evaluation of programme.

3 Leadership and Techniques of Leadership;

Types of Leaders and their qualification ,career aspects of recreation. Leadership and supervision. Camp Programme and activities

UNIT - III

History of Physical Education;

1. Physical Education in Ancient Greece;

2. Physical Education in Ancient India,

Advent of Aryans; Epic age : Philosophic Age : Buddhist age

Mohammendan Period influence of Great Britain and U.S.A., Y.M.C.A. and its contributions : Teacher Training in Physical Education. All India council of Sports : Coaching Schemes. National Physical Efficiency Drive. National School Games Federation; Association ; Inter University and Board of Sports.

Books Recommended;

1. Butler George D, Introduction to Community Recreation (5th Ed.) New York M.C. Graw Hill Book Co. 1970.
2. Fitzegold Cerald B. Leadership in Recreation, New York, A.S. Beless and Co. 1941.
3. Meyar, Lenorld D. And Bright Billim, Cherles K. Commund by Recreation Constom D.C. Health Co. 1948.
4. Slavson, S.R. Recreation and the total Personality, New York Association Press 1948.
5. Khan, Eroj Ahamed, History of Physical Education Patna, Scientifice Book Co. 1961.
6. Rajgoplan K.A. Brief History of Physical Education in India. Delhi, Army Publisheres Pvt. Ltd. 1962.
7. Kamlesh, M.L. & Sanghal M.S. Principles and History of Physical Education (Hindi) Ludhaiana Prakash Brothers, 1976.
8. S. Sanyal, Asian Press.

