

ORDINANCE

FOR

BACHELOR OF PHYSICAL EDUCATION AND SPORTS



(THIS ORDINANCE HAS BEEN APPROVED IN THE MEETING OF
BOARD OF STUDIES HELD ON DATED 31st May, 2022)

APPLICABLE W.E.F. ACADEMIC SESSION 2022-2023



SRI HARGOBINDGARH, PHAGWARA – HOSHIARPUR ROAD,
PHAGWARA 144401, PUNJAB

SRI HARGOBINDGARH, PHAGWARA – HOSHIARPUR
ROAD, PHAGWARA 144401, PUNJAB

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

SHORT TITLE AND COMMENCEMENT

I. This ordinance shall be called the ordinance for the Bachelor of Hotel Management and Catering Technology of GNA University, Phagwara.

II. This ordinance shall come into force with effect from academic session 2022-23.

1. Name of Program: BPES: Bachelor of Physical Education and Sports.

2. Name of Faculty: Faculty of Physical Education and Sports

3. Program Duration: Total duration of the Program shall be of three years and each year will comprise of two semesters. In addition, each semester shall normally have 90 working days.

4. Eligibility for Admission: 10+2 or equivalent with 50% (45 % for SC/ST/OBC) marks in aggregate from any recognized board.

5. Admission Process: The centralized admission cell shall make selection for admission to the program. The selection of the candidate shall be strictly on merit basis, subject to fulfillment of eligibility criteria. Candidates are required to fill the prescribed application form and submit the same to the admission cell. The admission cell after verifying the eligibility will forward the form to the Office of Registrar for further processing. If the candidate is selected, he/she is required to deposit the prescribed fee along with the application form and the required documents to the Office of Registrar.

6. Curriculum: The 3 years curriculum has been divided into six semesters and shall include lectures/ tutorials/ laboratory work/ field work/ outreach activity/ project work/ viva/ seminars/ presentations/ term papers/ assignments etc. or a combination of some of these. The curriculum will also include other curricular, co-curricular and extra-curricular activities as may be prescribed by the university from time to time

7. Choice Based Credit System:

The University has adopted Choice Based Credit System (CBCS), which provides an opportunity to the students to choose courses from the offered courses comprising of Core, Elective, Ability Enhancement and Audit Courses. The choice based credit system provides a “flexible” approach in which the students can take courses of their choice, learn at their own pace, undergo additional courses and acquire more than the required credits, and adopt an

interdisciplinary approach to learning. Following are the types of courses and structure for the program:

As per UGC

I. Core Course: A course, which should compulsorily be studied by a candidate as a core requirement to complete the requirement of program in a said discipline of study.

II. Elective Course: Generally, a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate's proficiency/skill is called an Elective Course.

I. Discipline Specific Elective (DSE) Course: Elective courses may be offered by the main discipline/subject of study, is referred to as Discipline Specific Elective. The University/Institute may also offer discipline related Elective courses from unrelated discipline (to be offered by main discipline/subject of study).

ii. Generic Elective (GE) Course: An elective course chosen generally from an unrelated discipline/subject, with an intention to add generic proficiency to the students.

Note: A core course offered in a discipline/subject may be treated as an elective by Other discipline/subject and vice versa and such electives may also be referred to as Generic Elective.

Elective Course(s) may also be called an “Open Elective”

III. Foundation Course: The Foundation Courses may be of two kinds: Compulsory Foundation and Elective foundation. “Compulsory Foundation” courses are the courses based upon the content that leads to Knowledge enhancement. They are mandatory for all disciplines.

IV. Ability Enhancement Courses (AEC): The Ability Enhancement (AE) Courses may be of two kinds: Ability Enhancement Compulsory Courses (AECC) and Skill Enhancement Courses (SEC). “AECC” courses are the courses based upon the content that leads to Knowledge enhancement; i. Environmental Science and ii. English/MIL Communication. These are mandatory for all disciplines. SEC courses are value-based and/or skill-based and are aimed at

providing hands-on-training, competencies, skills, etc.

I. Ability Enhancement Compulsory Courses (AECC): Environmental Science, English Communication/MIL Communication.

ii. Skill Enhancement Courses (SEC): These courses may be chosen from a pool of courses designed to provide value-based and/or skill-based knowledge.

8. COURSE OBJECTIVE

The objectives for which the Institute is established are:

8.1 To prepare highly qualified leaders in the field of Physical Education, Sports/Games and other inter-disciplinary subjects.

8.2 To serve as a center of excellence and innovations in Physical Education and to awareness about research in this field.

8.3 To provide professional and academic leadership to other institutions in the field of Physical Education.

8.4 To provide vocational guidance and placement service to the people in this field. To promote mass participation in Physical Education activities.

8.6 To undertake extrusion programmer and field outreach activities to contribute in the development of society.

8.7 To develop and promote programmer of Physical Education and sports/games in educational institutions and other organizations

PROGRAMME OUTCOME EMPLOYABILITY:

Po 1. Students will able to get employed and private sector.

Po 2. Moreover, they will be able to set up their own Coaching center.

Po3. Quality physical education has strong support from both parents and child health professional organizations.

Po 4. Several models and examples demonstrate that physical education scheduled during the school day is feasible on a daily basis.

Understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle..

PROGRAMME SPECIFIC OUTCOMES

Pso 1. To cover the vast area of Physical education with experience that help in their successful career.

Pso 2. Moreover, it also helps in their higher education and setting up their own job in private sector.

Pso 3. Understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

Pso 4. Sports and physical education provide fit and healthful environment.

Pso 5. Make it possible to find the fit and healthy person in nation.

9. Medium of Instructions:

9.1 The medium of instructions and examination will be English, Hindi & Punjabi.

9.2 Practical work/Project Work / Project Report / Dissertation / Field Work Report / Training Report etc., if any, should be presented in English, Hindi & Punjabi.

10. Mode: The program is offered in 'Full Time' mode of study only.

11. Attendance Requirement to be Eligible to Appear in End Semester Examination:

11.1 Every student is required to attend at least 75% of the lectures delivered squaring tutorials, practical and other prescribed curricular and co-curricular activities.

11.2 Dean of Faculty may give a further relaxation of attendance up to 50% to a student provided that he/she has been absent with prior permission of the Dean of the Faculty for the reasons acceptable to him/her.

11.3 Further, relaxation up to 10% may be given by the Vice Chancellor to make a student eligible under special circumstances only.

11.4 No student will be allowed to appear in the end semester examination if he/she does not satisfy the attendance requirements. Further, the attendance shall be counted from the date of admission in the University or commencement of academic session whichever is later.

12. Credit: A unit by which the course is measured. It determines the number of hours of instruction required per week.

Contact Hours per Week	Credit Assigned
1 Hr. Lecture (L) per week	1 credit
1 Hr. Tutorial (T) per week	1 credit
2 Hours Practical (Lab) per week	1 credit

13 . Program structure:**UGC****Details of Courses under BPES****FACULTY OF PHYSICAL EDUCATION AND SPORTS****Bachelor in Physical Education and Sports CBCS Syllabus Scheme 2022****Semester-1****Ability Enhancement Course**

Sr. No	Category	Course Code	Course Title	Teaching Scheme			credits	Hours
				L	T	P		
1	AEC	COM 101	English Communication	4	0	0	2	2
2	AEC	COM 121	English Communication Lab	0	0	1	1	2
Skill Enhancement Course								
1	SEC	COM 101	Basics of Computers Application	2	0	2	3	4
Discipline Specific Core								
1	DSC	BPS 001	Basics of Anatomy & Physiology -Lab	0	0	2	1	2
2	DSC	BPS 101	Foundations of Physical Education	4	0	0	4	4
3	DSC	BPS102	Basics of Anatomy & Physiology	3	0	0	3	3
4	DSC	BPS 103	Skill and Prowess of Games and Sports-I	0	0	5	3	5
5	DSC	BPS 104	Skill and Prowess of Athletics-I	0	0	5	3	5
						Total	20	27

Semester-2
Ability Enhancement Course

Sr. No	Category	Course Code	Course Title	Teaching Scheme			credits	Hours
				L	T	P		
1	AEC	COM 201	Business Communication	2	0	0	2	2
2	AEC	COM 121	English Communication Lab	0	0	1	1	2
3	AEC	ENS 001	Environmental Studies	2	0	0	2	4
Discipline Specific Core								
1	DSC	BPS202	Fundamentals of Sports Training	3	0	0	3	3
2	DSC	BPS203	Skill and Prowess of Games and Sports-II	0	0	5	3	5
3	DSC	BPS003	Fundamentals of Sports Training Lab	0	0	2	1	2
4	DSC	BPS 204	Skill and Prowess of Athletics -II	0	0	5	3	5
5	DSC	BPS205	Kinesiology and Biomechanics	3	0	0	3	3
6	DSC	BPS009	Kinesiology and Biomechanics lab	0	0	2	1	2
				Total			19	28

Semester-3
Discipline Specific Core

Sr. No	Category	Course Code	Course Title	Teaching Scheme			credits	Hours
				L	T	P		
1	DSC	BPS301	Sports Psychology	4	0	0	4	4
2	DSC	BPS303	Skill and Prowess of Games and Sports-III	0	0	5	3	5
3	DSC	BPS304	Skill and Prowess of Athletics-III	0	0	5	3	5
4	DSC	BPS010	Yoga Education –Lab	0	0	2	1	2
5	DSC	BPS307	Yoga Education	3	0	0	3	3

Discipline Specific Elective Course (Any One Out of Two)

Sr. No	Category	Course Code	Course Title	Teaching Scheme			credits	Hours
				L	T	P		
1	DSEC	BPS305	Officiating and Coaching	4	0	0	4	4
2	DSEC	BPS306	Sports Economics	4	0	0	4	4
				Total			22	27

Semester-4
Discipline Specific Core

Sr. No	Category	Course Code	Course Title	Teaching Scheme			credits	Hours
				L	T	P		
1	DSC	BPS 402	Athlete's Care and Rehabilitation	3	0	0	3	3
2	DSC	BPS 404	Skill and Prowess of Athletics-IV	0	0	5	3	5
3	DSC	BPS 405	Recreational Activities and Leadership Training	3	0	0	3	3
4	DSC	BPS 005	Athlete's Care and Rehabilitation-Lab	0	0	2	1	2
5	DSC	BPS 006	Recreational Activities and Leadership Training-Lab	0	0	2	1	2
6	DSC	BPS 408	Health Education and Nutrition	4	0	0	4	4
7	DSC	BPS 409	Skill and Prowess of Games and sports- IV	0	0	5	3	3
Discipline Specific Elective Course								
1	DSEC	BPS 406	Measurement and Evaluation in Physical Education	4	0	0	4	4
2	DSEC	BPS 407	Adapted Physical Education	4	0	0	4	4
				Total			26	32

Semester-5
Discipline Specific Core

Sr. No	Category	Course Code	Course Title	Teaching Scheme			credits	Hours
				L	T	P		
1	DSC	BPS 501	Education Technology and Methods in Physical Education	4	0	0	4	4
2	DSC	BPS 502	Professional Preparation in Physical Education	4	0	0	4	4
3	DSC	BPS 503	Light Apparatus Activities-V	0	0	5	3	5
4	DSC	BPS 504	Sports Specialization-V	0	0	5	3	5
5	DSC	BPS 505	Internship	0	0	4	4	4
Discipline Specific Core								
1	DSEC	BPS 506	Contemporary issues in Physical Education and Sports	4	0	0	4	4
2	DSEC	BPS 507	Design of Sports Equipment	4	0	0	4	4
Generic Elective (Any One)								
1	GE-1	BPS 508	Sports Journalism	3	0	0	3	3
2	GE-1	BPS 509	Weight Management	3	0	0	3	3
				Total			32	36

Semester-6
Discipline Specific Core

Sr. No	Category	Course Code	Course Title	Teaching Scheme			credits	Hours
				L	T	P		
1	DSC	BPS 601	Fundamentals of Fitness Management	3	0	0	3	3
2	DSC	BPS 602	Basics of Research and Statistics	4	0	0	4	4
3	DSC	BPS 604	Sports Specialization-VI	0	0	5	3	5
4	DSC	BPS 605	Fundamentals of Anthropometry	3	0	0	3	3

5	DSC	BPS 007	Fundamentals of Fitness Management-Lab	0	0	2	1	2
6	DSC	BPS 608	Light Apparatus Activities-VI	0	0	5	3	5
7	DSC	BPS 008	Fundamentals of Anthropometry-Lab	0	0	2	1	2
Generic Elective (Any One)								
1	GE-2	BPS606	Project	0	0	0	4	4
2	GE-2	BPS607	Sports Management	4	0	0	4	4
Skill Enhancement Course								
3	SEC	PRSK608	Presentation Skills	0	0	4	2	4
				Total			28	36
				Total Credit = 147 Total Hrs +186				

Internship 10 contacting hours equal to 4 credits

For CAS two assessment components are adopted to evaluate student's performance.

12.1 Internal Assessment, which includes attendance, mid semester examination and other components (Assignment, Snap Test, Project, Presentation/ Class Participation, Practical Lab Continuous Assessment, Quiz, Multiple Choice Questions, Case Study, Field Survey/Field Report etc.) carrying a weightage of 40%.

12.2 External Assessment i.e. End Semester Examination, carrying a weightage of 60%.

12.3 Every student has to score at least 25% marks each in Continuous Assessment and End Semester examination. The minimum pass percentage is 40% in aggregate. In case a student scores more than 25% each in Continuous Assessment and End Semester Examination, but overall percentage in the concerned subject remains less than 40%, then student has to repeat End Semester Examination in that subject.

Academic Performance	Range of Marks	Grades	Grades Points	Remarks
Outstanding	≥90	A+	10	
Excellent	≥80 & <90	A	9	
Very Good	≥70 & <80	B+	8	
Good	≥60 & <70	B	7	
Fair	≥50 & <60	C+	6	
Average	≥40 & <50	C	5	
Minimally Acceptable	40	D	4	
Fail	<40	F	0	
Incomplete		I	-	
Withdrawal		W	-	
Grade Awaited		GA	-	
Minor Project		S/US		S-Satisfactory US- Unsatisfactory

14. Grading System: University follows eight letter grading system (A+, A, B+, B, C+, C, D, and F) that have grade points with values distributed on a 10 point scale for evaluating the performance of student. Only Absolute Grading System will be followed for evaluation.

NB: The CGPA can be converted to percentage by using the given formula:

$$\text{CGPA} \times 10 = \%$$

e.g. $7.8 \times 10 = 78\%$

Note: Cumulative Grade Point Average (CGPA), it is a measure of overall cumulative performance of a student over all semesters. The CGPA is the ratio of total credit points secured by a student in various courses in all semesters and the sum of the total credits of all courses in all the semesters. It is expressed up to two decimal places.

Based on the grades earned, a grade certificate shall be issued to all the registered students after every semester. The grade certificate will display the course details (Course title, number of credits, grade secured) along with SGPA of that semester and CGPA earned till that semester.

15. Re-appear: Student with backlog of one semester will be carried forward to next semester. Re-appear examinations will be conducted twice in a year after ESE of every semester.

16. Improvement of overall Score: A candidate having CGPA < 5.5 and wishes to improve his/her overall score may do so within two academic years immediately after passing the degree program by reappearing into maximum four course(s)/subject(s). The improvement would be considered if and only if the CGPA becomes > 5.5.

17. Program qualifying criteria: For qualifying the Program every student is required to earn prescribed credits (i.e. 154). If any student fails to earn prescribed credits for the program then he/she will get a chance to complete his/her Program in two more years than the actual duration of degree.

18. Revision of Regulations, Curriculum and Syllabi: The University may revise, amend, change or update the Regulations, Curriculum, Syllabus and Scheme of examinations through the Board of Studies and the Academic Council as and when required.

Acceptance of MOOC courses:

Faculty of Physical Education and Sports accepts the MOOC course available on SWAYAM platform for credit transfer.

40% of the courses can be taken from the available list of MOOC on SWAYAM.

Instructions for MOOC courses

1. MOOC courses taken for credit transfer must be approved and recommended by Dean Academics

and Dean of the Faculty before the start of the semester.

2. The copy of the list of courses taken by the students for any course has to be submitted to the

Controller of the Examination.

3. MOOC course should be done from SWAYAM platform as per the guidelines of UGC.

4. To obtain the credit the student needs to complete the assessment of the course and

provide the certificate of the course issued by the SWAYAM/NPTEL. After completing the certificate, the student must submit the certificate within a week to the department.

5. The fees (if any) for the registration and / or assessment of the MOOC course must be borne by the student only.

6. The student can opt for a particular online MOOC course if and only if the credit of that course is equivalently mapped with the program structure.

7. If the student obtains the same course credit which mapped with the course then credit shall be considered for this course and the grade/marks provided by the accessing authority shall be transfer to the student. The result of the MOOC shall be taken on record by the university examination cell and a result declared for these papers.

8. For any particular semester, all results for the MOOC course must be submitted along with the marks of other papers of the same semester by the course coordinator.

9. MOOC course coordinators shall be appointed for each of the course taken by the student.



SYLLABUS OF CORE SUBJECTS PROGRAM: BPES

BPES: BACHELOR OF PHYSICAL EDUCATION AND SPORTS

COM101: ENGLISH COMMUNICATION

LTP 200

Course Objectives:

1. To make students capable of using English language in context.
2. To enhance effective reading and writing skills.

Course Outcomes:

After completion of this course, students will be enable to -

1. The students will develop a minute practical knowledge about English grammar and its usage
2. The students will develop an understanding of the importance of free expression.

Unit I

Reading Skills: Comprehension Strategies- Skimming, Scanning & Inferencing, Summarising of Newspaper Articles, Paraphrasing of Complex Sentences

Unit II

English Grammar and Usage: Parts of Speech, Common Errors in writing, Tenses, Change of Voice, Transformation of Sentences

Unit III

Basic Writing Practices: Paragraph writing, Picture Composition, University based Notices, Notes Making after listening to a Motivational Speech, Formal Letter based on University concerns, MS Word (font style, size, format, spacing).

Unit IV

Vocabulary Enrichment: Word Coinage, Synonym, Antonym, Homophones, Idioms and Phrasal verbs.

Reference Book:

Functional English Grammar by Graham Lock, 1995

Suggested Readings:

Practical English Usage. Michael Swan OUP. 1995

On Writing Well. William Zinsser. Harper Resource Book. 2001

Communication Skills. Sanjay Kumar and Pushp Lata. Oxford University Press. 2006

Exercises in Spoken English. CIEFL, Hyderabad. Oxford University Press

Internet Links:

<https://www.englishgrammar101.com/>

<http://learnenglish.britishcouncil.org/en/english-grammar>

<http://www.englishgrammarssecrets.com/>

<http://www.myenglishpages.com/>

<http://www.english-for-students.com/Homonyms-B.html>

BPS 101: FOUNDATION OF PHYSICAL EDUCATION

Credits : 004

LTP 400

Pre-Requisites: NA

Course Objectives:

1. To acquaint students with historical perspective of the Physical Education and sports.
2. To know how physical education developed in different societies of the world.
3. To provide basic knowledge about the different dimensions of Physical Education as discipline.

Unit I

Physical Education : Meaning of Physical Education, Definitions, Aim and objectives of Physical Education, Importance of Physical Education in modern era, Scope, Relationship of Physical Education with general education.

Physical Education in the ancient period: Physical Education in Greece (Athens, Sparta period, Golden period, Rome

Unit II

Historical development of Physical Education in India : Vedic period, Epic period, Historical period, Nalanda period, Rajput period, Muslim period, British period,

Olympic Games: Ancient Historical Background, Significance of Ancient Games, Ceremonies of Ancient Games, Decline and termination of Ancient Olympic Games.

Modern Olympic Games: Introduction, Ceremonies, Venues, International Olympic Committee (IOC), and Functions of IOC

Unit III

Major Games: Asian games, commonwealth games.

Sports awards: Arjuna award, Dronachariya award, Rajiv Gandhi khel rattan award, MAKA, Dhyan Chand Award.

Philosophical basis of physical Education: Idealism, Pragmatism, Naturalism, Realism and values in physical education.

Unit IV

Biological foundation of Physical Education: Meaning of growth and development, Principles, Effects of heredity and environment on growth and development.

Psychological basis of physical Education: Learning process, Theories of learning- Trial and error theory, Conditioned reflex theory, Insight theory, Laws of learning and implication in sports situation, Factor affecting learning, Transfer of training.

Body types: Meaning of body types, Sheldon classification of body types, characteristics of body types and Age and Sex differences in physical activity.

Suggested Readings:

1. Fundamental elements of physical education by M.I.kamlesh, ksk publisher and distributor, 1st edition, (2011)
2. Foundation of physical education, exercise science and sports by wuest and bucher, mc graw hill, 16th edition, (2010)

BPS 102: BASICS OF ANATOMY AND PHYSIOLOGY

Credits : 003

LTP 302

Pre-Requisites: NA

Course Objectives:

1. It provides coursework and laboratory experiences that enhance the practical understanding related to human structure, function and motion.
2. It gives us knowledge and awareness to maintain the worth of life.
3. This course offers allied practices related to human performances.

Unit I

Introduction to Human Anatomy and Physiology: Meaning of Human anatomy and physiology, Definitions, Role of human anatomy and physiology in the field of physical education and sports.

Basic constituents of the living body: Definition of cell, Types, Structure and functions of cell, Cell division.

Unit II

Tissue: Definition of tissue, Types and functions of tissue in human body, Definition of organ, Definition of system and Types.

Bones and Joints: Meaning of bone, Structure of bone, Bones of skeletal system, Classification of bones, Functions of bones

Unit III

Joint and Movements: Meaning of joint, Types of joint, Classifications of movable joints, Fundamental movements around the joints.

Muscular System: Meaning of muscle, Types of muscle, Structure of skeletal muscle, types of muscle contractions.

Unit IV

Different body Systems: Digestive, Nerves, Circulatory, Respiratory, Endocrine, excretory system, their meaning, Structure, organs and Functions.

Suggested Readings:

1. Textbook of human anatomy by H.T. Savory, Sports Educational Technologies, New Delhi, 1st Edition, (2010)
2. Essential of physical education and sports by M.I.kamlesh, ksk publisher and distributor, 1st edition, (2011)
3. Essential of physical education and sports by M.I.kamlesh, ksk publisher and distributor, 2nd edition, (2014)

BPS 001 BASICS OF ANATOMY AND PHYSIOLOGY -LAB**Credits : 001****LTP 002****Pre-Requisites: NA****Course Objectives:**

1. It provides coursework and laboratory experiences that enhance the practical understanding related to human structure, function and motion.
2. It gives us knowledge and awareness to maintain the worth of life.
3. This course offers allied practices related to human performances.

Unit I

Physical examination of human skeleton.

Classification of bones.

Unit II

Study of type of joints.

Measurement of blood pressure.

Unit III

Counting of pulse rate

Measurement of Vital Capacity.

Unit IV

Use of Models like the liver, kidney, stomach, heart, skin and brain.

Blood test to determine Hemoglobin.

Blood test to determine Sugar.

Suggested Readings:

1. Cooper and Glassgow, Kinesiology, C.V. Mosby co. Saint Louis, 1976
2. David Paul Green Kinesiology: Movement in the context of activity Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
3. Dugch and Duch, Kinesiology and applied anatomy, Lee and Fabiger, Philadelphin, 1977
4. Graive, Miller, Mitohelgon, Paul and Smith, techniques for the analysis of human movement lapse books London, 1975
5. Hay and Deij ,the anatomical and mechanical basis of human motion, Prentics Hall, Inc. N.J. 1982

BPS 103 Skills and Prowess of Game and Sports-I

Credits : 003

LTP 005

Pre-Requisites: NA

Course Objectives:

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Unit I

Historical development of the concerned game/track and field event.

Main tournaments organized at National and International level.

Unit II

Records/Statistics of the game /track and field event at world, Olympic, Asia & National level.

Awardees in the games/athletics.

Unit III

Books and magazines of the game /track and field.

Fundamental skills /Techniques.

Unit IV

Officiating.

i) Play area dimensions/track and field.

ii) Equipment specifications

iii) Rules of the game/track and field and their interpretation.

iv) Duties of the concerned officials.

Suggested Reading:

1. Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
2. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. Scates AE (1993). Winning Volley Ball. WC Brown. USA.
4. Scates, A. and Linn, M. (2002). Complete Conditioning for Volleyball. Human Kinetics, USA.

BPS 104 Skills and Prowess of Athletics-I

Credits : 003

LTP 005

Pre-Requisites: NA

Course Objectives:

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Contents of Games and Sports: Sprints, Long Jump and Shot Put

Unit I

Historical development of the concerned game/track and field event.

Main tournaments organized at National and International level.

Unit II

Records/Statistics of the game /track and field event at world, Olympic, Asia & National level.

Awardees in the games/athletics..

Unit III

Books and magazines of the game /track and field.

Fundamental skills /Techniques.

Unit IV

Officiating.

i) Play area dimensions/track and field.

ii) Equipment specifications

iii) Rules of the game/track and field and their interpretation.

iv) Duties of the concerned officials.

Suggested Readings:

1. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 1st Edition, (2007)
2. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 2nd Edition, (2009), the anatomical and mechanical basis of human motion, Prentice Hall, Inc. N.J. 1982

COM 201: Business Communication

Credits : 201

LTP 200

Pre-Requisites: NA

Course Objectives:

1. To make students develop business writing etiquette in terms of formats.
2. To develop their reading skills and enhance their vocabulary.

Course Outcomes:

1. The students will be able to develop effective reading and writing skills.
2. The students will learn vocabulary and technical jargons as used in business communication.

Contents:

Unit I

Communication & Interpersonal Skills

Process of Communication, Types of communication, Modes of Communication, Barriers to Communication, Delivering Effective PPT

Unit II

Technical Writing

Memorandum, Notices, Blog Writing, Report Making, Minutes of Meeting, E-Mail, Press Note, Resume & Cover Letter, Formal Letter- Complaint Letter, Inquiry Letter, Confirmation Letter, Resignation Letter, Permission Letter,

Unit III

Vocabulary Building

Misspelt words, Techno based Acronyms, Word formation- prefix, suffix, Foreign Words, Phrases

Unit IV

Functional Grammar

Conditional Sentences, Degrees of Comparison, Punctuation, Question Tags

Reference Book: Functional Skills English by Roselyn Whitley, 2008

Suggested Readings:

1. Exercises in Spoken English. Parts. I-III. CIEFL, Hyderabad. Oxford University Press
2. Study Writing. Liz Hamp-Lyons and Ben Heasley, Cambridge University Press.2006.
3. On Writing Well. William Zinsser. Harper Resource Book. 2001
4. Practical English Usage. Michael Swan. OUP. 1995.

BPS 205: KINESIOLOGY AND BIOMECHANICS**Credits : 003****LTP 300****Pre-Requisites: NA****Course Objectives:**

1. To enhance the performance of an athlete
2. To reduce possibilities of injuries and promote athlete's health care
3. To provide knowledge about application based understanding of exercise physiology.

Contents:**Unit I**

Introduction to Kinesiology: Meaning, Aim, Objectives, Scope, Role of kinesiology in physical education and sports

Laws of Newton: Introduction, concept, role and application of laws in games and sports

Unit II

Axes: Meaning, definition and types of axes.

Planes: Meaning, Types of plane. Movement possible in deferent kind of axis and plane,,

Muscular analysis: of fundamental movements: Walking, running, jumping, throwing and catching

Unit III

Biomechanics: Meaning, definition and scope, Importance of Biomechanics in Physical Education and Sports.

Kinematics: Distance and Displacement, Speed and Velocity, Acceleration and Deceleration.

Kinetics: Inertia, Mass and Force, Momentum, and Impulse, Friction, and Elasticity, Pressure, Work, Power and Energy.

Unit IV**Muscle concept**

Lever: Definition, Types of lever, Mechanical advantages of lever, Applications of lever to human body.

Friction: Meaning types and Characteristics.

Equilibrium: Meaning, Types and Factors determining Equilibrium.

Motion: Types of Motion, Newton's laws of Motion

Suggested Readings:

1. Textbook of human anatomy by H.T. Savory, Sports Educational Technologies, New Delhi, 1st Edition, (2010)
2. Anatomy, Physiology of exercise, health education and kinesiology by Reddy , P.S.A, Sports Publication, New Delhi., 1st Edition, (2009)

BPS 009 : KINSIOLOGY AND BIOMECHANICS-LAB

Credits : 001

LTP : 002

Pre-Requisites: NA

Course Objectives:

To make the students aware about human body.

Practical List:

Unit I

Identification of different Planes and axis.

Unit II

Recognition and demonstration of fundamental movements around the joints.

Unit III

Demonstration of the types of muscle contraction

Unit IV

Location, origin, insertion and action of the following muscles:-

Deltoid, Biceps, Gastrocnemius , Latissimus dorsi , Trapezius major , Sterno cleidomastoid body.

Suggested Readings:

1. Cooper and Glasgow, Kinesiology, C.V. Mosby co. Saint Louis, 1976
2. David Paul Green Kinesiology: Movement in the context of activity Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
3. Dugch and Duch, Kinesiology and applied anatomy, Lee and Fabiger, Philadelphin, 1977
4. Graive, Miller, Mitohelgon, Paul and Smith, techniques for the analysis of human movement lapse books London, 1975
5. Hay and Deij ,the anatomical and mechanical basis of human motion, Prentics Hall, Inc. N.J. 1982

BPS 202: FUNDAMENTALS OF SPORTS TRAINING

Credits : 003

LTP: 300

Pre-Requisites: NA

Course Objectives:

1. To provide knowledge about the different conditional abilities and training methods.
2. To develop the interest in the field of coaching.
3. To make them academically sound in terms of rules and regulations of different games and sports.

Unit I

Sports training: Meaning, Definition, aims and objective, Principles, importance, Methods, Components of sports training.

General Conditioning: Meaning, Warm-up, Cool down, types and Importance.

Unit II

Physical Fitness: Introduction, types (health related and skill related fitness Components), means and Methods of its development.

Motor Fitness: Introduction, Components, Types of Strength, Speed, Endurance, Flexibility, Agility, coordination and Means and Methods of its development.

Unit III

Training methods: Interval Training, Continuous Training, Circuit Training, Fartlek Training, Weight Training, Plyometrics.

Training Load: Introduction,, Types, Principles, importance of training load.

Overload: Introduction, Symptoms, Causes and remedies.

Periodisation: Introduction and its Types.

Unit IV

Coaching and Officiating: Meaning, Importance and responsibility of a coach for good coaching, Meaning, Importance, Principles, Qualities, Duties of an Official - Pre-game, during game, Post game.

Competition: Meaning, Types of tournaments, knock out, league and round robin, combination of tournament and challenge tournament, draw a fixture of all kind of tournament.

Suggested Readings:

1. Science of Sports Training by Hardyal Singh, D.V.S. Publications, New Delhi, 2nd Edition, (1995).
2. Essential of physical education and sports by M.I.kamlesh, ksk publisher and distributor, 1st edition, (2011)
3. Essential of physical education and sports by M.I.kamlesh, ksk publisher and distributor, 2nd edition, (2014)

BPS 003: FUNDAMENTALS OF SPORTS TRAINING- LAB**Credits : 001****LTP 002****Pre-Requisites: NA****Course Objectives:**

1. To provide knowledge about the different conditional abilities and training methods.
2. To develop the interest in the field of coaching.
3. To make them academically sound in terms of rules and regulations of different games and sports.

Unit I**General Conditioning:** Meaning, Warm-up, Cool down, types and Importance.**Unit II****Physical Fitness:** Introduction, types (health related and skill related fitness Components), means and Methods of its development.**Motor Fitness:** Introduction, Components, Types of Strength, Speed, Endurance, Flexibility, Agility, coordination and Means and Methods of its development.**Unit III****Training methods:** Interval Training, Continuous Training, Circuit Training, Fartlek Training, Weight Training, Plyometrics.**Training Load:** Introduction,, Types, Principles, importance of training load.**Overload:** Introduction, Symptoms, Causes and remedies.**Periodisation:** Introduction and its Types.**Unit IV****Coaching and Officiating:** Meaning, Importance and responsibility of a coach for good coaching, Meaning, Importance, Principles, Qualities, Duties of an Official - Pre-game, during game, Post game.**Competition:** Meaning, Types of tournaments, knock out, league and round robin, combination of tournament and challenge tournament, draw a fixture of all kind of tournament.

BPS 203 Skills and Prowess of Game and Sports-II

Credits : 003

LTP : 005

Pre-Requisites: NA

Course Objectives:

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Contents of Games and Sports: Football/Tennis

Unit I

Historical development of the concerned game/track and field event.

Main tournaments organized at National and International level.

Unit II

Records/Statistics of the game /track and field event at world, Olympic, Asia & National level.

Awardees in the games/athletics.

Unit III

Books and magazines of the game /track and field.

Fundamental skills /Techniques.

Unit IV

Officiating.

i) Play area dimensions/track and field.

ii) Equipment specifications

iii) Rules of the game/track and field and their interpretation.

iv) Duties of the concerned officials.

Suggested Readings:

1. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 1st Edition, (2007)
2. Footballfor schools by watts denis and marlow, s. chand & company, 1st edition, (1970)

BPS 204 Skills and Prowess of Athletics-II

Credits : 003

LTP 005

Pre-Requisites: NA

Course Objectives:

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Contents of Games and Sports: Relay, High Jump and Discuss throw

Unit I

Historical development of the concerned game/track and field event.

Main tournaments organized at National and International level.

Unit II

Records/Statistics of the game /track and field event at world, Olympic, Asia & National level.

Awardees in the games/athletics.

Unit III

Books and magazines of the game /track and field.

Fundamental skills /Techniques.

Unit IV

Officiating.

i) Play area dimensions/track and field.

ii) Equipment specifications

iii) Rules of the game/track and field and their interpretation.

iv) Duties of the concerned officials.

Suggested Reading:

1. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 1st Edition, (2007)
2. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 2nd Edition, (2009)

Suggested Readings:

1. Science of Sports Training by Hardy Singh, D.V.S. Publications, New Delhi, 2nd Edition, (1995).
2. Essential of physical education and sports by M.I.kamlesh, ksk publisher and distributor, 1st edition, (2011)
3. Essential of physical education and sports by M.I.kamlesh, ksk publisher and distributor, 2nd edition, (2014)

BPS 301: SPORTS PSYCHOLOGY**Credits : 004****LTP 400****Pre-Requisites: NA****Course Objectives:**

1. To acquaint students with historical perspective of the Physical Education and sports.
2. To know how physical education developed in different societies of the world.
3. To provide basic knowledge about the different dimensions of Physical Education as discipline.

Unit I

Meaning of educational psychology and sports psychology, scope, need and Importance of sports psychology,,

Psychology as Science and its usefulness to teaching in Physical Education..

Relationship of Sports Psychology with other subjects

Unit II

Biological foundation of Physical Education: Meaning of growth and development, Principles, Effects of heredity and environment on growth and development.

Learning – Meaning and nature of learning, Theories of learning, laws of learning,, learning curve and its types.

Transfer of training: meaning, types, kinds of transfer of training in various sports situation.

Unit III

Motor learning: Concept and meaning of motor learning motor skill, motor control, motor performance.

Stages of learning and factors affecting motor learning..

Mental health, factors affecting mental health and characteristics of mentally healthy individual..

Play and its theories in physical education.

Unit IV

Emotion – Meaning types and their psychological change and sublimations Characteristics and Role of Emotions in Athlete performance.

Instincts – definition, characteristics and their training.

Motivation: definition and kinds of motivation.

Personality: meaning, definition, characteristics, traits of personality, factors responsible for development of personality.

Suggested Readings:

1. Textbook of Psychology in Physical Education and Sport by Kamlesh ML. Metropolitan Book Co. New Delhi (1998).
2. Sport Psychology by Cox RH. McGraw Hill. London (2002).
3. Sports Psychology for Physical Education by Verma KK. Tandon Publications, Books Market, Ludhiana. (1998)
4. Sports Psychology by Gangopadhyaya, S. R. Sports Publication G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi. (2007).

BPS 307: YOGA EDUCATION

Credits : 003

LTP 300

Pre-Requisites: NA

Course Objectives:

1. It provides coursework and laboratory experiences that enhances the practical Understanding related to basic techniques of Yoga asana.
2. It gives us knowledge and awareness to maintain health, hygiene aware and the worth of life.
3. This course offers allied practices related to human performances.

Unit I

Yoga : Meaning , definition , aims, objectives, importance and scope of yoga. Historical development of yoga. Types of Yoga: karam yoga, hatha yoga, laya yoga, bhakti yoga.

Unit II

Asthanga Yoga: Concept and philosophy of asthanga yoga. Constituents of asthanga yoga: yama, niyama, asanas, pranayama , pratyahar, dharma, dhyana, smadh. Difference between yoga and general exercises.

Unit III

Asanas: Meaning importance, classification of asanas: meditative, relaxative , cultural. General techniques and benefits of the following: padmasana, vajrasana, halasana, bhujangasana, sarvangasana, chakrasana, dhanurasana, salabhasana, paschimotanasana, mayurasana, shirshasana. Technique and benefits of Surya namaskar.

Unit IV

Shudhi Kriyas: Concept of shat Karma (Shudhi Kriyas) and brief description of the following: neti, dhoti, basti, nauli , tratak, kapalbhati.

Pranayama : meaning and definition of pranayama, general techniques and physiological benefits of the following : ujjai , sitkari , shitali , bhastrika, bhramari.

Suggested Readings:

1. Textbook of Basic Core Fitness through Yoga and Naturopathy by Debnath Manika New Delhi, Sports Publication (2007).
- 2- Health & Physical Education by Uppal AK & Gautam GP , Friends Publication, New Delhi (2008).

BPS 004: YOGA EDUCATION LAB**Credits : 001****LTP : 002****Pre-Requisites: NA****Course Objectives:**

1. It provides laboratory experiences that enhance the practical understanding related to basic techniques of Yoga asana.
2. It gives us knowledge and awareness to maintain health and body aware and the worth of life.
3. This course offers allied practices related to human performances.

Unit I

Practice of following asana :

Padamasana , sidhasana , vajrasana , shavasan , makarasan , bhujangasan , sarvangasan , halasan , paschimotanasana, chakkarsana , naukasana , mastyasana, shalabhasana, dhanurasana

Unit II

Practice of surya amaskar.

Practice of Bandhas : jalandhar bandh , uddiyan bandh , mool bandh.

Unit III

Practice of Pranayam

suryabhedana , sitali pranayam , shittkari pranayam , bhastrika pranayam , bhramari pranayam .

Unit IV

Practice of shudhi kriya

Neti , Tratak, Kunjal Kriya

Massage

Suggested Readings:

1. Textbook of Basic Core Fitness through Yoga and Naturopathy by Debnath Manika New Delhi, Sports Publication (2007).
- 2- Health & Physical Education by Uppal AK & Gautam GP , Friends Publication, New Delhi (2008).

BPS 303 Skills and Prowess of Game and Sports-III**Credits : 003****LTP 005****Pres-Requisites: NA****Course Objectives:**

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Contents of Games and Sports: Basketball/Table Tennis**Unit I**

Historical development of the concerned game/track and field event.

Main tournaments organized at National and International level.

Unit II

Records/Statistics of the game /track and field event at world, Olympic, Asia & National level.

Awardees in the games/athletics.

Unit III

Books and magazines of the game /track and field.

Fundamental skills /Techniques.

Unit IV

Officiating.

xvii) Play area dimensions/track and field.

xviii) Equipment specifications

xix) Rules of the game/track and field and their interpretation.

xx) Duties of the concerned officials.

Suggested readings:

1. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 1st Edition, (2007)., 9788123904726

BPS 304 Skills and Prowess of Athletics-III

Credits : 003

LTP : 005

Pre-Requisites: NA

Course Objectives:

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Contents of Games and Sports: Hurdles, Triple Jump and Hammer throw

Unit I

Historical development of the concerned game/track and field event.

Main tournaments organized at National and International level.

Unit II

Records/Statistics of the game /track and field event at world, Olympic, Asia & National level.
Awardees in the games/athletics.

Unit III

Books and magazines of the game /track and field.

Fundamental skills /Techniques.

Unit IV

Officiating.

i) Play area dimensions/track and field.

ii) Equipment specifications

iii) Rules of the game/track and field and their interpretation.

iv) Duties of the concerned officials.

Suggested Readings:

1. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 1st Edition, (2007)
2. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 2nd Edition, (2009)

BPS 305 OFFICIATING AND COACHING

Credits : 004

LTP 400

Pres-Requisites: NA

Course Objectives:

1. To understand the importance and types of officiating and coaching.
To gain the knowledge of training schedule require for sports.

Unit I

Coaching : Meaning and definition of coaching , Principles of coaching , Qualification and Qualities of a good coach ,Duties and responsibilities of a good coach , Measures for improving the standard of coaching in India.

Unit II

Training Schedule : Concept of Training Schedule ,Types of Training Schedule (Plan) : Short term, Long term . Periodization : Meaning of single and double periodization. Principles of training schedule ,preparation of training schedule.

Unit III

Officiating : Meaning and definition of officiating , Principles of officiating , Qualification and qualities of a good official , Duties and responsibilities of an official , Measures for improving the standard of officiating in India.

Unit IV

Rules, regulations and plan of the following athletic events : Sprints ,Long jump , Shot put , Relay races , Middle and long distance races , Hope step and jump , Discus throw , Hurdles , Score sheets and award of points for the above mentioned athletic events.

Suggested Books:

1. AAFB, "Officiating in Athletics", 2012.
2. Bunn, J.N. "Art of officiating in Sports", Prentice Hall Englewood N.J. 1968.
3. Pearson G.F. Athletics", Thomson Nelson and sons Ltd. London.
4. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers, Ludhiana

BPS 306 SPORTS ECONOMICS

Credits : 004

LTP : 400

Course Objectives:

1. Sport economics program will enable the students of making business decisions and solving sport economics problems using critical thinking skills.
2. Knowledge obtained during the course of the programme will help the students in achieving competitive positions in the growing sport economics.

Unit I

Sports economics: Introduction, Meaning, Definition, aims, objectives, Need, Importance, Scope and Types of sports economics. Micro and macro economics differentiate between micro and macro economics, relationship between economics and sports.

Unit II

Labour economics

Revenues- TV, Contract, Ticket.

Market types: Sports and monopoly, monosony, monopolistic and oligopoly.

Unit III

Sports Marketing: Introduction, meaning, definition and importance of Sports markets, Sports marketing and sales,, sports marketing opportunities, Sports consumers and sports investment.

Unit IV

Sports industries: Sports product, sports pricing, sports distribution, sports promotion, and Industrial organization of sports.

Sports branding: Branding, Sponsor, sponsorship, sponsorship and partnership, endorsements and evaluation of sponsorship

Suggested Readings:

1. Handbook on the Economics of Sport (Elgar Original Reference) Gebundenes Buch – 21. Dezember 2006
2. The Oxford Handbook of Sports Economics: The Economics of Sports Volume 1 Edited by Leo H. Kahane and Stephen

BPS 408: HEALTH EDUCATION AND NUTRITION

Credits : 004

LTP: 400

Pre-Requisites: NA

Course Objectives:

1. To enhance the performance of an athlete through nutrition.
2. To reduce possibilities of faulty eating habits and promote athlete's health care
3. To provide knowledge about application based understanding of diet and nutrition

Unit I

Health: Concept and meaning of Health. Health education: Concept, meaning, definition, and scope of Health Education, Principle of health education, Planning and evaluation in health education programmes. Common health problems..

Unit II

Hygiene: The concept of hygiene and personal Hygiene: care of skin, mouth, nails, eyes, ear, hair, clothing and bathing etc. Importance of rest, sleep and exercise. Community Health: housing water supply, sewerage and refuse disposal. School Health Service: History, School Health problems, healthful school environment.

Unit III

Nutrition: Balanced diet and its elements: Carbohydrates, proteins, fats, vitamins, minerals, salts and water, Daily energy/calorie requirements of healthy person.

Internationals health agencies- WHO, UNICEF,, Red Cross- their constitution and role in promoting health.

Unit IV

Communicable Disease: Meaning and definition of communicable disease, Mode of transmission, prevention and cure and sanitation of communicable disease, Common Communicable Diseases: Influenza, Malaria, Small pox, Tuberculosis, Typhoid, Cholera, And Measles.

Postural Deformities: Concept of balance Posture, Causes of bad posture Correction of deformities: Kyphosis, lordosis, Scoliosis, Knock knee, bowlegs, Flat foot.

BPS 402: ATHLETE'S CARE AND REHABILITATION

Credits : 003

LTP :300

Pre-Requisites: NA

Course Objectives:

1. To enhance the performance of an athlete.
2. To reduce possibilities of injuries and promote athlete's health care.
3. To provide knowledge about application based understanding of exercise physiology.

Unit I

Sports injuries and its types: a. Acute injuries b. Overuse injuries Common sport injuries: a. Sprain b. Strain c. Fracture d. Dislocations e. Abrasion f. Contusion g. Bruise h. Blisters i. Corn j. Athletes foot k. Tennis elbow l. Footballers Knee m. Footballers Ankle Preventive measures for common sports injuries Treatment for common sports injuries

Unit II

Meaning, aim and objectives of first aid,, First aid box and its articles, Types of bandages and splinters. Qualities and functions of a first aider, Principles of first aid Causes of sports injuries First aid for the common sports injuries, Concept of PRICE.

Unit III

Rehabilitation exercises and Therapy: Introduction, meaning and importance of Rehabilitation exercises. Rehabilitation Therapies procedures for sports injuries: a. Cold Therapy b. Heat Therapy c. Hydrotherapy d. Electron radiotherapy e. Ionization Therapy f. Exercise Therapy g. Massage

Unit IV

Drug and Doping: Meaning, Types, Use and abuse in sports. Ergogenic aids in sports and their ill effects: a. anabolic agents b. Stimulants c. Beta blockers d. Narcotic analgesics e. Diuretics f. Blood doping.

Suggested Readings:

1. Textbook of Injuries in sport by Armstrong and Tuckler,|| London, Staples press(1964)
2. Medical Care of the Athlete by Ryans Allan, McGraw Hill.
3. Singh Ajmer et.al (2008), —Essentials of Physical Education||, Kalyani Publishers, Ludhiana, Second revised addition.

Suggested Readings:

1. Textbook of Injuries in sport by Armstrong and Tuckler, || London, Staples press (1964)
2. Medical Care of the Athlete by Ryans Allan, McGraw Hill.
3. Singh Ajmer et.al (2008), — Essentials of Physical Education ||, Kalyani Publishers, Ludhiana, Second revised addition.

BPS 005: ATHLETE'S CARE AND REHABILITATION-LAB**Credits: 001****LTP 002****Pre-Requisites: NA****Course Objectives:**

1. To enhance the performance of an athlete.
2. To reduce possibilities of injuries and promote athlete's health care.
3. To provide knowledge about application based understanding of exercise physiology.

Course Content**Unit I**

A. Sprain b. Strain c. Fracture d. Dislocations e. Abrasion f. Contusion g. Bruise h. Blisters i. Corn j. Athletes foot k. Tennis elbow l. Footballers Knee m. Footballers Ankle Preventive measures for common sports injuries Treatment for common sports injuries

Unit II

First aid box and its articles, Types of bandages and splinters. Causes of sports injuries First aid for the common sports injuries, Concept of PRICE

Unit III

Rehabilitation exercises and Therapy: Rehabilitation Therapies procedures for sports injuries: a. Cold Therapy b. Heat Therapy c. Hydrotherapy d. Electron radiotherapy e. Ionization Therapy f. Exercise Therapy g. Massage.

Unit IV

Drug and Doping: Ergogenic aids in sports and their ill effects: a. anabolic agents b. Stimulants c. Beta blockers d. Narcotic analgesics e. Diuretics f. Blood doping

Suggested Readings:

1. Textbook of Injuries in sport by Armstrong and Tuckler, || London, Staples press (1964)
2. Medical Care of the Athlete by Ryans Allan, McGraw Hill.
3. Singh Ajmer et.al (2008), — Essentials of Physical Education ||, Kalyani Publishers, Ludhiana, Second revised addition.

BPS 409 Skills and Prowess of Game and Sports-IV

Credits: 003

LTP 005

Pre-Requisites: NA

Course Objectives:

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Contents of Games and Sports: Cricket/Hockey

Unit I

Historical development of the concerned game/track and field event.

Main tournaments organized at National and International level.

Unit II

Records/Statistics of the game /track and field event at world, Olympic, Asia & National level.

Awardees in the games/athletics

Unit III

Books and magazines of the game /track and field.

Fundamental skills /Techniques.

Unit IV

Officiating.

xxv) Play area dimensions/track and field.

xxvi) Equipment specifications

xxvii) Rules of the game/track and field and their interpretation.

xxviii) Duties of the concerned officials.

Suggested Readings:

1. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 1st Edition, (2007).
2. Field hockey: Steps to Success by Elizabeth Anders Paperback, 200 pages Published December 23rd 1998 by Human Kinetics Publishers
3. The Voices of Hockey: Broadcasters Reflect on the Fastest Game on Earth

BPS 404 Skills and Prowess of Athletics-IV

Credits: 003

LTP 005

Pre-Requisites: NA

Course Objectives:

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Contents of Games and Sports: Race walks, Middle-long distance Races and Javelin throw

Unit I

Historical development of the concerned game/track and field event.

Main tournaments organized at National and International level.

Unit II

Records/Statistics of the game /track and field event at world, Olympic, Asia & National level.

Awardees in the games/athletics.

Unit III

Books and magazines of the game /track and field.

Fundamental skills /Techniques.

Unit IV

Officiating.

xxix) Play area dimensions/track and field.

xxx) Equipment specifications

xxxi) Rules of the game/track and field and their interpretation.

xxxii) Duties of the concerned officials.

Suggested Readings:

1. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 1st Edition, (2007)
1. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 2nd Edition, (2009)

BPS 405: RECREATIONAL ACTIVITIES AND LEADERSHIP TRAINING

Credits: 003

LTP 300

Pre-Requisites: NA

Course Objectives:

1. To acquaint students with historical perspective of the Physical Education and sports.
2. To know how physical education developed in different societies of the world.
3. To provide basic knowledge about the different dimensions of Physical Education as discipline.

Unit I

Recreation: Meaning, definition, aim, objective, scope, types,, Importance, Principles, significance of recreation.

Historical development of recreation in India

Unit II

Recreational programs: Criteria and Principles of selecting recreational programs. Indoor and Outdoor activities, Water activities,, swimming, diving and water polo, boating and river rafting.

Cultural activities—dramatics, dance and skits, literary activities- quiz, extempore and paper presentation.

Nature and outing- carrying for pets, scavenger and nature craft.

Social event- cards games, family reunion and adventures.

Mountaineering activities: wall climbing and rock climbing, repelling and tracking.

Unit III

Camping: meaning, definition, aim, objective, Need and importance of the camping, Types of camp, uses of camping/outdoor activities, Organization and administration of camping, Selection and layout of the camp site, Agencies promoting camp, Evaluation of camp, Staff needed for camping, Activities for the camping,

Unit IV

Leadership in Recreation: Meaning and definition of a leadership, Nature, qualities, characteristics, Types of leaders, Need and importance of leadership in physical education

Programmes for youth leadership: National Cadet Corps, National Service Scheme- Scouts

and guide.

Suggested Readings:

1. George D. Butler, —Introduction of community recreation||, McGraw Hills, 1969.
2. Zeigler F.F., —Philosophical Foundations for Physical Health and Recreation Education,|| Prentice Hill Inc. Eagle Wood Cliffs N.J. Prentice Hall, 1964.
3. Mayer and Bright Bill, —Recreation Administration.|| Englewood Cliffs N.J. Prentice Hall Inc. 1961.
4. Singh Ajmer et.al, —Essentials of Physical Education.|| Kalyani Publishers Ludhiana second revised addition 2008.

BPS 006: RECREATIONAL ACTIVITIES AND LEADERSHIP TRAINING- LAB

Credits: 001

LTP 002

Pre-Requisites: NA

Course Objectives:

1. To acquaint students with historical perspective of the Physical Education and sports.
2. To know how physical education developed in different societies of the world.
3. To provide basic knowledge about the different dimensions of Physical Education as discipline.

Unit I

Recreation programme planning: meaning, definition, principles, characteristics and importance of recreational programme planning, factors influencing recreational programme planning.

Unit II

Recreational programs: Criteria and Principles of selecting recreational programs. Indoor and Outdoor activities, Water activities,, swimming, diving and water polo, boating and river rafting.

Cultural activities—dramatics, dance and skits, literary activities- quiz, extempore and paper presentation.

Nature and outing- carrying for pets, scavenger and nature craft.

Social event- cards games, family reunion and adventures.

Mountaineering activities: wall climbing and rock climbing, repelling and tracking.

Unit III

Camping: meaning, definition, aim, objective, Need and importance of the camping, Types of camp, uses of camping/outdoor activities, Organization and administration of camping, Selection and layout of the camp site, Agencies promoting camp, Evaluation of camp, Staff needed for camping, Activities for the camping,

Unit IV

Programmes for youth leadership: National Cadet Corps, National Service Scheme- Scouts and guide.

Suggested Readings:

1. George D. Butler, —Introduction of community recreation||, McGraw Hills, 1969.
2. Zeigler F.F., —Philosophical Foundations for Physical Health and Recreation Education,|| Prentice Hill Inc. Eagle Wood Cliffs N.J. Prentice Hall, 1964.
3. Mayer and Bright Bill, —Recreation Administration.|| Englewood Cliffs N.J. Prentice Hall Inc. 1961.
4. Singh Ajmer et.al, —Essentials of Physical Education.|| Kalyani Publishers Ludhiana second revised addition 2008.

BPS 406: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION AND SPORTS

Credits: 004

LTP 400

Pre-Requisites: NA

Course Objectives:

After completing the course, students will be able to

1. To provide basic knowledge about the Test measurement and evaluation.
2. To provide knowledge about deferent types of skill test.
3. To provide basic knowledge about construction of deferent skill test in deferent games.

Unit I

Test, Measurement and Evaluation: Introduction, Importance, Need, Scope and Principles of Test, Measurement and Evaluation in field of Physical Education, Relationship between test, measurement and evaluation.

Test: Classification of tests, Criteria of a good test: Validity, Reliability, Objectivity, Standard and Norms,

Measurement: equipment for measurement, Levels of Measurement

Evaluation: Types and Principles of Evaluation

Unit II

Construction of Tests: Skill, Knowledge and Fitness test, Criteria of Test Selection-Scientific Authenticity, Administrative Feasibility (Sex appropriateness, safety, independence, differentiation, financial economy, time & reliance on other's performance) and Educational Application.

Criteria of test Selection: Scientific Authenticity of Test- Reliability, Objectivity, Validity and Norms Standard Economy Procedure to Establish Scientific Authenticity Administrative procedure of tests.

Unit III

Test batteries: meaning and importance for the test construction.

Physical Performance tests: Copper's 9/12 Minute Run Walk Test, Harvard Step test

Motor Fitness Test: (J.C.R Test, Canadian Fitness Test, A.A.H.P.E.R Youth Fitness Test,).

Unit IV

Volleyball and Basketball skill tests: Brady Volleyball Test, and Knox basketball Test

Badminton, Soccer and Hockey skill tests: Johnson Soccer test, SAI Hockey Skill test and F.A.miller badminton wall volley skill test.

Suggested Readings:

1. Devinder K. Kansal, Test and Measurement in Sports and Physical Education. D.V.S Publication Kalkaji, New Delhi- 110019.
2. Douglas N. Hastand and Alan C. Lacy. "Measurement and Evaluation in Physical education and Exercise Science."

BPS407: ADAPTED PHYSICAL EDUCATION AND SPORTS

Credits: 004

LTP 400

Pre-Requisites: NA

Course Objectives:

1. To provide basics information about Special children.
2. To provide basics information about Adapted physical education.
3. To provide basics information about Screening and assessment of toddlers, Guidelines and tools.

Unit I

Special children: Meaning, definition, types and characteristics.

Early childhood special education: Aims, objectives, early childhood programmes, planning, instructions, teaching strategies, identification environmental policies & practices

Unit II

Adapted physical education: Benefits, scope, basis, legislation for individual disabilities, current status of adapted physical education, relationship of physical education and special education, Functions, meaning natural resources: renewable and non-renewable resources.

Unit III

Visually impairment: Meaning, identification, types, characteristics, causes, physical education programmes, teaching strategies,

Deafness: Meaning, types, characteristics, physical education programme, teaching strategies.

Unit IV

Amputation, dwarfism and les autres: Meaning of amputation, Classification of amputation, General educational consideration,

Dwarfism: meaning, Classification, General educational consideration of Dwarfism,

Les autres: meaning, Classification of Les autres, General educational consideration les autres.

Unit V

Autism: Types of autism, characteristics, identification, causes, teaching strategies, physical education programme for-kindergarten to third, fourth to sixth, behavior management of autistic child.

Assessment: Concept Purposes, Screening and assessment of toddlers, Guidelines and tools.

Suggested Readings:

1. Education of the Exceptional Children by Binodkumar Sahu, Kalyani publishers, 1st Edition (2002)
2. Child Development by Laura E. Berk, Prentice Hall, 8th Edition (2009)
3. Adapted Physical Education and Sports by Joseph P. Winnick, Human Kinetics, 4th Edition (2005)

BPS: 501 EDUCATIONAL TECHNOLOGY AND METHOD IN PHYSICAL EDUCATION

Credits: 004

LTP 400

Pre-Requisites: NA

Course Objectives:

1. To acquaint students with historical perspective of the Physical Education and sports.
2. To brief information about Education and Education Technology
3. To give information about Personal and technical preparation

Unit I

Education and Education Technology: Meaning, Definitions and Types of Education: Formal, Informal and Non- Formal education, teaching: Meaning and Principles of teaching, Importance of technological devices used for imparting knowledge.

Unit II

Teaching methods: Lecture method, Command method, Demonstration method, Imitation method, project method, Whole method, Whole- part- whole method, Part method, , At will method etc, Factors affecting teaching methods.

Unit III

Teaching aids and presentation techniques: Meaning, Importance, types of teaching aids, Criteria for selecting teaching aids, Team Teaching: Meaning, Principles and advantage of team teaching, Difference between Teaching Methods and Teaching Aid.

Presentation Techniques: Personal and technical preparation, Steps of presentation, Types of class formations and Methods of classification of students.

Unit IV

Lesson planning: Meaning, Importance and Types, Principles of lesson plans.

Class formations: Types of class formations and methods of classification of students.

Suggested Readings:

1. M.L. Kamlesh & Sangral, M..S., (1986). Methods in Physical Education, Prakash Brothers, 516, Book Market Ludhiana.
2. Brar, R.S & Kanwar,S., (2008). Teaching Methodology and Education Technology in Physical Education, Kalyani Publisher, New Delhi.
3. Walia, J.S. (1999). Principles and methods of education.Jullandhar:Paul Publishers

BPS 502: PROFESSIONAL PREPARATION OF PHYSICAL EDUCATION

Credits: 004

LTP 400

Pre-Requisites: NA

Course Objectives:

1. To make the students familiar historical aspects of physical education.
2. To impart adequate knowledge about sports sciences.
3. To enable the students to explore physical education as a career in different domains.

Unit I

Professional preparation:-

Concept and meaning of Profession,, Professional and Professionalism.

Historical perspective: Professional Preparation in India: - Pre Independence perspective, Post Independence perspective, Teacher training institutions of Physical Education in India before and after independence. Available course and training institute of physical education profession.

Unit II

Career avenues & job opportunities in physical education & sports: Career avenues after under graduation and post graduation and research degrees, Exploring and venturing into new avenues:- challenges and opportunities in physical education, Inter-relationship among various careers in physical education and sports,

Planning for a career: - self-assessment, Counseling and guidance. Decision making, Motivational dynamics.

Unit III

Sports policies in India: - Role and responsibilities of Centre and State in the implementation of policies on education and physical education,

Sports organization in India before and after independence.

YMCA, HANUMAN VYAYAM SHALA, LNIPE, SAI, NSNIS, Sports department of Punjab..

Unit IV

Kinesiology and Biomechanics: Principles of equilibrium, Spin and elasticity, Postural deformities and their corrections,

BPS 504 Sports Specialization-V

Credits: 003

LTP 005

Pre-Requisites: NA

Course Objectives:

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Contents of Sports Specialization: Athletics/Volleyball/

Badminton/Football/Basketball/Table Tennis/Cricket/Hockey/Tennis

Unit I

Historical development of the concerned game/track and field event.

Main tournaments organized at National and International level.

Unit II

Records/Statistics of the game /track and field event at world, Olympic, Asia & National level.

Awardees in the games/athletics.

Unit III

Books and magazines of the game /track and field.

Fundamental skills /Techniques.

Unit IV

Officiating.

xxxiii) Play area dimensions/track and field.

xxxiv) Equipment specifications

xxxv) Rules of the game/track and field and their interpretation.

xxvi) Duties of the concerned officials.

Suggestion Reading:

1. Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
2. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 1st Edition, (2007).

3. Field hockey: Steps to Success by Elizabeth Anders Paperback, 200 pages Published December 23rd 1998 by Human Kinetics Publishers

4. Scates AE (1993). Winning Volley Ball. WC Brown. USA.

5. The Voices of Hockey: Broadcasters Reflect on the Fastest Game on Earth

Sociological basis of physical activity: Social nature of men and physical activity, Custom and sports, Politics and media in sports.

Science of sports training: Sports talent identification:- Process and procedures, Rules of Games and Sports with their interpretations.

Suggested Readings:

1. Professional preparation and curriculum design in physical education & sports sciences, new delhi by gupta rakeshsharma akhilesh, and sharma santosh,, friends publications, new delhi, india, 1st edition, (2004)
2. Essential of physical education by dr.ajmer singh,dr.jagdish bains,dr.jagtar singh gill,dr.r.s brar,dr.nirmaljit rathee, kalyani publishers, 1st edition, (2006)

BPS 503 LIGHT APPARATUS ACTIVITY-V

Credits: 003

LTP 005

Pres-Requisites: NA

Course Objectives:

- 1.To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Unit I

Mass drills and free hand exercises.

Unit II

Rhythmic Activities - Lezium and Folk dance.

Unit III

Light Apparatus Exercises - Dumbbells, Indian clubs, Hoops.

Unit IV

Indigenous Activities - Dhands and Baitheks, and Pyramids.

Suggested readings:

1. Aerobic Exercises in Sports by Dr. Vyas, M. 2019. Sahitya Dhara Prakashan.
2. Zumba Fitness (Dance & Fitness Trends)by Michelle Medlock Adams,M.M, 2014. Mitchell Lane Pub Inc.
- 3.Matt Schifferle Calisthenics for Beginners by . 2020. Kandwall Hunt Publication Co.

Course Objectives:

1. Understand the modern concept of physical fitness and wellness.
2. Orient students toward the approach of positive life style
3. Realize and apply fitness and wellness management techniques
4. Deign different fitness training program for different age group
5. Explain common injuries and their management

Unit – I Concept of Physical Education and Fitness

Definition, Aims and Objectives of Physical Education, fitness and Wellness

Physiological, Psychological, Sociological objectives of wellness and fitness

Importance and Scope of fitness and wellness

Modern concept of Physical fitness and Wellness

Unit II Fitness, Wellness and Lifestyle

Fitness – Types of Fitness and Components of Fitness

Understanding of Wellness

Modern Lifestyle and Hypokinetic Diseases – Prevention and Management

Physical Activity and Health Benefits

Unit III Principles of Exercise Program

Means of Fitness development – aerobic and anaerobic exercises

Exercises and Heart rate Zones for various aerobic exercise intensities

Concept of designing different fitness training program for different age group.

Unit IV Safety Education and Fitness Promotion

Health and Safety in Daily Life

First Aid and Emergency Care

Common Injuries and their Management

Modern Life Style and Hypokinetic Disease –Prevention and Management

Suggested Readings:

1. Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
2. Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical
- 3.Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.

BPS 508: SPORTS JOURNALISM

Credits :003

LTP 300

Pre-Requisites: NA

Course Objectives:

After completing the course, students will be able to

1. To provide basic knowledge about the Sports Journalism.
2. To provide knowledge about media and its role in sports.
3. To understand jobs opportunity in journalism.

Unit I

Journalism: Introduction, Concepts of journalism, Historical background of journalism and importance of Journalism in society and sports.

Mode of Journalism: Mass Media, Print, Electronic and Informal media and role of IT in Journalism.

Unit II

News: Introduction, purpose and importance of news, Qualities of news- accuracy, clarity, objectivity, balance, directness, etc.; media-specific nature of news: cross platform discussion, responsibilities of sports news reporters.

Evaluating news: News sense and news values, 5 Ws and H, importance of 'what next?' changing concepts: readers, relationship, relevance and utility, News beats.

News desk: Organisation of sports news desk, Duties and responsibilities of sports sub editor, photojournalist.

Unit III

Writing Sports Features: Types of sports features, exclusive features, fearless writing in sports, sports personalities and their thumb nail sketches, reviewing sports books, writing sports editorials, Writing weekly or fortnightly column.

Copy and Schedule: Meeting Timelines, Checking facts for Accuracy, Correcting Language- Sentence Structure, Paraphrasing, Avoiding Repetition, Rewriting Leads- Copy, Value Addition, Rearranging Sequence, Art of Condensing Copy, Continuation, Consistency of style, Integration of a Developing Story.

Headlines: Introduction, Writing Headlines, and Types of Headlines.

Unit IV

News Reporter: Categories: Staff Reporter, Stringer, Correspondent, Chief Reporter, Principal Correspondent, Bureau Chief, Foreign Correspondent; their Functions and Responsibilities, Qualities of a News Reporter, Rights and Responsibilities.

Coverage: Covering Local / National Sports Competitions, Writing of Press Release.

Art of Commentating and Interviewing: Commentating sports for radio and television channels, interviewing sports persons.

Suggested Readings:

1. Mishra, Sharad "Text Book of Sports Journalism"(2006-07) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi
2. Sita Ram , "Text Book of Sports Journalism", "(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi
3. Conrad .C. Fink, Sports Wing, Surjeet Publication, 7 Kholapur Road, Kamala Nagar, Delhi.
4. Ahuja, B.N. and Chhabra, S.S. "Principles and Techniques of Journalism", Surjeet Publication, 7 Kholapur Road, Kamala Nagar, Delhi

BPS 509: WEIGHT MANAGEMENT

Credits :003

LTP 300

Pre-Requisites: NA

Course Objectives:

1. Students will be educated with the knowledge and importance of weight management with the help of Physical exercises and Sports activities.
2. Students will learn various ways and means to assess fitness & weight management. Such knowledge and skills will help to create a strong foundation to engage human subject of all ages, sex, and ability.

Unit I

NUTRITION AND WEIGHT MANAGEMENT: Concept of nutrition and health, balanced diet, dietary aids and gimmicks, Energy and activity, calculating calorie intake and expenditure, Obesity, anorexia and related health problems – measurements and management, Weight management programmes

Unit II

AEROBIC FITNESS : Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight, Aerobics and aqua aerobics, Training effects of aerobic fitness on various physiological systems namely skeletal, Muscular, circulatory and respiratory, Improvement of aerobic fitness, Aerobic fitness programme.

Unit III

GYM-OPERATION: Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym Equipments, Marketing, clientele, Enrolments, record keeping, social activities, Public Relations, Individualized/group grooming programme, basic concepts of financial management, Gym-instructor – qualification, qualities, pay-roll Performance – evaluation, grooming and presentation, Introduction to different exercise equipment, Gym management – Costing, Balance sheet, Promotional plans.

Unit IV

EVALUATION AND EXERCISES SCHEDULES: Measurement of Weight and Height, Calculating BMI (Body Mass Index), Measurement of Fitness Components, Flexibility (Sit and Reach Test, Hip Bend and Toe Touch), Strength (Sit-Ups, Leg-Raise for Minimal Strength), Cardiovascular Endurance (One- mile run, Physical Efficiency test, Harvard step test), Self- evaluation –Personal Health and Well-being, Exercise schedules – Aerobics, Fitness and Weight Management, Yoga (Any Five Asana).

SUGGESTED READINGS

1. Alexandria, Virginia, (1994) “The Gym Workout” Published by Time Life Books.
2. Carol Kennedy Armbruster. Mary M. Yoke “Methods of Group Exercise Instruction”, 2009.
3. Sheela Kumari, Fitness, Aerobics & Gym Operations, New Delhi, Khel Sahitya Kendra, 2009.
4. Sunil Bharihoke, The Gym, 2002.
5. Time life books, Gym workout, London times life books, 2004
6. Time life books, staying flexible, London, time life books, 2005

BPS: 601 FUNDAMENTAL OF FITNESS MANAGEMENT

Credits :003

LTP 300

Pre-Requisites: NA

Course Objectives:

1. To acquaint students with historical perspective of the Physical Education and sports.
2. To brief information about fitness management
3. To give information about exercise for fitness
4. To brief information about weight management

Unit I

Fitness: Meaning of physical activity, exercise, physical fitness and wellness, significance of fitness in modern times, health conditions that affect physical activity.

Elements of physical fitness: Health related fitness, Cardio-respiratory endurance, body composition, muscular strength.

Skill related fitness: agility, balance, coordination, speed, power and reaction time, muscular endurance and muscular flexibility.

Unit II

Different forms of exercises for fitness: Calisthenics, aerobics, weight training, yoga and dance.

Exercises for body fitness: Exercises for upper portion: biceps, triceps, pectoris, trapezes, deltoid and arms.

Exercises for lower portion: hamstrings, quadriceps and gastrocnemius.

Exercises for abdominals: benefits of exercises, warm-up and cool down-their importance for physical activity, considerations while selecting exercises for physical fitness.

Unit III

Fitness program designing: general principles of training different age groups, beginners, advance and elite athletes, clients preferences, designing weight reduction training program, equation for calculating heart rate zones

Obesity: Meaning, definition, types, health risks, causes and treatment of obesity.
view, California, 3rd Edition (1995)

Unit IV

Weight management: Meaning, definition, calculation of body mass index and principles.

Establishment and management of fitness centre: Layout of fitness center, procurement and maintenance of equipment, facilities in the fitness centre, equipment in the fitness centre and record keeping

Suggested Readings:

1. Health & Wellness by Gordon Edlin and Eric Golanty, Jones and Bartlett Publishers, Sudbury, Massachusetts, 9th Edition (2007)
2. Fitness and Sports Medicine by David C. Nieman, Mayfield Publishing Company, Mountain view, California, 3rd Edition (1995)

BPS007: FUNDAMENTAL OF FITNESS MANAGEMENT LAB

Credits : 001

LTP 002

Pre-Requisites: NA

Course Objectives:

1. To acquaint students with historical perspective of the Physical Education and sports.
2. To brief information about fitness management.
3. To give information about exercise for fitness.
4. To brief information about weight management.
5. To provide practical knowledge of fitness.

Unit I

Methods to improve elements: Health related fitness, Cardio-respiratory endurance, body composition, muscular strength.

Unit II

Different forms of exercises for fitness: Calisthenics, weight training, yoga.

GYM exercises: biceps, triceps, pectoris, trapezes, deltoid and arms.
hamstrings, quadriceps and gastrocnemius.

Unit III

Fitness program designing: designing different skills of their game

Unit IV

Layout of fitness center.

Suggested Readings:

1. Health & Wellness by Gordon Edlin and Eric Golanty, Jones and Bartlett Publishers, Sudbury, Massachusetts, 9th Edition (2007)
2. Fitness and Sports Medicine by David C. Nieman, Mayfield Publishing Company, Mountain view, California, 3rd Edition (1995)

BPS: 602 BASICS OF RESEARCH AND STATISTICS

Credits : 004

LTP 400

Pre-Requisites: NA

Course Objectives:

1. To create interest among the students for higher studies and research.
2. To provide basics information about research methodology.
3. To provide basics information about statistics and data collection tools.

Unit I

Introduction to Research: Research – meaning, definition, importance, nature and types of research.

Qualities and Characteristics: Qualities and Characteristics of good research and good researcher, Need and scope of research in physical education and sports.

Unit II

Hypothesis: Introduction, Importance, Types of Hypothesis, Characteristics of a Good Hypothesis.

Sampling: Introduction, Population and Sample, Characteristics, Importance of Sampling, Sampling techniques.

Unit III

Statistics: Introduction, Classification and Importance of Statistics in Physical Education.

Measure of Central Tendency: Introduction, Merits and Demerits, Calculation of Mean, Mode and Median.

Measure of Variability: Basics Introduction of Range, Quartile and Standard Deviation.

Unit IV

Data Collection Tools: Its Use and Importance In Research.

Questionnaire: introduction meaning definition and types of questionnaire

Interview: introduction, meaning, definition and types of interview.

Suggested Readings:

1. Kamlesh, M.L. Methodology of Research in Physical Education and Sport (4th ed.). New Delhi; Sports Publication, 2014.
2. Sharma, Y. P. Physical Education and Research Methodology. New Delhi; Reliance Publishing House, 1997

BPS 608 LIGHT APPARATUS ACTIVITY-VI

Credits : 003

LTP 005

Pre-Requisites: NA

Course Objectives:

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
3. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Unit I

Drill Marching, bands & Fundamental Positions and Marching commands.

Unit II

Calisthenics (Exercise table, Mass P.T Exercises

Unit III

Aerobic Exercises and Step of aerobics.

Unit IV

Zumba Exercises and Steps of Zumba

Suggested Readings:

1. Aerobic Exercises in Sports by Dr. Vyas, M. 2019. Sahitya Dhara Prakashan.
 2. Zumba Fitness (Dance & Fitness Trends) by Michelle Medlock Adams, M.M, 2014. Mitchell Lane Pub Inc.
 3. Matt Schifferle
- Calisthenics for Beginners by . 2020. Kandwall Hunt Publication Co.

BPS 604 Sports Specialization-VI

Credits : 003

LTP 005

Pre-Requisites: NA

Course Objectives:

1. To enable the students, learn and understand basic teaching techniques in different Sports.
2. To make the students technically sound for training and organization games.
2. To prepare the students, to efficiently counter the demands of varied games in their Profession.

Contents of Sports Specialization: Athletics/Volleyball/

Badminton/Football/Basketball/Table Tennis/Cricket/Hockey/Tennis

Unit I

Historical development of the concerned game/track and field event.

Main tournaments organized at National and International level.

Unit II

Records/Statistics of the game /track and field event at world, Olympic, Asia & National level.

Awardees in the games/athletics.

Unit III

Books and magazines of the game /track and field.

Fundamental skills /Techniques.

Unit IV

Officiating.

Play area dimensions/track and field.

Equipment specifications

Rules of the game/track and field and their interpretation.

Duties of the concerned officials.

Suggestion Reading:

1. Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
2. Field Manual of Sports & Game by Kamlesh, M L, Nageen Prakash Private Limited, Meerut, 1st Edition, (2007).
3. Field hockey: Steps to Success by Elizabeth Anders Paperback, 200 pages Published

December 23rd 1998 by Human Kinetics Publishers

4. Scates AE (1993). Winning Volley Ball. WC Brown.USA.

5.The Voices of Hockey: Broadcasters Reflect on the Fastest Game on Earth

BPS: 605 FUNDAMENTALS OF ANTHROPOMETRY

Credits : 003

LTP 300

Pre-Requisites: NA

Course Objectives:

1. To create interest among the students for higher studies and Anthropometry
2. To provide basics information about Fundamentals of Anthropometry
3. To provide basics information about Anthropometrical and data collection tools.

Unit I

Introduction to anthropometry: meaning of anthropometry, purpose of anthropometry, role of anthropometry examiner and recorder, the need of anthropometry data, concepts of anthropological and advantages of anthropometry.

Unit II

Anthropometry instruments and usages: Description of equipment, Inventory of equipment, setup procedures: weights, measurement box, digital weight scale, Stadiometer, skinfold caliper.

Anthropometric assessment: limitation of anthropometry assessment, Measurement of growth, measurement of body composition

Unit III

Role of skinfold thickness, types of measured skin fold thickness, protocol procedure: weight, standing height, upper leg length, maximal calf circumference, upper arm length, arm circumference, abdominal (waist) circumference, thigh circumference, skinfold, triceps skinfold.

Unit IV

Growth and development: principles of development, psychosocial development, body mass index, body types, talent selection during childhood: motor development in infancy and childhood, stages of physical and cognitive development.

Suggested Readings:

1. Carter, J. E. L. (2002). Part 1: The Heath-Carter anthropometric somatotype-instruction manual. Department of Exercise and Nutritional Sciences San Diego State University.

2. Heath, B. H., & Carter, J. L. (1967). A modified somatotype method. American journal of physical anthropology, 27(1), 57-74.

BPS: 008 FUNDAMENTALS OF ANTHROPOMETRY- LAB

Credits : 001

LTP : 002

Pre-Requisites: NA

Course Objectives:

1. To create interest among the students for higher studies and Anthropometry
2. To provide basics information about Fundamentals of Anthropometry
3. To provide basics information about Anthropometrical and data collection tools.

Unit I

Introduction to anthropometry: meaning of anthropometry, purpose of anthropometry, role of anthropometry examiner and recorder, the need of anthropometry data.

Unit II

Anthropometry instruments and usages: Description of equipment, Inventory of equipment, setup procedures: weights, measurement box, digital weight scale, Stadiometer, skinfold caliper.

Anthropometric assessment: limitation of anthropometry assessment, Measurement of growth, measurement of body composition.

Unit III

Role of skinfold thickness, types of measured skin fold thickness, protocol procedure: weight, standing height, upper leg length, maximal calf circumference, upper arm length, arm circumference, abdominal (waist) circumference, thigh circumference, skinfold, triceps skinfold.

Unit IV

Growth and development: principles of development, psychosocial development, body mass index, body types, talent selection during childhood: motor development in infancy and childhood, stages of physical and cognitive development.

Suggested Readings:

1. Carter, J. E. L. (2002). Part 1: The Heath-Carter anthropometric somatotype-instruction manual. Department of Exercise and Nutritional Sciences San Diego State University.
2. Heath, B. H., & Carter, J. L. (1967). A modified somatotype method. American journal of physical anthropology, 27(1), 57-74.

BPS 607: SPORTS MANAGEMENT

Credits : 004

LTP 400

Course Objectives:

1. Sport Management program will enable the students of making business decisions and solving sport management problems using critical thinking skills.
2. Knowledge obtained during the course of the programme will help the students in achieving competitive positions in the growing sport management.

Course Outcomes:

1. Sports management program will help to organize different sports events.
2. Student will learn all the management strategies.

Unit I

Sports Management: Introduction, Meaning, Definition, Need, Importance, Scope, Types, Functions, Principles.

Sports Manager: Qualification, Qualities, Duties.

Organization and Administration: Meaning, Definition, Importance, Essential skills of administration, Administrative leadership, Principles, Professional preparation of an administrator.

Unit II

Human Resource: Introduction, Meaning, Definition, Aspects of personal management - Job analysis description, Specification, Recruitment, Selection, Induction, Orientation, Supervision, Staff performance and productivity, Principles.

Financial management in Physical Education & sports in schools, Colleges and Universities.

Budget –Importance, Criteria of good budget, Steps of Budget making. Principles of budgeting

Unit III

Intra-murals: Meaning, Objectives, Importance, Organization, Administration, Policies, Practices, Duties of Physical Education administrator to conduct Intra-murals programme.

Extra-murals : Meaning, Objectives, Organization, Management of extra-murals, Organization of tournaments at district level, State level, National level, Functions of Sports bodies, Duties of Physical Education administrator to conduct Extramural programme.

Unit IV

Public relations: Meaning, Definition, Importance, Role and Responsibilities of teacher in public relations, Complaints handling, Communication, Direct media, Indirect media, Principles.

Supervision: Meaning, Objectives, Importance, Scope, Principles, Techniques, Suggestions and guidelines for effective supervision.

Evaluation: Meaning, Nature, Scope, Purpose of evaluation, Criterion of self evaluation, Steps in evaluation, Guidelines for effective evaluation programme. lesson plan.

Suggested Readings:

1. SPORTS MANAGEMENT by R. S. BRAR & R. JOSHI, KALYANI PUBLISHERS, 1st Edition, (2007)
2. MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS by C. A. BUCHER & M. L. KROTEE, MCGRAW HILL EDUCATION, 13th Edition, (2002).
3. ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION by R. SUBRAMANIAM, T. S. KUMAR & C. ARUMUGAM, FRIENDS PUBLICATIONS, 1st Edition, (2010).
4. ADMINISTRATION AND MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS by Y. S. REDDY, PRENTICE HALL, 1st Edition, (2011).