

# **BHARATHIDASAN UNIVERSITY**

TIRUCHIRAPPALLI - 620 024

DEPARTMENT OF PHYSICAL EDUCATION & YOGA CENTRE



## **BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)**

*2014-15*

REGULATIONS, SCHEME OF EXAMINATIONS AND SYLLABUS



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## REGULATIONS, SCHEME OF EXAMINATIONS AND SYLLABUS

### 1. Preamble

The bachelor of physical education (B.P.Ed.) programme is a professional course meant for preparation trained graduate teachers in physical education mainly for upper primary/ (Class VI-VIII) and secondary (IX-X) classes.

### 2. Duration

The duration of the B.P.Ed. programme shall be one year consisting of two semesters.

### 3. Eligibility

a) Graduate in Physical Education, i.e. B.P.E. of three year duration with 40% marks.

Or

Graduate, with at least 40% marks, having represented State/ University / College in Sports / Games / Athletics.

Or

Graduate, with at least 40% marks, who has secured 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> position in inter-collegiate sports / games tournaments / possessing NCC 'C' certificate or passed basic course in adventure sports.

Or

Graduate, with at least 40% marks and with one year training programme in sports science, sports management, sports coaching yoga, Olympic education, sports journalism, etc.

b) Admission shall be made on the basis of ranking for a total of 150 marks as details below:-

1.	Qualifying Examination	25 marks
2.	Recent participation in Games & Sports / Athletics	20 marks
3.	Sports proficiency test	50 marks
4.	Physical fitness test	50 marks
5.	Bonus marks for possession of basic Degree in Physical Education - B.Sc. Physical Education or Bachelor of Physical Education or Bachelor of Physical Education and Sports (B.P.E.S)	05 marks
Total		150 marks

### Qualifying Examination (Maximum marks:25)

The marks to be awarded for qualifying examination is to be calculated as under:

Marks obtained in part - III at the Degree level should be reduced to a maximum of 25. For example, if a candidate has secured 400 marks out of 600 in part - III at the Degree level, his marks for the qualifying examination is

$$\left( \frac{400 \times 25}{600} \right) = 16.66.$$

### **Games and Sports / Athletics Participation (Maximum marks: 20)**

The norms for award of marks for the sports and games participation are furnished hereunder:

Any one which is applicable / advantageous.

1.	Placing in first three places in National / Inter-University	20
2.	Representing State /University (Supporting certificates should be produced)	15
3.	Representing District / Division	10
4.	Representing College	05

**Note:**Participation marks are awarded only to Sports discipline, which is part of Inter-University competitions under auspices of Association of Indian Universities.

### **Sports proficiency test (Maximum marks: 50)**

The candidate should choose only any one of the following games (Badminton, Ball Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho& Volleyball)

### **Physical fitness test (Maximum marks: 50)**

In physical fitness test the candidates will be tested in the following events:-

- a) 100 mts
- b) Shot-put
- c) Long Jump

### **Medical Certificate**

All applicants should submit along with the application a Medical Certificate issued by a Government Doctor not below the rank of a Civil Surgeon to the effect that the candidate is fit to undergo strenuous activities.

#### 4. Course Structure and Scheme of examination

Semester	Part	Course title	Subject code	Hours / week	Credit	Exam hours	Internal	External	Total
I	Core - I (T)	Evolution, Principles and Foundation of Physical Education	BPE11	4	4	3	25	75	100
	Core - II (T)	Methods, Management & Camping in Physical Education	BPE12	4	4	3	25	75	100
	Core - III (T)	Anatomy, Physiology and Health Education	BPE13	4	4	3	25	75	100
	Elective – I (T)	1. Fundamentals of Yoga 2. Sports psychology	BPE14EA BPE14EB	3	3	3	25	75	100
	Core - IV (P)	Ability in athletics – track events and major games – I	BPE15P	12	5	3	350	-	350
	Core - IX (P)	Teaching practice (General Lesson & Particular Lesson)	BPE26P	2	*	*	*	*	*
	Core - X (P)	Ability in indigenous activities, camping and Yoga	BPE27P	6	*	*	*	*	*
II	Core - V (T)	Rules and regulation of Sports and games	BPE21	4	4	3	25	75	100
	Core – VI (T)	Science of sports training & Coaching	BPE22	4	4	3	25	75	100
	Core – VII (T)	Test, Measurement, Evaluation & Introduction to Computer	BPE23	4	4	3	25	75	100
	Elective – II(T)	1. Kinesiology & Sports Biomechanics 2. Statistics in Physical Education	BPE24EA BPE24EB	3	3	3	25	75	100
	Core - VIII (P)	Ability in athletics – field event, gymnastics&major games-II	BPE25P	12	5	3	350	-	350
	Core - IX (P)	Teaching practice (General Lesson & Particular Lesson)	BPE26P	5	5	3	100	100	200
	Core - X (P)	Ability in indigenous activities, camping and Yoga	BPE27P	3	5	3	300	-	300
<b>Grand total</b>				-	<b>50</b>	-	<b>1300</b>	<b>700</b>	<b>2000</b>

(T) -Theory (P)-Practical \* Details in the respective second semester column

**CORE - IV (P) ABILITY IN ATHLETICS - TRACK EVENTS AND MAJOR GAMES-I**

SL. NO	SPORTS DISCIPLINE / EVENTS	TOTAL
1	Athletics- Track events	50
2	Basketball	50
3	Badminton	50
4	Cricket	50
5	Hockey	50
6	Kabaddi	50
7	Volleyball	50
Total		350

**CORE - VIII (P) ABILITY IN ATHLETICS – FIELD EVENTS GYMNASTICS AND MAJOR GAMES-II**

SL. NO	SPORTS DISCIPLINE / EVENTS	TOTAL
1	Athletics- Field events	50
2	Ball Badminton	50
3	Handball	50
4	Gymnastics	50
5	Football	50
6	Kho-Kho	50
7	Table tennis	50
Total		350

**Core – IX (P) TEACHING PRACTICE (GENERAL LESSON & PARTICULAR LESSON)**

SL. NO	TEACHING PRACTICE	INTERNAL	EXTERNAL	TOTAL
1	General Lesson	50	50	100
2	Particular Lesson	50	50	100
Total				200

Undergoing Intensive practice teaching in neighbouring schools is compulsory for all students.

**CORE – X (P) ABILITY IN INDIGENOUS ACTIVITIES, CAMPING & YOGA**

SL. NO.	INDIGENOUS ACTIVITIES, CAMPING & YOGA	MARKS
1	Yoga	50
2	Camping	25
3	Play day	25
4	Calisthenics	25
5	Light apparatus (Wands, Indian Clubs, hoops & dumbbells)	25
6	Marching	25
7	Dands & Baithaks	25
8	Lezium	25
9	Pyramid	25
10	Aerobics & Folk dance	25
11	Defensive art	25
Total		300

A candidate shall be declared to have passes course if he/she secures not less than 50% of marks both in internal and external examination in all core and elective papers.



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Bachelor of Physical Education (B.P.Ed)

Semester-I

Credit-4

**CORE - I (T) EVOLUTION, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION (BPE11)**

**UNIT-I EVOLUTIONIN PHYSICAL EDUCATION**

Physical education in ancient India - Vedic period - Epic period - Mughal period - Physical education in ancient Rome, Sparta and Greece - Survey of physical education movement in India - British influence gymkhanas, sports clubs, military sports, scouts and guides - YMCA and its contributions - Teacher training institutions in physical education. Olympic movement: Historical development of ancient and modern Olympic games - Asian games - Commonwealth games – SAF games – Special Olympics – Paralympics. Olympic flag, torch, oath, emblem, ideal and motto - Marathon race.

**UNIT-II INTRODUCTION TO PHYSICAL EDUCATION**

Meaning and Definition of Education & Physical Education. Importance of Physical Education - Aims and objectives of Physical Education - Scope of Physical Education and Sports. Physical Culture – Physical training and Theories of play – Surplus energy – Recreation theory – Relaxation theory – Instinct theory – Inheritance theory - social contact theory – Domination theory – Self expression theory.

**UNIT-III BIOLOGICAL FOUNDATIONS**

Heredity and environment - Physical growth and development characteristics - Growth rate and curves - Motor development during various stages of development - Structural and functional differences between males and females. Chronological, anatomical, physiological and mental age – intelligent quotient – Kretschmer and Sheldon classification of body types.

**UNIT-IV PHILOSOPHY AND SOCIOLOGICAL FOUNDATIONS**

Meaning and nature of philosophy in physical education - Types of Philosophy - Idealism - Pragmatism - Naturalism & Physical Education - Values and ethics in physical education. Meaning and nature of sociology - Physical education as a socializing agency - Role of games & sports in Socialization – National integration.

**UNIT-V VARIOUS ASSOCIATIONS & AWARDS IN INDIA**

Indian Olympic association - National sports federations - A.I.U.S.B (association of Indian universities sports boards) - Promotion of physical education and sports in India - S.A.I - N.S.N.I.S -L.N.I.P.E –SDAT - Nehru yuva Kendra - NCC, NSO, NSS– School game federation of India – Republic day sports and Bharathiar day sports. Awards in physical education and sports - Padmashri - Padmabhushan awards - Arjuna awards - Dronacharya awards - Rajiv Gandhi khel ratna awards – Maulana Abdul Kalam Azad trophy – Major Dhayan chand award.

**REFERENCE**

- Bucher, Charles A. (1986). *Foundations of Physical Education*, St. Louis: The C.V. Mosby Company.
- Kamlesh, M.L. & Sangal, M.S. (1981). *Principles and History of Physical Education*. Ludiana : Parakash Brothers Educational publishers.
- Khan, Eraj Ahmed: (1993). *History of Physical Education in India*. Patna; Scientific book Co.
- Leonard, Fred Eugen and Affleck. G.B. (1962). *Guide to the History of Physical Education*. Philadelphia: Lea and Febiger.
- Mazumdar, D.C. (1950). *Encyclopaedia of Indian Physical Culture*. Baroda: Good Companions.
- Perinbaraj, Bevinson. S. (2002). *History of Physical Education*. Karaikudi: Vinsi Publication.
- Rajagopalan, K.A. (1962). *Brief History of Physical Education in India*. Delhi: Army Publishers.
- Rice, Emmett. A., Hutchinson. J.L., & Lee. M. (1960). *A Brief History of Physical Education*. New York: The Ronald Press Company.
- Sharma, Jackson R, (1964). *Introduction to Physical Education*. New York; A. S. Barnes and Company.
- Singh, Ajmer., et. al. (2005). *Essential of Physical Education*. New Delhi: Kayaani Publication.



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Semester-I

Credit-4

**CORE - II (T) METHODS, MANAGEMENT AND CAMPING IN PHYSICAL EDUCATION (BPE12)**

**UNIT – I            TEACHING METHODS IN PHYSICAL EDUCATION**

Introduction, Meaning & Importance of teaching methods –factors influencing teaching methods – Presentation Technique – Step in the way of Presentation - Types of teaching methods - Command, Oral, Demonstration, Imitation, At will, Set Drill, Whole, Part, Whole- Part-Whole, Progressive Part, Observation & Visualization, dramatization method. Meaning of Lesson plan- Importance of lesson plan - Types of lesson - General & Particular.

**UNIT - II            TEACHING AIDS& Tournaments**

Meaning and importance of teaching aids- Types of teaching aids - Values of teaching aids- Criteria for selecting teaching aids - Steps to be followed in using teaching aids - Uses of audio – visual aids. Teaching major games - minor games and indigenous activity- Importance of tournament - Types of tournament, Knock-out tournaments, League tournaments, Combination tournament and Challenge tournament – Merits & demerits of various tournaments.

**UNIT – III            MANAGEMENT, ADMINISTRATION & ORGANIZATION**

Meaning and importance of Management, Administration, Organization - Planning and their basic principles - Functions of sports management - Personal: Qualification and Responsibilities of Physical Education teacher and pupil leader. Office Management: Meaning, definition, functions and kinds of office management. Records and Registers: Maintenance of attendance register, stock register, cash register, physical efficiency record, Medical examination record - Budget: Meaning, Importance of Budget making - Criteria for preparation of good budget, Sources of Income, Expenditure, Preparation of Budget.

**UNIT-IV            FACILITIES, TIME-TABLE MANAGEMENT &PROGRAMME PLANNING**

Types of facilities, Infrastructure - Equipment: Need, importance, guide lines of purchase, care and maintenance. Time Table Management: Meaning, Need, Importance and Factor affecting time table. Programme planning: Meaning, Importance, Principles of programme planning in physical education- Organization of Athletic Meet/Sports –play day -event intramurals & extramural tournament planning

**UNIT- V            CAMPING**

Meaning & educational value of camping - Scope & significance of camping - Types of camps. Selection and lay out of camp sites - Organization and conduct of camp. Camp programme and activities. Evaluation of camp work programme.

**REFERENCES**

- Allen, LA. (1958). *Management and Organization*, London: Mc Graw Hill Book Company Inc.
- Barr, Rachpal and Joshi, R. (2007). *Sports Management*, New Delhi: Kalyani Publisher.
- Bucher, Charles A., (1987). *Management of Physical Education and Athletic Programmes*, Louis C.B. Mosby Company.
- Forsy, Charles E., (1979). *Administration of High School Athletic*, Sixth Edition, New Jersey: Prentice Hall, Inc.Englewood,.
- Huges, W.L (1962). *Administrations of Physical Education*, New York: The Ronald Press Company.
- Joseph, P.M. (1963). *Organization of Physical Education*, TIPE Kandivli Bombay, The Old Students Association.
- Kamlesh, M.L., & Sangral, M.S. (1986). *Methods in Physical Education*, Ludhiana: Prakash Brothers.
- Perinbaraj, Bevinson. S. (2006). *Methods in Physical Education*. Karaikudi: Vinsi Publication.



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Semester-I

Credit-4

**CORE - III (T) ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION (BPE13)**

**UNIT-I INTRODUCTION TO ANATOMY & PHYSIOLOGY, CIRCULATORY SYSTEM**

Meaning and definition of Anatomy and Physiology - Need and importance of Anatomy and Physiology in Physical Education and Sports - Definition of Cell, tissue and organ. Structure and functions of Cell. Structure & Function of the Heart - Heart rate, Heart rate maximum & Target heart rate - Changes during exercise- Blood circulation – cardiac cycle - Effect of exercise on circulatory systems.

**UNIT-II SKELETAL AND MUSCULAR SYSTEM**

Bones: Types of Bones and names of various bones of the body – Joints : Structural and functional classification of joints - Various types of joints and movements of the joints - Structural classification of skeletal muscle, structure and functions of skeletal muscle – properties and types of muscles. - Effects of exercise on skeletal system and Muscular system. Blood: Meaning, functions, compositions of blood, maintenance of blood supply - Clotting of blood.

**UNIT-III RESPIRATORY AND DIGESTIVE SYSTEM**

Structures and functions of lungs - Mechanism of respiration, vital capacity - Aerobic and anaerobic capacity, second wind. Changes in respiratory systems during exercises - Effect of training on respiratory system - Organs of Digestive System - Structures and functions of Digestive System.

**UNIT –IV NERVOUS SYSTEM AND ENDOCRINE SYSTEM**

Location and functions of Organs, Brain and its parts - Centres of Localization, spinal cord Reflex action. Autonomous nervous system - Special senses - Ear, Nose, Eyes, Tongue, Skin & their functions - Secretion of endocrine glands and their role in growth & development and regulation of body functions- Pituitary, Thyroid, Para thyroid, Adrenal Glands

**UNIT – V HEALTH EDUCATION AND FIRST AID**

Meaning of health education, health instruction and health supervision - Factors influencing health: heredity, environment & habits - Personal hygiene in sports - School health problem. First aid – Meaning. Common communicable diseases. Common type of athletic Injuries – Sprain – Strain – contusion – laceration – abrasion – fractures – dislocation – internal injuries.

**REFERENCES**

- Anderson.T. Mc. Clerg, (1961). *Human Kinetics and Analyzing Body Movements*, London: William Heinman Medical Books Ltd.
- Davis, D.V. (1989). *Gray's Anatomy*, London; Longmans Green & Co. Ltd.
- Pearce, Evelyn B. (1979) *Anatomy and physiology for Nurses*, London; Faber and Faber Ltd.
- Prarce, J.W. (1984). *Anatomy for students and Teachers of Physical Education*, Edward Arnold & Co. London.
- Sivaramakrishnan, S (2002). *Anatomy and Physiology*, New Delhi: Friends Publication.
- Wellgoose. (1977). *Health Teaching in secondary Carl.E. Schools*. W.B. Saunders.
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Semester-I

Credit-3

**Elective – I (T) 1. FUNDAMENTALS OF YOGA (BPE14EA)**

**UNIT-I INTRODUCTION TO YOGA**

Definition & meaning of yoga. Aim & objectives of yoga. History of yoga (Thirumoolar & Patajali). Types of yoga : bhakthi yoga - jnana yoga - karma yoga - kundalini yoga - mandra yoga - hatha yoga - raja yoga – laya yoga – tantra yoga.

**UNIT-II LIMBS OF YOGA**

Astanga yoga –yama, niyama, asana, pranayama, pratyahara, dharana, Dhyana & samathi – stages with description. Schools of yoga: Kaivalyadhama, Bihar school of yoga, SVYASA. Difference between asanas and physical exercises.

**UNIT – III PRINCIPLES OF YOGIC PRACTICES**

Principle of practicing asana, pranayama and meditation. Influence of yogic practices on various system in human body – Muscular system – Circulatory system – Endocrine system – Respiratory system – Nervous system – Digestive system. Meaning of Mudra, bhandas & kriya. Technique and benefits of Suryanamaskar.

**Unit – IV YOGIC TECHNIQUE AND BENEFITS**

Asanas: Relaxative asanas – Shavasana, Makarasana, Meditative asanas: Padmasana, Vajrasana  
Cultural asanas: Bhujangasana, Dhanurasana, Saravangasana, Halasana, Thadasana, Patchimottasana.

**UNIT – V PRANAYAMA & MEDITATION TECHNIQUES AND BENEFITS**

Pranayama: Nadi suddhi, Ujjayi, Kapalabhati, Satali, Sitakari. Meditation: Silent, mantra, object and breathing.

**REFERENCES**

- Chandrasekaran, K., (1999). *Sound Health through Yoga*, Sedapatti: Prem Kalyan publication
- Digambarji. (1998). *Hatha Pradipika*, Kaivalyadhama: S.M.Y.M.
- Feuersten Georg. (2002). *The yoga tradition*, Delhi: Motilal banarsidass publishers.
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- Iyengar, B.K.S. (2001). *Yoga the path to holistic health*, Dorling Kindersley
- Muktibodhananda,S. (2009). *Hatha Yoga Pradipika*, Mungaer: Bihar School of Yoga.
- Nancy Gerstein. (2004). *Guiding Yoga's Light lessons for yoga Teachers*, Pendragon Publishing.
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Semester-I

Credit-3

**Elective – I (T) 2.SPORTS PSYCHOLOGY (BPE14EB)**

**UNIT –I SPORTS PSYCHOLOGY**

Meaning and scope of Sports Psychology - Importance of Sports Psychology – types of psychology – Nature of human growth and development – general characteristics of various growth and development. Types and nature of individual differences; Factors responsible – Heredity and environment

**UNIT-II ANXIETY &STRESS**

Definition and Meaning of Anxiety - nature of anxiety - Types of anxiety – Definition and meaning of stress - nature of stress - Types of stress. Anxiety, Stress, Arousal and their effects on sports performance

**UNIT-III LEARNING AND PERSONALITY**

Definition of learning - Nature of learning - theories of learning (Trial and error theory, condition response theory & insight learning) - Laws of learning (Law of effect, law of use & disuse and law of recency) – Learning curve - Plateau in learning - transfer of training. Meaning and definition of personality - characteristics of personality - Dimension of personality – Measuring the personality - Personality and Sports performance.

**UNIT-IV MOTIVATION AND MENTALPREPARATION STRATEGIES**

Definition of motivation: Types of motivation - Factors influencing motivation - Motivational techniques and its impact on sports performance. Mental Preparation Strategies: Preparatory arousal, Attention focus, Self- talk, Relaxation, Imaginary. Aggression and Sports.

**UNIT – V LEADERSHIP IN SPORTS**

Meaning and Definition of leadership – Types of leadership - Qualities of a Leader - Need & Importance of leadership in Physical Education & Sports - Group dynamics and Cohesion, National integration.

**REFERENCES**

- Alderman, R.S. (1974). *Psychological behavior in Sports*, Philadelphia: Saunders Company .
- Butt, Doras Susan, (1989). *Psychology of Sports*, New York: Van. Nostrand Reinhold Co.
- Cratty, B. J., (1968). *Psychology and Physical activity*. Eaglewood Cliffs. Prentice Hall.
- Cratty, Bryant, J. (1975). *Psychology of Contemporary Sports*, Englewood Cliffs, N.J, prentice Hall Inc.
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Semester-I

Credit-5

**Core – IV (P) ABILITY IN ATHLETICS – TRACK EVENTS AND MAJOR GAMES-I(BPE15P)**

**UNIT – I FUNDAMENTAL SKILLS**

Fundamental skills / techniques in Athletics - Track events, Basketball, Badminton, Cricket, Hockey, Kabaddi and Volleyball. Drills for above said events / sports disciplines.

**UNIT-II ADVANCE SKILLS**

Advance skills / techniques & improvisation in Athletics - Track events, Basketball, Badminton, Cricket, Hockey, Kabaddi and Volleyball. Lead up games for above said events / sports disciplines.

**UNIT-III PLAYING ABILITY / PERFORMANCE**

Assessment of playing ability / performance in Athletics - Track events, Basketball, Badminton, Cricket, Hockey, Kabaddi and Volleyball. Specific conditioning / training for above said events / sports disciplines.

**UNIT –IV OFFICIATING TECHNIQUES**

Officiating techniques in Athletics - Track events, Basketball, Badminton, Cricket, Hockey, Kabaddi and Volleyball. Duties of the officials for above said events / sports disciplines.

**UNIT-V RECORD NOTE**

Preparation of record for Athletics - Track events, Basketball, Badminton, Cricket, Hockey, Kabaddi and Volleyball - History, organisational set-up at various levels, technique, tactics, major competitions.

**REFERENCE**

- Aibara, E.B., (1975). *Cricket*. Patiala: National Institute of Sports
- Anand. R.L. (1986). *Play field manual*, Patiala: NIS publication.
- Book of rules of games and sports*, (2005). New Delhi: National council of Y.M.C.A of India.
- Colberk A.L. (1966). *Modern Basketball-A Fundamental Analysis of Skills and Tactics*. London: Nicholas Kaya.
- Joseph, Rogers L. (2000) *USA Track & Field Coaching Manual*. Champaign: Human Kinetics Publications.
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- Rao, C. V. (1971). *Kabaddi*, Patials, N.I.S. Publications.
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Bachelor of Physical Education (B.P.Ed)  
Semester-II

Credit-4

**CORE - V (T) RULES AND REGULATIONS OF SPORTS AND GAMES(BPE21)**

**UNIT – I HISTORY**

Origin and development Athletics, Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball

**UNIT – II MARKING**

Layout & markings of field / court - Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball – Track and field marking.

**UNIT –III RULES AND REGULATION**

Rules and their interpretations of Athletics, Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball.

**UNIT – IV MECHANICS OF OFFICIATING**

Duties of officials – official signals, system of officiating, score sheet - Athletics, Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball.

**UNIT –V SPORTS BODIES**

International, national and state level sports bodies. International Olympic committee, Indian Olympic association. Organisational setup of various sports bodies.

**REFERENCES**

- Aibara, E.B., (1975). *Cricket*. Patiala: National Institute of Sports
- Anand. R.L. (1986). *Play field manual*, Patiala: NIS publication.
- Bava, Gurdial Singh, (1994). *Fundamentals of Men's gymnastics*. New Delhi: Friends
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- Colberk A.L. (1966). *Modern Basketball-A Fundamental Analysis of Skills and Tactics*. London: Nicholas Kaya.
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- Part, Davic, (1979) *Better Badminton Learn in yourself Book*. London: Orient Paper Books.
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- Rao, C. V. (1971). *Kabaddi*, Patiala, N.I.S. Publications.
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Semester-II

Credit-4

**CORE - VI (T) SCIENCE OF SPORTS TRAINING& COACHING (BPE22)**

**UNIT – I SPORTS TRAINING & TRAINING LOAD**

Definition and Meaning of Sports training – Meaning of Coaching - Aim and Objectives of Sports training - Principles of Sports training. Load, Recovery, Intensity, Density, Duration and Frequency - Over Load, Fatigue - causes, symptoms and remedial measures.

**UNIT – II TRAINING METHODS**

Basic methods of conditioning. Principles of training concern to fitness & sports - Types of different training method - Circuit training - Fartlek training - Interval training - Weight training – Plyometric training - Muscle Contraction - Isometric, Isotonic, Isokinetic.

**UNIT – III TECHNICAL & TACTICAL PREPARATION**

Technique: Meaning, definition and importance - Stage of technical development, correction of faults - Methods of technique training - Strategy & tactics: Meaning and importance. Methods of Tactical training - Principles of attack & defence.

**UNIT – IV PLANNING AND PERIODISATION**

Meaning and importance of planning - Types of Plan: Short term, Medium term and long-term training programme. Periodisation: Meaning & importance - Types of Periodisation. Warming-up and cooling down.

**UNIT – V DEVELOPMENT OF MOTOR COMPONENTS**

Definition, importance, classification & methods of development - Strength –Endurance – Speed – Flexibility - Coordinative abilities.

**REFERENCES**

Anderson, Bob., Pearl, Bill., and Burke, Edmund R., (2001). *Getting in Shape Workout Programs for Men & Women*. Mumbai: Jaico Publishing House.

Baechle, Thomas. R, & Earle, Roger. W., (2000). *Essentials of Strength training and Conditioning*. Champaign: Human Kinetics.

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**DEPARTMENT OF PHYSICAL EDUCATION**

Bachelor of Physical Education (B.P.Ed)

Semester-II

Credit-4

**CORE - VII (T) TEST, MEASUREMENT, EVALUATION AND INTRODUCTION TO COMPUTER(BPE23)**

**UNIT- I INTRODUCTION TO HUMAN PERFORMANCE ASSESSMENT**

Definition and Meaning of Test, Measurement & Evaluation in Physical Education - Need & Importance of Test, Measurement & Evaluation in Physical Education - Principles of Evaluation - Criteria of good test - reliability, objectivity, validity and norms.

**UNIT- II TEST CLASSIFICATION&ADMINISTRATION**

Classification of tests - standardized and teacher made tests - objective and subjective Tests - knowledge and skill tests. Suggestions for administering tests - testing personnel – Time of testing – Economy of testing – Test records – preparation of reports – construction of Tables – Graphs – purpose of reporting.

**UNIT- III PHYSICAL AND MOTOR FITNESS**

Strength test: Sergeant test - Kraus Weber test, Cardio vascular test: Harvard step test - Coopers 12 minute run and walk test. General motor fitness test: AAHPERD youth fitness test - J.C.R. test

**UNIT- IV SPORTS SKILL TEST**

Badminton test - Miller wall volley test - AAHPERD basketball test - McDonald soccer test -Brady Volleyball test –Henry Friedel field Hockey test.

**UNIT- V INTRODUCTION TO COMPUTER**

Computer –Meaning and definition - Components of computer – Software and hardware - Introduction to Word document–spread sheet and power point - Introduction to Internet and World Wide Web – e-mail - application of computer and internet in physical education & sports.

**REFERENCES**

Barrow, Harold M. Rosomany (1964). *A physical approach to measurement in physical education*, Philadelphia: Lea and Febiger  
Kansal, K. Devinder (2012). *A practical approach to test, measurement and evaluation*. New Delhi: SSS publication  
Michael, P. Reiman, Robert C. Manske (2009). *Functional Testing in Human Performance*, united states of America: Human kinetics.  
Morrow, Jr James., Jackson, Allen, Disch, James, Mood, Dale, (2011). *Measurement and Evaluation in Human Performance with Web Study Guide*-4th Edition

Vivian, H. Heyward (2010). *Advanced fitness assessment and exercise prescription*, University of New Mexico, Human kinetics.

Yobu, A, (1988). *Test, Measurement and Evaluation*. Madras: Rajmohan pathippagam.



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**DEPARTMENT OF PHYSICAL EDUCATION**

Bachelor of Physical Education (B.P.Ed)

Semester-II

Credit-3

**Elective – II (T) 1.KINESIOLOGY &SPORTS BIOMECHANICS (BPE24EA)**

**UNIT – I INTRODUCTION TO KINESIOLOGY AND BIOMECHANICS**

Definition & Meaning of Kinesiology & Biomechanics - Scope - Need and importance of Biomechanics and Kinesiology - Historical development of Kinesiology and Biomechanics – Anatomical reference Position - Directional terms - Reference planes-Reference axes.

**UNIT – II ORIGIN, INSERTION AND ACTION OF THE MUSCLES**

Involvement of various muscles during different fundamental and auxiliary movements of hip, knee, shoulder, elbow joint, shoulder girdle and trunk region. Origin, insertion and action of the muscles with special reference to the following muscles: Pectoralis major – Pectoralis minor – Deltoid – Biceps – Triceps – Trapezius – Sartorius - Quadriceps.

**UNIT – III LINEAR KINEMATICS & KINETICS**

Definition & meaning - Distance, displacement, speed, velocity, acceleration due to gravity, inertia, mass, force, weight, momentum. Newton's law of motion – Law of Inertia, Law of acceleration, Law of action and reaction. Forms of motion – Linear, Angular and General motion.

**UNIT – IV ANGULAR KINEMATICS & KINETICS**

Definitions & meaning - angular distance, angular displacement, angular velocity, angular acceleration. Levers – Types of levers, Anatomical levers of body. Equilibrium and Stability – Definition of centre of gravity and its importance, Factors affecting stability in equilibrium and their implications, Spin.

**UNIT – V PROJECTILE MOTION**

Projectile motion – trajectory, range, angle of release, point of release, velocity of release, point of landing, height of projectile, time of flight, situations of projectile motion. Force – Definition of forces, types of forces, internal and external forces, centripetal and centrifugal force.

**REFERENCE**

Gladys, Scott., M. (2005). *Text book in Kinesiology*. New York: Warren's Books.

Hay, J. (1993). *The Biomechanics of Sports Techniques*. Englewood Cliffs New Jersey: Prentice Hall Inc.

Peter, McGinnis. (2005). *Biomechanics of Sport and Exercise*. Champaign: Human Kinetics.

Shaw, Dhananjoy., (1998). *Pedagogic Kinesiology*, Delhi: Sports publication.

Susan, J., Hall. (2004). *Basic Biomechanics*. New York: McGraw Hill Education.

Thompson. (1998). *Structural Kinesiology*. New York: McGraw-Hill.

Wells, Katherine F., and Kathryn, Luttgens. (1976). *Kinesiology the scientific basis of human motion*. Philadelphia: Saunders Company



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**DEPARTMENT OF PHYSICAL EDUCATION**

Bachelor of Physical Education (B.P.Ed)

Semester-II

Credit-3

**Elective – II (T) 2.STATISTICS IN PHYSICAL EDUCATION (BPE24EB)**

**UNIT – I INTRODUCTION TO STATISTICS**

Meaning and definition of statistics. Need and Importance of Statistics in Physical Education – Types of statistics. Meaning of “Data”. Data – Quantitative and qualitative data – grouped, discrete and ungrouped.

**UNIT-II MEASURES OF CENTRAL TENDENCY**

Meaning of the Measures of Central tendency. Uses of measures of central tendency in physical education. Meaning and definition of Mean, Median and Mode. Computation of mean, median and mode for ungrouped data and discrete data.

**UNIT-III MEASURES OF VARIABILITY**

Meaning of measures of variability. Uses of measures of variability in physical education. Meaning and definition of Range, Quartile deviation, Average deviation and Standard deviation. Computation of Measures of Variability: Range, Quartile deviation, Average deviation and Standard deviation.

**UNIT –IV CORRELATION**

Meaning and definition of correlation. Uses of correlation in physical education. Types of Correlation. Computation of Correlation coefficient with product moment method and Rank difference method.

**UNIT-V GRAPHICAL REPRESENTATION**

Meaning and advantages of Graphical representation of data - Principles of Graphical representation of data. - Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-diagram and Pie diagram.

**REFERENCE**

- Clarke, David H. and Clake H. N. Hares. (1986). *Research Process in Health Education Physical Education and Recreation*. Englewood Cliffs, New Jersey, Prentice Hall, Inc.
- Diane, C., Blankenship. (2010). *Applied Research and Evaluation Methods in Recreation*. Champaign: Human kinetics.
- Garrett, Morey E. (1999). *Statistics in Psychology*, David Meka Company Inc.
- Jerry, R., Thomas, Jack, K., Nelson & Stephen, J., Silverman. (2010). *Research methods in Physical Activity. Sixth Edition*. Champaign: Human Kinetics.



Rothstein, Anne., L. (1985) *Research Design and Statistics for Physical Education*. New Jersey: Prentice Hall.

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**DEPARTMENT OF PHYSICAL EDUCATION**

Bachelor of Physical Education (B.P.Ed)

Semester- II

Credit-5

**Core – VIII (P) ABILITY IN ATHLETICS – FIELD EVENTS, GYMNASTICS AND MAJOR GAMES-II(BPE25P)**

**UNIT – I FUNDAMENTAL SKILLS**

Fundamental skills / techniques in Athletics – Field events, Ball Badminton, Gymnastics, Handball, Football, Kho-Kho and Table tennis. Drills for above said events / sports disciplines.

**UNIT-II ADVANCE SKILLS**

Advance skills / techniques & improvisation in Athletics – Field events, Ball Badminton, Gymnastics, Handball, Football, Kho-Kho and Table tennis. Lead up games for above said events / sports disciplines.

**UNIT-III PLAYING ABILITY / PERFORMANCE**

Assessment of playing ability / performance in Athletics – Field events, Ball Badminton, Gymnastics, Handball, Football, Kho-Kho and Table tennis. Specific conditioning / training for above said events / sports disciplines.

**UNIT –IV OFFICIATING TECHNIQUES**

Officiating techniques in Athletics – Field events, Ball Badminton, Gymnastics, Handball, Football, Kho-Kho and Table tennis. Duties of the officials for above said events / sports disciplines.

**UNIT-V RECORD NOTE**

Preparation of record for Athletics – Field events, Ball Badminton, Gymnastics, Handball, Football, Kho-Kho and Table tennis – History, organisational set-up at various levels, technique, tactics, major competitions.

**REFERENCE**

Anand. R.L. (1986). *Play field manual*, Patiala: NIS publication.

Bava, Gurdial Singh, (1994). *Fundamentals of Men's gymnastics*. New Delhi: Friends

*Book of rules of games and sports*, (2005). New Delhi: National council of Y.M.C.A of India.

Jerry grunski (1999). *Successful sports coaching*. United states: Human kinetics.  
Joseph, Rogers L. (2000) *USA Track & Field Coaching Manual*. Champaign: Human Kinetics Publications.  
Perinbaraj, S.B., & et al. (2009). *Play field: Dimensions and its requirements*, Karaikudi: vinis publication.  
Reita, Clanton and Phyl, Dwight Mary (1997) *Team Handball Steps to Success*, Human  
Yadav, Yogesh. (1969). *Kho-Kho*, Maharashtra Kho-Kho Association.



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**DEPARTMENT OF PHYSICAL EDUCATION**

Bachelor of Physical Education (B.P.Ed)

Semester-I & II

Credit-4

**Core – IX (P) TEACHING PRACTICE (GENERAL LESSON & PARTICULAR LESSON) (BPE26P)**

**UNIT – I      TEACHING METHODS**

Meaning & Importance of teaching methods - Basics of teaching methods - Factors affecting teaching methods.

**UNIT-II      TYPES OF LESSON PLAN**

Meaning of Lesson planning - Importance of lesson plan -Types of lesson - General & Particular.

**UNIT-III      TYPES OF TEACHING FORMS**

Types of teaching methods Orientation, Demonstration, Imitation, Command, Exploration, Set Drill, Progressive Part, Observation, Verbal Explanation, Whole- Part-Whole, Formal, Informal.

**UNIT –IV      PART OF LESSON PLAN**

Part of lesson plan – General and Particular – content.

**UNIT-V      PREPARATION OF LESSON PLAN**

Preparation of lesson plan for indigenous activities. Preparation of lesson plan for various games skill and athletics.

Practice teaching includes observation, teaching internal at the class level initially and each student teacher is expected to take 10 general and 10 particular lessons during the course of the year in the neighbouring school under the supervision of qualified Physical Educator. Each student teacher should maintain a workbook, which has to be submitted before University examinations.

**REFERENCES**

Bhatia & Bhatia. (1959). *The Principles and Methods of Teaching*, New Delhi: Doaba House.  
Chandra, Ramesh & Aneja, Ditel. (2004). *Corporate Global Environment*, New Delhi: Usha Books.

Kochar, S.K. (1982). *Methods and Techniques of Teaching*, New Delhi: Sterling Publishers Pvt. Ltd  
Kozman, Cassidy and Jackson. (1952). *Methods in Physical Education*, Philadelphia: W.B.Saunders Company.  
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Shaw, Dhananjay & Seema, Kaushik, (2001). *Lesson Planning Teaching Methods and class management in Physical Education*, Delhi: Khel Sahitya Kendra  
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Walia, J.S. (1999). *Principles and Methods of Education*, Jullandhar: Paul Publishers.



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**DEPARTMENT OF PHYSICAL EDUCATION**

Bachelor of Physical Education (B.P.Ed)

Semester-I & II

Credit-5

**Core – X (P) ABILITY IN INDIGENOUS ACTIVITIES, CAMPING AND YOGA (BPE27P)**

**UNIT – I YOGA**

Asanas: Relaxative asanas – Shavasana, Makarasana, Meditative asanas: Padmasana, Vajrasana  
Cultural asanas: Bhujangasana, Dhanurasana, Saravangasana, Halasana, Thadasana, Patchimottasana. Pranayama: Nadi suddhi, Ujjayi, Kapalabhati, Satali, Sitakari. Meditation: Silent, mantra, object and breathing.

**UNIT-II CAMPING AND PLAY DAY**

Organising Camp programme and Organising of play day in school.

**UNIT-III CALLISTHENICS, MARCHING AND PYRAMID**

Callisthenics exercises- with verbal command, drum and music (2, 4, 8 & 16 counts). Marching - Quick march and halt, Marching with about turn - Marching with salute. Formation of Pyramid.

**UNIT –IV LIGHT APPARATUS, DANDS & BAITHAKS**

Light apparatus exercises - with verbal command, drum and music (2, 4, 8 & 16 counts)- Wands, Indian Clubs, hoops & dumbbells. Dands & Baithaks

**UNIT-V AEROBICS AND FOLK DANCE**

Exercise with Lezium. Aerobics dance & Folk dance and defensive art

**REFERENCE**

Athichan, A, et. al., (2007). *Hand book of Indigenous Activities*, Karaikudi: Vinsi publication.  
Chandrasekaran, K., (1999). *Sound Health through Yoga*, Sedapatti: PremKalyan publication  
Mathew, Thomas., (2009). *150 Minor Games*. Karaikudi: Vinsi publication.  
Perinbaraj, Bevinson. S. (2006). *Methods in Physical Education*. Karaikudi: Vinsi Publication.  
Thomas, J.P., (1969). *Physical Education Lesson*. Madras: Gnanodya press.  
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