

Chaudhary Bansi Lal University, Bhiwani

(A State University established under Haryana Act No. 25 of 2014)



Scheme of Examinations & Syllabi

for

Bachelor of Physical Education and Sports (B.P.E.S.)

(w.e.f. 2024-25)

in

Undergraduate Programmes

as per NEP 2020

Curriculum and Credit Framework for Undergraduate Programmes

(Multiple Entry-Multiple Exit, Internship and Choice Based Credit System LOCF)

With effect from the session 2024-25 (in phased manner)

DEPARTMENT OF PHYSICAL EDUCATION

Chaudhary Bansi Lal University, Bhiwani

HARYANA, INDIA

Signature

Course Objectives:

1. To prepare professionally qualified teachers in physical education for secondary school education.
2. To prepare professionally trained professionals for clubs, gyms, fitness centers etc.
3. To prepare competent, committed & willing to perform professionals.
4. To teach effective & efficient competency & skills required for professional growth of the prospective teachers.
5. To train teachers in modern technology as well as trends in Health, Wellness, Fitness and Personality Development.
6. To inculcate rational thinking & to develop scientific temperament among the prospective teachers.
7. To be able to use organizational, administrative & managerial skills in the field practical field.

Bachelor of Physical Education and Sports shall be of four academic years consisting eight semesters.

A brief description of each course along with code, title, marks, duration of exam etc. is given below:

Signature

Department of Physical Education

Brief Introduction

The department of Physical Education is the youngest teaching department of the university. It has been established to provide qualitative academic programmes in Physical Education. The department shall provide state of the art both theoretical and practical training to the admitted students. The department has good paraphernalia required for programmes in physical education.

Eligibility for Admission

S.No	Name of Course	Duration	Eligibility for Admission	Seats	Medium	Fee
1.	Bachelor of Physical Education and Sports (B.P.E.S.)	4 years	1. 10+2 with 45% marks from any stream from CBSE/Haryana Board of School Education or any other examination as equivalent there to.(5% relaxation in case of students belonging to SC/ST category) and mandatory physical Efficiency Test conducted by department/college 2. Student should be below the age of 25 years on 1st July and above 17 years on 1st July. 3. Preference will be given to those candidates who are sportsperson or had participated in Co-curricular Activities 4. Min. school intramural or inter school participation/Min. State level/ School state sports participation is compulsory. 5. Submission of Physical fitness certificate is mandatory before admission. Note :- *Direct admission to International player who has participation	40	Hindi/English	Rs-9000/- per annum and Rs-1000/- Examination fees Note- Half fee shall be charged from Outstanding Sports Person

Signature

			/medallist /National medallist/ Khelo India medallist/School national medallist in games at National/ International level recognized by IOA/MYAS/SGFI/KHEL O INDIA on priority basis and on the basis of availability of seats. * Only Olympic games will be considered in the above said direct admission criteria			
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Signature!

Scheme of Examination for Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-I

Credits = 22

Marks = 540

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Theory	Internal Assessment	Practical	
24UN-BPES-101	History and Foundation of Physical Education	D.S.C.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-102	Officiating and Coaching-I	D.S.C	04	--	04	04	--	04	70	30	--	100
24UN-BPES-MDC103	Health Education	M.D.C.	03		03	03		03	50	20		70
24UN-BPES-AEC104	English and Communication Skill-I	A.E.C	02	--	02	02	--	02	35	15	--	50
24UN-BPES-105	Practical- Games (Basketball, Volleyball)	M.I.C.	--	04	04	--	02	02	--	--	50	50
24UN-BPES-106	Practical-Game (Wrestling, Boxing)	M.I.C	--	04	04	--	02	02	--	--	50	50
24UN-BPES-SEC107	Practical- Other Activity (Mass P.T. & March-Past)	S.E.C.	--	06	06		03	03			70	70
	Value Added Course*	V.A.C	02	--	02	02	--	02	35	15		50
Total			15	14	29	15	07	22	260	110	170	540

D.S.C.- Discipline specific Course

S.E.C.= Skill Enhancement Course

*= Courses offered by University

M.D.C= Multi-Disciplinary Course

V.A.C= Value Added Course

A.E.C=Ability Enhancement Course

M.I.C.= Minor-Disciplinary Course

Signature

Semester-II
Scheme of Examination for Bachelor of Physical Education and Sports (B.P.E.S.)
Credits = 22
Marks = 540

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Theory	Internal Assessment	Practical	
24UN-BPES-201	Basic Anatomy and Physiology	D.S.C.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-202	Officiating & Coaching -II	D.S.C.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-MDC203	Yogic Science	M.D.C.	03		03	03		03	50	20		70
24UN-BPES-AEC204	English and Communication Skill-II	A.E.C	02	--	02	02	--	02	35	15	--	50
24UN-BPES-205	Practical- Games (Handball, Cricket)	M.I.C.	--	04	04	--	02	02	--	--	50	50
24UN-BPES-206	Practical- Games (Judo, Taekwondo)	M.I.C	--	04	04	--	02	02	--	--	50	50
24UN-BPES-SEC207	Practical- Other Activity (Dumbles, Lazium, Tippi)	S.E.C.	--	06	06		03	03			70	70
	Value Added Course*	V.A.C	02	--	02	02	--	02	35	15		50
Total			15	14	29	15	07	22	260	110	170	540

D.S.C.- Discipline specific Course

S.E.C.= Skill Enhancement Course

*= Courses offered by University

M.D.C= Multi-Disciplinary Course

A.E.C=Ability Enhancement Course

M.I.C.= Minor-Disciplinary Course

Signature

Scheme of Examination for Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-III

Credits = 22

Marks = 540

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme				Total
			Theory	Practical	Total	Theory	Practical	Total	Theory	Internal Assessment	Practical		
24UN-BPES-301	Sports Training-I	D.S.C.	04	--	04	04	--	04	70	30	--	100	
24UN-BPES-302	Officiating & Coaching -III	D.S.C	04	--	04	04	--	04	70	30	--	100	
24UN-BPES-MDC303	Education Technology	M.D.C.	03		03	03		03	50	20		70	
24UN-BPES-AEC304	Hindi	A.E.C	02	--	02	02	--	02	35	15	--	50	
24UN-BPES-305	Practical- Games (Football, Hockey)	M.I.C.	--	04	04	--	02	02	--	--	50	50	
24UN-BPES-306	Practical- Games (Badminton, Table-Tennis)	M.I.C	--	04	04	--	02	02	--	--	50	50	
24UN-BPES-SEC307	Practical- Other Activity (Aerobics)	S.E.C.	--	06	06		03	03			70	70	
	Value Added Course*	V.A.C	02	--	02	02	--	02	35	15		50	
Total			15	14	29	15	07	22	260	110	170	540	

D.S.C.- Discipline specific Course

S.E.C.= Skill Enhancement Course

* = Courses offered by University

M.D.C= Multi-Disciplinary Course

V.A.C= Value Added Course

A.E.C=Ability Enhancement Course

M.I.C.= Minor-Disciplinary Course

Signature

Semester-IV
Scheme of Examination for Bachelor of Physical Education and Sports (B.P.E.S.)
Credits = 24
Marks = 600

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Theory	Internal Assessment	Practical	
24UN-BPES-401	Sports Training-II	D.S.C.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-402	Officiating & Coaching -IV	D.S.C	04	--	04	04	--	04	70	30	--	100
24UN-BPES-403	Sports Nutrition and Weight Management	D.S.C.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-404	Athletic Care and Rehabilitation	D.S.C	04	--	04	04	--	04	70	30	--	100
24UN-BPES-AEC405	Computer Application	A.E.C	02	--	02	02	--	02	35	15	--	50
24UN-BPES-406	Practical- Games (Archery, Lawn-Tennis)	M.I.C.	--	04	04	--	02	02	--	--	50	50
24UN-BPES-407	Practical- Games (Kabaddi, Kho-Kho)	M.I.C	--	04	04	--	02	02	--	--	50	50
	Value Added Course*	V.A.C	02	--	02	02	--	02	35	15		50
Total			20	08	28	20	04	24	350	150	100	600

D.S.C.- Discipline specific Course
S.E.C.= Skill Enhancement Course
*= Courses offered by University

M.D.C= Multi-Disciplinary Course
V.A.C= Value Added Course

A.E.C=Ability Enhancement Course
M.I.C.= Minor-Disciplinary Course

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-I

Paper Code- 24UN-BPES-101

Paper Name- History and Foundation of Physical Education

Maximum Marks: 100

Theory Examination: 70

Internal Assessment: 30

Max Time: 3 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome-

The pass out would be able to compare the relationship between general education and physical education.

He would be able to identify and relate with the History of Physical Education.

He would be able to comprehend the relationship between Philosophy, Education and Physical Education.

He would be able to identify the works of Philosophers of Education and Physical Education.

He would know recent developments and academic foundation of Physical Education.

Unit I

Meaning, Definition and Scope of Physical Education

Aims and Objective of Physical Education

Importance of Physical Education in present era.

Relationship of Physical Education with General Education.

Unit II

Foundation

Anatomical differences between male and female

Meaning and Definition of Growth and Development

Principles of Growth and Development

Basic concept of Heredity and Environment in relation to sports

Unit III

History of Physical Education in India, Greece, Germany.

Ancient Olympic games and Modern Olympic games

I.O.A, National Associations/Federations, Khelo-India Games, Fit India Movement

Awards: Arjun-award, Daronacharya-award, Major Dhyan Chand Khel Ratan award.

Unit IV

The development of Asian Games National Games

Signature

Common-wealth games
S.A.I., and its schemes
Haryana State Sports Policies and Awards

Suggested Readings-

- Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner
- Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
- Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co. Osborne, M. P. (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.
- Bucher, C.A., (2010). *Foundation of Physical education* (16th ed.). New Delhi: Tata McGraw Hill. Barrow, H.M. (1983). *Man and Movement: Principles and Physical Education*.
- Phi: Lea and Febiger Bucher & Wuest (1987). *Foundations of Phy.Edu & Sports*. Missouri: C.V. Mosby co.
- Ziegler, E.F. (2007). *An introduction to Sports & Phy.Edu. Philosophy*. Delhi: Sp. Educational Tehno.
- Kretchmar, R.S. (1994). *Practical Philosophy of Sport*. IL: Human Kinetics. Young, D.C. (2004). *A brief History of Olympic Games*. UK: Blackwell Publishing.
- Frank, A.M. (2003). *Sports & education*. CA: ABC-CLIO Susan Capel.
- Susan Piotrowski (2000). *Issues in Physical Education*. London: Routledge

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Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-I

Paper Code-24UN-BPES-102

Paper Name- Officiating and Coaching-I

Maximum Marks: 100

Theory Examination: 70

Internal Assessment: 30

Max Time: 3 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

The pass out would be oriented with the rules regulations of the chosen game

The pass out would be able to lay out and mark the dimensions of the court

He would be able to organize the concerned sports event and officiate in it

He would be oriented in the art of coaching the sports team

He shall also be able to organize and officiate in yogic events

Unit-I

History and Development of the Game (Basketball, Volleyball)

Dimensions and Layout of the Game (Basketball, Volleyball)

Rules and Regulations of the Game (Basketball, Volleyball)

Awards/ Trophies/ Tournaments (Basketball, Volleyball)

Unit-II

National and International Organisation and Federation of the Game (Basketball, Volleyball)

Qualification and Numbers of Official in the Game (Basketball, Volleyball)

Scoresheet of the Game (Basketball, Volleyball)

Criteria for the selection of the player (Basketball, Volleyball)

Unit-III

History and Development of the Game (Wrestling, Boxing)

Dimensions and Layout of the Game (Wrestling, Boxing)

Rules and Regulations of the Game (Wrestling, Boxing)

Awards/ Trophies/ Tournaments (Wrestling, Boxing)

Unit-IV

National and International Organisation and Federation of the Game (Wrestling, Boxing)

Qualification and Numbers of Official in the Game (Wrestling, Boxing)

Scoresheet of the Game (Wrestling, Boxing)

Criteria for the selection of the player (Wrestling, Boxing)

B.P.E.S.

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-I

Paper Code- 24UN-BPES-MDC103

Paper Name- Health Education

Maximum Marks: 70

Theory Examination: 50

Internal Assessment: 20

Max Time: 2 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome

CO 1- The students would be able to learn about the health and healthy habits.

CO 2- The students would be able to learn about diet and disease.

Unit – I

- Definition and Meaning of Health and Health Education
- Qualities of Good Health.
- Aims, Objectives and Principles of Health Education
- Importance of Health Education

Unit II

- Meaning of Personal Hygiene and Factors affecting Personal Hygiene
- Personal Hygiene – Care of skin, mouth, teeth, nails, clothing etc.
- Rest, Sleep and exercises, Steps for maintaining good Health Habits
- Effect of Heredity and environment on Health

Unit III

- Meaning and need of First Aid
- Principle of First Aid
- First Aid for Common Sports Injuries: Sprain, Strain, Muscle Pull, Dislocation
- First Aid Box and Emergency procedures

Unit IV

- School Health Education Program
- Health Facilities in School
- Meaning and Types of Communicable Diseases
- Meaning and Types of Non-Communicable Diseases

Signature

SUGGESTED READINGS

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

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-I

Paper Code- 24UN-BPES-AEC104

Paper Name- English and Communication Skills-I

Maximum Marks: 50
Theory Examination: 35
Internal Assessment: 15
Max Time: 2 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome-

CO 1- The students would be able to learn about Basic English.

CO 2- The students would be able to enhance their communication skills.

Unit-I

Introduction to Grammar: Parts of speech, Determiners, The Sentence, Auxiliaries, Subject verb Agreement.

Unit-II

Vocabulary for Beginners: Vocabulary related to Physical Education, Confusing Words, Synonyms and Antonyms, commonly used difficult Words, Idiom & Phrases

Unit-III

Academic Writing: Draft, Note Taking, Abbreviation, Summary Writing, sports report writing for media.

Unit-IV

Language and Communication: Verbal and Non Verbal Communication, Varieties of Language Idiolect, Dialect, Standard Language and Register, Human Communication and its Uniqueness.

Prescribed Books and Sections:

1. Heffernan, James A.W. et. al. 5th ed. *Writing: A College Handbook*. W.W. Norton & Company. 2000.
2. Prescribed Sections: Pages 19-27, 57-78, 81-124, 562-648, 660-662, 688-701.
3. Tickoo, M.L., Subramanian & Subramaniam. *Intermediate Grammar, Usage and Composition*. Orient Blackswan, 1976.
4. Murphy, Raymond. *English Grammar in Use (Advanced)*.
5. Bansal, R.K. and S.B. Harrison. *Spoken English for India*. Foundation Books, 2000. (For Practice in Transcription)
6. Hornby, A. S. *Advanced Learner's Dictionary*. Latest Edition. (For Practice in Transcription)

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Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-I

Paper Code- 24UN-BPES-105

Practical- Game (Basketball, Volleyball)

Maximum Marks: 50

1. Dimensions and marking of playing area.
2. Basic requirements of the playing area.
3. Fundamental skills of the game.
4. Skill tests, scoring and arrangement of the skill tests.
5. Rules of the game with their interpretations.
6. Team selection and coaching in that game.
7. Officiating & Referee / Umpire /scorer /curatorship for self-employment.

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)
Semester-I

Paper Code- 24UN-BPES-106

Practical-Game (Wrestling, Boxing)

Maximum Marks: 50

1. Dimensions and marking of playing area.
2. Basic requirements of the playing area.
3. Fundamental skills of the game.
4. Skill tests, scoring and arrangement of the skill tests.
5. Rules of the game with their interpretations.
6. Team selection and coaching in that game.
7. Officiating & Referee / Umpire /scorer /curatorship for self-employment.

B.P.E.S.

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-I

Paper Code- 24UN-BPES-SEC107

Practical-Other Activity (Mass P.T. & March Past)

Maximum Marks: 70

1. Defining the various skills of Mass P.T & March Past
2. Demonstrating the various skills of Mass P.T & March Past
3. Explaining the fundamental skills of Mass P.T & March Past

50/70

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-II

Paper Code- 24UN-BPES-201

Paper Name- Basic Anatomy and Physiology

Maximum Marks: 100

Theory Examination: 70

Internal Assessment: 30

Max Time: 3 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome-

CO 1- The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.

CO 2- The students would be able to learn about different body system.

Unit-I:

Meaning and definition of Anatomy, Physiology and Exercise physiology

Role of Anatomy and Physiology in Physical Education & Sports

Cell, Tissues, Organs and Systems

Properties of Living Matter

Unit-II:

General description of skeleton system.

types of Bone and Joints

General description of Muscular System

Types of Muscle

Unit-III

General description of Circulatory system.

Structure of Heart

Heart Rate, stroke volume, cardiac output

General description of Digestive system, Structure of Digestive Organs

Unit-IV

General description of Excretory system.

BDP Des!

Structure of kidney, Function of Kidney

General description of Endocrine System

Hormonal Secretion from different Glands: Pituitary glands, Thyroid Glands, Para-Thyroid, Adrenal Gland, Hypothalamus Gland.

SUGGESTED READINGS

Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.

Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.

Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam

Botcher!

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-II

Paper Code- 24UN-BPES-202

Paper Name- Officiating and Coaching-II

Maximum Marks: 100

Theory Examination: 70

Internal Assessment: 30

Max Time: 3 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

The pass out would be oriented with the rules regulations of the chosen game

The pass out would be able to lay out and mark the dimensions of the court

He would be able to organize the concerned sports event and officiate in it

He would be oriented in the art of coaching the sports team

He shall also be able to organize and officiate in yogic events

Unit-I

History and Development of the Game (Handball, Cricket)

Dimensions and Layout of the Game (Handball, Cricket)

Rules and Regulations of the Game (Handball, Cricket)

Awards/ Trophies/ Tournaments (Handball, Cricket)

Unit-II

National and International Organisation and Federation of the Game (Handball, Cricket)

Qualification and Numbers of Official in the Game (Handball, Cricket)

Scoresheet of the Game (Handball, Cricket)

Criteria for the selection of the player (Handball, Cricket)

Unit-III

History and Development of the Game (Judo, Taekwondo)

Dimensions and Layout of the Game (Judo, Taekwondo)

Rules and Regulations of the Game (Judo, Taekwondo)

Awards/ Trophies/ Tournaments (Judo, Taekwondo)

Unit-IV

National and International Organisation and Federation of the Game (Judo, Taekwondo)

Qualification and Numbers of Official in the Game (Judo, Taekwondo)

Scoresheet of the Game (Judo, Taekwondo)

Criteria for the selection of the player (Judo, Taekwondo)

B. P. E. S.

Bachelor of Physical Education and Sports (B.P.E.S.)'

Semester-II

Paper Code- 24UN-BPES-MDC203

Paper Name- Yogic Science

Maximum Marks: 70

Theory Examination: 50

Internal Assessment: 20

Max Time: 2 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome-

CO 1- The students would be able to learn and know about Yoga

Unit-1

Historical development of Yoga.

Meaning and definition of Yoga

Aim and objectives of Yoga.

Importance of Yoga

Unit - 2:

Introduction of Astang Yoga (Yam, Niyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyan, Samadhi)

Meaning and Definition of Kriyas

Types of Kriya: Neti, Nauli, Dhoti, Basti, Tratak and Kapalbhata

Importance of Kriyas

Unit- 3:

Meaning, Definition, and Benefits of Asanas

Types of Asanas

Precautions and Perquisites for Asanas

Surya Namaskar its procedures and benefits

Unit- 4 :

Meaning and Definition of Pranayama

Pranayama: Anuloma-Viloma, Bhastrika, Bhramari, Ujjai, Shitali

Precautions and Benefits of Pranayama

Meaning and Benefits of Meditation

Signature

SUGGESTED READINGS-

George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.

Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan

Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.

Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.

Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal

Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.

Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles.

Botcher!

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-II

Paper Code- 24UN-BPES-AEC204

Paper Name- English and Communication Skills-II

Maximum Marks: 50

Theory Examination: 35

Internal Assessment: 15

Max Time: 2 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome-

CO 1- The students would be able to learn about English Grammar

CO 2- The students would be able to learn about Speaking English.

Unit-I

Grammar: Tenses, Conjunctions and Connectors, Clauses Non- Finite.

Unit-II

Writing: Letters, Applications

Unit-III

Communication: Barriers and Filters to Communications, The Seven C's of effective Communication, Group Discussion, Public Speaking, Do's and Don'ts of Email.

Unit-IV

Soft Skills: Personal Grooming, Assertiveness: Improving Self Esteem, Preparing for interview.

Prescribed Books and Sections:

1. Heffernan, James A.W. et. al. 5th ed. *Writing: A College Handbook*. W.W. Norton & Company. 2000.
2. Prescribed Sections: Pages 19-27, 57-78, 81-124, 562-648, 660-662, 688-701.
3. Tickoo, M.L., Subramanian & Subramaniam. *Intermediate Grammar, Usage and Composition*. Orient Blackswan, 1976.
4. Murphy, Raymond. *English Grammar in Use (Advanced)*.
5. Bansal, R.K. and S.B. Harrison. *Spoken English for India*. Foundation Books, 2000. (For Practice in Transcription)
6. Hornby, A. S. *Advanced Learner's Dictionary*. Latest Edition. (For Practice in Transcription)
7. Cutts, Martin. *Oxford Guide to Plain English*. OUP, 2009.
8. Lewis, Norman. *Word Power Made Easy*. Goyal Saab, 2011.
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50/10/2011

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-II

Paper Code- 24UN-BPES-205

Practical- Game (Handball, Cricket)

Maximum Marks: 50

- Dimensions and marking of playing area.
- Basic requirements of the playing area.
- Fundamental skills of the game.
- Skill tests, scoring and arrangement of the skill tests.
- Rules of the game with their interpretations.
- Team selection and coaching in that game.
- Officiating & Referee / Umpire /scorer /curatorship for self-employment.

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-II

Paper Code- 24UN-BPES-206

Practical- Game (Judo, Taekwondo)

Maximum Marks: 50

- Dimensions and marking of playing area.
- Basic requirements of the playing area.
- Fundamental skills of the game.
- Skill tests, scoring and arrangement of the skill tests.
- Rules of the game with their interpretations.
- Team selection and coaching in that game.
- Officiating & Referee / Umpire /scorer /curatorship for self-employment.

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Bachelor of Physical Education and Sports (B.P.E.S.)
Semester-II

Paper Code- 24UN-BPES-SEC207

Practical- Other Activity (Dumbles, Lazium, Tippi)

Maximum Marks: 70

- Defining the various skills of Dumbles, Lazium, Tippi
- Demonstrating the various skills of Dumbles, Lazium, Tippi
- Explaining the fundamental skills of Dumbles, Lazium, Tippi

80/100

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-III

Paper Code- 24UN-BPES-301

Paper Code- Sports Training-I

Maximum Marks: 100

Theory Examination: 70

Internal Assessment: 30

Max Time: 3 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome-

CO 1- The student would be empowered with the applicable knowledge of sports training in physical activity and sports.

CO 2- The learner would be able to incorporate this knowledge in the training and coaching programme for the betterment of his trainee's performance

Unit – 1: Introduction

- Meaning and definition Sports training
- Aim and objective of sports training
- Characteristics of Sports training.
- Principles of Sports training

Unit – 2: exercise and Conditioning

- Meaning and Importance of Exercise,
- Types of Exercise- general and specific
- Warming Up and its benefits
- Cool down and its benefits

Unit – 3: Method of training

Interval Training,
Circuit Training,
Weight Training,
Fartlek training

Unit – 4: Load and adaptation

Meaning of Training Load

Load Volume and Load Intensity

Over Load: Meaning, Causes, Symptoms and Remedial Measures

Relationship Between Load and Adaptation

Botesher!

SUGGESTED READINGS

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

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Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-III

Paper Code- 24UN-BPES-302

Paper Name- Officiating and Coaching-III

Maximum Marks: 100
Theory Examination: 70
Internal Assessment: 30
Max Time: 3 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

The pass out would be oriented with the rules regulations of the chosen game

The pass out would be able to lay out and mark the dimensions of the court

He would be able to organize the concerned sports event and officiate in it

He would be oriented in the art of coaching the sports team

He shall also be able to organize and officiate in yogic events

Unit-I

History and Development of the Game (Football, Hockey)

Dimensions and Layout of the Game (Football, Hockey)

Rules and Regulations of the Game (Football, Hockey)

Awards/ Trophies/ Tournaments (Football, Hockey)

Unit-II

National and International Organisation and Federation of the Game (Football, Hockey)

Qualification and Numbers of Official in the Game (Football, Hockey)

Scoresheet of the Game (Football, Hockey)

Criteria for the selection of the player (Football, Hockey)

Unit-III

History and Development of the Game (Badminton, Table-Tennis)

Dimensions and Layout of the Game (Badminton, Table-Tennis)

Rules and Regulations of the Game (Badminton, Table-Tennis)

Awards/ Trophies/ Tournaments (Badminton, Table-Tennis)

Unit-IV

National and International Organisation and Federation of the Game (Badminton, Table-Tennis)

Qualification and Numbers of Official in the Game (Badminton, Table-Tennis)

Scoresheet of the Game (Badminton, Table-Tennis)

Criteria for the selection of the player (Badminton, Table-Tennis)

B. P. E. S.

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-III

Paper Code- 24UN-BPES-MDC303

Paper Name- Education Technology

Maximum Marks: 70
Theory Examination: 50
Internal Assessment: 20
Max Time: 2 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

COURSE OUTCOME

CO 1: The students would be able to know the meaning and types of education.

CO 2: The students would be able to know about teaching techniques, personal and technical preparation in presentation technique.

CO 3: The students would be able to know about command and it types & teaching aids and Lesson planning.

CO 4: The students would be able to know Micro teaching & macro teaching.

CO 5: The students would be able to know the meaning, types and steps of stimulation teaching.

Unit I – Introduction to Educational technology and Instructional design

Educational technology: meaning, characteristics

importance of Educational Technology

Types of educational technology: teaching technology, instructional technology, and behaviour technology.

Role of Education Technology in Sports

Unit II – Concept of teaching

Meaning of Teaching, Teaching and training, teaching and instructions, teaching as science. Nature and characteristics of teaching.

Phases of teaching: Pre – active phase, Inter – active phase and Post active phase. General principles of teaching.

General Principle of Teaching

Unit III – Approaches and Resource Centers

Signature

Hardware and Software Approaches of Educational Technology
System Approach for Educational Technology
Resource Centers in Educational Technology: CIET (NCERT), UGC-CEC, EDUSAT,
GYAN DARSAN, INFLIB NET, EMMRC
Services in Educational Technology

Unit IV – Audio Visual Media Aids

Meaning of Audio-visual media Aids,
Classification of Audio-visual media Aids.
Characteristics of Audio-visual media Aids.
Procedure and organization of Teleconferencing

REFERENCE:

- Amita Bhardwaj, New Media of Educational Planning". Sarup of Sons, New Delhi-2003
Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi : Doaba House), 1959.
Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of
71 IBH Publishing company, New Delhi
Essentials of Educational Technology, Madan Lal, Anmol Publications
K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982
Kozman, Cassidy and kJackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

B. K. Singh

Bachelor of Physical Education and Sports (B.P.E.S.)
Semester-III

Paper Code- 24UN-BPES-AEC304

Paper Name- हिन्दी

कुल अंक-50

लिखित-35

आंतरिक मूल्यांकन-15

समय-2 घंटे

नोट-1. पूरे पाठ्यक्रम से 7 वस्तुनिष्ठ प्रश्न पूछे जाएंगे। प्रत्येक प्रश्न 1-1 अंक का होगा।

2. पाठ्यक्रम में निर्धारित प्रत्येक इकाई में से आंतरिक विकल्प के साथ एक-एक दीर्घ प्रश्न पूछा जाएगा। जिनमें से परीक्षार्थी को प्रत्येक इकाई एक-एक प्रश्न कुल 4 प्रश्न करना होगा। प्रत्येक प्रश्न के लिए 7 अंक निर्धारित है।

इकाई-1

वर्णमाला का संक्षिप्त परिचय

शब्द व वाक्य का संक्षिप्त ज्ञान शब्द व वाक्य का अशुद्धि शोधन

संज्ञा व सर्वनाम का संक्षिप्त परिचय

इकाई-2

मुहावरे का अर्थ व परिभाषा-कोई 30 मुहावरे

लोकोक्ति का अर्थ व परिभाषा कोई 30 लोकोक्तियां

वाक्यांश के लिए एक शब्द कोई 30

पर्यायवाची व विपरीतार्थक-कोई-30

इकाई-3

मातृभाषा, राजभाषा, राष्ट्रभाषा व संपर्कभाषा का सामान्य परिचय

लिपि व देवनागरी लिपि की विशेषताएं

सूचना, अधसूचना, प्रेस विज्ञप्ति, ज्ञापन

परिपत्र, अनुस्मारक, स्वीकृति पत्र

इकाई-4

पत्र की परिभाषा व प्रकार

औपचारिक पत्र

अनौपचारिक पत्र

अर्द्ध-सरकारी पत्र

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)
Semester-III

Paper Code- 24UN-BPES-305

Practical- Game (Football, Hockey)

Maximum Marks: 50

- Dimensions and marking of playing area.
- Basic requirements of the playing area.
- Fundamental skills of the game.
- Skill tests, scoring and arrangement of the skill tests.
- Rules of the game with their interpretations.
- Team selection and coaching in that game.
- Officiating & Referee / Umpire /scorer /curatorship for self-employment.

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)
Semester-III

Paper Code- 24UN-BPES-306

Practical- Game (Badminton, Table-Tennis)

Maximum Marks: 50

- Dimensions and marking of playing area.
- Basic requirements of the playing area.
- Fundamental skills of the game.
- Skill tests, scoring and arrangement of the skill tests.
- Rules of the game with their interpretations.
- Team selection and coaching in that game.
- Officiating & Referee / Umpire /scorer /curatorship for self-employment.

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)
Semester-III

Paper Code- 24UN-BPES-SEC307

Practical- Other Activity (Aerobics)

Maximum Marks: 70

- Defining the various skills of Aerobics
- Demonstrating the various skills of Aerobics
- Explaining the fundamental skills of Aerobics

Notes Sec 1

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-IV

Paper Code- 24UN-BPES-401

Paper Name- Sports Training-II

Maximum Marks: 100

Theory Examination: 70

Internal Assessment: 30

Max Time: 3 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome-

CO 1- The student would be empowered with the applicable knowledge of sports training in physical activity and sports.

CO 2- The learner would be able to incorporate this knowledge in the training and coaching programme for the betterment of his trainee's performance

Unit – 1: Physical Fitness

- Meaning and definition
- Importance of Physical Fitness
- Factor Effecting Physical Fitness
- Role of Physical Fitness in Sports

Unit – 2: Component of Physical Fitness

- Strength: Meaning and Types
- Methods of Improving Strength
- Speed: Meaning and Types
- Methods of Improving Speed

Unit – 3: Component of Physical Fitness

- Endurance: Meaning and Types
- Methods of Improving Endurance
- Flexibility & Co-coordinative abilities: Meaning and Types
- Methods of Improving Flexibility & Co-coordinative abilities

Unit – 4: Periodization

- Periodization and Importance of Periodization in Sports
- Phases of Periodization
- Types of Periodization: Single, Double and Multiple
- Training Cycles- Micro, Meso, Macro

SUGGESTED READINGS

Books etc.

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

Sports Training

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-IV

Paper Code- 24UN-BPES-402

Paper Name- Officiating and Coaching-IV

Maximum Marks: 100

Theory Examination: 70

Internal Assessment: 30

Max Time: 3 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome-

The pass out would be oriented with the rules regulations of the chosen game

The pass out would be able to lay out and mark the dimensions of the court

He would be able to organize the concerned sports event and officiate in it

He would be oriented in the art of coaching the sports team

He shall also be able to organize and officiate in yogic events

Unit-I

History and Development of the Game (Archery, Lawn-Tennis)

Dimensions and Layout of the Game (Archery, Lawn-Tennis)

Rules and Regulations of the Game (Archery, Lawn-Tennis)

Awards/ Trophies/ Tournaments (Archery, Lawn-Tennis)

Unit-II

National and International Organisation and Federation of the Game (Archery, Lawn-Tennis)

Qualification and Numbers of Official in the Game (Archery, Lawn-Tennis)

Scoresheet of the Game (Archery, Lawn-Tennis)

Criteria for the selection of the player (Archery, Lawn-Tennis)

Unit-III

History and Development of the Game (Kabaddi, Kho-Kho)

Dimensions and Layout of the Game (Kabaddi, Kho-Kho)

Rules and Regulations of the Game (Kabaddi, Kho-Kho)

Awards/ Trophies/ Tournaments (Kabaddi, Kho-Kho)

Unit-IV

National and International Organisation and Federation of the Game (Kabaddi, Kho-Kho)

Qualification and Numbers of Official in the Game (Kabaddi, Kho-Kho)

Scoresheet of the Game (Kabaddi, Kho-Kho)

Criteria for the selection of the player (Kabaddi, Kho-Kho)

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-IV

Paper Code- 24UN-BPES-403

Paper Name- Sports Nutrition and Weight Management

Maximum Marks: 100

Theory Examination: 70

Internal Assessment: 30

Max Time: 3 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome

- Student will develop skills to establish daily caloric requirement and to design the diet plan.
- Student will acquaint student with principles of sports nutrition.
- Student will orient the student to the role of food on Physical performance.
- Student will make the student understand and prepare weight management plans.

Unit-I

Introduction to Sports Nutrition

Meaning and Definition of Sports Nutrition

Basic components of Nutrition

Factor to consider for developing nutrition plan

Balance diet and its components, Nutritional deficiencies.

Understanding of malnutrition and nutritional supplements.

Unit-II

Nutrients: Ingestion to energy metabolism

Carbohydrates, Protein, Fat – Meaning, classification and its function

Role of carbohydrates, Fat and protein during exercise

Vitamins, Minerals, Water – Meaning, classification and its function

Role of hydration during exercise

Establishing daily caloric requirement and expenditure

Unit-III

Nutrition and Weight Management

Obesity -- Definition, meaning, types and causes of obesity; Health risks associated with Obesity and Solutions for Overcoming Obesity

Signature

Concept of BMI (Body mass index), Dieting versus exercise for weight control,
Common Myths about Weight Loss
Concept of weight management in modern era, Factor affecting weight management

Unit-IV

Steps of planning of Weight Management

Determination of desirable body weight
Daily calorie intake and expenditure in weight management
Role of diet and exercise in weight management
Designing diet plan and exercise schedule for weight gain and loss
Balanced diet for Indian School Children.

References:

1. Bessesen, D. H. (2008). Update on obesity. *J Clin Endocrinol Metab*. 93(6), 2027-2034.
2. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091- 3096.
3. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J Obstet Gynecol*, 197(3), 223-228.
4. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176- 2183.
5. Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.
6. Bates M. (2008). Health Fitness Management (2nd Ed.) USA: Human Kinetics.
7. Fink, H.H., Burgoon, L.A., & Mikesky, A.E. (2006). Practical Applications in Sports Nutrition. Canada : Jones and Bartlett Publishers.
8. Lancaster S. & Teodororessu, R. (2008). Athletic Fitness for Kids. USA: Human Kinetics.
9. Michael J. Gibney (2002) – Human Nutrition, Atlantic publication, New Delhi.
10. Martin Estwood (2005) – Principle of human nutrition, Atlantic publication, New Delhi.

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-IV

Paper Code- 24UN-BPES-404

Paper Name- Athletic Care and Rehabilitation

Maximum Marks: 100
Theory Examination: 70
Internal Assessment: 30
Max Time: 3 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

Course Outcome-

- CO 1- Student will able to learn about basic concept of athletic care and rehabilitation
- CO 2- Student will able to learn about different aiding equipment of common sports injuries.
- CO 3- Student will able to learn about different physiotherapeutic modalities and their uses.
- CO4- Student will able to learn about common sports injuries their treatment and rehabilitation.

UNIT-I

Meaning & concept of Athletic care & Rehabilitation
Importance of Athletic care & Rehabilitation
Role of Athletic trainer in Rehabilitation process.
Common athlete injuries - Types of wound exposed and unexposed wound.

UNIT-II

Sports Injuries:- Meaning and their classification.
Sprain & Strain: Meaning, symptoms & their treatment
Dislocation & fracture: meaning, symptoms & their treatment
Strapping & Aiding equipment for Sprain, Strain, Dislocation and Fracture.

UNIT-III

Inspection of injury site:- palpation, component of palpation
Special test for identifying nature of injury
PRICE treatment & its effects
Therapeutic modalities: Cryotherapy & Hydrotherapy

UNIT-IV

Meaning & Definition of Exercise therapy
Importance of exercise therapy
Strengthening exercise and their effects
Stretching exercise and their effects

REFERENCES:

BDK 2021

Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.

James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.

Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication. Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra

The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

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Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-IV

Paper Code- 24UN-BPES-AEC405

Paper Name- Computer Application

Maximum Marks: 50
Theory Examination: 35
Internal Assessment: 15
Max Time: 2 hrs

Note- There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attend one question from each unit. All questions shall carry equal marks.

UNIT - I

Meaning and definition of Computer, Components of a Computer System, Central Processing Unit, Keyboard. Input and output devices, mouse, scanner, printer. Use of Computer Applications in Physical Education

UNIT -II

Concept of Memory, primary and secondary memory, RAM and ROM, units of memory – byte, kilobytes, megabytes, gigabytes. Storage devices, hard disc, CD ROM and DVD.

UNIT-III

Basic Windows Accessories and MS Word Introduction to word processor, creating and saving a document, editing and formatting a document, printing a document, adding headers and footers, numbering pages.

UNIT-IV

MS Excel & MS Power Point Ms-Excel-Opening – Saving – Editing File – Basic Mathematical Problems – Addition, Subtraction, Multiplication, Division – **Ms Power Point** – Opening – Creating Saving – Deleting Slides / Templates – Slide Show – Important Feature of Power point Presentation.

References:

1. Vikas Gupta, (1995) Computer Course, Delhi: PutakMahal.
2. French, C.S. (1986) Data Processing, New Delhi: Galgotia Book Source.
3. Haggery, T., The Administrative use of computers in professional Sport Organization, New York.
4. Maria Langer, World of Windows, Barkeley: Peachpit Press.

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)
Semester-IV

Paper Code- 24UN-BPES-406

Practical- Game (Archery, Lawn-Tennis)

Maximum Marks: 50

- Dimensions and marking of playing area.
- Basic requirements of the playing area.
- Fundamental skills of the game.
- Skill tests, scoring and arrangement of the skill tests.
- Rules of the game with their interpretations.
- Team selection and coaching in that game.
- Officiating & Referee / Umpire /scorer /curatorship for self-employment.

Signature

Bachelor of Physical Education and Sports (B.P.E.S.)

Semester-IV

Paper Code- 24UN-BPES-407

Practical- Game (Kabaddi, Kho-Kho)

Maximum Marks: 50

- Dimensions and marking of playing area.
- Basic requirements of the playing area.
- Fundamental skills of the game.
- Skill tests, scoring and arrangement of the skill tests.
- Rules of the game with their interpretations.
- Team selection and coaching in that game.
- Officiating & Referee / Umpire /scorer /curatorship for self-employment.

Signature