

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

Marks = 600

Credits = 24

Semester-V

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-501	Kinesiology & Biomechanics	D.S.C.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-502	Officiating & Coaching -V	D.S.C	04	--	04	04	--	04	70	30	--	100
24UN-BPES-503/24UN-BPES-504	Sports Physiotherapy/ Sports Sociology	D.S.E.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-505/24UN-BPES-506	Sports Psychology /Recreation	D.S.E.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-507	Practical- Athletics (Track events)	M.I.C.	--	04	04	--	02	02	--	--	50	50
24UN-BPES-508	Practical- Athletics (Jumping events)	M.I.C	--	04	04	--	02	02	--	--	50	50
	Internship		04 credit of Internship, earned by student during summer vacation after 2 nd and 4 th semester									100
Total			16	08	24	16	04	24	280	120	100	600

D.S.C.- Discipline specific Course D.S.E.- Discipline specific Elective M.I.C. = Minor-Disciplinary Course

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

Marks = 550

Credits = 22

Semester-VI

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-601	Test and Measurement in Physical Education	D.S.C.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-602	Officiating & Coaching - VI	D.S.C	04	--	04	04	--	04	70	30	--	100
24UN-BPES-603/24UN-BPES-604	Exercise Physiology/ Sports Management	D.S.E.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-605/24UN-BPES-606	Sports Journalism /Fitness and wellness	D.S.E.	04	--	04	04	--	04	70	30	--	100
24UN-BPES-607	Practical- Games (Hockey, Baseball)	M.I.C.	--	04	04	--	02	02	--	--	50	50
24UN-BPES-608	Practical- Athletics (Throwing events)	M.I.C	--	04	04	--	02	02	--	--	50	50
24UN-BPES-609	Officiating & Coaching (Major Game)	S.E.C.		04	04	--	02	02	--	--	50	50
Total			16	12	28	16	06	22	280	120	150	550

D.S.C.- Discipline specific Course

D.S.E.- Discipline specific Elective

M.I.C. = Minor-Disciplinary Course

S.E.C.= Skill Enhancement Course

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

Semester-V

Paper Code- 24UN-BPES-501

Paper Name- Kinesiology & Biomechanics

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.

Unit-I

Meaning & Definition of Kinesiology, aim and objectives of Kinesiology.

Scope, Role and Importance of Kinesiology in Physical Education and Sports.

Meaning of Axis and Planes

Types of Axis and Planes

Unit-II

Anatomic & Fundamental Body Positions

Medical terminology of different body position

Fundamental movements around different joints

Classification of Bones

Classification of Joints

Unit-III

Meaning and Definition of motion: Distance & Displacement, Kinetics & Kinematics, Speed,

Velocity, Acceleration, Momentum

Centre of Gravity, Mass & Weight

Newton's law of motion

Unit-IV

Meaning and definition of Force and its effects, Types of Force

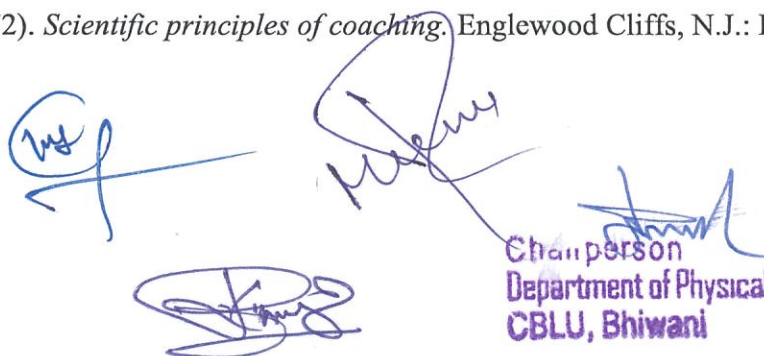
Meaning and Types of Lever

Advantage of lever in sports.

Equilibrium and its Types

SUGGESTED READINGS

Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.

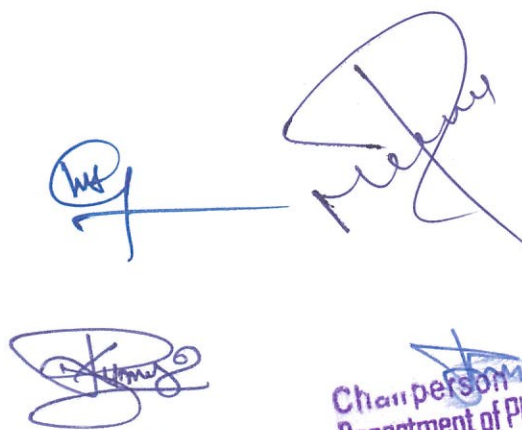

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Hay, J. G. & Reid, J. G. (1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.

Hay, J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.

Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.

Simonian, C. (1911). *Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.


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

Semester-V

Paper Code- 24UN-BPES-502

Paper Name- Officiating and Coaching-V

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 Athletics

The pass out would be able to lay out and mark the track and field.

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

He would be oriented in the art of coaching the Athletes.

Unit-I

History and Development of the Athletics

Dimensions and Layout of the Standard Track.

Rules and Regulations of the Athletics Track Events.

Awards/ Trophies/ Tournaments (Athletics)

Unit-II

National and International Organisation and Federation of the Athletics

Qualification and Numbers of Official in the Athletics track events.

Scoresheet of the track events

Criteria for the selection of the player (Athletics)

Unit-III

Introduction of Long Jump and Triple Jump in Athletics.

Dimensions and Layout of Long Jump and Triple Jump events

Scoresheet, Rules and Regulations of the Long Jump and Triple Jump events

Techniques of Long Jumps

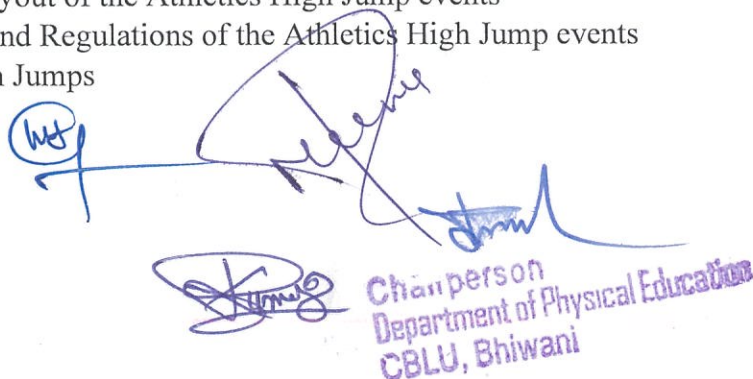
Unit-IV

Introduction of High Jump in Athletics.

Dimensions and Layout of the Athletics High Jump events

Scoresheet, Rules and Regulations of the Athletics High Jump events

Techniques of High Jumps


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

Semester-V

Paper Code- 24UN-BPES-503

Paper Name- Sports Physiotherapy (Elective)

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.

Unit-I

Meaning and definition of sports physiotherapy

Importance of sport physiotherapy

Principles of sports physiotherapy

Role of sports therapist in competitive sports

Unit-II

Meaning of sports injuries,

Classification of sport injuries,

Causes and Prevention of sports injuries,

Principles and barriers to successful rehabilitation

Unit-III

PRICER Treatment

Cryotherapy, its methods, uses of cryotherapy in sports injuries

Hydrotherapy, its methods, uses of hydrotherapy in sports injuries

Unit-IV

Thermotherapy, its methods, uses of Thermotherapy in sports injuries

Concept of massage, its types and benefits of massage

Therapeutic exercises and their benefits

SUGGESTED READINGS

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

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2. James, A. Gould & George J. Davies. (1985). Physical Therapy. Toronto: C.V. Mosby Company.
3. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
4. Pande. (1988). Sports Medicine. New Delhi: Khel Shitya Kendra.
5. Encyclopedia of Sports Medicine. (1998). The Olympic Books of Sports Medicine, Australia: Tittel Blackwell Scientific Publications.
6. Mellion (1995) Office of Sports Medicine II Edition Publisher Hanley & Belfus Inc. Philadelphia.
7. Steven J Karageanes: (2005) Principles of Manual Sports Medicine Lippincott Williams and Wilkins A Wolter Kluwer Company.

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

Semester-V

Paper Code- 24UN-BPES-504

Paper Name- Sports Sociology (Elective)

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.

Unit-I

Meaning and Definition of Sports Sociology,
Importance and Scope of Sports Sociology
Physical Education and Sports as a Social Phenomenon.

Unit – II

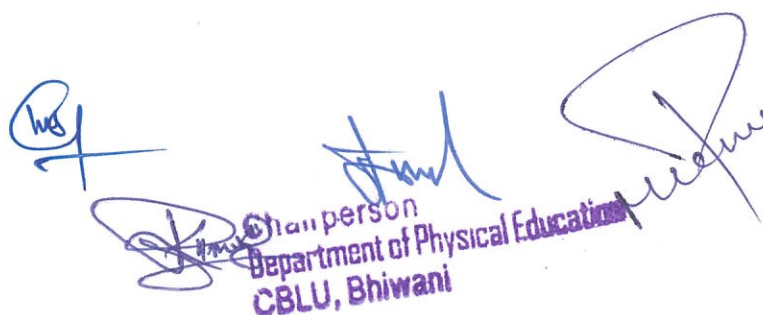
Social Institutions: Role of Social Institution in participation in games and sports,
Socialization through sports,
Sports & Religion how influence in each other.

Unit – III

Women in Sports: Social myths related with women.
Attitude of Society towards sports man and Sports women
Women empowerment through sports

Unit – IV

Meaning, Definition and characteristics of leadership,
Qualities of a leader,
leadership training in Physical Education,
Need and Importance of leadership in Physical Education.


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

Semester-V

Paper Code- 24UN-BPES-505

Paper Name- Sports Psychology (Elective)

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.

UNIT – 1 –

Meaning and definition of Sports Psychology
Nature and Importance of Sports Psychology
Components of Sports Psychology
Role of Sports Psychologist

UNIT – 2 – LEARNING:

Meaning definition and nature of Learning.
Theories of learning and their implications.
Thorndike trail and error theory
Pavlov classical conditioning theory
Kohler insight learning theory

UNIT – 3 –

Meaning of Motivation, Types of Motivation
Basic motivational concept ✓
Role of motivation in sports. ✓
Meaning and nature of Emotion. ✓
Types of Emotion. ✓
Emotion and Sports Performance.

UNIT – 4

Personality, types of Personality.
Meaning of Stress, Symptoms of stress
Meaning of anxiety, Symptoms of Anxiety
Effect of stress and anxiety in sports.

SUGGESTED READINGS

K. Young (1954) Handbook of sociology.

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Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.

Blair, J. & Simpson, R. (1962). *Educational psychology*, New York: McMillan Co. Cratty, B. J. (1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.

Kamlesh, M. L. (1998). *Psychology in physical education and sport*. New Delhi: Metropolitan Book Co.

Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and social system*. London: Addison Wesley Publishing Company Inc.

Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea & Febiger.

Mathur, S.S., (1962). *Educational Psychology*, Agra, Vinod Pustak Mandir.

Skinner, C. E., (1984). *Education psychology*. New Delhi: Prentice Hall of India.

William, F. O. & Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Lt



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Semester-V

Paper Code- 24UN-BPES-506

Paper Name- Recreation (Elective)

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.

Unit-

Introduction to Recreation

Meaning of Recreation

Definitions of Recreation

Scope of Recreation

Importance of Recreation

Unit-2

Need of Recreation for people

Value of Recreation

Wrong beliefs regarding Recreation

Unit-3

Brief history of Recreational activities in India and in foreign countries

Trends of Recreational activities in India.

Recreational activities related to the Physical Education

Unit-4

Organization and Administration of Recreation

Various branches of Recreation

Social Integration through recreation activities.

Points for successful camps



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

Paper Code- 24UN-BPES-507

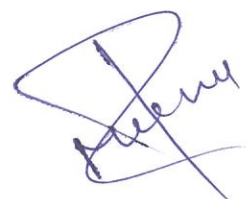
Practical- Athletics (Track events)

Maximum Marks: 50 ;

- Dimensions and marking of the Athletics track.
- Basic requirements of Athletic track events.
- Fundamental Running techniques of the Athletics.
- Rules of the Athletic track events with their interpretations.
- Selection and coaching in Athletic track events.
- Officiating & Referee / Umpire /scorer /curatorship for self-employment.



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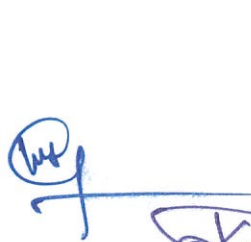
Bachelor of Physical Education and Sports (B.P.E.S.)
Semester-V

Paper Code- 24UN-BPES-508

Practical- Athletics (Jumping events)

Maximum Marks: 50

- Dimensions and marking of the Long Jump.
- Basic requirements of Athletic Jumping events.
- Fundamental Jumping techniques of the Athletics.
- Rules of the Athletic Jumping events with their interpretations.
- Selection and coaching in Athletic Jumping events.
- Officiating & Referee / Umpire /scorer /curatorship for self-employment.



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Semester-VI

Paper Code- 24UN-BPES-601

Paper Name- Test and Measurement in 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.

Learning Outcomes

The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education.

The students will be able to construct and conduct the physical fitness and sports skill test.

The students will be able to implement the criteria of test selection

Unit-I

Introduction to Test & Measurement & Evaluation

Meaning of Test, Measurement & Evaluation in Physical Education - Importance of Test, Measurement & Evaluation in Physical Education - Criteria of selecting an appropriate test - Type and classification of test.

Unit-II

Construction and Administration of Test

Administration of testing programme - Construction of Physical Fitness / Efficiency Test - General types of sports skill test items - Construction of sports skill test.

Unit-III

Physical Fitness Tests

Youth Physical Fitness Test - Tuttle Pulse Ratio Test - Newton Motor Ability Test - Phillips JCR Test.

Unit-IV

Sports Skill Tests

Lockhart and McPherson Badminton test - Johnson Basketball test - McDonald soccer test - S.A.I Hockey test.

References:



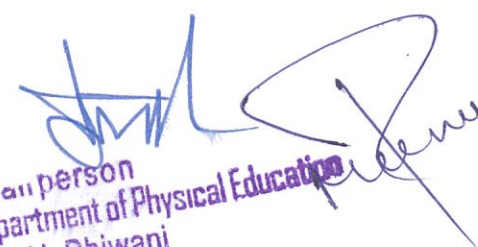
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Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark:Ho+Storm.

Barron, H. M., &Mcchee, R. (1997). A practical approach to measurement in physical education.Philadelphia: Lea and Febiger.

Barron, H.M. &Mcchee, R. (1997). A Practical approach to measurement in physical education.Philadelphia: Lea and Febiger.

Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi:D.V.S. Publications


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

Semester-VI

Paper Code- 24UN-BPES-602

Paper Name- Officiating & Coaching -VI

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 Athletics

The pass out would be able to lay out and mark the track and field.

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

He would be oriented in the art of coaching the Athletes.

Unit-I

Introduction of Shotput and Discus Throw events in Athletics.

Dimensions and Layout of Shotput and Discus Throw events in Athletics.

Rules and Regulations of the Shotput and Discus Throw events in Athletics.

Techniques of Shotput and Discus Throw events in Athletics.

Unit-II

Introduction of Javelin throw events in Athletics.

Dimensions and Layout of the Javelin throw events in Athletics.

Rules and Regulations of the Javelin throw events in Athletics

Techniques of Javelin throw events in Athletics.

Unit-III

Meaning and concept of officiating and coaching

Principles of officiating and Coaching

Ethics and professional conduct

Qualities and qualifications of officials and coaches

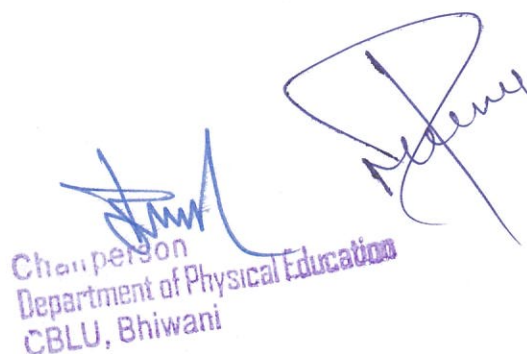
Unit-IV

Introduction of Fixture

Types of Fixture

types of fixture for Knock-out tournaments

types of Fixture for League tournaments



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

Semester-VI

Paper Code- 24UN-BPES-603

Paper Name- Exercise Physiology (Elective)

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.

Learning Outcomes:

The student would be empowered with the applicable knowledge of physiology in physical activity and sports.

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

Unit-I

Functional Adaptations to Exercise

Hormonal control during exercise - Exercise and neuromuscular system - Metabolic adaptations to exercise - Cardio-respiratory changes - Effects of exercise and training on health and fitness.

Unit-II

Energy Continuum and Recovery Process

Metabolism and exercise - Recovery from exercise - Replenishment of energy stores during recovery process - Removal of excess lactic acid produced during exercise - Restoration of myoglobin oxygen stores

Unit-III

Exercise in hot and cold environment

Body temperature regulations - Physiological responses to exercise in the heat - Acclimatization to exercise in heat - Physiological responses to exercise in cold - Health risks during exercise in the cold.

Unit-IV

Altitude and physiology



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Exercise performance at altitude - Physiological responses to acute altitude exposure -
Chronic altitude exposure and acclimatization.

Aging process and Ergogenics

Age related changes and exercise - Ergogenic aids and physical activity

References:

W. Larry Kenney, Jack H. Wilmore, David L. Costill, 2012, Physiology of Sports and Exercises.

Robert A. Robergs, Scott O. Roberts, 2000, Fundamental Principles of Exercise Physiology for Fitness, Performance, and Health.

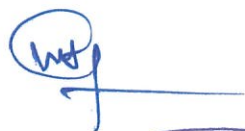
Larry G. Shaver, 1982, Essentials of Exercise Physiology.

Dr. Sandhya Tiwari, 2006, Exercise Physiology.

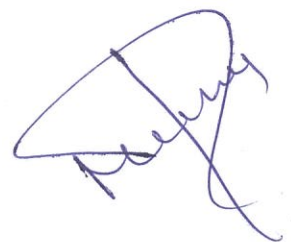
M. Dena Gardiner, 1985, The Principles of Exercise Therapy.

Edward L. Fox, Richard W. Bowers, Merle L. Foss, 1981, The Physiological Basis of Physical Education and Athletics.

Michael S. Bahrke, Charles E. Yesalis, 2002, Performance – Enhancing Substances in Sport and Exercises



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

Semester-VI

Paper Code- 24UN-BPES-604

Paper Name- Sports Management (Elective)

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.

Unit-I

Meaning and Definition of Sports management

Basic principles of Sports management

Importance of Sports management

Career opportunities in Sports Management

Unit-II

Meaning and Definition of Leadership,

Characteristics and qualities of a Good Leader,

Leadership training in Physical Education,

Role and Importance of leadership in Physical Education and Sports.

Unit-III

Meaning and types of budget

Importance of budget

Care and maintenance of sports equipments

Care and maintenance of play fields

Unit-IV

Meaning and definition of Planning in Sports

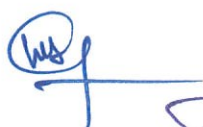
Steps of planning in Sports

Importance in planning in sports

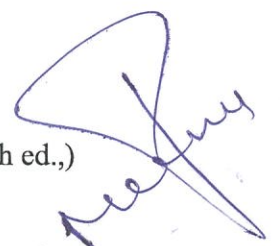
Principles of planning in sports

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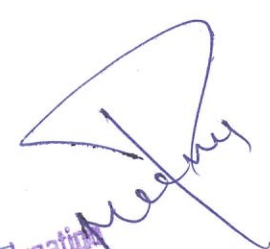
1. Bucher A. Charles (1993) Management of physical Education and sports (10th ed.,)
St.Louis :Mobsy Publishing Company.



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2. Chelladurai. P (1999) Human Resource Management in sport and Recreation, Human kinetics.
3. Chakraborty, Samiram (1988), Sports Management, Sports publications, New Delhi.
4. Lazer. W and Culley. J Marketing Management. Boston Houghton Mifflin Co.
5. Ruben Acosta Hernandez, Managing sport organizations, Human kinetics



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

Semester-VI

Paper Code- 24UN-BPES-605

Paper Name- Sports Journalism (Elective)

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 students will be oriented in basic art of mass communication and reporting of sports events through various mediums.

Unit-I

Introduction

Meaning and Definition of Journalism - Ethics of Journalism - Sports Ethics and Sportsmanship - Reporting Sports Events - National and International Sports News Agencies.

Unit-II

Sports Bulletin

Concept of Sports Bulletin - Types of bulletin - Journalism and sports education - Structure of sports bulletin – Compiling a bulletin - General news reporting and sports reporting.

Unit-III

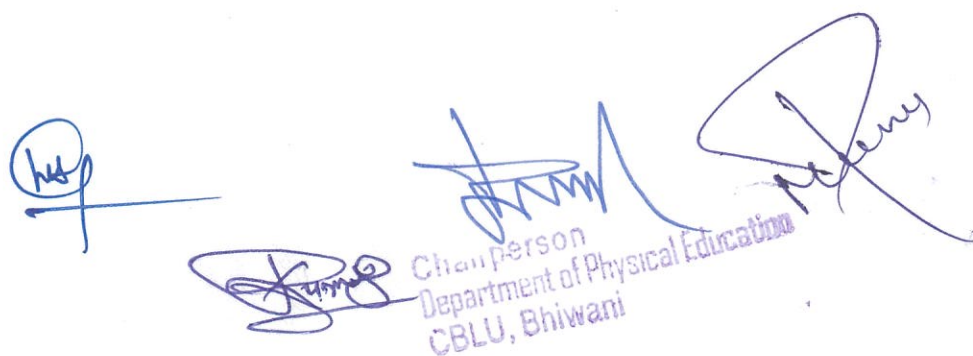
Mass Media

Mass Media in Journalism: Radio and T.V. - Commentary (Running commentary on the radio, Sports expert's comments) - Role of Advertisement in Journalism - Sports Photography - Editing and Publishing.

Unit-IV

Report Writing on Sports

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games - Preparing report of an Annual Sports Meet for Publication in Newspaper - Organization of Press Meet - Practical assignments to observe the matches and prepare report and news of the same - Visit to News Paper office and TV Centre to know various departments and their working.



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

Semester-VI

Paper Code- 24UN-BPES-606

Paper Name- Fitness and wellness (Elective)

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.

Unit-I

Meaning and Definition of Physical Fitness

Benefits of Physical Fitness in Sports and daily life

Meaning and Types of Aerobic and Anaerobic activities

Exercises and Heart rate Zones for intensities of aerobic and anaerobic activities

Unit-II

Types of fitness activities - Outdoor activities – Basic movement patterns. Indoor activity – Aerobics/Dance Fitness, Resistance Training for fitness.

Unit-III

Define wellness - Components of health wellness and their relationship between physical activity - Local, demographic, societal issues and factors affecting wellness.

Unit-IV

Benefits & Importance of various dimensions of wellness. Relationship of physical fitness in achieving wellness. Drugs, doping and wellness. Role of diet and exercise in health management.

REFERENCES

Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.

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Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.

Health Promotion: Mobilizing Strengths to Enhance Health, Wellness, and Well-being [1 ed.] F.A. Davis Company.

Yoga RX: A Step-by-Step Program to Promote Health, Wellness, and Healing for Common Ailments, Broadway.

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Semester-VI

Paper Code- 24UN-BPES-609

Practical- Officiating & Coaching (Major Game)

Maximum Marks: 50

Note- Students can select any one major game from B.P.E.S. practical syllabus.

Officiating Skills- 25 marks

Students shall demonstrate practical competency in:

- Duties of officials before, during, and after the match.
- Correct use of whistle and signals.
- Positioning and movement of officials.
- Application of rules in match situations.
- Scoring procedures.
- Timekeeping.

Coaching Practice- 25 Marks

Students shall conduct practical coaching sessions including:

- Planning of coaching sessions.
- Demonstration of skills.
- Teaching progression (Simple to Complex).
- Error identification and correction.
- Individual and group coaching.



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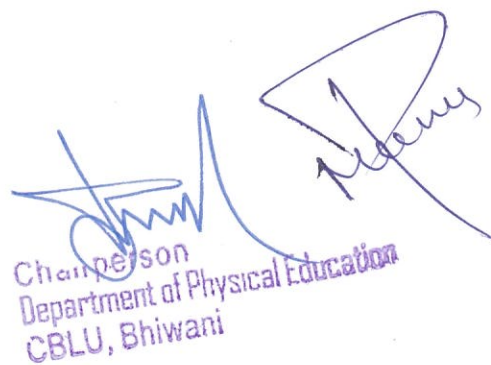
Semester-VI

Paper Code- 24UN-BPES-608

Practical- Athletics (Throwing events)

Maximum Marks: 50

- Dimensions and marking of the Throwing events.
- Basic requirements of Athletic Throwing events.
- Fundamental Throwing events techniques of the Athletics.
- Rules of the Athletic Throwing events with their interpretations.
- Selection and coaching in Athletic Throwing events.
- Officiating & Referee / Umpire /scorer /curatorship for self-employment.



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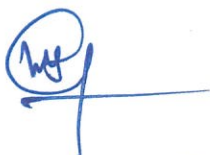
Semester-VI

Paper Code- 24UN-BPES-607

Practical- Games (Hockey, Baseball)

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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