SYLLABUS

(Choice Based Credit System)

BACHELOR OF PHYSICAL EDUCATION & SPORTS (B.P.E.S)

(THREE YEAR)

REGULATION AND SYLLABUS

2017-2018 Onwards
BPES (Bachelor of Physical Education & Sports)

1. AIM OF THE COURSE

The degree of BPES Bachelor of Physical Education & Sports (Choice Based Credit System) is an inter disciplinary science involving fields related to education, human behaviors, sports and science. The purpose of the three years degree course is to provide a longer period of professional preparation in physical education and sports. This is professional course which enables students to get jobs like physical education teacher in schools, fitness experts, training instructor in police organization, corporate sector etc.

2. ELIGIBILITY FOR ADMISSION

Candidate for admission to Bachelor of Physical Education & Sports (BPES) shall be required to have passed Higher Secondary or 10+2 or equivalent course conducted by the Government of Tamil Nadu or any other equivalent system recognized by the Government of Puducherry based on the admission criteria laid down by Pondicherry University are eligible to apply. as equivalent thereto and 35 % of marks.

a) Other Requirements:

i. Candidate seeking admission to BPES must qualify the Physical Fitness Test (Appendix-I)
ii. Be free from Physical Deformities.
iii. Should be Medically Fit to undergo the course.

b) Minimum eligibility the applicant must have represented the District/School in any game/Sports (Appendix-II)

APPENDIX – I

<table>
<thead>
<tr>
<th>PHYSICAL FITNESS TEST (QUALIFYING)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Male</strong></td>
</tr>
<tr>
<td>(a) 100 mts</td>
</tr>
<tr>
<td>(b) Shot put (16 lbs)</td>
</tr>
<tr>
<td>(c) Broad Jump.</td>
</tr>
<tr>
<td>(d) Vertical Jump.</td>
</tr>
<tr>
<td>(e) 12 minutes run and walk.</td>
</tr>
</tbody>
</table>
### CRITERIA FOR GRADING OF SPORTS REPRESENTATION

#### APPENDIX – II

(a) Representing the country in Olympics, Asian Games, Common Wealth Games, SAF Games, any form of International Participation in any sports/Games: 25 Marks Max

(b) National/All India Inter Zonal/ National Games /Inter-State/Federation Cup/ Junior National:

<table>
<thead>
<tr>
<th>Position</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Position</td>
<td>20 Marks</td>
</tr>
<tr>
<td>2nd Position</td>
<td>18 Marks</td>
</tr>
<tr>
<td>3rd Position</td>
<td>16 Marks</td>
</tr>
</tbody>
</table>

(c) School National:

<table>
<thead>
<tr>
<th>Position</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Position</td>
<td>15 Marks</td>
</tr>
<tr>
<td>2nd Position</td>
<td>13 Marks</td>
</tr>
<tr>
<td>3rd Position</td>
<td>12 Marks</td>
</tr>
</tbody>
</table>

(d) National Women Championship/National Rural Championships:

<table>
<thead>
<tr>
<th>Position</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Position</td>
<td>15 Marks</td>
</tr>
<tr>
<td>2nd Position</td>
<td>13 Marks</td>
</tr>
<tr>
<td>3rd Position</td>
<td>12 Marks</td>
</tr>
</tbody>
</table>

(e) Participation in National Championships:

<table>
<thead>
<tr>
<th>Championship Type</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Participation</td>
<td>10 Marks</td>
</tr>
<tr>
<td>National School</td>
<td>10 Marks</td>
</tr>
</tbody>
</table>

(f) State championships:

<table>
<thead>
<tr>
<th>Position</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Position</td>
<td>7.5 Marks</td>
</tr>
<tr>
<td>2nd Position</td>
<td>6 Marks</td>
</tr>
<tr>
<td>3rd Position</td>
<td>5.5 Marks</td>
</tr>
</tbody>
</table>

(g) State Participation: 5 Marks

(h) Inter-Zonal (School) C.B.S.E Nationals K.V.S. Nationals, Sanik Schools Nationa, Navodya School Nationals, All India Public Schools:

<table>
<thead>
<tr>
<th>Position</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Position</td>
<td>10 Marks</td>
</tr>
<tr>
<td>2nd Position</td>
<td>8 Marks</td>
</tr>
<tr>
<td>3rd Position</td>
<td>6 Marks</td>
</tr>
</tbody>
</table>

(i) Zonal (Schools Zonals) (C.B.S.E Cluster/Regional, K.V.S Regional, Sanik Schools, Regional, Navodya School Regional, Cluster/Regional Public Schools):

<table>
<thead>
<tr>
<th>Position</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Position</td>
<td>7.5 Marks</td>
</tr>
<tr>
<td>2nd Position</td>
<td>6.5 Marks</td>
</tr>
<tr>
<td>3rd Position</td>
<td>5.5 Marks</td>
</tr>
</tbody>
</table>

(j) District Level Tournaments:

<table>
<thead>
<tr>
<th>Position</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Position</td>
<td>5 Marks</td>
</tr>
<tr>
<td>2nd Position</td>
<td>4 Marks</td>
</tr>
<tr>
<td>3rd Position</td>
<td>3 Marks</td>
</tr>
</tbody>
</table>

(k) Inter School Participation: 3 Marks
a. Tournaments mentioned must be approved by Indian Olympic Association/School Games Federation of India/Govt. of India.

b. The level of Competency in the Sports will be determined only if the candidate has achieved distinctions in sports during the last eligible three years. Participating given above is the order of preference for admission in all the courses.

c. KVS, CBSE, Navodaya cluster and regional is equivalent to zone whereas KVS (National)/CBSE National/Navodaya National is equal to inter-zone or district level.

d. In case any candidate is holding the National participation certificate, it must be supported by certificate of participation at state level or position secured at the Inter-Zonal Competition of the same (respective) game.

e. Position holder of the state championships must be considered with their supporting certificate/authentication at district level or zonal level or an equivalent level position.

2. (a) Reservation of Seats

   i. Schedule Tribes (S.T.) a total number of 7.5% for S.T. are reserved.

   ii. Each candidate from these reserved categories while applying for admission will be required to submit a certificate from the competent authority with respect to his/her status as S.T.

* Relaxation allowed as per University Rules.

3. DURATION OF THE COURSE

   The course shall be of Three years duration spread over Six semesters. The maximum duration to complete the course shall be Six years (including completion of arrears, if any).

4. ELIGIBILITY FOR ADMISSION TO EXAMINATION

   Seventy five percentage (75%) of attendance for theory & practical.

5. MEDIUM

   The medium of instruction shall be English.

6. CHOICE BASED CREDIT SYSTEM (CBCS)

   The Choice Based Credit System (CBCS) is being introduced in affiliated colleges of Pondicherry University for select UG courses, including Bachelor of Physical Education & Sports (BPES), from the academic year 2017-2018 onwards in accordance with the directives of University Grants Commission (UGC). The system provides an opportunity to students to design curriculum to suit individual needs, mobility across related disciplines and institutions in both horizontal and vertical manner.
This System enables a student to obtain a degree in a subject by earning required number of credits prescribed for that degree. Number of credits earned by the student reflects knowledge or skill acquired and performance in each course is reflected in grades. The grade points earned for each course reflect the student’s performance in that course.

The students should study prescribed courses like Discipline Specific Core Courses, Ability Enhancement Compulsory Courses, Skill Enhancement Courses, Public Administration, Environment Awareness etc. They are allowed to exercise choices in selection of courses that are Discipline Specific Elective Courses, General Electives, and Modern Indian Language etc., out of those offered by departments within college or any other college/institution affiliated to Pondicherry University (PU) or any other PU recognized institutions. While allowing students to exercise choices, Pondicherry University notifies regulations by taking into account the practicality. Overall, CBCS is meant to promote student centric education instead of system centric education that is in vogue at present.

7. DEFINITIONS OF KEYWORDS

7.1 Programme: An educational program leading to award of a degree/ diploma/ certificate.

7.2 Programme Committee: Each Program of Study shall have a Programme Committee to oversee implementation of the program.

7.3.1 Course: Usually a course referred to as ‘subject’ is a component of the Programme of Study. All courses do not carry the same weight. This course is designed to comprise lectures/tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/term papers/assignments/ presentations/ self-study etc., or a combination of some of these.

7.3.2 Core Course: There are Core Courses in the first four semesters. These courses shall be compulsorily studied by a student.

7.3.3 Elective Course: Elective Course is a course which can be chosen from a pool of papers. It may be:

- Supportive to the discipline of study
- Providing an expanded scope
- Enabling an exposure to some other discipline/domain
- Nurturing student’s proficiency/skill.
An elective may be “Generic Elective” focusing on those courses which add generic proficiency to the students. An elective may be “Discipline Centric” or may be chosen from an unrelated discipline. It may be called an “Open Elective.”

7.3.4 Foundation Course: The Foundation Courses may be of two kinds: Compulsory Foundation and Elective foundation. “Compulsory Foundation” courses are the courses based upon the content that leads to Knowledge enhancement. They are mandatory for all disciplines. Elective Foundation courses are value-based and are aimed at providing ethical and humanistic education.

7.3.5 Repeat Course: If a student gets (i) less than 40% in the internal assessment and fails in the course or (ii) fails to get the required attendance, the student shall repeat the course when offered.

7.4 Choice Based Credit System (CBCS): The CBCS provides choice for students to select from the prescribed courses (core, elective or minor or soft skill courses etc.) Under the CBCS, the requirement for awarding a degree / diploma / certificate is prescribed in terms of number of credits to be completed by the students.

7.5 Credit: It is a unit by which the course work is measured. It determines the number of hours of instructions required per week:

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Credit</th>
<th>Hours of instruction</th>
<th>Weightage (credit/ hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIL</td>
<td>1</td>
<td>2</td>
<td>0.5</td>
</tr>
<tr>
<td>ENGLISH</td>
<td>1</td>
<td>2</td>
<td>0.5</td>
</tr>
<tr>
<td>DSC (Theory)</td>
<td>1</td>
<td>1.5</td>
<td>0.7</td>
</tr>
<tr>
<td>DSC (Practical)</td>
<td>1</td>
<td>1.5</td>
<td>0.7</td>
</tr>
<tr>
<td>SEC</td>
<td>1</td>
<td>1.5</td>
<td>0.7</td>
</tr>
<tr>
<td>DSE (Theory)</td>
<td>1</td>
<td>1.5</td>
<td>0.7</td>
</tr>
<tr>
<td>DSE (Practical)</td>
<td>1</td>
<td>1.5</td>
<td>0.7</td>
</tr>
<tr>
<td>GE</td>
<td>1</td>
<td>1.5</td>
<td>0.7</td>
</tr>
<tr>
<td>AECC</td>
<td>1</td>
<td>1.5</td>
<td>0.7</td>
</tr>
</tbody>
</table>

MIL- Modern Indian Languages; DSC- Discipline Specific Core
SEC-Skill Enhancement Course; DSE-Discipline Specific Elective
GE- Generic Elective; AECC- Ability Enhancement Compulsory Course.

7.6 Letter Grade: It is an index of the performance of students in a said course. Grades are denoted by letters O, A+, A, B+, B, C, P and F.

7.7 Grade Point: It is a numerical weight allotted to each letter grade on a 10- point scale.
7.8 **Credit Point**: It is the product of grade point and number of credits for a course.

7.9 **Semester Grade Point Average (SGPA)**: It is a measure of performance of work done in a semester. SGPA is the ratio of total credit points secured by a student in various courses registered in a semester and the total course credits taken during that semester. It shall be expressed up to two decimal places.

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

7.11 **Transcript or Grade Card or Certificate**: Based on the grades earned, a Grade certificate shall be issued to all the registered students after every semester. The grade certificate will display the course details (code, title, number of credits, grade secured) along with SGPA of that semester and CGPA earned till that semester.

7.12 **Academic Year**: Two consecutive (one odd + one even) semesters constitute one Academic year.

7.13 **Semester**: Each semester will consist of 15-18 weeks of academic work equivalent to 90 actual teaching days. The odd semester may be scheduled from July to December and even semester from January to June.

8. **SCOPE AND COVERAGE**

8.1 The CBCS is applicable to all full-time UG Bachelor of Physical Education & Sports (BPES) approved by the Academic Council.

8.2 Teaching, learning and evaluation shall follow Semester pattern.

8.3 Students who have passed their Higher Secondary Examination under 10+2 System conducted by the Government of Tamil Nadu or any other equivalent system recognized by the Government of Puducherry based on the admission criteria laid down by Pondicherry University are eligible to apply to Bachelor of Physical Education & Sports (BPES). The exact eligibility criteria will be as prescribed in the regulations approved by the Academic Council of Pondicherry University on the recommendation of the BOS of the respective Departments from time to time.

8.4 Prescribed Bachelor of Physical Education & Sports (BPES) consists of six consecutive semesters (three years). The maximum duration allowed for each student to acquire prescribed number of credits in order to complete the Programme of Study shall be twelve consecutive semesters (six years).
8.5 The academic year consists of two consecutive (1 odd and 1 even) semesters.

8.6 The medium of instruction for all the courses, excepting Arabic, Bengali, French, Hindi, Malayalam, Sanskrit, Tamil, and Telugu, shall be English.

9. COURSE STRUCTURE

At least 60% (72 Credits) of the total minimum credit requirement must be earned by the student in DSC and DSE courses put together in order to obtain a degree in a specific discipline.

10. CREDITS

10.1 One teaching period shall be for 60 minutes duration.

10.2 Number of credits can be earned by a student for the award of Bachelor Physical Education & Sports (BPES) is 120. Out of these, minimum 72 credits are mandatory from Discipline Specific Core Courses (DSC) and Discipline Specific Elective Courses (DSE) put together for obtaining a degree in a particular discipline. The total number of credits in each semester is 20.

11. REGISTRATION

11.1 Every student will be assigned a Faculty Advisor after his/her completion of admission procedure.

11.2 Based on the advice and consent of the Faculty Advisor the student shall register for a set of courses that he/she plans to take up in each semester from among those denoted by the Principal/HOD.

11.3 The student must take the consent of the course teacher offering course(s) for registration.

11.4 The student is permitted to register for courses not exceeding 30 credits per semester. However, registration for Repeat Courses is allowed in excess of this limit.

11.5 A student, in order to retain his/her status, should register for at least a minimum of 12 credits in a semester.

11.6 Students shall have to register for the courses within the first week of a semester.

11.7 The maximum number of students to be registered in each course shall depend upon the physical/laboratory facilities available.

11.8 The information concerning the courses to be offered in every department in a semester with credits and pre-requisites, if any, along with the time-sлот shall be made available by the Physical Education Department of the Institution.

11.9 A student shall not be denied registration for whom the courses are Discipline Specific Core Course (DSC) or Discipline Specific Elective (DSE).

11.10 The registration for all other courses shall be done in the spirit of accommodating as many students as possible in the interest of the students.
11.11 Dropping of courses may be allowed to enable students to opt for the courses of their choice within three weeks from the date of registration.

12. INTRODUCTION OF COURSES

12.1 The course code consists of four alphabets representing the discipline of study followed by three numerals. The first numeral „1” stands for level/year of the course (year of collegiate education), 2 for second year course and 3 for third year course. The second numeral stands for semester (odd or even) and the third numeral is for the serial number of the course.

12.2 The Course Structure and Syllabus for each UG programme shall be finalized and recommended by the Board of Studies (BOS) to be placed in the School Board, and then, in the Academic Council, for consideration and approval.

12.3 The syllabi of Bachelor of Physical Education & Sports (BPES) course shall be revised at least once in three years, to keep in tune with recent developments in knowledge and innovations. Minor revisions in the already approved syllabus of a particular course may be approved by the Chairman of the Academic Council provided there is proper justification and recommendations by the Chairpersons of the BOS and School Board.

13. WORKLOAD OF TEACHERS

13.1 Every faculty member shall be assigned workload as per the UGC norms.

13.2 In addition to regular handling of classes, teachers are required to participate in preparation of detailed syllabus, designing of the teaching plan, invigilation, paper setting, evaluation of answer scripts during continuous assessment and any other duties as and when assigned by the Principal or University authorities.

13.3 Teachers shall associate with organizing practical lab sessions, field visits, industrial tours, and guided project work etc., as per directives of the Principal/ Head of the institution.

14. PATTERN OF EXAMINATION

14.1 The End-Semester examination (ESE) for each course in Bachelor of Physical Education & Sports shall be conducted by the Pondicherry University for a maximum of 75 marks and Internal Continuous Assessment (ICA) for 25 marks.

14.2 Internal assessment for all theory courses shall be done on the basis of at least two Internal Assessment tests (15 marks); term papers/assignments/seminars/case demonstrations/presentations/write-ups/viva etc. (5 marks); and attendance (5 marks). The following weightage shall be given to attendance:

- 95% - 100% (5 marks)
- 90% - 94% (4 marks)
- 85% - 89% (3 marks)
14.3 Internal Assessment for practical courses involving Laboratory/Field work/Project work is 15, marks for Practical Record is 10, 25 marks for Practical end-semester exam.

14.4 A schedule of Internal Assessment tests shall be prepared by each College commonly to all departments in the beginning of each semester. Internal Assessment marks shall be displayed a week before the commencement of end-semester examinations.

14.5 End-semester examination shall be conducted for all courses offered. The duration of the end-semester examination shall be 3 hours.

14.6 Every student has to pay examination fee per Credit basis as fixed by the University.

14.7 A schedule of end-semester examinations will be prepared and displayed by the University much in advance.

14.8 No student with less than 75% in any particular course shall be permitted to attend the end-semester examination and shall be given grade FA-failure due to lack of attendance. However, an overall condonation of 10% is permitted for valid reasons (NCC, NSS, Swachh Bharat) or medical reasons. A student who has been awarded FA (Failure due to lack of Attendance) shall repeat the course when offered. The Principal/Head of the Department shall ensure that the candidate is informed about the lack of attendance before the commencement of end-semester examination and confirm that such candidates are not permitted to write the examination.

14.9 To pass a course the student must secure minimum of 40 out of 100 marks (40%) in the internal and the end-semester examination put together.

14.10 A student who has earned the required number of 120 credits by clearing all the required courses shall be declared as pass even if he/she could not clear optional courses which were taken in excess of the required number of courses.

14.11 Result Passing Board for each Programme of Study shall be constituted by the Pondicherry University from time to time.

14.12 Revaluation and re totalling of the answer scripts shall be allowed within the stipulated period of time as decided by the Controller of Examinations (COE) after paying the required amount of fee.

15. SUPPLEMENTARY EXAMINATION

15.1 A failed student who meets the attendance requirement may be permitted to register for the next end-semester examination in the following semester itself for theory paper.(eg.for practical
papers, those who failed in odd semester practical paper may be permitted to register for next odd end-semester examination).

15.2 Students who have failed due to insufficient attendance and/or less than 40% Internal Assessment marks should repeat the course as and when offered.

16. PROGRAMME COMMITTEE

16.1 The Programme Committee (PC) of each department shall be chaired by the Principal / Head of the institution. The HOD, all the faculty members offering DSC and DSE course and two students (one male and one female, where possible) from each class shall be Members of PC.

16.2 The PC shall meet at least once in a semester to discuss implementation of the program. The discussions and resolutions should be on adherence to time-table, proper syllabus coverage, introduction of new courses and all other issues concerning academic matters.

16.3 The minutes of the PCM must be communicated to the Chairman of BOS, Controller of Examinations and Dean, College Development Council of Pondicherry University.

17. GRADING AND GRADE CARD

17.1 Letter grades shall be used to assess the performance of students in each course by converting final marks (out of 100) into grades. In case of fractions the marks shall be rounded off to next integer. The following shall be used to convert marks into awarding grades:

<table>
<thead>
<tr>
<th>Range of Marks</th>
<th>Letter Grade</th>
<th>Grade Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>96-100</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>86-95</td>
<td>A+</td>
<td>09</td>
</tr>
<tr>
<td>76-85</td>
<td>A</td>
<td>08</td>
</tr>
<tr>
<td>66-75</td>
<td>B+</td>
<td>07</td>
</tr>
<tr>
<td>56-65</td>
<td>B</td>
<td>06</td>
</tr>
<tr>
<td>46-55</td>
<td>C</td>
<td>05</td>
</tr>
<tr>
<td>40-45</td>
<td>P</td>
<td>04</td>
</tr>
<tr>
<td>Below 40</td>
<td>F</td>
<td>00</td>
</tr>
<tr>
<td>Lack of attendance</td>
<td>FA</td>
<td>00</td>
</tr>
</tbody>
</table>

17.2 The SGPA shall also be calculated by taking all courses taken by the student in the semester and CGPA shall also be calculated by taking all the courses taken by the student in all the semesters.
17.3 The University shall award „class” to students who acquired 120 (see 10.2) according to the following:

<table>
<thead>
<tr>
<th>CGPA</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 – 10.00</td>
<td>First Class with Distinction (should not have failed in any course)</td>
</tr>
<tr>
<td>7.00 – 8.99</td>
<td>First Class</td>
</tr>
<tr>
<td>5.50 – 6.99</td>
<td>Second Class</td>
</tr>
<tr>
<td>4.00 – 5.49</td>
<td>Pass</td>
</tr>
</tbody>
</table>

17.4 The Grade card shall be issued to the students containing grades obtained by the student in the previous semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA). The Grade card shall list the following:

a. Title of the course taken by the student
b. Number of credits allotted to the course
c. The grades secured by the student in each course
d. Total number of credits earned by the student in that semester
e. SGPA of the student
f. Total number of credits earned by the student till that semester
g. CGPA of the student

18. FAIRNESS IN ASSESSMENT

To ensure fairness of examination and evaluation following shall be followed:

18.1 In case of at least 50% of core courses offered in different programmes across the disciplines, the assessment of the theoretical component towards the end of the semester should be undertaken by external examiners from outside the university conducting examination, who may be appointed by the Controller of Examinations. In such courses, the question papers will be set as well as assessed by external examiners.

18.2 In case of the assessment of core practical courses, the team of examiners should be constituted on 50 – 50 % basis. i.e., half of the examiners in the team should be invited from outside the University for conducting examination.

18.3 In case of the assessment of project reports / thesis / dissertation etc. the work should be undertaken by internal as well as external examiners.

19. COMPUTATION OF SGPA AND CGPA
Following procedure to compute the Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA) shall be followed:

19.1 The illustration is for a student who has taken 6 courses of given credits in a semester and performance is given in grade letter which carry certain grade point.

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit</th>
<th>Grade letter</th>
<th>Grade Point</th>
<th>Credit Point Credit x Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course 1</td>
<td>3</td>
<td>A</td>
<td>08</td>
<td>3x08 = 24</td>
</tr>
<tr>
<td>Course 2</td>
<td>4</td>
<td>B+</td>
<td>07</td>
<td>4x07 = 28</td>
</tr>
<tr>
<td>Course 3</td>
<td>3</td>
<td>B</td>
<td>06</td>
<td>3x06 = 18</td>
</tr>
<tr>
<td>Course 4</td>
<td>3</td>
<td>O</td>
<td>10</td>
<td>3x10 = 30</td>
</tr>
<tr>
<td>Course 5</td>
<td>3</td>
<td>C</td>
<td>05</td>
<td>3x05 = 15</td>
</tr>
<tr>
<td>Course 6</td>
<td>4</td>
<td>B</td>
<td>06</td>
<td>4x06 = 24</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>20</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>139</strong></td>
</tr>
</tbody>
</table>

SGPA = 139/20 = 6.95

19.2 Illustration 2 for calculation of SGPA
A student registered for 6 (six) courses in a semester. At the end of the semester the student got A grade in a 4 credit course, A grade in 2 credit course B+ in a 3 credit course another B+ in a 3 credit course, B in a 3 credit course and F grade in a 3 credit course.

Calculation of SGPA of this student is:
SGPA = (8x4+8x2+7x3+7x3+6x3+0x3)/(4+2+3+3+3+3) = (32+16+21+21+18+00)/18= 108/18 = 6.00 out of 10.00.

SGPA of the student is 6.00.

19.3 Illustration for calculation of CGPA (Example)
The illustration is for calculation of CGPA of a student who studied six semesters in a UG program.

<table>
<thead>
<tr>
<th>Semester</th>
<th>Credits</th>
<th>SGPA</th>
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</thead>
<tbody>
<tr>
<td>Semester 1</td>
<td>20</td>
<td>6.95</td>
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<tr>
<td>Semester 2</td>
<td>22</td>
<td>7.80</td>
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<tr>
<td>Semester 3</td>
<td>18</td>
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<tr>
<td>Semester 4</td>
<td>21</td>
<td>6.04</td>
</tr>
<tr>
<td>Semester 5</td>
<td>19</td>
<td>7.21</td>
</tr>
<tr>
<td>Semester 6</td>
<td>20</td>
<td>7.85</td>
</tr>
<tr>
<td>-----------</td>
<td>----</td>
<td>------</td>
</tr>
<tr>
<td></td>
<td>Total 120</td>
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</tr>
</tbody>
</table>

CGPA =

\[
\frac{(20 \times 6.95 + 22 \times 7.80 + 18 \times 5.65 + 21 \times 6.04 + 19 \times 7.21 + 20 \times 7.85)}{120} = 139.00 + 171.60 + 101.70 + 126.84 + 136.99 + 157.00 = 833.13 \div 120 = 6.94275 \text{ Rounded off to } 6.94
\]

CGPA = 6.94. The student has passed in the program and is placed in 2nd Class.

19.4 **Transcript:** the University shall issue a transcript for each semester as given in 14.7 and a consolidated transcript indicating the performance in all semesters.
# PONDICHERRY UNIVERSITY

## COURSE STRUCTURE FOR BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)

(Choice Based Credit System - With effect from 2017-2018)

<table>
<thead>
<tr>
<th>COURSE</th>
<th>COURSE CODE</th>
<th>TITLE OF THE COURSE/PAPER</th>
<th>CREDITS /HOURS ALLOTTED</th>
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<tbody>
<tr>
<td></td>
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<td>Lecture</td>
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<tr>
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<td>ENGLISH – I</td>
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<td>Foundation &amp; Philosophy of Physical Education</td>
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<td>Rule of Games and Sports -Theory Part-I (Basketball, Throwball, Kabaddi &amp; Kho-Kho)</td>
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<td>AECC -1</td>
<td>PADM 113</td>
<td>Public Administration</td>
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<td>UBPE 113</td>
<td>Practical-I(Morning/ Evening Activities )</td>
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<td>SEMESTER-II</td>
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<td>DSE -1B</td>
<td>UBPE 122</td>
<td>Anatomy and Physiology</td>
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<td>DSC-1</td>
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<td>Rules of Games and Sports- theory Part-II (Volleyball, Swimming, Gymnastics&amp; Table Tennis)</td>
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<td>Environmental Studies</td>
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<td>Practical-II (Morning/ Evening Activities )</td>
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<td>ENGLISH – 3</td>
<td>ENGL 232</td>
<td>ENGLISH – III</td>
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<td>UBPE 231</td>
<td>Methods in physical Education</td>
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<tr>
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<td>UBPE 232</td>
<td>Rules of Games and Sports-Part III (Track and Field and Cross Country)</td>
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<td>SEC-1</td>
<td>UBPE 233</td>
<td>Sports Management in Physical Education</td>
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### Practical - UBPE 234

**Practicals-III (Morning/ Evening Activities)**

<table>
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<th>SEMESTER-IV</th>
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<td>UBPE 234</td>
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<td>LTAM/</td>
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<td>LTEL 241</td>
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<td>ENGLISH – 4</td>
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<td>UBPE 242</td>
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<td>ENGL 242</td>
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<td>Rule of Games and Sports Part-IV (Football, Tennis, Ball Badminton and Tennikoit)</td>
<td>4</td>
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<td>DSE-1A</td>
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<td>UBPE 243</td>
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<tr>
<td>Personality Development and Communication Skills</td>
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<tr>
<td>Practical</td>
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<td>UBPE 244</td>
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<td>Practicals-IV (Morning/ Evening Activities)</td>
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### SEMESTER-V | 20 CREDITS

| DSC-1       | UBPE 351 | Recreation ,Camping and Leadership | 3 |
| DSE-1A      | UBPE 352 | Exercise Physiology | 3 |
| SEC-1       | UBPE 353 | Introduction of Adapted Physical Education | 3 |
| DSC-1       | UBPE 354 | Rule of Games and Sports Part-V (Handball, Cricket, Netball and Judo) | 3 |
| GE-2        | UBPE 355 | Computer Application in Physical Education | 3 |
| Practical   | UBPE 356 | Practicals-V (Morning/ Evening Activities) | -- |
| TP          | UBPE 357 | Teaching Practicals | -- |

### SEMESTER-VI | 20 CREDITS

| DSC-1       | UBPE 361 | Scientific Principles of Sports Training | 3 |
| DSC-1       | UBPE 362 | Rule of Games and Sports Part-V (Hockey and Softball) | 3 |
| DSE-1A      | UBPE 363 | Sports Psychology and Sports Journalism | 3 |
| DSE-1B      | UBPE 364 | Science of Yoga | 3 |
| DSE-1A      | UBPE 365 | Kinesiology and Biomechanics | 3 |
| Practical   | UBPE 366 | Practicals-VI (Morning/ Evening Activities) | -- |

**Number of Courses:**

<table>
<thead>
<tr>
<th>Bachelor Physical Education &amp;Sports (BPES) (CBCS)</th>
<th>Course with Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester</td>
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<td>II</td>
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<td>III</td>
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<tr>
<td>IV</td>
<td>01</td>
</tr>
<tr>
<td>V</td>
<td>--</td>
</tr>
<tr>
<td>VI</td>
<td>--</td>
</tr>
</tbody>
</table>
Details of Courses for Bachelor of Physical Education & Sports (BPES)

I. DSC-IDISCIPLINE SPECIFIC CORE –for Physical Education main- Compulsory (Ten Papers)
   1. Foundation & Philosophy of Physical Education
   2. Rule of Games and Sports-Part-I (Basketball, Throwball, Kabaddi & Kho-Kho) (T+P)
   3. Rules of Games and Sports- Part -II (Volleyball, Swimming, Gymnastics & Table Tennis)(T+P)
   4. Rules of Games and Sports- Part-III (Track and Field and Cross Country) (T+P)
   5. Rule of Games and Sports- Part-IV(Football, Tennis, Ball Badminton and Tennikoit) (T+P)
   6. Rule of Games and Sports- Part -V (Handball, Cricket, Netball and Judo) (T+P)
   7. Rule of Games and Sports- Part-IV(Hockey and Softball) (T+P)
   8. Methods in Physical Education
   9. Recreation, Camping and Leadership
   10. Scientific Principles of Sports Training

II. SEC-1 SKILL ENHANCEMENT COURSES- (for Physical Education main) (Three Papers)
   1. Introduction to Adaptive Physical Education
   2. Sports Management in Physical Education
   3. Sports Injuries & Physiotherapy, Safety Education
   4. Sports Nutrition and Health Education

III. DSE-IDISCIPLINE SPECIFIC ELECTIVES (for Physical Education main)

DSE-1A (Four Papers)
   1. Sports Psychology and Sports Journalism
   2. Test Measurements & Evaluation in Physical Education and Sports
   3. Exercise Physiology
   4. Kinesiology and Biomechanics

DSE-1B (for Physical Education main) (Two Papers)
   1. Anatomy and Physiology
   2. Science of Yoga

IV. GE- GENERIC ELECTIVE– Open for Physical Education & Non- Physical Education (Two Papers)

GE-1 - Personality Development and Communication Skills
GE-2 - Computer Application in Physical Education

V. MIL- MODERN INDIAN LANGUAGES

Bengali/ Hindi/ Malayalam/ Sanskrit/ Tamil/ Telugu

VI. ENGLISH

VII. AECC-ABILITY ENHANCEMENT COMPULSORY COURSES (AECC-1 & AECC-2)
1. Public Administration
2. Environmental Studies

SEMMETER – I
DSC-1
UBPE 111 FOUNDATION & PHILOSOPHY OF PHYSICAL EDUCATION (3 credits)
Maximum Marks: 100
(Internal 25, External 75)

UNIT : I
Meaning and Definition of Education and Physical Education – Aims, Objective and Scope of Physical Education, need and importance of physical education in modern society.

UNIT : II
Biological Foundation of Physical Education - Exercise as biological necessity and various periods of growth and development – Differences between boys and girls during the period of adolescence-Body types (Somato Type) according to Sheldon and Kretchener.

UNIT : III

UNIT : IV

UNIT : V
Scientific basis of Physical Education – Contribution of Allied Sciences –Anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology, Sociology and Computer Science

Books for References:

SEMESTER – I
DSC-1

UBPE 112 RULE OF GAMES AND SPORTS -THEORY PART-I (4 credits)
(BASKETBALL, THROWBALL, KABADDI & KHO-KHO)

Maximum Marks: 100
(Internal 25, External 75)

UNIT:  I
Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT : II
Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT: III
Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

UNIT: IV
Layout of Playfield with all Measurements, Facilities and equipment and its specifications

UNIT: V
Rules and their Interpretation, Methods of Officiating, Duties of Officials

Books for Reference

1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. KHO-KHO Rules Book.
### semester – I
Practical-I

UBPE 113  Practical-I (Morning/ Evening Activities )  5 Credits

Maximum Marks: 100  
(Internal 25, External 75)

<table>
<thead>
<tr>
<th>Game/Activity</th>
<th>Internal Maximum Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Minor Games</td>
<td>25</td>
</tr>
<tr>
<td>2. Calisthenics</td>
<td>25</td>
</tr>
<tr>
<td>3. Drills &amp; Marching</td>
<td>25</td>
</tr>
<tr>
<td>4. Basketball</td>
<td>75</td>
</tr>
<tr>
<td>5. Throwball</td>
<td>75</td>
</tr>
<tr>
<td>6. Kabaddi</td>
<td>75</td>
</tr>
<tr>
<td>7. Kho-Kho</td>
<td>75</td>
</tr>
<tr>
<td>8. Officiating( Specialization)</td>
<td>75</td>
</tr>
<tr>
<td>Total</td>
<td>450</td>
</tr>
</tbody>
</table>
UNIT - I - Skeletal System
The arrangement of the Skeleton - Functions of the Skeleton - Classification of Joints with examples - Structure of the synovial joints - Movement of the joint.
Muscular System
Functional Classification of Muscles and its significance, General characteristics of Muscles.

UNIT - II - Cardio- Vascular System
Constituents of blood and their functions - Functions of Blood Groups - clotting of blood, Structure and function of the heart and major blood vessels in different parts of the body - properties of the heart muscle – circulation of the Blood - Cardiac cycle - blood pressure - Pulse rate, cardiac out put.

UNIT - III - Respiratory System
Structure of lungs and Bronchial tree - Mechanism and regulation and respiration - exchange of Gases, Second wind, vital capacity and oxygen debt. Excretory system - Kidney and skin

UNIT - IV - Digestive System
Structure and function of various parts (Gastro intestinal system) – Movement of digestive tract - Function of liver.

UNIT - V - Nervous System

References:
3. Morehous and Miller, Physiology of Exercise, St. Louis: The C.V. Mosp Company.
SEMESTER – II
DSC-1

UBPE 123
RULES OF GAMES AND SPORTS- THEORY PART -II
(VOLLEYBALL, SWIMMING,GYMNASTICS& TABLE TENNIS) 4 Credits
(Maximum Marks: 100
(Internal 25, External 75)

UNIT: I
Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT : II
Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT: III
Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

UNIT: IV
Layout of Playfield with all Measurements, Facilities and equipment and its specifications

UNIT: V
Rules and their Interpretation, Methods of Officiating, Duties of Officials

References
1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. KHO-KHO Rules Book.
### Game/Activity

<table>
<thead>
<tr>
<th>Game/Activity</th>
<th>Internal Maximum Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Dands &amp; Baiteks</td>
<td>25</td>
</tr>
<tr>
<td>2. Light Apparatus</td>
<td>25</td>
</tr>
<tr>
<td>3. Lezium</td>
<td>25</td>
</tr>
<tr>
<td>4. Volleyball</td>
<td>75</td>
</tr>
<tr>
<td>5. Swimming</td>
<td>75</td>
</tr>
<tr>
<td>6. Gymnastics</td>
<td>75</td>
</tr>
<tr>
<td>7. Table tennis</td>
<td>75</td>
</tr>
<tr>
<td>8. Officiating( Specialization)</td>
<td>75</td>
</tr>
<tr>
<td>Total</td>
<td>450</td>
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</tbody>
</table>
SEMESTER-III
DSC-1

UBPE 231 METHODS IN PHYSICAL EDUCATION 3 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT - I
Meaning of method - Factors influencing method - Presentation technique - Planning and presentation - Personal preparation - Technical preparation - common characteristics of good preparation - step in the way of presentation. Teaching aids - Class management-Principles to be adopted for good class management.

UNIT - II
Lesson plan-Values of lesson plan-Types of lesson plan-General lesson plan- particular lesson plan- Various methods of teaching physical activities.

UNIT - III
Intramural and Extramural competitions- Incentives and awards-methods of organizing and conducting tournaments and sports meet-Game tours.

UNIT - IV
Teaching activities of minor games, major games track and Field, Yogic Practice, Suryanamaskar, Calisthenics, Light apparatus, Rhythmic activities, Commands, Marching.

UNIT - V
Tournaments - Types of Tournament, Knock Out, League, Combination Tournaments, Methods of drawing Fixtures.

References:
UNIT I METHODS OF MARKING NON STANDARD TRACK
Method of marking Non Standard Track: 200m, 400m track, Calculation of Stagger, Diagonal Excess, Compensated Arc Start, Relay Exchange Zones.

UNIT II METHODS OF MARKING STANDARD TRACK
Method of marking Standard Track: 400m track, Calculation of Stagger, Diagonal Excess, Compensated Arc Start, Relay Exchange Zones, Marking for Hurdles event.

UNIT III METHODS OF MARKING FIELD EVENTS
Method of marking Shot-put Circle and Sector, Hammer Throw Circle and Sector, Discus Throw Circle and Sector, Long Jump, Triple Jump, High Jump and Pole Vault.

UNIT IV GENERAL COMPETITION RULES AND THEIR INTERPRETATIONS,

UNIT V OFFICIALS IN TRACK AND FIELD & CROSS COUNTRY
Authorities and Duties of Officials in Track and Field Meet and Cross country races: International Officials, Competition Officials Additional Officials.

REFERENCES:

SEMESTER-III

SEC-1

UBPE 233 SPORTS MANAGEMENT IN PHYSICAL EDUCATION 3 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT-I
Meaning and Definition of Sports management - Scope of Sports management - Basic principles of Sports management - Functions of sports management.

UNIT-II
Personal management: Objectives - Personals policies - Personal Recruitment - Role of Personal manager. Programme management: Importance of Programme development - Factors influencing programme development - Competitive sports programs.

UNIT-III

UNIT-IV
Supplies of sports Equipments: Guidelines for selection and supply of equipments - Equipment room, Equipment and supply manager - Guidelines for checking, storing and issuing - Care and maintenance of equipments.

UNIT-V
Accounting and Budgeting - Definition and role of accounting in sport and fitness enterprise Raising of funds - Types of Budget - Budget record maintenance - The accounting system.

REFERENCE
5. Ruben Acosta Hernandez, Managing sport organizations, Human kinetics.
### SEMESTER-III

**Practical-IV**

**UBPE 234  PRACTICALS-III (MORNING/ EVENING ACTIVITIES )**  
5 credits

Maximum Marks: 100  
(Internal 25, External 75)

<table>
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<td>2. Yoga</td>
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<td>3. Sprint</td>
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<td>4. Long Jump</td>
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<td>5. Triple Jump</td>
<td>25</td>
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<td>6. Shot put</td>
<td>25</td>
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<td>7. Discus</td>
<td>25</td>
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<td>8. Javelin</td>
<td>25</td>
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<td>9. High Jump</td>
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</tr>
<tr>
<td>10. Hurdles</td>
<td>25</td>
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<tr>
<td>11. Hammer</td>
<td>25</td>
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<tr>
<td>12. Pole Vault</td>
<td>25</td>
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<td>13. Relay</td>
<td>25</td>
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<td>14. Cross Country</td>
<td>25</td>
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<td>15. Officiating( Specialization)</td>
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</table>
SEMESTER-IV
DSC-1

UBPE 241
RULE OF GAMES AND SPORTS PART-IV
(FOOTBALL, TENNIS, BALL BADMINTON, TENNIKOIT) 4 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT: I
Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT : II
Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT: III
Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

UNIT: IV
Layout of Playfield with all Measurements, Facilities and equipment and its specifications

UNIT: V
Rules and their Interpretation, Methods of Officiating, Duties of Officials

Books for Reference
1. KHO-KHO Rules Book.
SEMESTER-IV
DSE-1A

UBPE 242 TEST MEASUREMENTS & EVALUATION IN PHYSICAL EDUCATION AND SPORTS 3 Credits

Maximum Marks: 100
(Internal 25, External 75)

Unit - I
Meaning of Test, Measurement and Evaluation – Brief History of Test, Measurement and Evaluation, Need and Importance of Measurement and Evaluation in Physical Education.

Unit - II
Classification of Test – Standardized and Teacher Made test – Objective and subjective Tests – Construction of Knowledge’s test and skill Test – Administration of Test – Duties during testing – Duties after Testing.

Unit - III

Unit - IV

Unit - V

Book for Reference

4. A.K.Gupta Tests & Measurements in physical Education sports publication New Delhi – 52
5. A Practical applied to measurement in Physical Education – HoroldM.Borrow.
SEMESTER-IV
GE-1
UBPE 243 PERSONALITY DEVELOPMENT AND COMMUNICATION SKILLS 3 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT-I
Personality- Meaning and structure of personality.Classifications of personality

UNIT-II
personality development- factor effecting personality develop[ment.Relationship of personality to sports performance, personality differences among different sports groups.

UNIT-III
Meaning of communication-types of communication- barriers in good communication.

UNIT-IV
Listening-types of listening-barriers of good listening-use of listening in sports

UNIT-V
Writing-Communication through writing-profile writing –interview persentation.

Reference
4. A.K.Gupta Tests & Measurements in physical Education sports publication New Delhi – 52
5. A Practical applied to measurement in Physical Education – HoroldM.Borrow.
<table>
<thead>
<tr>
<th>Game/Activity</th>
<th>Internal Max.Marks</th>
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</thead>
<tbody>
<tr>
<td>1. Marking (Track &amp; Field)</td>
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<tr>
<td>2. Pyramid &amp; Malkhamb</td>
<td>25</td>
</tr>
<tr>
<td>3. First Aid</td>
<td>25</td>
</tr>
<tr>
<td>4. Football</td>
<td>75</td>
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<tr>
<td>5. Tennis</td>
<td>75</td>
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<tr>
<td>6. Ball Badminton</td>
<td>75</td>
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<td>7. Tennikoit</td>
<td>75</td>
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<td>8. Officiating (Specialization)</td>
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</table>
SEMESTER-V
DSC-1

UBPE 351 RECREATION, CAMPING AND LEADERSHIP 3 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT-I

UNIT-II

UNIT-III
Camping - Scope and Significance of Camping-Types of Camps-Selection and lay-out of camp sites.

UNIT-IV
Camp Programme and Activities – Arts and Crafts, Dramas, Music, Hobbies, Dancing, Hiking, Map reading

UNIT-V
Meaning of leadership-Quality of a good leader-Physical Education teacher as leader.

Reference Books:
SEMESTER-V
DSE-1A

UBPE 352 EXERCISE PHYSIOLOGY 3 Credits

Maximum Marks: 100
(Internal 25, External 75)

Unit - I

Unit - II

Unit - III
Nervous System – Types of Nervous System – Central Nervous System (CNS) and Peripheral Nervous System (PNS) – Structure of Neuron - Effect of exercise on Nervous system.

Unit - IV
Metabolism – Anabolism and catabolism - sources of energy – Aerobic and Anaerobic Metabolism, Fat metabolism and protein metabolism and endocrine system.

Unit- V

Books for Reference
SEMESTER-V
SEC-I

UBPE 353 INTRODUCTION OF ADAPTED PHYSICAL EDUCATION 3 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT-I
Meaning of adaptive physical education, The aims & Objectives of adapted Physical Education, Basis for adapted physical education, Functions of adapted physical education.

UNIT-II
The Adapted Programme in Action
(i) The scope of adapted programme (ii) The adapted programme for elementary schools (iii) The adapted programme for high/secondary schools (iv) The adapted programming for college & universities

UNIT-III
PERSONNEL PREPARATION
(i) The guiding principles of adopted physical education (ii) The policies for adopted physical Education

UNIT-IV
EVALUATION & MEASUREMENT
(i) Selection of evaluation procedures (ii) Classification of Handicapped and disabled individual (iii) Determination of specific disabilities

UNIT-V
SOCIAL AND PSYCHOLOGICAL ADJUSTMENT
(i) Role of Physical Education in preventing maladjustment and in the promotion of adjustment (ii) Recreation for the handicapped

References
5. V.V. Hunt, “Recreation for the Handicapped” Prentice Hall inc., 1974
SEMESTER-V
DSC-1

UBPE 354
RULE OF GAMES AND SPORTS PART-V
(HANDBALL, CRICKET, NETBALL AND JUDO)

3 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT- I
Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT- II
Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT- III
Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

UNIT- IV
Layout of Playfield with all Measurement, Facilities and equipment and its specifications

UNIT- V
Rules and their Interpretation, Methods of Officiating, Duties of Officials

Books for Reference
1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. KHO-KHO Rules Book.
SEMESTER-V
GE-2

UBPE 355  COMPUTER APPLICATION IN PHYSICAL EDUCATION  3 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT - I
Meaning and definition of computer, Components of a Computer System, Central Processing Unit, Visual Display Unit, Keyboard. Input and output devices, mouse, joy stick, scanner, printer.

UNIT - II
Concept of Memory, primary and secondary memory, RAM and ROM, units of memory – byte, kilobytes, megabytes, gigabytes. Storage devices, floppy disc, 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, inserting symbol, printing a document, adding headers and footers, numbering pages.

UNIT - IV
MS Excel & MS Power Point

UNIT - IV
Use of Computer Applications in Physical Education - Preparing entries for athletics and tournaments - Preparing Score sheet, fixtures for athletic events and tournaments.

References:
## Semester-V

**Practical-V**

<table>
<thead>
<tr>
<th>Game/Activity</th>
<th>Internal Max.Marks</th>
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<tbody>
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<td>1. Maring (Ground)</td>
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<tr>
<td>2. Aerobics</td>
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<td>3. Training Methods</td>
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<td>4. Handball</td>
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<tr>
<td>5. Cricket</td>
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<td>6. Netball</td>
<td>75</td>
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<tr>
<td>7. Judo</td>
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<td>8. Officiating (Specialization)</td>
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Maximum Marks: 100  
(Internal 25, External 75)

## Semester-IV

**TA**

<table>
<thead>
<tr>
<th>Teaching Practicals</th>
<th>2 Credits</th>
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</thead>
</table>

**External**

1. General Lesson  100  
2. Particular Lesson 100  
3. Intensive Teaching 100

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Total 300  
-----
UNIT I SPORTS TRAINING


UNIT II STRENGTH AND SPEED AND ENDURANCE


UNIT III ENDURANCE

Definition of endurance - types of endurance - importance of endurance- factors determining endurance training methods for improving endurance.

UNIT IV FLEXIBILITY AND COORDINATIVE ABILITIES


UNIT V VARIOUS METHOD OF TRAINING

Circuit Training Fartlek Training - Internal method - Weight training – Resistance training, Plyometric ,Core training - Functional training, Swiss ball training, Medicine Ball Training.

REFERENCES:


SEMESTER-VI
DSC-1

UBPE 362 RULE OF GAMES AND SPORTS PART-V (HOCKEY, SOFTBALL )  3 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT- I
Origin, History and development of the game- International, National and State Level Organizations and Trophies.

UNIT- II
Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

UNIT- III
Training: Warm-up and Warm down - Technical Training – Tactical Training – Coaching Program.

UNIT- IV
Layout of Playfield with all Measurements, Facilities and equipment and its specifications

UNIT- V
Rules and their Interpretation, Methods of Officiating, Duties of Officials

Books for Reference
SEMESTER-VI
DSE- 1A

UBPE 363 SPORTS PSYCHOLOGY AND SPORTS JOURNALISM 3 Credits

Maximum Marks: 100
(Internal 25, External 75)

Unit-I
Meaning and definition of Psychology and sports Psychology – Development of sports Psychology in India – Need and importance of sports Psychology in the field Physical Education and sports.

Unit - II

Unit - III
Motivation and performance- Meaning of motivation, motives, unlearned (innate) and learned (required) motives. Emotions- meaning and type of emotions, influence of emotions on level of achievements.

Unit – IV
Meaning of Journalism and sports Journalism - Canons of Journalism - News, Information and Ideas - Journalism and sports Education.

Unit - V
Mass Media in Journalism, influence of Media on sports and vice-versa. Sports as a social phenomenon and a cultural product.

Books for Reference:
2. Puni A.T. Sports psychology chanduga NIS.
3. Alderman Psychology Behavior
4. Cratty B.J. Psychology and Physical activity
5. Singer R.N. Coaching, Athletics and psychology.
SEMESTER-VI
DSE-1B

UBPE 364  SCIENCE OF YOGA  3 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT-I
Introduction to Yogasanas - Philosophy of Yoga - Purpose of Yoga - Science awareness – Inadequacy
Science Practice of Yoga - Eight Limbs of Yoga - Yama, Niyama, Asana, Pranayama, Pratyahara,
Dharana, Dhyana and Samadhi.

UNIT-II
Phase of Yoga - The Body - Entry phase - Static phase and the Exit phase. Effect of Yogasanas -
Stretching, Pressure Effect, Gravitation Effect, Relaxation and Mental Experience.

UNIT-III
The Breath - Kinds of Breathing - Exhalation - The flow in the Nostrils and Posture in Yogic Breathing -
The Mind - Concentration of Asanas - Perfomance - Static phase on Breath and on the body as a whole.

Techniques and Practice of Yogasanas - Important facts and Precautions, Warming up and Preliminary
Exercises for Neck, Eyes, Shoulders, Back, Abdominal Muscles, Legs, Feet and Hands - Technique of
Yogasana posture - Do’s and Don’t’s.

UNIT-IV
Beneficial Effects of Yogasanas - Time Schedule for Practising Yogasanas and Pranayama - Yoga
Stretching and Pranayama for competitive players - Physiological Aspects - Physical and Mental

UNIT-V
Techniques and Practice of Yogasanas - Important facts and Precautions, Warming up and Preliminary
Exercises for Neck, Eyes, Shoulders, Back, Abdominal Muscles, Legs, Feet and Hands - Technique of
Yogasana posture - Do’s and Don’t’s.

REFERENCES
1. Erling Peterson, ‘Yoga step by step’
2. Indra Devi, ‘Yoga for you’
3. Rasalind Widdowson, ‘Yoga made Easy’
4. M. Rajan, ‘Yoga Stretching and Relaxation for Sportsmen’
5. M. Narayana Menon, ‘Yogasanas For Health and Longevity’
SEMESTER-VI
DSE-1A

UBPE 365 KINESIOLOGY AND BIOMECHANICS 3 Credits

Maximum Marks: 100
(Internal 25, External 75)

UNIT I INTRODUCTION OF KINESIOLOGY

Introduction: History and Development. Role of Kinesiology in physical education.

UNIT II MUSCLES AND JOINTS


UNIT III BASICS OF BIOMECHANICS

Biomechanics in Sports - Mechanical principles, laws of motion, types of Motion, Factors influencing motion, air, gravity and water friction, simple machines - Levers - Types of levers and examples in from the human body. Equilibrium: Meaning, Definition and types.

UNIT IV MOTION


UNIT V - BIOMECHANICAL ANALYSIS IN SPORTS

Application of Biomechanics to skill learning

1. Track and Field : Sprint, Shot-put and High Jump.
2. Games:
   a. Basketball
   b. Cricket
   c. Badminton
   d. Kabaddi
   e. Hockey

REFERENCES:

**SEMESTER-VI**

**Practical**

**UBPE 366 PRACTICALS-VI (MORNING/ EVENING ACTIVITIES) 5 Credits**

Maximum Marks: 100
(Internal 25, External 75)

<table>
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<tr>
<th>Game/Activity</th>
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<tbody>
<tr>
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<td>2. Bharathiam</td>
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<tr>
<td>3. Test and Measurement</td>
<td>25</td>
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<tr>
<td>4. Training Method -II</td>
<td>50</td>
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<tr>
<td>5. First Aid</td>
<td>75</td>
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<tr>
<td>6. Hockey</td>
<td>75</td>
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<tr>
<td>7. Softball</td>
<td>75</td>
</tr>
<tr>
<td>8. Officiating( Specialization)</td>
<td>75</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>450</strong></td>
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</table>
PONDICHERRY UNIVERSITY
MODEL OF THEORY QUESTION PAPER
Bachelor of Physical Education & Sports (BPES)
(Choice Based Credit System) (Effective from the academic year 2017-2018)

This pattern will be common to all the DSE, AECC, SEC, DSE, and GE offered by Department of Physical Education.

COURSE CODE & TITLE OF THE PAPER

Time: 3 hrs
Max. Marks: 75

Section - A
Answer ALL the questions (10x2 = 20 marks)

1. Unit I
2. Unit I
3. Unit II
4. Unit II
5. Unit III
6. Unit III
7. Unit IV
8. Unit IV
9. Unit V
10. Unit V

Section - B
Answer ALL the questions (5x5 = 25 marks)
All Questions Carry Equal Marks

11. Unit I
12. Unit II
13. Unit III
14. Unit IV
15. Unit V
16. Unit
17. Unit

PART – C (3x10=30 Marks)
Answer Any THREE Questions
All Questions Carry Equal Marks

18. a. Unit I
(Or)
b. Unit I
19. a.Unit II
(Or)
b.Unit III
20. a.Unit IV
(Or)
b. Unit V