

# **PONDICHERY UNIVERSITY COMMUNITY**

(A Central University Established by an Act of Parliament No. 53/1985)



## **SYLLABUS**

(Choice Based Credit System)

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

**(THREE YEAR)**

**REGULATION AND SYLLABUS**

**2017-2018 Onwards**

**PONDICHERY UNIVERSITY AFFILIATED COLLEGE AT ANDAMAN & NICOBAR ISLAND**

**Department of Physical Education, JNRM. Bachelor of Physical Education & Sports (BPES).  
(SIX SEMESTERS - CBCS)**

**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**

<b>PHYSICAL FITNESS TEST (QUALIFYING)</b>			
	<b>Male</b>		<b>Female</b>
(a)	100 mts	(a)	100 mts
(b)	Shot put (16 lbs)	(b)	Shot put (8 lbs)
(c)	Broad Jump.	(c)	Broad Jump.
(d)	Vertical Jump.	(d)	Vertical Jump.
(e)	12 minutes run and walk.	(e)	8minutes run and walk.

**CRITERIA FOR GRADING OF SPORTS REPRESENTATION**

**APPENDIX – II**

(a)	<b>Representing the country in Olympics, Asian Games, Common Wealth Games, SAF Games, any form of International Participation in any sports/Games</b>	25 Marks Max
(b)	<b>National/All India Inter Zonal/ National Games /Inter-State/Federation Cup/ Junior National</b>	
	Ist Position	20 Marks
	IIInd Position	18 Marks
	IIIrd Position	16 Marks
(c)	<b>School National</b>	
	Ist Position	15 Marks
	IIInd Position	13 Marks
	III Position	12 Marks
(d)	<b>National Women Championship/National Rural Championships</b>	
	Ist Position	15 Marks
	II Position	13 Marks
	III Position	12 Marks
(e)	<b>Participation in National Championships</b>	
	National Participation	10 Marks
	National School	10 Marks
(f)	<b>State championships</b>	
	Ist Position	7.5 Marks
	IIInd Position	6 Marks
	IIIrd Position	5.5 Marks
(g)	<b>State Participation</b>	5 Marks
(h)	<b>Inter-Zonal (School) C.B.S.E Nationals K.V.S. Nationals, Sanik Schools Nationa, Navodya School Nationals, All India Public Schools</b>	
	Ist Position	10 Marks
	II Position	8 Marks
	III Position	6 Marks
(i)	<b>Zonal (Schools Zonals) (C.B.S.E Cluster/Regional, K.V.S Regional, Sanik Schools, Regional, Navodya School Regional, Cluster/Regional Public Schools)</b>	
	Ist Position	7.5 Marks
	IIInd Position	6.5 Marks
	IIIrd Position	5.5 Marks
(j)	<b>District Level Tournaments</b>	
	Ist Position	5 Marks
	IIInd Position	4 Marks
	IIIrd Position	3 Marks
(k)	<b>Inter School Participation</b>	3 Marks

	<ol style="list-style-type: none"> <li>a. Tournaments mentioned must be approved by Indian Olympic Association/School Games Federation of India/Govt. of India.</li> <li>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.</li> <li>c. KVS, <u>CBSE</u>, Navodaya cluster and regional is equivalent to zone whereas KVS (National)/CBSE National/Navodaya National is equal to inter-zone or district level.</li> <li>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.</li> <li>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.</li> </ol>
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## 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:

Course Name	Credit	Hours of instruction	Weightage (credit/ hours)
MIL	1	2	0.5
ENGLISH	1	2	0.5
DSC (Theory)	1	1.5	0.7
DSC (Practical)	1	1.5	0.7
SEC	1	1.5	0.7
DSE (Theory)	1	1.5	0.7
DSE (Practical)	1	1.5	0.7
GE	1	1.5	0.7
AECC	1	1.5	0.7

**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-slot 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)

80% - 84% (2 marks)

75% - 79% (1 mark)

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:

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

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:

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

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.

Course	Credit	Grade letter	Grade Point	Credit Point Credit x Grade
Course 1	3	A	08	3x08 = 24
Course 2	4	B+	07	4x07 = 28
Course 3	3	B	06	3x06 = 18
Course 4	3	O	10	3x10 = 30
Course 5	3	C	05	3x05 = 15
Course 6	4	B	06	4x06 = 24
	20			139

$$\text{SGPA} = 139/20 = 6.95$$

### 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:

$$\text{SGPA} = (8 \times 4 + 8 \times 2 + 7 \times 3 + 7 \times 3 + 6 \times 3 + 0 \times 3) / (4 + 2 + 3 + 3 + 3 + 3) = (32 + 16 + 21 + 21 + 18 + 0) / 18 = 108 / 18 = 6.00 \text{ Out of } 10.00.$$

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.

Semester	Credits	SGPA
Semester 1	20	6.95
Semester 2	22	7.80
Semester 3	18	5.65
Semester 4	21	6.04
Semester 5	19	7.21

Semester 6	20	7.85
	Total 120	

CGPA =

(20 x 6.95 + 22 x 7.80 + 18 x 5.65 + 21 x 6.04 + 19 x 7.21 + 20 x 7.85) divided by 120	= 139.00 + 171.60 + 101.70 + 126.84 + 136.99 + 157.00 = 833.13/120 = 6.94275 Rounded off to 6.94
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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.

**PONDICHERY UNIVERSITY**

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

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

COURSE	COURSE CODE	TITLE OF THE COURSE/PAPER	CREDITS /HOURS ALLOTTED	
			Lecture	Practical
<b>SEMESTER-I</b>			<b>20 CREDITS</b>	
MIL-1	LBEN/ LHIN/ LMAL/ LSAN/ LTAM/ LTEL 111	Bengali/ Hindi/ Malayalam/ Sanskrit/ Tamil/ Telugu	3	--
ENGLISH – 1	ENGL 112	ENGLISH – I	3	--
DSC-1	UBPE 111	Foundation & Philosophy of Physical Education	3	--
DSC-1	UBPE 112	Rule of Games and Sports -Theory Part-I (Basketball, Throwball, Kabaddi & Kho-Kho)	4	--
AECC -1	PADM 113	Public Administration	2	--
Practical	UBPE 113	Practical-I(Morning/ Evening Activities )		5
<b>SEMESTER-II</b>			<b>20 CREDITS</b>	
MIL-2	LBEN/ LHIN/ LMAL/ LSAN/ LTAM/ LTEL 121	Bengali/ Hindi/ Malayalam/ Sanskrit/ Tamil/ Telugu	3	--
ENGLISH – 2	ENGL 122	ENGLISH – II	3	--
DSE -1B	UBPE 122	Anatomy and Physiology	3	--
DSC-1	UBPE 123	Rules of Games and Sports- theory Part -II (Volleyball, Swimming, Gymnastics& Table Tennis)	4	--
AECC – 2	ENVS 123	Environmental Studies	2	--
Practical	UBPE 124	Practical-II (Morning/ Evening Activities )	--	5
<b>SEMESTER-III</b>			<b>20 CREDITS</b>	
MIL-3	LBEN/ LHIN/ LMAL/ LSAN/ LTAM/ LTEL 231	Bengali/ Hindi/  Malayalam/ Sanskrit/ Tamil/ Telugu	3	--
ENGLISH – 3	ENGL 232	ENGLISH – III	3	--
DSC-1	UBPE 231	Methods in physical Education	3	--
DSC-1	UBPE 232	Rules of Games and Sports-Part III (Track and Field and Cross Country)	4	--
SEC-1	UBPE 233	Sports Management in Physical Education	3	--

Practical	UBPE 234	Practicals-III (Morning/ Evening Activities )	--	5
<b>SEMESTER-IV 20 CREDITS</b>				
MIL-4	LBEN/ LHIN/ LMAL/ LSAN/ LTAM/ LTEL 241	Bengali/ Hindi/ Malayalam/ Sanskrit/ Tamil/ Telugu	3	--
ENGLISH – 4	ENGL 242	ENGLISH – IV	3	--
DSC-1	UBPE 241	Rule of Games and Sports Part-IV (Football, Tennis, Ball Badminton and Tennikoit)	4	--
DSE-1A	UBPE 242	Test Measurements & Evaluation in Physical Education and Sports	3	--
GE-1	UBPE 243	Personality Development and Communication Skills	3	--
Practical	UBPE 244	Practicals-IV (Morning/ Evening Activities )		5
<b>SEMESTER-V 20 CREDITS</b>				
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	UPPE 355	Computer Application in Physical Education	3	--
Practical	UBPE 356	Practicals-V (Morning/ Evening Activities )	--	5
TP	UBPE 357	Teaching Practicals	--	2
<b>SEMESTER-VI 20 CREDITS</b>				
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 )	--	5

**Number of Courses:**

Number of Courses: Bachelor Physical Education &Sports (BPES) (CBCS)	Course with Credit						
	Semester	MIL	ENG	DSC	DSE	SEC	AECC
<b>I</b>	01	01	02	--	--	01	--
<b>II</b>	01	01	01	01	--	01	--
<b>III</b>	01	01	02	--	01	--	--
<b>IV</b>	01	01	01	01	--	--	01
<b>V</b>	--	--	02	01	01	--	01
<b>VI</b>	--	--	02	03	--	--	--



<b>Total</b>	<b>04</b>	<b>04</b>	<b>10</b>	<b>06</b>	<b>02</b>	<b>02</b>	<b>02</b>
<b>Total No. of Papers = 30</b>							

### **Details of Courses for Bachelor of Physical Education & Sports (BPES)**

#### **I. DSC-1DISCIPLINE 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-1DISCIPLINE 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

**SEMESTER – 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 Kretchemer.

**UNIT : III**

Psychological Foundation of Physical Education- Sports Psychology – Meaning – Definition – Nature – Scope of Psychology in Physical Education- Psycho-Physical unity of man.-Modern trends in Sports Psychology.

**UNIT : IV**

Sociological Foundation of Physical Education-Sociology-Meaning-Definition-Social institution and their significance-Family-Peer Group-Community-School/College-State-Nation, Competition and Co-operation in Physical Education.

**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:**

1. Bucher Charles A., Foundations of Physical Education, St. Louis the C.V. Mosby Company, 1983.
2. Kamallesh M.L., Physical Education : Facts and Foundation, New Delhi, P.B. Publications, 1988.
3. Thirunarayanan, C. and Hariharan, S., Analytical History of Physical Education, Karaikudi, C.T. & S.H., Publications, 1990.
4. Sharma, O.P., History of Physical Education, New Delhi, KhelShitya Kendra, 1998.
5. Wakharkar D.G., Manual of Physical Education in India, Pearl Publications Pvt. Ltd., Bombay, 1967

**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.
3. WeinHarat “The Science of Hockey” London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank “The Cricket Coaching Manual”, Calcutta, Rupa& Co, 1985.

**SEMESTER – I**  
**Practical-I**

**UBPE 113**

**Practical-I (Morning/ Evening Activities )**

**5 Credits**

**Maximum Marks: 100**  
**(Internal 25, External 75)**

<b>Game/Activity</b>	<b>Internal Maximum Marks</b>
1.Minor Games	25
2.Calisthenics	25
3.Drills & Marching	25
4.Basketball	75
5.Throwball	75
6.Kabaddi	75
7.Kho-Kho	75
8.Officiating( Specialization)	75
Total	450

UBPE 122

**SEMESTER – II**  
**DSE -1B**  
**ANATOMY AND PHYSIOLOGY**

3 credits

**Maximum Marks: 100**  
**(Internal 25, External 75)**

**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**

The Nerves- structure and function of cerebrum and Cerebellum - Medulla and Spinal Cord - Reflex arc - Automatic Nervous System.

**References:**

1. Curton, A.C. (1986) Function of the Human Body, London: W.B. Saunders Company.
2. Srivastava, et al. (1976) Text Book of Practical Physiology, Calcutta: Scientific Book Agency.
3. Morehous and Miller, Physiology of Exercise, St. Louis: The C.V. Mosp Company.
4. Kapovich and Sinnser, (1965) Physiology of Muscular Activity, London: W.B. Saunders Company.
5. Anderson T.M. (1961) Human Kinetics and Analysing Body Measurements, London: William Heinmann Medical Books Ltd.
6. Davis, D.V. (1967) Gray's Anatomy, London: Longman Green and Company Ltd.
7. Pearse Evelyn, B., (1967) Anatomy and Physiology for Nurses, London: Faber and Faber Ltd.

**SEMESTER – II  
DSC-1**

**UBPE 123**                      **RULES OF GAMES AND SPORTS- THEORY PART -II**                      **4 Credits**  
**(VOLLEYBALL, SWIMMING, GYMNASTICS & TABLE TENNIS)**  
**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.
3. WeinHarat “The Science of Hockey” London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank “The Cricket Coaching Manual”, Calcutta, Rupa& Co, 1985.

**SEMESTER – II**  
**Practical-II**

**UBPE 124      PRACTICAL-II (MORNING/ EVENING ACTIVITIES )**

**5 Credits**

**Maximum Marks: 100**  
**(Internal 25, External 75)**

<b>Game/Activity</b>	<b>Internal Maximum Marks</b>
1.Dands &Baiteks	25
2.Light Apparatus	25
3.Lezium	25
4. Volleyball	75
5. Swimming	75
6. Gymnastics	75
7. Table tennis	75
8.Officiating( Specialization)	75
Total	450

## **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:**

1. Thirunarayanan C and S. Harihara Sharma, (1989) Methods in Physical Education, Karaikudi.
2. Kamelsh M.L. (1994) Scientific Art of Teaching Physical Education, New Delhi: Metropolitan Book Company.
3. Bucher, Charles and Krotee, Mar, L. (1993) Management of Physical Education and Sport, London: Mosby Company.
4. Kozman and Jackson, Methods in Physical Education, New York: W.B. Saunders Co.
5. Bacher and Barnhard, Methods and Materials for Secondary School Physical Education, New York: C.V. Mosby Co.



## **SEMESTER-III**

### **DSC-1**

**UBPE 232**

### **RULES OF GAMES AND SPORTS-PART III (TRACK AND FIELD AND CROSS COUNTRY)**

**3 Credits**

**Maximum Marks: 100  
(Internal 25, External 75)**

#### **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,**

Track event: Start, Race, Finish, Timing, Seeding and Draws, Tie Breaking, Hurdle Races, Relay races.  
Field Events: Vertical Jumps Horizontal Jumps Throwing Events General Competition Rules of Cross country races: Course, Distances, Start, drinking / sponging and refreshment stations, race.

#### **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:**

Authors Guide (2014) IAAF Competition Rules 2014-2015, Monaco Cedex:  
IAAF Publishing .

Viswanath, M.J.(2002) Track and Field Marking & Athletics Officiating Manual,  
Chennai: Silver Star Publication.

Wright Gary, A (1990) Step by Step guide-Track & Field, New Jeysey: Associates Mahan.

### **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 - Personal policies - Personal Recruitment - Role of Personal manager. Programme management: Importance of Programme development - Factors influencing programme development - Competitive sports programs.

#### **UNIT-III**

Sports marketing: Meaning - Factors involved in the marketing of sports - Market awareness - Developing a target market strategy - Quality and price of sports products.

#### **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**

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

<b>Game/Activity</b>	<b>Internal Max.Marks</b>
1.Gymnastics	50
2.Yoga	50
Track & Field	
3.Sprint	25
4.Long Jump	25
5.Triple Jump	25
6.Shot put	25
7.Discus	25
8.Javelin	25
9.High Jump	25
10.Hurdles	25
11.hammer	25
12.Pole Vault	25
13.Relay	25
14.Cross Country	25
15.Officiating( Specialization)	50
Total	450

## **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.
2. WeinHarat “The Science of Hockey” London Pelham Books, 1979.
3. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
4. Tyson Frank “The Cricket Coaching Manual”, Calcutta, Rupa& Co, 1985.
5. Chelliah, S.N. (1984), VilayattuVithiMuraihal, Chennai: Raj Mohan Pathipagam.
6. Buck .H.C (2000)Rules of Games and sports, New Delhi: YMCA Publishing House, Masse Hall.

## 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**

Criteria for Test Selection – Validity – Reliability – Objectivity – Norms -Administrations Economic Feasibility – Educational Applications - Followup.

#### **Unit - IV**

Definition – Health Related fitness – Skill Related Physical fitness – JCR Test –AAPHER youth physical fitness Test – Harvard step cooper 12 Minute Run/ Walk Test.

#### **Unit - V**

Basketball – Johnson Basketball ability Test, Hockey - Friedel Field Hockey Test Soccer – MC Donald Soccer Test, Volleyball – Russel Lange Volley Ball Test,Badminton – Miller Wall Volley Test. Tennis – Broer Miller Tennis test.

#### **Book for Reference**

1. SafritMargarat J Measurement in Physical Education and Exercises science, St louis Times Morrormos by college publishing 1986.
2. Bosco James Measurement and Evaluation in Physical Education and sports New JersyPrenstice Hall In 1983.
3. Barry L.Johnson, Jack K.Nelson and Measurements for Evaluation in physical education the surjeet Publications.
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 presentation.

#### **Reference**

1. SafritMargarat J Measurement in Physical Education and Exercises science, St louis Times Morrormos by college publishing 1986.
2. Bosco James Measurement and Evaluation in Physical Education and sports New JerseyPrentice Hall In 1983.
3. Barry L.Johnson, Jack K.Nelson and Measurements for Evaluation in physical education the surjeet Publications.
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**

**Practical-IV**

**UBPE 346**

**PRACTICALS-V (MORNING/ EVENING ACTIVITIES )**

**5 Credits**

**Maximum Marks: 100  
(Internal 25, External 75)**

<b>Game/Activity</b>	<b>Internal Max.Marks</b>
1.Marking(Track & Field)	25
2.Pyramid &Malkhamb	25
3.First Aid	25
4. Football	75
5.Tennis	75
6.Ball Badminton	75
7.Tennikoit	75
8.Officiating( Specialization)	75
Total	450

**SEMESTER-V  
DSC-1**

**UBPE 351**

**RECREATION ,CAMPING AND LEADERSHIP**

**3 Credits**

**Maximum Marks: 100  
(Internal 25, External 75)**

**UNIT-I**

Recreation: Definition, Scope and Significance – Philosophy and Objectives – Relationship of Play, Work, Leisure and Recreation.

**UNIT-II**

Agencies Offering Recreation – Home, Governmental, Voluntary, Private and Commercial Agencies.

**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:**

1. VeenaVerma “Organization & Administration in Physical Education”, pub Lokeshthani sports. (2003 )
2. Mrs. SushilGosain “Sports Management (1991, 2002)
3. Yadrindersingh “Sports Management”, Llakshay pub (2005)
4. K. Chandrashekar “Sports Administration” ,VinekThaniKnelSahitya Kendra pub., ( 2004)
5. JaemsG.NasonJimpaul “Modern Sports Administration”, Pub prentice Hall . (1998)
6. Wiles, brown and Cassidy ,) Supervision in Physical Education Engle wood Cliffs , N.J.: Prrntice – Hall . (1956
7. Scott and Westhaomper,, From Program to facilities in Physical Education . New york: Harper & bros . (1958)



**SEMESTER-V  
DSE-1A**

**UBPE 352**

**EXERCISE PHYSIOLOGY**

**3 Credits**

**Maximum Marks: 100  
(Internal 25, External 75)**

**Unit - I**

Meaning and scope of Physiology of exercise - Structure and function of skeletal Muscles – Types of Muscle fibers – Red and White – Types of Muscular Contraction – Isotonic Isometric and Isokinetic – Effect of exercise on Muscular system – Hypertrophy, Hypo trophy.

**Unit - II**

Mechanism of respiration – respiratory muscles – Lung volumes and Capacities - Heart rate – Stroke Volume – Cardiac cycle – Cardiac Output during rest and Exercise – Blood pressure – Systolic, Diastolic – Effect of exercise on Respiratory system and Circulatory system.

**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**

Exercise and temperature regulation in Hot and Cold climate – Exercise and Altitude – Sex differences on exercise – aging and exercise – Physical Conditioning.

**Books for Reference**

1. Devrises H.A Physiology of exercise for physical Education and Athletics London, Staples Press – 1976.
2. More house LE and Milter A.T. Physiology of exercise St Louis, The CV Mosby Company 1976.
3. Jonson W.R. Science and Medicine of exercise and sports London Harper & Bros 1974.
4. Guyton AC Text book of Medical Physiology W.B. Soundars Company Philadelphia.
5. Bourne GH the Structure and function of Muscle London Academic Press.

**SEMESTER-V  
SEC-1**

**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**

EVALUTION & 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**

1. H.H. Clark & "Development and Adapted Physical Education" Englewood, Prentice Hall 1964.
2. D.H. Clark, A.S. Daniels "Adapted physical Education" New York Harpers & Brothers 1972.
3. G.T. Stafford, "Prevention & Corrective Physical Education"
- 4.J.L. Rathoone, "Corrective Physical Education" Philadelphia W.B. Saunders Co. 1968.
5. V.V. Hunt, "Recreation for the Handicapped" Prentice Hall inc., 1974
6. P.G. Rasch , "Kinesiology and applied anatomy" Lea &Febriger Philadelphia, 1978
7. B.J. Cratty, Adapted Physical Education in the main stream love Publishing Company, Denver Colorado 80222. 1989.

**SEMESTER-V**  
**DSC-1**  
**RULE OF GAMES AND SPORTS PART-V**  
**(HANDBALL, CRICKET, NETBALL AND JUDO)**

**UBPE 354** **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**

1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. KHO-KHO Rules Book.
3. WeinHarat “The Science of Hockey” London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank “The Cricket Coaching Manual”, Calcutta, Rupa& Co, 1985.

**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**

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.

**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:**

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.

**SEMESTER-V  
Practical-V**

**UBPE 356                      PRACTICALS-V (MORNING/ EVENING ACTIVITIES )                      5 Credits**

**Maximum Marks: 100  
(Internal 25, External 75)**

<b>Game/Activity</b>	<b>Internal Max.Marks</b>
1.Maring(Ground)	25
2.Aerobics	25
3.Training Methods	25
4.Handball	75
5.Cricket	75
6.Netball	75
7.Judo	75
8.Officiating( Specialization)	75
<b>Total</b>	<b>450</b>

**SEMESTER-IV**

**TA**

**UBPE 357    Teaching Practicals    2 Credits**

**External**

<b>1. General Lesson</b>	<b>100</b>
<b>2. Particular Lesson</b>	<b>100</b>
<b>3. Intensive Teaching</b>	<b>100</b>
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<b>Total</b>	<b>300</b>
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## **SEMESTER-VI**

### **DSC-1**

**UBPE 361**

**SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

**3 Credits**

**Maximum Marks: 100  
(Internal 25, External 75)**

#### **UNIT I SPORTS TRAINING**

Sports Training: Definition, Aims, Characteristics, Principles of sports training.

Physical Fitness: components of physical fitness - importance of physical fitness – Training Load.

#### **UNIT II STRENGTH AND SPEED AND ENDURANCE**

Definition of strength -types of strength-importance of strength - factors determining strength – training method for strength improvement - loading procedure for strength training. Definition of speed - forms of speed - factors determining various speed performance - training - methods of increasing speed.

#### **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**

Definition of flexibility - types of flexibility - factors determining flexibility - methods improving flexibility. Coordinative abilities – types – Characteristics - training methods for improving coordinative abilities.

#### **UNIT V VARIOUS METHOD OF TRAINING**

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

#### **REFERENCES:**

- Jenson, G. and Fisher, A.G(1972) Scientific Basis of Athletic Conditioning, 2nd ed., Philadelphia: Lea and Fibiger.
- Jones, B.J.(1982) Guide to Effective Coaching Principles and Practices. Allyn and Bacon, Inc.
- Singh, H. (1984) Sports Training, General Theory and Physical Fitness NIS, Patiala.

Thomas, J.P (1964) Let us Coach Soccer, New Delhi:YMCA Publishing House.

Thomas, J.P (1971) Scientific Weight Training for Games and Sports, Chennai: Gnanodaya Press.

**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**

1. WeinHarat “The Science of Hockey” London Pelham Books, 1979.
2. Claime Michal, Taverna (2009) Field Hockey – Techniques, Tactics, London:
3. Elizabet Ander (2009) Field Hockey – Steps to Success, London: Human Kinetics.  
Human Kinetics.
4. Jain Deepak (2001) Teaching and Coaching Table Tennis, New Delhi: KhelSathiya  
Kendra.

**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**

Learning- Meaning, nature and principles of learning. Traditional theories of learning (trial and errors, conditional reflex, learning by insight, learning by imitation). Laws of learning (readiness, effect, exercise). Learning curve and its characteristics.

**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:**

1. Alderman A.B. Psychological Behaviour in sports W.B. Saundarcompany, Saundar 1974.
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 - Performance - 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 Yogasana - Time Schedule for Practising Yogasanas and Pranayama - Yoga Stretching and Pranayama for competitive players - Physiological Aspects - Physical and Mental Relaxation - Guide to practice Contemplation - Meditation - Concentration Exercises.

**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'
6. Rameshwar Dass Gupta, 'Daily Yog'

**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**

Joints, Classification of Joints, Construction of synovial joints of the body movement. Origin, Insertion and action of muscles: Pectoralis major, Biceps, Triceps (Anterior and Posterior), Trapezius, Sartorius Rectus Femoris, Quadriceps, Hamstring. Types of muscles contraction: isotonic, isometric, Isokinetic.

**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**

Mechanics of movements: force production - application - follow pre-requisite of efficient motion, psychomotor - Mental and emotional. Preliminary motion considerations - Whole motion - Body segment 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:**

Broor, (2000)Efficiency of Human Movements, London: Saunders & Co.,

Kelly, D. L. (1999)Kinesiology and Fundamentals of Motion Description, Prentice Hall.  
 McClusg, A. (1989) Human Kinetics and Analysis of Body Movements, London:WilliamHeinmann,  
 Sunderarajan, G. S. (1979)Bio-mechanics of Sports and Games, Chennai: Roshan Publication.  
 Neil D.E. (1992)Kinesiology and Anatomy and Motion, London: Mosby and Co.

**SEMESTER-VI**

**Practical**

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

**Maximum Marks: 100  
 (Internal 25, External 75)**

<b>Game/Activity</b>	<b>Internal Max.Marks</b>
1. Malkhamb	25
2.Bharathiam	25
3.Test and Measurement	25
4.Training Method -II	50
5.First Aid	75
6.Hockey	75
7.Softball	75
8.Officiating( Specialization)	75
Total	450

**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= 25marks)**

**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