



देवी अहिल्या विश्वविद्यालय, इन्दौर

विश्वविद्यालय भवन

इन्दौर 452001

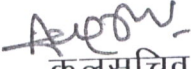
दिनांक 21 OCT 2024

क.शैक्ष./पाठ्य/अधि./ 2024/2164

//अधिसूचना//

एतद्वारा सर्व सम्बन्धितों की सूचनार्थ यह अधिसूचित किया जाता है, कि दिनांक 05/08/2024 को सम्पन्न शारीरिक शिक्षा अध्ययन मण्डल की बैठक में राष्ट्रीय शिक्षा नीति 2020 के अनुसार बी.पी.ई.एस. पाठ्यक्रम के सप्तम एवं अष्टम सेमेस्टर की परीक्षा योजना में संशोधन कर प्रस्तुत किया गया जिनको दिनांक 28/08/24 को सम्पन्न स्थाई समिति एवं दिनांक 09/09/24 को सम्पन्न कार्य परिषद द्वारा अनुशंसा कि गई। संशोधित परीक्षा योजना विश्वविद्यालय की वेबसाइट पर अपलोड कर दि गई है, कृपया उसे डाउनलोड कर उसी अनुसार अध्ययन अध्यापन किया जावे।

आदेशानुसार


कुलसचिव


क./पृष्ठां/शैक्ष./अधि./ 2024/2164

इन्दौर, दिनांक

21 OCT 2024

प्रतिलिपि :-

1. विभागाध्यक्ष, शारीरिक शिक्षा अध्ययनशाला, दे.अ.वि.वि.इन्दौर।
2. विभागाध्यक्ष, आय.टी. सेन्टर की ओर इस निवेदन के साथ की वे इस अधिसूचना को देवी अहिल्या विश्वविद्यालय की वेबसाइट पर अपलोड करें।
3. कुलपति के सचिव / कुलसचिव के निज सहायक।
4. उपकुलसचिव/सहायक कुलसचिव (परीक्षा/गोपनीय)
5. सम्बन्धित सहायक संकाय (परीक्षा/गोपनीय)
6. निदेशक, महाविद्यालयीन विकास परिषद दे.अ.वि.वि. इन्दौर।
7. डीन, छात्र कल्याण दे.अ.वि.वि. इन्दौर।


सहायक-कुलसचिव
(शैक्षणिक)



DEVI AHILYA VISHWAVIDYALAYA, INDORE
SCHOOL OF PHYSICAL EDUCATION

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

w.e.i. from 2021-22 Session

Revised on 31.7.2024 as per
M.P. Higher Education Guidelines of
UG 4th Year Programme for
Honors with Research and Honors

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Ordinance

3. Duration :

1 Year (Two Semesters)	Undergraduate Certificate in Physical Education and Sports
2 Years (Four Semesters)	Undergraduate Diploma in Physical Education and Sports
3 Years (Six Semesters)	Bachelor's Degree in Physical Education and Sports
4 Years (Eight Semesters)	Bachelor's Degree (Honors <u>with</u> Research) in Physical Education and Sports <u>OR</u> <u>Bachelor's Degree (Honors) in Physical Education and Sports</u>

- After completing the requirements of a three-year Bachelor's degree, candidate who meet a minimum CGPA of 7.5 shall be allowed to continue studies in fourth year of the undergraduate programme to pursue and complete the Bachelor's (Honors with Research) degree. Those who have not meet the CGPA of 7.5 shall be allowed to continue studies in fourth year of the undergraduate programme to pursue and complete the Bachelor's (Honors) degree.

5. **Admission Procedure:** As decided by Devi Ahilya Vishwavidyalaya from time to time.
6. **Total Seats:** As per U.G.C./ other Statutory Councils from time to time.
7. **Fee Structure:** As decided by Devi Ahilya Vishwavidyalaya, from time to time.
8. **Examination, Curriculum and Related Regulation:**

As per ordinance 14 A of Devi Ahilya Vishwavidyalaya.

9. Eligibility for the award of the degree:

A candidate shall be eligible for the degree of Bachelor of Physical Education when he/she has completed the requirement of examination successfully as per ordinance No- 14 A.

10. Attendance:

Attendance in theory and practical subjects shall be compulsory. A minimum of 75% attendance is required separately for each theory and practical's subjects.

- 11. General Instruction:**

For matters not covered in this ordinance, general rules of Devi Ahilya Vishwavidyalaya, as applicable in semester examination shall apply in other matters. Executive council of

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SCHOOL OF PHYSICAL EDUCATION

DEVI AHILYA VISHWAVIDYALAYA, INDORE

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

General Rules and Scheme of Examination

1. The Examination for the degree of Bachelor of Physical Education and Sports will be of six semester (three years) duration:
 - (i) B.P.E.S. Semester I and Semester II
 - (ii) B.P.E.S. Semester III and Semester IV
 - (iii) B.P.E.S. Semester V and Semester VI
 - (iv) B.P.E.S. Semester VII and Semester VIII
2. A candidate, who –
 - (a) Completed his/her Higher Secondary (10 + 2 scheme) examination or Intermediate examination or the pre-university (10+2) or any other equivalent examination recognized by the M.P. Board of Secondary Education, Bhopal or any other Board recognized for this purpose by Devi Ahilya Vishwavidyalaya, Indore as equivalent thereto or
 - (b) Admission subject to: being selected on the basis of admission tests prevailing in the year when admission is sought in the department.
 - (c) After obtaining Indian or foreign qualifications recognized as equivalent to those mentioned in 2 (a) above by the Devi Ahilya University and on the basis of admission tests, shall be admitted to Semester – I for the degree of Bachelor of Physical Education.

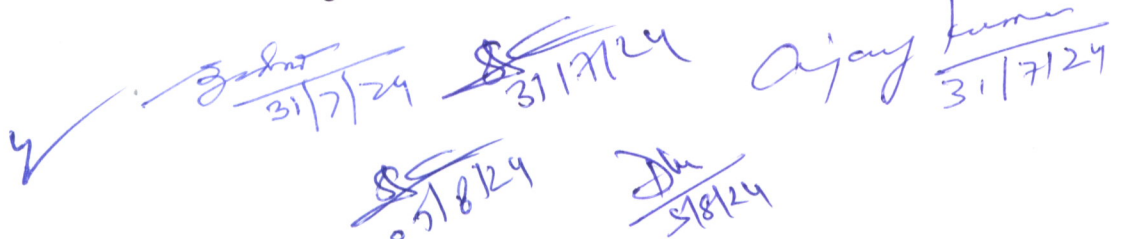
After completing the requirements of a three-year Bachelor's degree, candidate who meet a minimum CGPA of 7.5 shall be allowed to continue studies in fourth year of the undergraduate programme to pursue and complete the Bachelor's (Honors with Research) degree. Those who have not meet the CGPA of 7.5 shall be allowed to continue studies in fourth year of the undergraduate programme to pursue and complete the Bachelor's (Honors) degree.

(d)

3. The provisions of ordinance 14 A will be applicable for this course.

Examination

1. For UTD the examination will be conducted according to ordinance 14 A. and for affiliated colleges according to ordinance 5.
2. The medium of instruction shall be Hindi / English and a candidate can take examination either in Hindi or English.



ACADEMIC PROGRAMME
(With No. of Lectures and Credits Per Week)

B.P.E.S. VIIth Semester
(New Scheme for Honors With Research)

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Type of Course
Paper Code	Nomenclature	Lectures	Tutorials	Practicals /Project Work		
T-701-HR	Research Process in Physical Education and Sports Sciences	03	01	-	04	Core Minor
T-702	Physiology of Exercise	03	--	-	03	Core Major
T-703	Sports Journalism and Mass Media	03	--	-	03	Core Major
Part – B (Practicals)						
P-701	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-702	Intramural	-	-	01	0.5	
RP-701	Research Project (Practical Training)	-	-	06	06	Research Project / Field Project / Internship
Part –C (Viva-Voce)						
C-701	Comprehensive Viva-voce				01	

Total Credits - 21

B.P.E.S. VIIIth Semester
New Scheme for Honors With Research

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Type of Course
Paper Code	Nomenclature	Lectures	Tutorials	Practicals /Project Work		
T-801-HR	Applied Statistics in Physical Education and Sports	03	01	-	04	Core Minor
T-802	Sports Psychology	03	--	-	03	Core Major
T-803	Sports Biomechanics and Kinesiology	03	--	-	03	Core Major
Part – B (Practicals)						
P-801	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-801	Intramural	-	-	01	0.5	
RP-801	Research Project (Dissertation Writing Submission and Viva-Voce)	-	-	06	06	Research Project / Field Project / Internship
Part –C (Viva-Voce)						
C-801	Comprehensive Viva-voce				01	

Total Credits - 21

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B.P.E.S. SEMESTER – VII
B.P.E.S. VIIth Semester
(New Scheme of Marking for Honors With Research)

Part – A (Theory Papers)		Maximum Marks	
		External	Internal
T-701-HR	Research Process in Physical Education and Sports Sciences	60	40
T-702	Physiology of Exercise	60	40
T-703	Sports Journalism and Mass Media	60	40
Part – B (Practicals & Research Project)			
P-701	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-702	Intramural	-	100
RP-701	Research Project (Practical Training)	<u>60</u>	<u>40</u>
Part –C (Viva-voce)			
C-701	Comprehensive Viva-voce	100	-
	SUB TOTAL	<u>340</u>	<u>360</u>

Grand Total



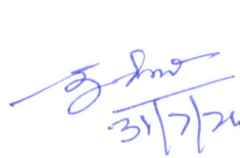



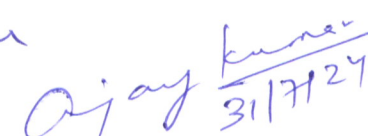
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B.P.E.S. SEMESTER – VIII
New Scheme of Marking for Honors With Research

Part – A (Theory Papers)		Maximum Marks	
		External	Internal
T-801-HR	Applied Statistics in Physical Education and Sports	60	40
T-802	Sports Psychology	60	40
T-803	Sports Biomechanics and Kinesiology	60	40
Part – B (Practicals & Research Project)			
P-801	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-801	Intramural	-	100
RP-801	Research Project (Dissertation Submission and Viva-Voce)	60	40
Part –C (Viva-voce)			
C-801	Comprehensive Viva-voce	100	-
	SUB TOTAL	340	360

Grand Total

700

ACADEMIC PROGRAMME
(With No. of Lectures and Credits Per Week)

B.P.E.S. VIIth Semester
(New Scheme for Honors)

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Type of Course
Paper Code	Nomenclature	Lectures	Tutorials	Practicals /Project Work		
T-701-H T-701-H2	<u>Professional Preparation in Physical Education</u> OR <u>Physical Fitness & Wellness</u>	03	01	-	04	Core Minor <u>Dept will opt one sub as per availability of faculty</u>
T-702	Physiology of Exercise	03	--	-	03	Core Major
T-703	Sports Journalism and Mass Media	03	--	-	03	Core Major
Part – B (Practicals)						
P-701	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-702	Intramural	-	-	01	0.5	
FP-701	Field Project on Fit India Protocol (Practical Training)	-	-	06	06	Research Project / Field Project / Internship
Part –C (Viva-Voce)						
C-701	Comprehensive Viva-voce				01	

Total Credits - 21

B.P.E.S. VIIIth Semester
New Scheme for Honors

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Type of Course
Paper Code	Nomenclature	Lectures	Tutorials	Practicals /Project Work		
T-801-H1 T-801-H2	<u>Health Education and Sports Nutrition</u> / OR <u>Athletic Care and Rehabilitation</u>	03	01	-	04	Core Minor <u>Dept will opt one sub as per availability of faculty</u>
T-802	Sports Psychology	03	--	-	03	Core Major
T-803	Sports Biomechanics and Kinesiology	03	--	-	03	Core Major
Part – B (Practicals)						
P-801	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-801	Intramural	-	-	01	0.5	
FP-801	Field Project on Fit India Protocol (Data Collection, Reports Submission and Presentation)	-	-	06	06	Research Project / Field Project / Internship
Part –C (Viva-Voce)						
C-801	Comprehensive Viva-voce				01	

Total Credits - 21

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SCHEME OF EXAMINATION
(As per Ordinance 14-A)

B.P.E.S. SEMESTER – VII
New Scheme of Marking for Honors

Part – A (Theory Papers)		Maximum Marks	
		External	Internal
T-701-H1	Professional Preparation in Physical Education OR	60	40
T-701-H2	Physical Fitness & Wellness		
T-702	Physiology of Exercise	60	40
T-703	Sports Journalism and Mass Media	60	40
Part – B (Practicals & Field Project)			
P-701	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-702	Intramural	-	100
FP-701	Fit India Fitness Protocol (Practical Training)	60	40
Part –C (Viva-voce)			
C-701	Comprehensive Viva-voce	100	-
	SUB TOTAL	340	360

Grand Total 700

B.P.E.S. SEMESTER – VIII
New Scheme of Marking for Honors

Part – A (Theory Papers)		Maximum Marks	
		External	Internal
T-801-H1	Health Education and Sports Nutrition / OR	60	40
T-802-H2	Athletic Care and Rehabilitation		
T-802	Sports Psychology	60	40
T-803	Sports Biomechanics and Kinesiology	60	40
Part – B (Practicals & Research Project)			
P-801	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-801	Intramural	-	100
FP-801	Field Project on Fit India Fitness Protocol (Data Collection Reports Submission and Presentation)	60	40
Part –C (Viva-voce)			
C-801	Comprehensive Viva-voce	100	-
	SUB TOTAL	340	360

Grand Total 700

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BPES SEMESTER - VII

RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIT I – Introduction

Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

UNIT II – Methods of Research

Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III – Experimental Research

Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

UNIT IV – Sampling

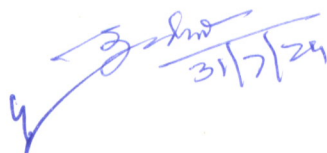
Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

UNIT V – Research Proposal and Report

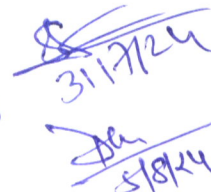
Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.

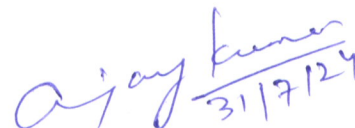
REFERENCE :

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics; Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

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BPES SEMESTER - VII

RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIT I – Introduction

Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

UNIT II – Methods of Research

Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III – Experimental Research

Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

UNIT IV – Sampling

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

UNIT V – Research Proposal and Report

Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.

REFERENCE :

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London: Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics; Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi.

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BPES SEMESTER - VII

PHYSIOLOGY OF EXERCISE

UNIT I - Skeletal Muscles and Exercise

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction - Heat Production in the Muscle, Effect of exercises and training on the muscular system.

UNIT II - Cardiovascular System and Exercise

Heart Valves and Direction of the Blood Flow - Conduction System of the Heart - Blood Supply to the Heart - Cardiac Cycle - Stroke Volume - Cardiac Output - Heart Rate - Factors Affecting Heart Rate - Cardiac Hypertrophy - Effect of exercises and training on the Cardio vascular system.

UNIT III - Respiratory System and Exercise

Mechanics of Breathing - Respiratory Muscles, Minute Ventilation - Ventilation at Rest and During Exercise. Diffusion of Gases - Exchange of Gases in the Lungs - Exchange of Gases in the Tissues - Control of Ventilation - Ventilation and the Anaerobic Threshold. Oxygen Debt - Lung Volumes and Capacities - Effect of exercises and training on the respiratory system.

UNIT IV - Metabolism and Energy Transfer

Metabolism - ATP - PC or Phosphagen System - Anaerobic Metabolism - Aerobic Metabolism - Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises - High Intensity Exercise Lasting Several Minutes - Long Duration Exercises.

UNIT V - Climatic conditions and sports performance and ergogenic aids Variation in Temperature and Humidity - Thermoregulation - Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

Note: Laboratory Practicals in Physiology be designed and arranged internally.

REFERENCES:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

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BPES SEMESTER - VII

SPORTS JOURNALISM AND MASS MEDIA

UNIT I Introduction

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

UNIT II Sports Bulletin

Concept of Sports Bulletin: Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Types of bulletin - Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism - General news reporting and sports reporting.

UNIT III Mass Media

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

UNIT IV Report Writing on Sports

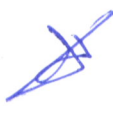
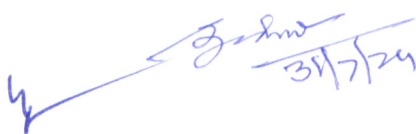
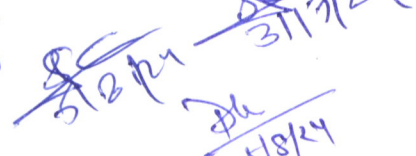
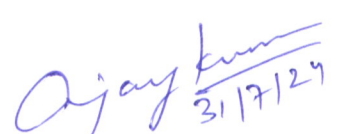

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

UNIT -V Journalism

Sports organization and Sports Journalism - General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach.

REFERENCE:

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications
Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication Bhatt S.C.
(1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi (2010)
Value Education in Global Perspective. New Delhi: Lotus Press. Kannan K (2009) Soft Skills, Madurai:
Madurai: Yadava College Publication Mohit Chakrabarti (2008): Value Education: Changing Perspective,
New Delhi: Kanishka Publication.
Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication Shiv Khera
(2002), You Can Win, New Delhi: Macmillan India Limited. Varma A.K. (1993) Journalism in India from
Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation.

B PES SEMESTER - VII
PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION

UNIT-I HISTORICAL PERSPECTIVE

Professional Preparation in India, Pre Independence-Perspective, Post Independence Perspective, Comparative analysis of professional preparation program in U.S., Europe, and China

UNIT-II PROFESSIONAL PREPARATION PROGRAMMES

Foundation: need, objectives, and characteristic of professional preparation programs, Courses available in physical education and sports., Role of physical education teacher and institutes in professional preparation programs

UNIT-III PHYSICAL EDUCATION AND PROFESSIONALISM

Concept and meaning of Profession, Professional and Professionalism., Physical education as a profession.

UNIT-IV CAREER AVENUES & JOB OPPORTUNITIES IN PHY EDU & SPORTS

Career avenues after under graduation and post-graduation and research degrees, planning for a career : self-assessment, motivational dynamics, decision making, counseling and guidance

UNIT-V EXPLORING AND VENTURING INTO NEW AVENUES

Challenges and opportunities in physical education, Inter-relationship among various careers in physical education and sports

REFERENCES:

- Adams William C. Foundation of Physical Education Exercise and Sports Sciences, Philadelphia, 1991
- Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum Design in Physical Education & sports Sciences, New Delhi, Friends Publications, 2004
- Hoover. Kenneth H., The Professional Teacher's Handbook, Boston, Allyn and Bacocon, 1972
- Krik David, Physical Education and Curriculum Study, Kent, Croom Helm, 1988
- Sandhu Kiran, Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications, 2004
- Sandhu Kiran, Trends and Development in Professional Preparation in Physical Education, New Delhi, Friends Publication, 2006
- Wessel Janet A, and Kelly Luke, Achievement-Based Curriculum Development in Physical Education, Philadepia, Lea and Febiger, 1986
- Zeigler E.F, Professional and Scholarly Foundation of Physical Education and Kinesiology, Sports Educational Technologies, 2007

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BPES SEMESTER - VII

PHYSICAL FITNESS AND WELLNESS

UNIT I - Introduction

Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

UNIT II - Nutrition

Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs

UNIT III - Aerobic Exercise

Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

UNIT IV - Anaerobic Exercise

Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls) Advanced techniques of weight training

UNIT V - Flexibility Exercise

Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

REFERENCE:

David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedfordrow, London 1998 Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992.
Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986. Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002. Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999 Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001 Warner W.K. Oeger & Sharon A.Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.

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BPES SEMESTER VIII
APPLIED STATISTIC IN PHYSICAL EDUCATION & SPORTS

UNIT I – Introduction

Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics.

UNIT II – Data Classification, Tabulation and Measures of Central Tendency Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode.

UNIT III – Measures of Dispersions and Scales

Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

UNIT IV – Probability Distributions and Graphs

Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence from normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

UNIT V – Inferential and Comparative Statistics

Tests of significance; Independent “t” test, Dependent “t” test – chi – square test, level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

REFERENCE :

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Rothstain
A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

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BPES SEMESTER VIII **SPORTS PSYCHOLOGY**

UNIT I - Introduction

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning - Motor Perception : Factors Affecting Perception - Perceptual Mechanism. Personality: Meaning, Definition, Structure - Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT II - Motivation & Mental State

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement.

UNIT III - Goal Setting

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test - Tachistoscope-Reaction timer - Finger dexterity board - Depth perception box - Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

UNIT IV - Psychological aspects of Competition:

Defining competition, determinants of competitive behavior, psychological characteristics of pre-competition, during competition and post competition. Selected psycho regulative techniques technique for relaxation and activation. Psychological aspects of long term and short term preparation for competition, Psychological care of injuries, sports person, responses to injuries, prevention and coping techniques.

UNIT V - Psycho-Social Facilitation:

Presence of others, co action effect and audience effect in sports. Factors mediating social facilitations. **Volitional regulation actions in sports:** Meaning, Characteristics and Factors affecting volitional regulated behavior. Development of volitional qualities.

REFERENCES:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication. Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
- Jay Coakley. (2001) Sports in Society - Issues and Controversies in International Education, Mc-Craw Seventh Ed. John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prentice Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc. Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co. Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic. Whiting, K, Karman. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

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BPPS SEMESTER VIII

SPORTS BIOMECHANICS AND KINESIOLOGY

UNIT I - Introduction

Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars.

UNIT II - Muscle Action

Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

UNIT III - Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components .Force applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

UNIT IV - Projectile and Lever

Freely falling bodies -Projectiles -Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage -classes of lever - practical application. Water resistance - Air resistance -Aerodynamics. Note: Laboratory practicals should be designed and arranged for students internally.

UNIT V - Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis - Qualitative, Quantitative, Predictive.

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

Deshpande S.H.(2002). Manav Kriya Vigyan - Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal. Hoffman S.J. Introduction to Kinesiology. Human Kinesiology publication In.2005. Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall. Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence Mamta MP (2004) Kinesiology. Delhi, Friends Publication . Uppal, A K. (2004), Kinesiology in Physical Education and Exercise Science, Delhi, Friends publications. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

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BPES SEMESTER VIII

HEALTH EDUCATION AND SPORTS NURTITION

UNIT I- Health Education

Concept, Dimensions, Spectrum and Determinants of Health , Definition of Health, Health Education, Health Instruction, Health Supervision , Aim, objective and Principles of Health Education, Health Service and guidance instruction in personal hygiene.

UNIT II- Health Problems in India

Communicable and Non-Communicable Diseases, Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools, Objective of school health service, Role of health education in schools Health Services -Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc

UNIT III - Hygiene and Health

Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress

UNIT IV- Sports Nutrition

Nutrition Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

UNIT V- Weight Control Management

Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

REFERENCES:

- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended.
- Angus and Robertson. Bucher, Charles A. "Administration of Health and Physical Education Programme".
- Delbert, Oberteuffer, et. al." The School Health Education".
- Ghosh, B.N. "Treaties of Hygiene and Public Health".
- Hanlon, John J. "Principles of Public Health Administration" 2003.
- Moss and et. At. "Health Education" (National Education Association of U.T.A.)
- Nemir A. 'The School Health Education" (Harber and Brothers, New York).
- Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids,
- Thorons. Turner, C.E. "The School Health and Health Education".

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BPES SEMESTER - VIII

ATHLETIC CARE AND REHABILITATION

UNIT I - Corrective Physical Education

Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Value of good posture, Drawbacks and causes of bad posture. Posture test - Examination of the spine.

UNIT II - Posture

Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including exercises.

UNIT III - Rehabilitation Exercises

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

UNIT IV - Massage

Brief history of massage - Massage as an aid for relaxation - Points to be considered in giving massage - Physiological, Chemical, Psychological effects of massage - Indication / Contra indication of Massage - Classification of the manipulation used massage and their specific uses in the human body - Stroking manipulation: Effleurage - Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling - Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

UNIT V - Sports Injuries Care, Treatment and Support

Principles pertaining to the prevention of Sports injuries - care and treatment of exposed and unexposed injuries in sports - Principles of apply cold and heat, infrared rays - Ultrasonic, Therapy - Short wave diathermy therapy. Principles and techniques of Strapping and Bandages.

Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure. (To be assessed internally)

REFERENCES:

- Doherty. J. Meno. Webb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hall Inc. Lacey, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd. Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd. Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc. Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons. Turner, C.E. "The School Health and Health Education".

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BPES SEMESTER VII AND VIII **INTRAMURAL**

The intramural is a regular feature of the department. The purpose of the intramural is to provide opportunity to the students to inculcate the spirit of sportsmanship, competitiveness and group cohesiveness by organizing various intramural competitions in different games and sports. The Intramural also gives the opportunity of participation in competition and conduction of competitions to those who did not get the chance to participate and conduct.

This opportunity develops a professional attitude in the students, other than these, this also develops affinity between students, working together and an act of competing to each other.

The Motto of our Intramural is

"COGNITION, COOPERATION & COMPETITION"

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B PES SEMESTER VII & VIII
RESEARCH PROJECT
(For Honors with Research Students)

1. A candidate who has secured CGPA of 7.5 and above upto the end of VIth semester will be allowed to opt for Research Project in VIIth Semester.
2. The student will submit his / her synopsis in the early stage of VIIth semester which will be approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
3. He / she will continue his research work in VIIth Semester and VIIIth Semester to submit his / her Dissertation at the end of VIIIth Semester.
4. During VIIth Semester students will learn various tools and tests of research practically under the guidance of his / her supervisor and other faculty members and will submit some of assignment, at the end of the VIIth semester. A viva-voce will be conducted with external and internal examiners for evaluation purpose.
5. During VIIIth semester the student will complete his /her dissertation and submit it to the department, a final Viva-voce will be conducted about his research work for evaluation.

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BPES SEMESTER VII & VIII
FIELD PROJECT
(For Honors Students)

1. A candidate who has secured CGPA of less than 7.5 upto the end of VIth semester will be allowed to complete the 4th year as honors student and he / she must work on a field project instead of research project.
2. The area of field Project will cover the Govt of India Ministry of Youth Affairs and Sports "Fit India Fitness Protocol".
3. These fitness protocols are given for 5 to 18 year children, 18 to 65 years adults and above 65 years senior citizens.
4. Students will continue his field project practice in VIIth Semester and data collection and report preparation in VIIIth Semester to submit his / her field project report at the end of VIIIth Semester.
5. During VIIth Semester students will learn various tests and exercises given in the fitness protocol booklet and will practice and conduct tests for practice purpose.
6. They will submit some of test assignment, at the end of the VIIth semester. A viva-voce will be conducted with external and internal examiners for evaluation purpose.
7. During VIIIth semester the student will be sent to schools, colleges, Hostels and nearby residential communities for assessment of fitness and training of exercise to common people.
8. Students will collect some of the fitness data, prepare a report and submit to the department, a final Viva-voce will be conducted about his field project report for eval

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