

B.P.Ed., SYALLABUS

PAPER-I : HISTORY, PRINCIPLES AND PHILOSOPHY OF PHYSICAL EDUCATION AND SPORTS PSYCHOLOGY

UNIT I – HISTORY OF PHYSICAL EDUCATION

Ancient Physical Education in Greece, Rome and Germany – Ancient Physical Education in India – Indus age, Vedic age, Puranic age, Epic age, Medieval age, British period till 1947 –Physical Education after Independence – Rajkumari Amrut Kaur Scheme – Sports Councils – SNIPES – NDS - SAI – NSNIS – SGFI.

UNIT II – ANCIENT AND MODERN OLYMPICS

Ancient Olympics, its Origin, History, Significance, Rules, Conduct of Games, Awards, Decline. Modern Olympics: Olympic movement, – Revival of Modern Olympics – Governing body, Rules. Difference between Ancient and Modern Olympics.

UNIT III – NATIONAL SPORTS POLICY

Sports Schemes in India – PYKKA, National Sports Awards: Arujuna, Dronacharya, Rajeev Khel Ratna.

UNIT IV – PRINCIPLES OF PHYSICAL EDUCATION

Meaning, Definition, Aim, Objectives, Scope of Physical Education. Need and importance of Physical Education in modern society. Relationship of physical education with general education

UNIT V - BIOLOGICAL AND SOCIOLOGICAL PRINCIPLES

Growth and development – Motor development – Age and Sex Characteristics of Adolescents- differences – - Types of body. Sociological foundation: Individual, Family, Society, Social institution, Community - Leadership through Physical Education – Sports as Cultural Heritage and Mankind.

UNIT VI – SPORTS PSYCHOLOGY

Meaning, Definition of Psychology and Sports Psychology - Heredity and environment – Personality: Types of Personality – Personality Traits – Need and Importance of Sports Psychology –

UNIT VII - THEORIES OF LEARNING AND MOTIVATION

Learning - Theories of Learning – Types of learning: Primary, associate and concomitant learning Learning curve – Transfer of learning. Meaning and Definition of Motivation, Types of Motivation, Methods of motivation, Effect of Motivation on Sports performance.

UNIT VIII – PHILOSOPHY OF PHYSICAL EDUCATION

Meaning and Definition of Philosophy - Idealism, Naturalism, Realism, Pragmatism, Existentialism, Humanism.

REFERENCE BOOKS

Boaz, G.D. Educational Psychology Gunalaya, Madras, 1958.
Bucher, C.A. Foundation of Physical Education, The C.N.Mosby, Company 1984.
Garrison, Psychology and Adolescence Prentice Hall Inc., New Delhi.
Gate, et.al. Educational Psychology The Macmillan Co., New Delhi.
Jones, B. and Simpson, Education Health Education and Recreating, The Macmillan Co., New York
Longfield, B.Foundation of Psychology, W.J.Wiley and Sons Inc., New York.
McFarch, H.S.N. Psychology and Teaching, George G.Harrp & Co.Ltd.182.High Holborn, London.
Nixon & Cozen, An Introduction to Education, The W.B.Saunders Co., Philadelphia, London.
Soreson, A.Psychology of Education, Mc Graw-Hill Book Co., Inc., New York Toronto, London.
Tibble, J.W.Studies in Education Physical Education and the Educative Process Evans Brothers Ltd., London.
Turner, The Child Within the Group, Standford University Press, Standford, California.

PAPER-II : SPORTS MANAGEMENT AND METHODS OF PHYSICAL EDUCATION

UNIT I - SPORTS MANAGEMENT

Meaning and Definition – Need and Importance of sports management – Levels of Management – Principles of Management.

UNIT II - ORGANISATION OF PHYSICAL EDUCATION & SPORTS

Meaning of Organisation and Administration – Importance of organisation – Guiding principles of organization.

Organisation of Physical Education and Sports in Educational Institutions – Association of Indian Universities (AIU) School Games Federation of India (SGFI).

Sports Organisations: National Federations, State and District Associations, Clubs.

Olympic Associations: IOA, State and District Olympic Associations

Government organizations : Sports Authority of India (SAI), Sports Authority of Andhra Pradesh (SAAP), District Sports Authority (DSA), Mandal Sports Authority(MSA)

UNIT – III CLASSIFICATION AND CLASS MANAGEMENT

Meaning of Classification- Classification of students – Need and Importance of Classification – Criterion of Classification: Age, Height and Weight – Different methods Of Classification – McCloy's classification – Class management – Time table.

UNIT – IV TOURNAMENTS

Types of tournaments: knock out or elimination tournament, League or Round Robin Tournament, Combination Tournament, Challenge tournament, Play day or Play Festival. Intramural and Extramural Competitions.

UNIT – V BUDGET

Meaning of Budget – Games Fund – Different Sources of Income – Games committee - Different Items of expenditure - Guidelines for Preparation of Budget – preparation of Model Budget–Guidelines for Expenditure – Accounting – Records and Registers

UNIT – VI MATERIAL MANAGEMENT

Purchase of equipment – Guidelines for selection and purchase of material – Proper handling of Equipment - Care and Maintenance of Sports equipment – Procedure for issue of equipment.

UNIT – VII METHODS OF TEACHING

Meaning and Importance of methods in Physical Education – Factors influencing Methods - Methods of teaching: Command Method, Oral Method, Imitation Method, Dramatization Method, At will Method, Set Drill Method, Demonstration Method, Whole Method, Part Method, Whole part whole Method, Progressive part Method, Observation and visualization Method.

UNIT – VIII PRESENTATION TECHNIQUES

Introduction – Presentation Technique – Method of class formation – Stages of teaching activity - Commands – Lesson plan: Values of Lesson plan - Types of lesson plan – General lesson plan – Particular lesson plan .

REFERENCE BOOKS

Bucher, C.A. Administration of School, Health and Physical Education, C.V. Mosby & Co.,

Cowel and Huzeltow, Curriculum Design in physical Education, Prentice Hall Inc.

Joseph, P.M. Organisation of Physical Education, Old student, Association TIPE, Kandivilli, Bombay.

Thirunarayanan, C. and Harikaran, S. Methods in Physical Education, South India Press, Karaikudi–1.

Thomas, J.P. Organisation of Physical Education, Gnanodaya Press, Madras-1.

Thomas, J.P. Physical Education Lessons, Gnanodaya Press, Sports Management, C.V. Mosby & Co. madras-1.

Dr. M.L. Kamlesh, Scientific art of Teaching Physical Education.

PAPER-III : ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION

ANATOMY AND PHYSIOLOGY

UNIT – I – CELLS AND TISSUES

Meaning and definition of Anatomy and Physiology – need and importance of knowledge of Anatomy and Physiology in Physical Education and Sports

Cell and its structure – Cell Division- Types of Cells and their functions-

Tissue – Different types of Tissues and their functions.

UNIT – II - MUSCULOSKELETAL SYSTEM

Muscle: Types of muscles – Tendons and ligaments – Structural classification of skeletal muscles - Names of Major muscles in shoulder, elbow, hip, knee and ankle joints – Muscle contraction.

Skeletal System: Axial and appendicular skeleton and names of major bones - Classification of bones – Joint - Types of joints.- Joint structure

Effect of Exercise on Musculoskeletal system.

UNIT-III - CIRCULATORY SYSTEM

Blood and components of blood – Blood Groups – Structure and functions of RBC, WBC and Platelets – Structure and Functions of Heart - Cardiac cycle (Systemic, Pulmonary and Coronary) – Cardiac Output - Blood Pressure, arteries, veins and capillaries – Cardiac output - Lymph and its function – Effect of Exercise on Circulatory System.

UNIT-IV - RESPIRATORY SYSTEM

Structure and functions of Respiratory system - Mechanism of respiration - External and internal respiration - Lung volumes - Effect of Exercise on Respiratory System.

UNIT-V - DIGESTIVE SYSTEM

Structure of the digestive system and its organs – Functions of various organs of the digestive system – digestion. Pre game meal and its effect on performance.

UNIT-VI - NERVOUS SYSTEM

Main organs of Nervous system and their functioning – Functional classification of nervous system – Motor and sensory nerves – Neuromuscular function and its development through exercises.

HEALTH EDUCATION

UNIT- VII - FOOD AND NUTRITION:

Nutrients and components of food – Balanced diet – Malnutrition – Under nutrition – Vitamins and Vitamin deficiency diseases: Scurvy, Rickets, and Night blindness. Body Mass Index – Weight Management – Obesity risks: Hyper Tension, Diabetes and Atherosclerosis.

UNIT-VIII - HYGIENE AND COMMUNICABLE DISEASES AND THEIR PREVENTION

Need and importance of personal hygiene, Environmental Hygiene

Communicable and Non-communicable diseases and their Prevention.

Chickenpox – Mumps – Measles – HIV / AIDS – Cholera – Viral hepatitis – Tuberculosis – Malaria, Common sports injuries and their management.

REFERENCE BOOKS

Evans, L. Principles of Human Physiology.

Johnson, Health in Action, Holt Rinehart Winston 1977.

Johnson, Healthful living, Mc Graw Hill.

Meacham, A Joint Course in Human Physiology.

Murugesu, L. Anatomy of Health Education.

Park, J.E. and Park, Preventive and Social Medicine 1977.

Roper, N. Man's Anatomy, Physiology and Health.

Williams, T.R. A Text Book of Anatomy and Physiology.

PAPER-IV : BIO-MECHANICS AND KINESIOLOGY

UNIT-I - BIOMECHANICS - MOTION

Meaning and Definition – Kinematics and Kinetics- Importance of application of Biomechanics in sports and games - Distance & displacement, speed & velocity, acceleration – Motion and its Types – Newton's Laws of Motion. Newton's law of gravitation

UNIT-II - MECHANICAL CONCEPTS OF MOVEMENTS

Meaning & Definition - Center of gravity – Line of gravity – Base - Equilibrium- Axes & Planes- Fundamental starting positions.

B) Important Muscles involved in the movement of various Joints-- Shoulder Girdle, Shoulder Joint, elbow joint wrist joint, Knee Joint, Hip Joint.

UNIT-III - FORCE

Meaning and Definition -Types of force – Centrifugal – Centripetal force – properties of force (magnitude of force, direction of application of force, point of application of force) - Equilibrium – Types of Equilibrium – Stability and Principles of stability- Friction – Laws of Friction.

UNIT-IV - LEVERS

Meaning and Definition - Types of levers – Mechanical advantage of levers- Application of levers in sports.

UNIT-V - PROJECTILES

Meaning and Definition – Purposes of use of projectiles in sports -Path of Projectile, Horizontal and Vertical Displacements- Angle of projection – Time of flight.

UNIT-VI- BIOMECHANICAL ANALYSIS

Kinematic analysis and kinetic analysis

General principles of analysis of skills

Analysis of fundamental movements- walking, running, jumping, throwing

UNIT-VII-KINESIOLOGY

Meaning and definition of Kinesiology- Importance of application of kinesiology in sports

Musculo- Skeletal system- Bones- Types of bones

Joints- Classification of joints- Fundamental movements around joints

Important muscles involved in the movements of joints- Shoulder joint, Elbow joint- Knee joint- Hip joint

UNIT-VIII-POSTURE

Meaning and definition of posture- Qualities of good posture- Causes of bad posture - Postural deformities—Kyphosis, Lordosis, kypholordosis, Dropped head, Dropped shoulders, Bow legs, Knocked knees, Pigeon toes, Duck feet and flat feet and its types-

REFERENCE BOOKS

Bunn, J.N. Scientific Principles of Coaching

Davidson, S. Kinesiology Work Book.

Hay, J.G. Biomechanics.

Ram N.P., Kinesiology.

Rasch and Burke, Kinesiology and Applied Anatomy.

Thompson, Structure of Kinesiology.

Wells and Luttgens, Kinesiology Scientific Basis of Human Motion.

Wells, K.F.Kinesiology.

Woper and Glasson, Kinesiology.

PAPER-V : PRINCIPLES OF OFFICIATING, YOGA, RECREATION AND CAMPING

UNIT-I : PRINCIPLES OF OFFICIATING

Introduction – Aim and Objectives – Principles.

Techniques: Whistling, Signaling, Positioning – Achieving High Standard in officiating.

UNIT-II : MECHANICS OF OFFICIATING

Introduction – Objectives – Mental and Physical Demand – Job of the Official – Qualities and Qualification of Official.

UNIT-III : TRACK AND FIELD EVENTS - MEASUREMENT AND OFFICIATING

Layout 400Mts, 200Mts track – Jumping pits – Throwing Sector – Rules and regulations – Conduct of events – Officiating.

UNIT-IV : HISTORY, MEASUREMENT AND OFFICIATING OF FOLLOWING GAMES

1. Basketball 2. Cricket 3. Hockey 4. Kabaddi.

UNIT-V : HISTORY, MEASUREMENT AND OFFICIATING OF FOLLOWING GAMES

1. Football 2. Handball 3. Volleyball 4. Kho-Kho.

UNIT-VI : YOGA

Introduction – Aim and Objectives of Yoga – Astanga Yoga – Pranayama – Meditation – Types of Yoga Asanas – Importance of Yoga Asanas.

UNIT-VII : RECREATION

Introduction – Definition – Objectives of Recreation – Types of Recreational Activities – Need and Importance of Recreation in Modern society, Play and theories of play.

UNIT-VIII : CAMPING & ADVENTURE SPORTS

Introduction of Camping – Aim and Objectives of the Camps – Types of Camps – Organisation of Camps – Factors effecting its organization.

REFERENCE BOOKS

Lucy Lidell – The Book of Yoga, Euby Press – 1983

Dr.Chandra Sekaran – Sound Health Through Yoga, Prem Kalyan Publications – 1999

John W. Rezwik – Intramural Recreational Sports Program and Administration.

Anand R.L. – Playing Field Manual – NSNIS, Patiala – 1986.

Webster FA – Sports Ground and Building

Thomas Dr.J.P. – Organization of Physical Education, Madras.

Thomas Mathew – 150 Minor Games – 1997.

Larson LA and Vacons RD. – Measurement and Evaluation in Physical Health and Recreation Education – 1951

Encyclopedia of Sports & Games

Rules of Games and Sports – Published by the National Associations / Federations.

PAPER-VI : METHODS OF SPORTS TRAINING, MEASUREMENT AND EVALUATION

UNIT-I : SPORTS TRAINING

Introduction – Meaning – Definition – Need and Objectives of Sports Training - Principles of Sports Training – Coach : Qualities, Qualifications and responsibilities

UNIT-II : PHYSICAL FITNESS COMPONENTS

Physical fitness – Meaning – Importance of Physical fitness – Physical Fitness Components: Speed, Strength, Endurance, Flexibility and Co-ordination.

UNIT-III : METHODS OF SPORTS TRAINING

Introduction – Warming up – Conditioning – Limbering down – Training Methods: Calisthenics, Weight training, Circuit training, Interval training and fartlek training.

UNIT-IV : SKILL, TECHNIQUE AND TACTICS

Meaning and Definitions of Skill, Technique and Tactics – Teaching, Training and Coaching - Importance of technique and tactical training.

UNIT-V : TEST, MEASUREMENT AND EVALUATION

Meaning – Definition of Test, Measurement and Evaluation - Nature and scope of Evaluation – Need & importance of Evaluation in Physical Education.

UNIT-VI : CRITERIA OF GOOD TEST

Meaning – Importance – General Evaluation Criteria: Validity, Reliability, Objectivity, Norms. Administration of test.

UNIT-VII : POSTURE AND PHYSICAL FITNESS TESTS

Posture – Postural deformities – Advantages of good posture – New York state posture rating test. Meaning of Physical fitness test – AAHPERD youth fitness test– JCR Motor fitness test – Cooper's 12 minutes run/walk test – Harvard step test.

UNIT-VIII : GAMES SKILL TEST

Hockey – Schmithals - French achievement test in field hockey.
Volleyball - Russel – Lange Volleyball test.
Football – Mc-Donald Volleying Soccer Test.
Basketball – Knox – Basketball Test.

REFERENCE BOOKS

Hardayal Singh – Science of Sports Training, 1991.
Hardayal Singh – Sport training : General Theory and Methods, 1984.
Jenson and Fisches – Scientific Basis of Athletic conditioning.
John W. Buun – Scientific principles of coaching.
C.M. Muthaiah – Strength Training.
H. Harrison Clark & David H. Clark – Application of Measurement to Physical Education
Harold M. Barrow & Rose Mary Mc Gee – A Practical Approach to Measurement in Physical Education.
Barry L. Johnson & J.K. Nelson – Practical Measurement for Evaluation in Physical Education.
Baumgartner & Jackson – Measurement for Evaluation.
D. Allen Phillips & James E. Hormak – Measurement and Evaluation in Physical Education.