



Bagalkot University,

(A State Public University of Govt. of Karnataka)

Jamkhandi

The Draft

COURSE STRUCTURE AND SYLLABUS

As per the Choice Based Credit System
(CBCS)

for

BACHELOR OF PHYSICAL EDUCATION
(B.P.Ed.)

w.e.f

Adapted from RCU Belagavi applicable from the Academic

Year 2023-24

Preamble for B.P.Ed. Syllabus of Bagalkot University

Bagalkot University Jamkhandi has been established by the Government of Karnataka and has started functioning from the academic year 2023-24. All the degree colleges other than engineering and medical colleges in the district of Bagalkote, are affiliated to this university as per the Karnataka State Universities Act 2000, as modified by the 26th Act of 2022. The students taking admission to any of the colleges in the district of Bagalkote, from the academic year 2023-24 will be students of Bagalkot University. The Chancellor of the university, the honorable Governor of Karnataka, has instructed the Vice chancellor and the university to adapt, the rules and regulations of the parent university, Rani Channamma University, Belagavi for the immediate activities (Vide letter from the office of the Governor GS 01 BGU 2023 dated 17/05/2023).

In this connection, Bagalkot University has adapted the B.P.Ed. syllabus from RCU, Belagavi for all the 2 years degree B.P.Ed. programmes, The syllabus follows the Choice Based Credit System introduced by University and provides flexibility to the students to choose their course from a list of electives and soft-skill courses, which makes teaching-learning student-centric. The higher semester syllabi will be published in due course. Only the subject codes/ question paper codes are changed, whereas the subject syllabi remains the same. The subject code format is described in the following.

Subject Code Format for B.P.ED

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Ver	Uni. Code	DEGREE			SEM		DISCIPLINE			SUB. TYPE			SL. NO. IN DISC. & S. TYPE		TH/ LAB /B/ I NT.	
1	2	6	B	P	E	0	1	X	X	X	H	C	C	0	1	T

[1]The Ver information gives the version of the syllabus. It can take values 1,2..9,a,b,...

[2-3] The University UUCMS Code

[4-6] The PG degree codes to be provided as

Sl. No	Degree Code	Degree
1	B.P.Ed	Batcheler of Physical Education

[7-8]The Semester Information is provided as

Sl. No	Semester
1	'01
2	'02
3	03

[9-11]The Discipline Information to be provided as

Sl No	Degree	Discipline Code
1	B.P.Ed	XXX

[12-14]The Subject Type to be provided as

Sl. No.	TYPE	Description
1	HCC	Hard Core Course
2	CSC	Core Subject Course
3	SCC/SPC/OPC	Soft Core Course / Specialization Course / Optional Course
4	OEC	Open Elective Course

[15-16] The Running Serial Number is to be provided for a particular subject type

01 to

99

[17] This character specifies the category of the subject namely, T=theory, L-Lab, P-Project, I-Internship, B- Bothe theory and Lab

New regulations and syllabus for the bachelor of physical education (B.P.Ed) Under two years scheme 2023-2024

Regulation- I: The Degree of Bachelor of Physical Education henceforth referred to as B.P.Ed. Degree in the following regulations, may be awarded to the candidate who successfully complete the course, the course of studies and pass the examination that cover theory, teaching ability (Internship and Practical) and practical as per the scheme and also fulfill and satisfy the regulations that govern the B.P.Ed., degree in Bagalkot University, or in the affiliated college of the Bagalkot University.

Regulation – II: The B.P.Ed., Degree course shall be offered under the Faculty of Education of the Bagalkot University.

Regulation –III: The B.P.Ed., degree course will be residential one.

Regulation –IV: There shall be at least 200 working days per year exclusive of admission and examination etc. The institution shall work for a minimum of 36 hours in a week (five or six days a week). The maximum duration of the degree programme shall be four years from the date of admission.

Regulation –V: All programmes shall run on credit system (CBCS). It is an instructional package develops to suit the need of the student, to keep pace with the development in higher education and quality assurance expected of it, in the light of liberalization and globalization of the higher education.

Regulation –VI: The B.P.Ed programme consists of a number of courses, the term „course“ is applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed. Programme.

- a. Theory courses
- b. Practicum
- c. Teaching practices

Regulation-VII: Eligibility for Admission: Any graduate of Bagalkot University or of any other University recognized by the Bagalkot University as equivalent there to who is physically fit and satisfies any of the following conditions will be eligible for admission to B.P.Ed., Degree Course.

- a. Bachelor’s degree in any discipline with 50% marks and having at least participation in the Inter College Inter-Zonal, District, School competition in sports and games as recognized by the AIU, IOA, SGFI, Govt of India.

OR

- b. Bachelor’s degree in Physical Education with 45% marks.

OR

c. Bachelor's degree in any discipline with 45% marks and studied physical education as compulsory elective subject.

OR

d. Bachelor's degree with 45% marks and having participated in National, Inter University State competitions or secured 1st, 2nd or 3rd position in Inter College, Inter-Zonal, District, School competition in sports and games as recognized by the AIU, IOA, SGFI, Govt of India.

e. Bachelor's degree with participation in international competitions or secured 1st, 2nd, 3rd position in National, Inter-University competition in sports and games as recognized by the respective federations, AIU, IOA, SGFI, Govt. of India.

f. Graduation with 45% marks and at least three years of teaching experience (for deputed in-service candidates. i.e. trained physical Education teachers, coaches.

g. In case enough candidates with 45% marks are not coming forth for admission to B.P.Ed course candidates with less than 45% marks may be considered for the admission.

The relaxation of 5% percentage of marks in the qualifying examination and in the reservation of seats for SC&ST categories shall be as per the rules of the central government, state government, whichever is applicable.

All the candidates shall produce a medical fitness certificate issued by a competent Medical Officer.

Regulation-VIII: Selection procedure:

Admission shall be made either on the basis of marks obtained in the qualifying, entrance examination with due weight-age for the physical fitness, proficiency in games and sports, and achievement in sports at the college or higher level or any other selection process as per the policy of the university state government, UT Administration as follows.

Weight age

1. Academic Performance --- 40% means 40% of the percentage of marks obtained in Degree Examination.
2. Physical Fitness --- 30% means 30 Points.
3. Sports Achievement --- 30% means 30 Points.

Academic performance will be determined by taking 40% of the percentage of marks scored in the qualifying degree examination.

Physical Fitness is determined on the basis of points obtained in the **National Physical Fitness Program**. Tests of India include the following events.

Events		Max. Points
1.	100 m Run	6
2.	Shot Put 8 lbs	6
3.	Long Jump	6
4.	High Jump	6
5.	Run 200m	6
Total		30 Points

The candidates shall participate in all the events of the fitness test and qualify for the admission for the B.P.Ed degree course, by securing minimum of 30% of the total points in the NPFP test. Points will be awarded for achievement in sports as follows:

AWARD OF POINTS FOR REPRESENTATION AND ACHIEVEMENT IN SPORTS, GAMES

- i) International level participation:
Representing the country 30 Marks
- ii) National level participation: Representing the state,combined Universities team.
- | | | |
|--------------------|-------|----------|
| I. Position | | 25 Marks |
| II. Position | | 20 Marks |
| III. Position | | 15 Marks |
| Participation only | | 10 Marks |

(For each additional place won or representation 5 marks will be awarded.
However total marks shall not exceed 25)

- iii) All Indian Inter University level participation: Representing a University.
- | | | |
|--------------------|-------|----------|
| I. Position | | 15 Marks |
| II. Position | | 12Marks |
| III. Position | | 11 Marks |
| Participation only | | 10 Marks |

(For each additional place won or representation 4 marks will be awarded.
However total marks shall not exceed 15)

- iv) University Inter-collegiate level participation: Representing College.
- | | | |
|--------------------|-------|--------------------------------|
| I. Position | | 07 Marks,SGF |
| II. Position | | 05 Marks |
| III. Position | | 03 Marks |
| Participation only | | 02 Marks,district level sports |

(For each additional place won or representation 2marks will be awarded. However total marks shall not exceed 7)

Note: 1. For Award of points, participation and achievement at only one level (highest) will be considered.

2. Total points shall not exceed 30.

Points awarded to a candidate in

- Academic performance.
- Physical Fitness.
- Sports achievement shall be added to a maximum 100 Points.

The total points obtained by a candidate shall be the merit of the candidate. Selection shall be made on the basis of merit as per the rules of the university.

Regulation-IX: Medium of instruction, the medium of instruction shall be English; however the candidates are permitted to write the examination in either English or Kannada.

Regulation-X:

- Attendance, candidates selected for the course shall maintain their fitness level (physically and medically) throughout the course and actively participate in all the curricular activities, with a 75% attendance of the number of working periods (Lecture, Practicum, and Teaching Practice taken together) each semester shall be taken as a unit for the purpose of the calculating attendance.
- A candidate who does not fulfill the above requirement of shall not be eligible to take the Examination in the concerned semester. A candidate, who fails to satisfy the requirement of the attendance, shall rejoin the same semester.

Regulation-XI: Internal Assessment (Sectional): The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One test	05 Marks
Seminar , Quiz	05 Marks
Assignments	05 Marks
Attendance	05 Marks
Total	20 Marks

Attendance shall be taken as a component of continuous assessment, even though the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation.

The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 80:20 the evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on the end-semester practical examination.

Regulation-XII: Appearance of Examination: Candidates on satisfactorily completing a semester shall apply for examination in al courses of study papers prescribed for that semester.

Regulation-XIII: Scheme of Examination:

There shall be a university examination at the end of each semester. The Scheme of Examination shall be as follows:

- a) **Theory:** Each paper shall be valued by one examiner (Internal or External) and review system as per university norms.

b) **Practicum:** Evaluation in the specialization (game,activity) shall be done by two examiners, one internal and one external as per the following scheme. The average of the two shall be credited.

i)	Demonstration of skill, techniques, movements	30 Marks
ii)	Coaching ability	20 Marks
iii)	Specialization (Coaching lesson plans)	15 Marks
iv)	Teaching competency	15 Marks
	Total	80 Marks

Note: Whenever the assessment is made for two games, activity, the 50% of the above marks may be divided for the evaluation of the each game, activity

a) **LEADERSHIP, CAMP, AND PICNIC:**

One week Leadership-cum-Recreation Camp shall be organized by the Institution during second semester.

The students who fail to attend the Leadership camp he/ she will not permitted to appear the examination

b) **Pattern of question paper setting shall be as per NCTE norms**

Regulation XIV: Classification of Successful candidates:

A candidate shall be declared to have passed the examination and qualified as B.P.Ed. Degree if he/she secures 40% aggregate (Internal and External together), with a minimum of 35% in external evaluation in each of the theory papers (CC-100, CC-200, CC-300 & CC -400) separately and each of the practical units under (PC-100, PC-200, pc-300 & pc-400)

The results of successful candidates at the end of each semester shall be declared on the basis of Percentage of Aggregate Marks and in terms of Grade Point Average (GPA) and alpha sign grade. The result at the end of the fourth semester shall also be classified on the basis of Percentage of Aggregate Marks and on the basis of the Cumulative Grade Point Average (CGPA) obtained in all the four semesters and the corresponding overall alpha sign grade. A five point grading system, alpha sign grade as described below shall be adopted.

First class with Distinction	70% and above	(A)
First Class	60% and above but less than 70%	(B)
High Second Class	55% and above but less than 60%	(C)
Second Class	50% and above but less than 55%	(D)
Pass Class	40% and above but less than 50%	(F)

Marks, Credit Points, Grade Points , Grade and Grade Point Average :

The Class and the grade letters awarded to the candidates in each course as follows :

Table I

Percentage of Marks	Grade Points	Grade Letter
70% and above, up to 100%	7.0 to 10.0	A
60% and above but less than 70%	6.0 and above and less than 7.0	B
50% and above but less than 60%	5.0 and above and less than 6.0	C
40% and above but less than 50%	4.0 and above and less than 5.0	D
Less than 40%	Less than 4.0	F

Table II : As per CGPA scoring system.

Percentage of Marks	CGPA	Grade Letter
70% and above, up to 100%	7.0 to 10.0	A
60% and above but less than 70%	6.0 and above and less than 7.0	B
50% and above but less than 60%	5.0 and above and less than 6.0	C
Student having passed taking more than one attempt in any of the four semesters is considered to be graded as „E“ (Pass Class). She/He is not considered for any rank/class		E
Less than 40%	Less than 4.0	F

Note : The Calculation of the Grade Point Average (GPA) in a Semester and the Cumulative Grade Point Average (CGPA) at the end of fourth semester shall be as per the University common guidelines. And for the rest of and other details regarding results will be as per the university regulations.

Regulation XVI: Provision for Repeaters:

A candidate is allowed to carry all the previous un cleared paper and specialization activity to the subsequent semesters. Such of the those candidates who have failed, remained absent, opt to improve marks in any one or more papers in theory, hence forth called repeaters, shall appear, improve in such paper or papers, during the two immediate successive examinations. The repeaters shall take the examinations as per the syllabus and the scheme of examination in force during the subsequent appearances. A repeater will not be eligible for award of rank.

Regulation XVII: Improvement of Results:

A candidate is allowed to apply for improvement in any theory paper of a particular semester within 30 days from the date of announcement of results of that semester. A candidate who seeks improvement shall surrender the marks card, provisional pass certificate of that semester. However, the marks secured in the previous attempt shall be retained, if, the same is higher. There is no provision for improvement in internal assessment marks. Repeaters shall not be eligible for the award of rank. (as per the University norms)

NCTE norms and Standards:

Norms and standards for recognition of Teacher Education programme issued by National Council for Teacher Education (NCTE) from time to time shall be adopted.

Regulation XVIII: Grievance Re-addressable committee:

The College, Department shall form a Grievance Redressal Committee for each course in each College, Department with the course Teacher, Principal, HOD of the faculty as the members. This committee shall solve all the grievances of the students

Regulations XIX: Miscellaneous

- Declaration of rank, gracing make up courses, etc., are as per the existing regulations in the university.
- Any other issue, not envisaged above, shall be resolved by the Vice Chancellor in consultation with the appropriate bodies of the university, which shall be final and binding

SCHEME OF EXAMINATION

SEMESTER – I

Course Code	Title of the Papers	Credit	Total Hours	Internal	External	Total Marks
THEORY (400)						
CC-101		4	4	20	80	100
CC-102		4	4	20	80	100
CC-103		4	4	20	80	100
CC-104		4	4	20	80	100
PRACTICAL (400)						
PC-101		3	6	25	50	75
PC-102		3	6	25	50	75
PC-103		3	6	20	55	75
PC-104		3	6	50	25	75
Total		28	40	200	500	700

SEMESTER – II

Course Code	Title of the Papers	Credit	Total Hours	Internal	External	Total Marks
THEORY (400)						
CC-201		4	4	20	80	100
CC-202		4	4	20	80	100
CC-203		4	4	20	80	100
EC-201,202		4	4	20	80	100
PRACTICAL (300)						
PC-201		2	6	10	40	50
PC-202		2	6	10	40	50
PC-203		2	6	10	40	50
TEACHING PRACTICE (100)						
TP-204		6	6	50	100	150
Total		28	40	160	540	700

DETAILS OF COURSE PATTERN AND SYLLABUS

B.P.Ed

Choice Based Credit System

Course Structure (Scheme)

Semester – I

Paper, Marks wise summary of the credits

Part-A: Theoretical Course						
CourseCode	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
126BPE01XXXHCC01T	Principles of Physical Education	4	4	20	80	100
126BPE01XXXHCC02T	Anatomy and Physiology	4	4	20	80	100
126BPE01XXXHCC03T	Methods in Physical Education	4	4	20	80	100
126BPE01XXXHCC04T	History of Physical Education Recreation and Camping	4	4	20	80	100
	Total	16	16	80	320	400
Part –B: Practical Course						
126BPE01XXXHCC01L	Practical Skills – I ATHLETICS SPRINTS	6	1 1 1	- - 25	25 25 -	75
126BPE01XXXHCC02L	Practical Skills – II Kabaddi	6	3	- - 10 15	25 25 - -	75
126BPE01XXXHCC03L	Practical Skills – III LEZIUM, DRILL AND MARCHING MASS.PT AND LIGHT APPARATUS	6	3	- - 10 10	30 25 - -	75
126BPE01XXXHCC04L	Practical Skills – IV AEROBICS	6	3	- 25 25	25 - -	75
	Total Marks, Credits	40	28	200	500	700

B.P.Ed
Choice Based Credit System
Course Structure (Scheme)
Semester – II

Paper, Markwise summary of the credits

Part-A: Theoretical Course						
CourseCode	Title of the Papers	Total Hours	Credi	Internal Marks	External Marks	Total Marks
126BPE02XXXHCC05T	Organization and administration	4	4	20	80	100
126BPE02XXXHCC06T	Health Education and Environmental studies	4	4	20	80	100
126BPE02XXXHCC07T	Officiating and coaching	4	4	20	80	100
Elective Course (Any one)						
126BPE02XXXOEC01T	Kinesiology and Bio mechanics	4	4	20	80	100
126BPE02XXXOEC02T	Sports Training					
Total		16	16	80	320	400
Part –B: Practical Course						
126BPE02XXXHCC05L	Practical Skills – I ATHLETICS	6	3	- - 25	25 25 -	75
126BPE02XXXHCC06L	Practical Skills – II Volley ball	6	3	- - 25 10	20 20 - -	75
126BPE02XXXHCC07L	Practical Skills – III Kho-Kho	6	3	- - 15 20	20 20 - -	75
Part – C: Teaching Practices						
126BPE02XXXHCC08L	Practical Teaching Ability	6	3	25	50	75
Total Marks, Credits		40	28	200	500	700

SEMESTER – I

**B. P. Ed. – Outline of Syllabus
SEMESTER – I**

THEORY COURSES

**CC-101 PRINCIPLES OF PHYSICAL EDUCATION
COURSE CODE – 126BPE01XXXHCC01T**

UNIT-I INTRODUCTION

- Traditional and Modern Concepts of Education.
- Meaning and Definition of Education.
- Education as a process and product.
- Aim and objectives of Education.
- Philosophy of Education.

UNIT-II

- Traditional and modern concepts of physical education.
- Meaning, definition and scope of physical education.
- Aim and objectives of physical education.
- Relationship of physical education with general education, health education and recreation education.
- Physical education as an art and science.

UNIT-III PHILOSOPHICAL FOUNDATIONS

- Meaning, definition and scope of philosophy.
- Components of philosophy (Metha Physics, Epistemology, Aesthetics and Ethics)
- Traditional schools of philosophy and their implications in physical education and sports
- (Idealism, pragmatism, naturalism, realism)

UNIT- IV PHYSICAL EDUCATION AS A PROFESSION

- Characteristics of profession in physical education.
- Ethics of profession.
- Intellectual honesty in physical education.
- Physical education teacher as a coach, sports administrator, official and researcher.
- Role and responsibilities of physical education teacher.

UNIT-V BIOLOGICAL FOUNDATIONS

- Inter play of heredity and environment.
- Growth and development (Meaning, definition, characteristic and stages)
- Structural and functional differences between male and female.
- Body types and its classification.
- Principles of use and disuse.
- Chronological, physiological and anatomical ages.
- Reciprocal innervations and oxygen debt.

References:

- Vastrad Basavaraj-“*Shareer Shikshana Bunadigalu Hagu Shaikshanika Manovignyana*” Sowmy prakashan Bagalkot.
- Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
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- Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.
- Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.
- Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co.
- William, J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.

SEMESTER – I

THEORY COURSES

CC-102 ANATOMY AND PHYSIOLOGY

Course Code:126BPE01XXXHCC02T

UNIT-I INTRODUCTION

- 1) Meaning of Anatomy and Physiology
- 2) Need for the study of Anatomy and Physiology in Physical Education
- 3) Structure and functions of cell
- 4) Types of tissues, organs and system
- 5) Sense organs eye, ear, skin.

UNIT- II SKELETAL AND MUSCULAR SYSTEM

- 1) Structure and functions of Skeletal Smooth & Cardiac Muscles
- 2) Types of Skeletal Muscle Contraction
- 3) Effect of exercises on muscular system
- 4) Grss structure of bones
- 5) Classification of bones
- 6) Types, classification and functions of joints
- 7) Effects of exercises on Skeletal System

UNIT-III CIRCULATORY & RESPIRATORY SYSTEM

- 1) Heart, Components of blood
- 2) Blood Circulation, functions of Circulatory, System
- 3) Cardiac cycle, Cardiac Output
- 4) Effects of exercises on Circulatory system
- 5) Respiratory organs, Mechanism of Respiration, Types of Respiration
- 6) Exchange of gas Vital Capacity, Oxygen Debt, Second
- 7) Effects of exercises on respiratory system

UNIT-IV DIGESTIVE & EXCRETORY SYSTEM

- 1) Organs of Digestive System
- 2) The Process of Digestion And Absorption
- 3) Effects of exercises on Digestive System
- 4) Excretory organs, structure of Skin & kidney
- 5) Urine formation, Swet glands and their functions
- 6) Effects of exercises on excretory system

UNIT-V NERVOUS AND ENDOCRINE SYSTEM

- 1) Structure of Central Nervous System
- 2) Functions of Cerebrum Cerebellum And Medulla Oblongata
- 3) Autonomous, Peripheral nervous system and reflex action
- 4) Effects of exercises on nervous system
- 5) Endocrine glands and their functions
 - a) Pituitary b) Thyroid c) Parathyroid d) Adrenal Glands e) Islets Of Langer Han''s
- 6) Effects of exercise on endocrine glands

References:

- Keri Venkatesh- “Shareera Rachana Shastra Hagu Shareera Kriya Shastra- Sowmya
- Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.
- Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.
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- Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.
- Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publicat

SEMESTER – I

THEORY COURSES

CC-103 METHODS IN PHYSICAL EDUCATION

Course Code:126BPE01XXXHCC03T

UNIT-I INTRODUCTION

1. Meaning, importance and scope of methods in physical education.
2. Factors influencing selection of methods in physical education.
3. Methods of Teaching, General, Lecturer, Project, Discussion and Group Directed Practice Method.
4. Methods of teaching physical activities Common Oral Demonstration, Imitation dramatization, at will, set drill whole part-whole progressive methods.

UNIT-II PRESENTATION TECHNIQUE AND CLASS MANAGEMENT.

1. Presentation technique –meaning need and importance of presentation technique,
2. Personal and technical preparation of presentation technique
3. Steps in presentation technique
4. Meaning of Teaching aids-Types and uses.
5. Class management – meaning of class management.
6. General and specific factors of class management and aspects of good class management.

UNIT-III LESSON PLANNING

1. Meaning, need, and values of lesson plan.
2. Objectives and principles of lesson planning.
3. Types and different parts of lesson plan in physical education Different parts of lesson plan. (General, particular and class room) preparation of lesson plan.
4. Preparation of Lesson plan.

UNIT-IV TOURNAMENTS AND INCENTIVES AND AWARDS.

1. Meaning and types of tournaments.
2. Procedure of drawing fixtures
3. Meaning and values of incentives and awards,
4. Types of awards in sports (Arjun Award, Rajiv Gandhi Bharat Ratna Khel Ratna Award, Ekalavvya Dronacharya, Padmashri and Padmabhushan.

UNIT-V METHODS OF ORGANIZING THE SPORTING EVENTS

1. Meaning and need of bidding of sports events.
2. Pre-event factors to be considered immediate task after the award of an event.
3. Work scheduling for the task force.
4. Working guideline for organ sing committee, working agreement information to and from participants

Reference:

1. Methods in physical education (Hariharan and Tirunarayana)
2. Daugherty -G effective teaching in physical education for secondary school. (Philadelphia W.B.aunders co.)
3. Kamlesh.M.L. "Scientific art of physical education New-Delhi, Metropolitan Book Co.2000.
4. Nadgir.Anand.Daijik Shikashana Vidhana Vaijjanika Tatwagalu- Dharwad. Mallasajjan-Prakashana-1980 (in kannada)
5. Nadgir.K.G.Shareer Shikashana mattu Vidhana " Dharwad Shareer Shikashana Praskashana-1986 in kannada.
6. Vastrad.Basavaraj " Shareera Shikashana Vidanagalu, Parikshegalu Hagu mapanagalu. Somya-Prakshana, Bagalkot.

SEMESTER – I

THEORY COURSES

CC-104 HISTORY OF PHYSICAL EDUCATION RECREATION AND CAMPING

Course Code:126BPE01XXXHCC04T

UNIT- I – HISTORICAL DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA

1. Indus Valley Civilization Period. (3250 BC – 2500 BC)
2. Vedic Period (2500 BC – 600 BC)
3. Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
4. Medieval Period (1000 AD – 1757 AD)
5. British Period (Before 1947)
6. Physical Education in India (After 1947)
7. Contribution of Akhadas and Vyayamshala
8. Y.M.C.A. and its contributions.

UNIT-II PHYSICAL EDUCATION IN GREECE

1. Physical education in Spartan
2. Physical Education in Athens
3. Pan- Hellenic festivals
4. Great philosophers of Greek.

UNIT-III OLYMPIC MOVEMENTS

1. Origin and development of ancient and modern Olympic Games
2. Contributions of Pierre.D.Coubertin.
3. Signification of Olympic ideals, Olympic rings, Olympic flags.
5. Paralympics, Summer Olympic, Winter Olympic and Youth Olympic Games. Asian games, commonwealth games, Davis Cup, Thomas cup and world cups.
4. National and International Olympic Committee.

UNIT-IV CONTRIBUTIONS, SCHEMES NATIONAL AND INTERNATIONAL COMPETITIONS

1. John Basedow, Gutsmath, Adolph Spice, Franz Nectagal, Fredric Ludwig John Carle Daim, Per Henric Ling and Nails Buck.
2. N.F.C Sports Authority of India N.D.A, S.G.F.I and N.P.F.P.
3. All India inter university competitions, Asian games, Commonwealth Games, Davis cup, Thomas cup, and World cup.

UNIT-V RECREATION AND CAMPING

1. Meaning, definition and objectives of Recreation
2. Agencies offering recreation
3. Types of recreational activities
4. Meaning, need scope and significance of camping in physical education
5. Type of camps, leadership and supervision in camping.
6. Selection and layout of camp site, programmes and activities, organizational set up of camp, evaluation of camp fire.

Reference:

1. Gurudatta.G.Kori "*History of physical education,*" *recreation and camping* (Kannada version)
2. Osborne, M. P. (2004). *Magictree house fact tracker: ancient Greece and the Olympics: a nonfiction*
3. *Companion to magic tree house: hour of the Olympics. New York: Random House Books for*
4. Young Readers.
5. Burbank, J. M., and ranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic dreams: the*
6. *impact of mega-events on local politics: Lynne Rienner*

Part –B

Practical Courses

Semester – I

PC – 101 ATHLETICS SPRINTS (25 Hours) EXTERNAL EVALUATION- 25 MARKS
Course Code:126BPE01XXXHCC01L

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run Through, Forward lunging, Shoulder Shrug.
- Ground Marking, Rules and Officiating.

A) Relays Fundamental Skills (25 Hours) EXTERNAL EVALUATION- 25 MARKS

- Various patterns of Baton Exchange.
- Understanding of Relay Zones.
- Ground Marking.
- Interpretation of Rules and Officiating.

B) Hurdles:

- Specific conditioning exercise for hurdles (internal marks 25)
- Fundamental Skills- Starting, Clearance and Landing Techniques.
- Types of Hurdles
- Ground Marking and Officiating.

Scheme of Evaluation		
Sl. No.	Particulars	Total Marks
1	Any three skills	9
2	Overall Performance	6
3	Officiating Ability	10
Total Marks		25

PRACTICAL PC-102

Course Code:126BPE01XXXHCC02L

A) Kabaddi: Fundamental Skills

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variations, Catching from particular position, Different catches, luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
- Ground Marking, Rules and Officiating

Scheme of Evaluation		
Sl. No.	Particulars	Total Marks
1	Any three skills	9
2	Overall Performance	6
3	Officiating Ability	10
Total Marks		25

PC - 102

B) Hand Ball: (25 Hours) EXTERNAL EVALUATION- 25 MARKS

- Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.
- Rules and their interpretations and duties of officials.

PC-102

C) Shuttle Badminton: Fundamental Skills INTERNAL EVALUATION (10 MARKS)

- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm.
- Drills and lead up games.
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

PC-102

D) Table-tennis (Internal assessment: 15 marks)

1. Skills and techniques of the game
 - a. **Grip and Stance**
 - b. **Service**
 - I. High toss service
 - ii. Forehand spin,
 - iii Side spin
 - iv. Chop or cut service
 - c. **Offensive skills.**
 - i. Forehand: simple push;
 - ii. Top spin
 - iii played away from the table :-counter attack.
 - d. **Defensive skills:**
 - i. Block- Standing near the table and blocking the ball.
 - ii. Chop
2. Rules of the game & their interpretation
3. Basic strategies and tactics.
4. Specific conditioning exercises
5. Lead up games

LEZIUM, DRILL AND MARCHING MASS.PT AND LIGHT APPARATUS**A. Lezium (25 Hours) (External Evaluation 30 marks)**

Hindi Series	Ghati Series	N.D.S Series
Char Avaj	Ath avaj	Dahine bayen hath ki harakat
Gaj Bel	Kadam tal	Dahine bayen paon ki harakat
Ek jagahe	Age paon	Age ki harakat
Adi lagav	Piche paon	Jhukna harakat
Pavitra	Pavitra	Age ki jukhna harakat
Do rukh	Kudan Pavitra	Harakat Bharatmata
Ghum Jao	Pavitra	Chakkar aur baithane uthane ki Baithak
Sher dhaj	Adha chakra	Age ki Morchal
Age Phalang	Hool	Choumukhi morchal
Piche phalang		

Scheme of Evaluation		
Sl. No.	Particulars	Total Marks
1	Individual performance	15
2	Group Performance	15
Total Marks		30

B) Drill & Marching (25 Hours) (External Evaluation 25 marks)

1. Savadhan	14. Tej chal	27. Dhire chalmein thama
2. Vishram	15. Tham	28. Dhire chal kadam tal
3. Aramse	16. Baith jao, kare ho	29. Kadam talse age barh
4. Jiase the	17. Piche mur	30. Dhire chalse tej chal
5. Line ban	18. Dahine , Baye mur	31. Daur ke chal
6. Dahine saj	19. Adha Dahine , baye mur	32. Tej chal men kadam tal
7. Baen saj	20. Samne Salute	33. Tej kadam talse age barh
8. Samne deah	21. Ek line ban	34. Daur chal men kadam tal
9. Ginthi kar	22. Do line ban	35. Daur chal men tham
10. Saj Ja	23. Teen line ban	36. Tej chal men dahine mur
11. Quadam tal	24. Ginthi kar	37. Tej chal men baye mur
12. Dahine mur	25. Tartib ho	38. Tej chal men piche mur
13. Baye mur	26. Dhire chal	

Scheme of Evaluation		
Sl. No.	Particulars	Total Marks
1	Any three skills	9
2	Examiner choice (Two)	6
3	Group performance	10
Total Marks		25

C. Mass P T (Internal Evaluation 10 marks)

N. F.C Mass P T tables 1,2 and Sitting

D) Light-Apparatus Drills (*Internal Evaluation 10marks*)

1. Dumbbells BARODA SERIES Ref: O.P.A. Page 131 onwards

- | | | |
|----------------------|---------------------|----------------------|
| i. Upper Niche thok | ii. Age-Piche thok | iii. Kamar zook thok |
| iv. Baye dahine thok | v. Peth Ghutan thok | vi. Adanga thok |
| vii. Adanga Age | viii. Adanga baaju | |
| ix. Adanga baaju | x. Chauper thok | |

1. Hoops Exercise No. 1 to exercise No. 10

3. Wands Ref : Handbook of Physical Activities

a. Hindi Series:

- | | | |
|---------------------|--------------------------|--------------------|
| i. Kamar zuk | ii. Peeth hath baith jao | iii. Kukh ani |
| iv. Pav patak ek | v. Pav patak do | vi. Tirche hool ek |
| vii. Tirche hool do | viii. Shirghum nath | ix. Kamar kas |
| x. Kamar kas do | xi. Pachpeher kukh | |

PC-104

Course Code:126BPE01XXXHCC04L

AEROBICS (25 Hours) (External Evaluation 25 marks)

1. Low impact on spot march
2. March forward and backward
3. Step at sideways
4. Step at sideways with eight counts
5. Stepping like Ai (Kannada Ai)
6. Stepping like V
7. Forward step touch
8. Step touch backward
9. Grape wine
10. Grape wine with pivot
11. Mambo
12. Mambo with pivot
13. Cha-Cha-Cha
14. Raising Knees
15. Raising Hands

WEIGHT TRAINING (Internal Evaluation 25 marks)

Purpose

General Principles

Prescribing, Designing programme

CIRCUIT TRAINING (Internal Evaluation 25 marks)

Purpose

General Principles

Prescribing, Designing programme

SEMESTER – II

SEMESTER – II

THEORY COURSES

CC-201 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Course Code:126BPE02XXXHCC05T

UNIT-I INTRODUCTION

1. Meaning and importance of organization and administration in physical education
2. Need and scope of organization in physical education
3. Planning and their basic principles
4. Schemes of organization for physical education at various levels

UNIT-II FACILITIES AND FINANCE

1. Facilities and equipment management, types of facilities infrastructure, indoor, outdoor
2. Care of school building, gymnasium, swimming pool, playfields and play grounds
3. Equipment need importance, disposal of unserviceable sports equipments
4. Finance and records, income and expenditure items records and registers

UNIT-III OFFICE MANAGEMENT, RECORD, REGISTER AND BUDGET

1. Meaning definition, functions and kinds of office management.
2. Maintenance of attendance register, stock register, cash register, physical efficiency record
3. Meaning and importance of budget making
4. Criteria of a good budget, sources of income, expenditure, preparation of budget.

UNIT-IV COMPETITION ORGANIZATION

1. Importance of tournament.
2. Types of tournament and its organization structure-knock-out tournament, league or round robin tournaments combination tournament and challenge tournament.
3. Organization structure of athletic meet.
4. Sports event intramurals and extra mural tournament planning.

UNIT-V PUBLIC RELATION

1. Management of sports and public relation.
2. Management of sports communication, co-ordination, controlling and evaluation.
3. Meaning and importance of public relation.
4. Types of public relation.
5. Principles of public relation.

References:

- KOPPAD.S.G. “shareera shikshana sanghatane hagu adalita”
- Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
- Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Louis: The C.V. Mosby Co.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
- Pandey, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depo.
- Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
- Thomas, J. P.(1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.
- Tirunaryanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South

SEMESTER – II

THEORY COURSES

CC-202 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Course Code:126BPE02XXXHCC06T

UNIT-I (INTRODUCTION) HEALTH EDUCATION

1. Meaning and definition of health education.
2. Need and scope of health education.
3. Factors affecting health, Aim and objectives of health education.
4. Personal health and hygiene.
5. Values of personal health care of skin, ear and eyes.

UNIT-II COMMUNITY HEALTH ORGANIZATION AND COMMON HEALTH PROBLEM

1. Communicable and non communicable, diseases, obesity, malnutrition, adulteration in food Environmental sanitation, Explosive population.
2. Health organization and agencies private, voluntary and government agencies, central and state agencies. World Health Organization.
3. School health services, health appraisal, health instruction method, supervision school environment.

UNIT-III ENVIRONMENTAL STUDIES

1. Definition, scope, need and importance of environmental studies.
2. History of environmental education.
3. Celebration of various days in relation with environment.
4. Role of school in environmental conservation and sustainable development.

UNIT-IV ENVIRONMENTAL SAFETY AND FIRST AID

1. Water resources, land resources.
2. Air, water, soil, noise, thermal pollution, Govt. polices role of pollution control board.
3. Meaning and importance of safety education.
4. Safety precaution at home, road, school and play ground.
5. Meaning and importance ,first aid, first aid during emergencies ,shock , unconsciousness bleeding, poisoning burns, drowning fractures, dislocation sprains and strains, dog and insects bites.

UNIT-V HEALTH PROBLEMS

1. Personal effects of alcohol –smoking narcotic, drugs and tobacco.
2. Family planning, over population, health problems of advancing years, accident in home industry.
3. Meaning of mental health and emotional health problem. Adolescent mental problem, prevention of mental illness.

References:

- Vastrad Basavaraj and Keri Venkatesh – “ Arogya Shikkshan Hagu Shareere Shikshan”
- Agrawal, K.C. (2001). *Environmental biology*.Bikaner: Nidhi publishers Ltd.
- Frank, H. &Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
- Nemir, A. (n.d.). *The school health education*. New York:Harber and Brothers.
- Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.

SEMESTER – II

THEORY COURSES

CC-203 OFFICIATING AND COACHING

Course Code:126BPE02XXXHCC07T

UNIT-I INTRODUCTION OF OFFICIATING AND COACHING

1. Meaning and importance of officiating and coaching.
2. Aim and objectives, principles and development of coaching philosophy.
3. Relation of official and coach with management, players and spectators.
4. Measures of improving the standard of officiating and coaching.
5. Training of sports officials.

UNIT-II COACH AS AN ADVISOR

1. Duties of coach before the game, during the game and after the game.
2. Strategies for successful coaching programme.
3. Responsibilities of a coach on and off the field.
4. Psychology of competition and coaching.

UNIT-III DUTIES OF AN OFFICIAL

1. Duties of official in general, pre, during and post game.
2. Philosophy of officiating.
3. Mechanics of officiating, position, signals and movement etc.
4. Ethics of officiating.

UNIT-IV PHYSICAL EFFICIENCY AND ITS DEVELOPMENT

1. Strength, maximum strength, speed, endurance.
2. Flexibility agility, co-ordination.
3. Characteristics of sports training.
4. Training methods. Circuit training, Interval Training and Partlck Training.

UNIT-V QUALITIES AND QUALIFICATIONS OF A COACH AND OFFICIAL

1. Qualities and qualifications of coach and official.
2. General rules of games and sports.
3. Eligibility rules of inter collegiate and inter university tournaments, Preparation of TA, DA bills.
4. Integrity and values of sports.
5. Characteristics of standard track Types of surface. Calculation and marking of various events.

Reference Books:

- Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
- Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd.
- Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.
- Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.

SEMESTER – II

THEORY COURSES

EC-204 (A)

KINESIOLOGY AND BIOMECHANICS (ELECTIVE) (OEC)

Course Code:126BPE02XXXOEC01T

UNIT – I INTRODUCTION TO KINESIOLOGY AND SPORTS BIOMECHANICS

1. Meaning and Definition of Kinesiology and Sports Biomechanics
2. Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
3. Terminology of Fundamental Movements
4. Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

UNIT – II FUNDAMENTAL CONCEPT OF ANATOMY AND PHYSIOLOGY

1. Classification of Joints and Muscles
2. Types of Muscle Contractions
3. Posture – Meaning, Types and Importance of good posture.
4. Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innervation

UNIT – III MECHANICAL CONCEPTS

1. Force - Meaning, definition, types and its application to sports activities
2. Lever - Meaning, definition, types and its application to human body.
3. Newton's Laws of Motion – Meaning, definition and its application to sports activities.
4. Projectile – Factors influencing projectile trajectory.

UNIT – IV KINEMATICS AND KINETICS OF HUMAN MOVEMENT

1. Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
2. Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
3. Linear Kinetics – Inertia, Mass, Momentum, Friction.
4. Angular Kinetics – Moment of inertia, Couple, Stability.

UNIT- BIO MECHANICAL APPLICATIONS

1. Bio mechanical application to broad Jump, start in sprint and shot-put.
2. Bio mechanical application to football, hockey and volleyball.
3. The neuron basis of movement.
4. The central nerves system.
5. General characteristics of the sensory motor system.

Reference:

- Vastrad Basavaraj- “Sports Biomechanics”
- Bunn, J. W. (1972).*Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1982).*The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1988).*Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. (1970).*The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.

SEMESTER – II

THEORY COURSES

OR

EC-204(B)

SPORTS TRAINING (ELCTIVE)

Course Code:126BPE02XXXOEC02T

UNIT – I INTRODUCTION TO SPORTS TRAINING

1. Meaning and Definition of Sports Training.
2. Aim and Objective of Sports Training.
3. Principles of Sports Training.
4. System of Sports Training – Basic Performance, Good Performance and High. Performance Training.

UNIT – II TRAINING COMPONENTS

1. Strength – Meaning and Methods of Strength Development
2. Speed – Meaning and Methods of Speed Development
3. Endurance - Meaning and Methods of Endurance Development
4. Coordination – Meaning and Methods of coordination Development
5. Flexibility – Meaning and Methods of Flexibility Development

UNIT – III TRAINING PROCESS

1. Training Load- Definition and Types of Training Load
2. Principles of Intensity and Volume of stimulus
3. Technical Training – Meaning and Methods of Technical Training
4. Tactical Training – Meaning and Methods of Tactical Training

UNIT – IV TRAINING PROGRAMMING AND PLANNING

1. Periodization – Meaning and types of Periodization
2. Aim and Content of Periods – Preparatory, Competition, Transitional etc.
3. Planning – Training session
4. Talent Identification and Development

UNIT- V COMPONENTS OF WARMING UP

1. Meaning and Significance of warming up.
2. Types of warming up.
3. What happens in our body?
4. General guidelines to govern the warming up programme
5. Duration, components of warming up and cooling down.

Reference:

- Dick, W. F. (1980).*Sports training principles*. London: Lepus Books.
- Harre, D.(1982).*Principles of sports training*. Berlin: Sporulated.
- Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia:
- Lea and Fibiger, 2ndEdn.
- Matvyew, L.P. (1981).*Fundamental of sports training*. Moscow: Progress Publishers.
- Singh, H. (1984).*Sports training, general theory and methods*. Patials: NSNIS.
- Uppal, A.K., (1999).*Sports Training*. New Delhi: Friends Publication.

Semester – II
PC- 201 PRACTICALS
Corse Code:126BPE02XXXHCC05L

ATHLETICS

A. High Jump 25-Hours (External Evaluation 20-Marks, Internal 05 marks)

- A. Skills and techniques:
 - 1. The approach and check mark
 - 2. The take-off
 - 3. Clearing the bar – Straddle Roll
 - 4. Landing- Roll for straddle
- B. Teaching stages
- C. Specific conditioning exercises

B. Long Jump/Triple Jump (25-Hours -External Evaluation 20-Marks Internal 05 marks)

- A. Skills and techniques
 - 1. The approach run and the stride plan
 - 2. The take off
 - 3. Action in air : Sail and hang
 - 4. Landing – Collapse
- B. Teaching stages
- C. Specific conditioning exercises

Scheme of Evaluation		
	Particulars	Marks
01	Skills	12
02	Overall Performance	07
03	Officiating Ability	06
	Total	25

PC – 202 PRACTICALS
(External Evaluation 20 marks)
Course Code:126BPE02XXXHCC06L

Volley ball (20 Hours)

1. Skills and techniques of the game
 - a. Service
 - i. Underhand service ii. Tennis Service iii. Floating service iv. Round Arm Service
 - b. Passes
 - i. Over head pass ii Underhand pass
 - c. Smash
 - i .Straight smash ii. Body turn smash
 - d. Blocking
 - i. Single block ii. Double block iii. Triple block
 - e. Rolls and dives
 2. Rules of the game & their interpretation
 3. Basic strategies and tactics
 4. Specific conditioning exercises
 5. Lead up games

Scheme of Evaluation		
Sl. No	Particulars	Total Marks
1	Any three skills	9
2	Overall Performance	6
3	Officiating Ability	5
	Total Marks	20

B. Basket ball (External Evaluation 20 marks)

1. Skills and techniques of the game
 - a. Player's stance: Offensive and defensive
 - b. Ball handling (holding the ball)
 - c. Passing:
 - i. Chest pass
 - ii Two hand over head pass.
 - iii Two hand back pass.
 - iv Bounce pass: Two ,one handed bounce pass.
 - v Hang pass.
 - vi. Passing the ball on the move.
 - d. Dribbling:
 - i. Low ii. High iii. Medium
 - e. Progressing with the ball.
 - f. Stopping:
 - i. Stride stop ii. Jump stop
 - g. Pivoting.
 - h. Shooting.
 - i. Set shot ii. Lay-up-shot iii. Jump shot iv. Hook shot

- i. Basic strategies and tactics.
 - i. Defensive- Zone and man to man
 - ii Offensive- Screen and pivot play.Iii Screening and Rolling.
- 2. Rules of the game & their interpretation.
 - a. Basic strategies and tactics
 - b. Specific conditioning exercises
 - c. Lead up games.

Scheme of Evaluation		
Sl.No.	Particulars	Total Marks
1	Any three skills	9
2	Overall Performance	6
3	Officiating Ability	5
	Total Marks	20

C. Gymnastics (Internal Evaluation 05 marks)

I. Skills of the sport

A. MEN

FLOOR EXERCISE :

- i Forward roll;
- ii. Backward roll ;
- iii. Cartwheel;
- iv. Drive and roll;
- v. Standing forward roll;
- vi. Hand stand

B. WOMEN

FLOOR EXERCISES :

- i. Forward roll;
- ii. Backward roll;
- iii. Cartwheel;
- iv. Standing forward roll;
- v. Split sitting –front and back;
- vi. Drive roll,
- vii. Hand stand

MALLAKHAMBA :

- i. Pavitra (starting position)
- ii Salami udi.
- iii. Sadi udi,
- iv . Khanda udi;
- v. Do-hati udi;
- vi. Ek hathi udi
- vii. Bagal udi.
- Viii. Sada Dasarang.
- ix. Ghana udi;

A. Karate and Taekwondo ,Pyramid (Internal evaluation 05 Marks)

1. Karate:

- 1) Stance
- 2) Punch (Down, Middle and Face level)
- 3) Blocks (Upper Hand, Lower Hand, Side kick block, Semi circle kick blocks, open hand block .Left hand and Right hand upper block)
- 4) Kicks (Straight, Side and Semi Circle)
- 5) Alternate Blocks and Punches
- 6) Officiating

2. Taekwondo

- 1) Self Defense
- 2) Punches
- 3) Basic Kicks
- 4) Punkshe
- 5) Ground Marking and Officiating

PC – 203 PRACTICALS
Corse Code:126BPE02XXXHCC07L

A. Kho-Kho (20Hours) (External Evaluation 20 marks)

- 1 Skills and techniques of the game
 - A. Offensive Skills
 - i. Giving Kho – proximal and distal methods
 - ii. Pole turning – 5 upturn, 4 up turn, 3 up turn
 - iii. Running to pole – 3rd Kho, Direct attack, and Turning
 - iv. Moving on cross lane – Biped Quadruped & Combination
 - v. Pole dive – Three step, Two step and One step pole dive
 - vi. Flat dive – sitting dive
 - vii. Ankle tap
 - viii. Diagonal attack
 - ix. Attack on after pole turning
 - B. Defensive Skills
 - i. Single Chain – Variations 6th, 7th & 8th Direct Attack
 - ii. Double Chain – 3-6 up
 - iii. 1-3, 3-1 Chain
 - iv. Standing at the post
 - v. Shifting at the post
 - vi. Ring Game – Short ring, Medium ring, Long ring
 - vii. Pole avoiding
 - viii. Counter attack for fake Kho
 - ix. Entries
2. Rules of the game and their interpretations
3. Basic strategies and tactics
4. Specific conditioning exercises

Scheme of Evaluation		
Sl. No.	Particulars	Total Marks
1	Any three skills	9
2	Overall Performance	6
3	Officiating Ability	5
	TOTAL	20

B. Cricket (20 Hours) (External 20 marks)

1. Skills and techniques of the game
 - a. **Fielding**
 - i. Ground fielding
 - ii. Catching a fly ball
 - iii. Slip fielding.
 - Iv. Wicket keeping
 - b. **Bowling**
 - i. The grips run up, delivery and follow through
 - ii. Length and line
 - iii. Medium pace bowling
 - iv. Spin: Off spin and Leg spin
 - c. **Batting**
 - i. The Grip, Stance, back lift and straight bat swing
 - ii. Forward play: Forward defense and drives
 - iii. Back foot play: Back foot defense an drives
 - iv. Running between wickets
2. Rules of the game and their interpretations.
3. Basic strategies and tactics.
4. Specific conditioning exercises.

Scheme of Evaluation		
Sl. No.	Particulars	Total Marks
1	Any three skills	9
2	Overall Performance	6
3	Officiating Ability	5
	TOTAL	20

C. Plyo metric Training(Internal 5-marks)

- a. Purpose
- b. General Principles
- c. Prescribing , Designing programme

D. Interval Training. (Internal 5-marks)

- a. Purpose
- b. General Principles
- c. Prescribing , Designing programme

PT-204 Practical (Teaching Ability)
GENERAL LESSONS

Module 1 : Preparation

Corse Code:126BPE02XXXHCC08L

A. Model General Lessons by Method Masters (within the College)

Teacher Educators (Method Masters) of the teacher education college will plan one or two model lessons and engage model classes for the benefit of student teachers. At the same time, they will subject themselves to review by his , her colleagues. While doing so the student teachers will be sensitized to the component skills (micro teaching skills) of teaching physical activity that may be identified by the college.

B. Micro Teaching Lessons (within the Training Institution)

Each student teacher may select some activity skills of his choice and plan micro-teaching lessons emphasizing on one of the micro teaching skills at a time. He then will engage his peers to teach and uses the micro teaching skill. His peers then will comment on the micro teaching skill that was used, based on which the student teacher will have an opportunity to refine that particular skill. Examples of micro teaching skills may be:

- Motivating the learner to learn a given activity
- Demonstration (mastery over the skill to be learnt)
- Explanation
- Class management
- Error identification
- Correction etc.

Module 2: Student Teaching

Upon mastering the micro teaching skills the student teacher will plan and teach 07 general lessons as follows and 03 Classroom lesson plan in Physical Education & Sports.

Lesson in Free Hand Exercises	2
Lessons in Light Apparatus	3
Lessons in Drill & Marching	2
Lessons in Lezium and Rhythmic	3

Module 3 : Student Observation of lessons

Each student teacher, during the course of block teaching will observe ten (10) lessons of his, her peers. She/he will keenly observe each of the micro teaching skills and record his , her personal comments and ways to refine the skills.

Internal Assessment:

- Teacher Educators (Method Masters) will observe five (5) lessons and record their observations along with their grading as follows.
5 – Excellent; 4 – Very Good; 3 – Good; 2 – Satisfactory; 1 – Poor
- The remaining five (5) lessons will be graded as follows:
3 – Excellent; 2 – Good; 1 – Satisfactory;
- Five (5) best recorded Student observations will be awarded 2 marks each
- Internal marks will be compiled for an aggregate of 50 marks as follows:

For a total of five (5) official observations by Method Masters"		
5 marks x 5 lessons		25
For remaining Five (5) best lessons		
3 marks x 5 lessons		15
Student Observations 2 marks x 5 observations		10
	Total marks	50

External-50-marks

Scheme of External Evaluation (1-Lesson)		
1	Particulars	Marks
2	Preparation: Lesson plan, Personal and technical preparations, Mastery over the skill to be learnt	20
3	Learning Activity	10
4	Practice Activity	05
5	Recreation Activity	05
6	Evaluation & Conclusion	10
Total Marks		50