

BPE 1401 FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

4Hr/4Cr

Objectives

Enable students to

1. Understand the meaning, nature, need and scope of physical education and sports. Study about the scientific principles from various allied subjects in the field of physical education and sports.
2. Describe the national Programmes of physical education and sports and youth welfare Programmes in the field of physical education and sports; and
3. Analyze the historical review of physical education and sports activities of Indian heritage.

On completion of the course, students will be able to:

- i. Understand the wholesome development of the human being through various theories of physical Education
- ii. Articulate the scientific relationship of physical Education with other related science
- iii. Critically analyze the values of related national programmes with sports bodies.
- iv. Estimate Impact of Olympic movement and international understanding through physical Education and sports
- v. Design the physical education programme in comparison with NCC and NSS.

UNIT I

Meaning and nature of physical education and sports. Aims and objectives of Physical Education and Sports.

1. Physical Development
2. Mental Development
3. Social Development
4. Emotional Development
5. Development of neuro-muscular co-ordination
6. Development of good citizenship
7. Worthy use of Leisure

UNIT II

Scientific basis of physical education and sports, contribution of allied sciences, Anatomy, Physiology, kinesiology, psychology, sociology, Bio-mechanics, and Anthropometry.

UNIT III

National Programmes Of Physical Education and Sports Authority of India, National coaching schemes, sports talent search scholarship, Rural sports, women sports festival, National awards and honors to outstanding sportsman and coaches

UNIT IV

Olympic movement and its impact on physical education and sports. The contribution of Olympic movement towards international understanding.

UNIT V

Youth welfare programme N.C.C, N.S.S, Youth hostels, and Youth festivals. Sports Development Authority of Tamilnadu.

History of Physical Education in Ancient Greece

TEXT BOOK

Charles,B.A.,1988, Foundation Of Physical Education, The C.V. Mosby company, St.Louis.

REFERENCE BOOKS

1. John,H.L.,1969,A brief history of Physical Education . The Ronald press company, New York.
2. Kamlesh,M.L.,1988,Physical Education facts and Foundations.Choushan Printing press. New Delhi.
3. Kamlesh,M.L.,1997.Foundations of Physical Education. Metropolitan Book pvt. Ltd. New Delhi.
4. ThiruNarayanan,C., and Harriharasarma. S., 1985, An Analytical history of physical education ,The south India press, Karaikudi.
5. Willgoose.C.,1984,Curriculum physical Education, Prentice-Hall, New Jersey.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2			3			
CO3				4		
CO4					5	
CO5						6

Mean: 4

Objective

Enables students to be familiar with the procedure of track Events marking

On completion of the course, students will be able to:

- i. Classify and compare the planning and construction of standard track marking.
- ii. Apply Stagger distance marking for half and full stagger for the convenience of conducting track and field events
- iii. Plan to construction the long jump and triple jump pits.
- iv. Recommend to prepare and construct shot put sector.
- v. Validate the discus and hammer throw circle and sector with cage preparations.

Marking:**Track Marking:**

Planning and construction of a standard Track Marking of the starting lines – calculation of Staggers – Calculation – Diagonal excess distance – curved start – split start – 4 x100 M relay marking - 4 x 400M relay marking

Jump Events:

Long Jump – Triple Jump

Throw Events:

Shot Put – Javelin – Discus – Hammer Throw

TEXT BOOK

Lamine.D., Athletic Federation of India “Competition Rules Hand Book:, New Delhi,2010.

REFERENCE BOOKS

1. Bosen,K., “Athletics”, NIS Publication, Patiala,1996.
2. Sharma.N.P.,”Fundamentals of Track and Field”, Khel Sahitya Kendra, New Delhi,2005.
3. Vijayalakshmi. V., “Principles of Athletic Training” Khel Sahitya Kendra, New Delhi,2004.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2					5	
CO3				4		
CO4						6
CO5						6

Mean: 4.6

Objectives

Enable students to

1. Trace the history of sports and games in India
2. Learn the strategy and tactics in sports
3. Learn various skills in track and field
4. be familiar with rules and regulations, and learn the method of officiating for all track and field events and gymnastics.

On completion of the course, students will be able to:

- i. Distinguish the styles or techniques for better performance, importance of block fixing for sprint events well knows
- ii. Administer exercise for takeoff, clearance, flying phase and practice running tactics.
- iii. Establish standard techniques for practice relay races to focus on winning competitions.
- iv. Distinguish the different types of baton exchange in connection with modern styles. Find errors in teaching and performing in competitions.
- v. Prepare race walking style and to produce higher results in competitions.

UNIT I

Layout and maintenance of track.

Sprint & Middle Distance:-

1. Sprinting forms- Techniques in sprint running-Crouch start-Fixing the block-Techniques at Finish-curve running-Specific exercises.
2. Middle distance running:
Arm action-Foot placement- Body position – Techniques in middle distance running-
Practice of standing start.

UNIT II**Jumps & Long Distance Running****1. High Jump:**

Approach run for different styles - Take off - Bar clearance – Landing - Specific exercises.

2. Long Jump:

Approach run-Take off-Flying phase-Landing-Specific exercises

3. Long Distance Running

Rules and interpretations

Arm action - foot placement - body position - running tactics -specific exercises

UNIT III

Throw Events & Relay Race:

1. Shotput:

Holding the shot – initial stance – Placement of the shot – Glide – Delivery – Reverse –

Specific exercises

UNIT IV

2. Relay races

Rules and interpretations

Style of baton exchange - fixing up of runners for different relay races - exchange zone marking-strategy in running relay races -specific drills.

UNIT V

1 Walking:

Arm action-Foot placement- Hip movements - Body position - Strategy in walking-

Specific exercises.

TEXT BOOK

Pintu Modak.. 1996,Gymnastics a scientific approach, Runthala Publishers,Pilani.

REFERENCE BOOKS

1.Gambetta.VV..1981,Track and field coaching manual, Leisure press ,Illinois.

2.Howard.P..1985,Athletics in Action,British library.

3.Paish.W..1975,Introducton to Athletics,Faber and Faber,London.

4.Tankmilan.C.. 1982 Teaching Gymnastics & skills to men and women, surjet Publications, New Delhi.

5.While, J.J.. 1989 , Gymnastics in action, stanly paul, London.

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Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2			3			
CO3				4		
CO4					5	
CO5						6

Mean: 4

OBJECTIVES

To enable the students to

- i. learn the strategy and tactics in sports
- ii. Learn various skills in track and field and gymnastics.
- iii. Be familiar with rules and regulations, and learn the method of officiating for all track and field events and gymnastics.

On completion of the course, students will be able to:

- i. Discover the warm up and conditioning procedures understood and ready to prescribe exercises.
- ii. Group employ the sprinting technique for the competition status and judge the effect of it.
- iii. Analyze the importance of techniques and corrections in coaching.
- iv. The scientific principle in throw techniques was intensely rated.
- v. Prepare athletic training and reorganize the schedule.

PRACTICAL I TRACK AND FIELD EVENTS-I

A part of the practical period shall be devoted to warming up and conditioning exercises for the concerned events shall be introduced.

1. Sprints
 - a. Correct running style emphasizing on proper body position.
 - b. Crouch start- fixing of the starting blocks getting off the block.
 - c. Practice of starts with blocks using proper command.
 - d. Curve running.
2. Middle distance running
 - a. Correct running style emphasizing on proper body position and feet placement.
 - b. Practice of standing start.
3. Long Jump
 - a. Approach run
 - b. Take off
 - c. Flying Phase
 - d. Landing.
4. Shot-put
 - a. Hand hold
 - b. Placement of shot
 - c. Initial Stance
 - d. Glide
 - e. Delivery stance
 - f. Delivery action
 - g. Reverse.

TEXT BOOKS

1. Goel, R.C., 1992. Encyclopaedia of Sports and Games, Trange paper, Delhi.
2. Pintu modak., 1996, Gymnastics a scientific approach.
3. Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).

REFERENCE BOOKS

1. A.A.F.I., 1994, Competitive Rules Hand Book, Ashok Printers, Kanpur.
2. Federation International De Gymnastics, 1993, Code of Points, Switzerland.
3. Gambetta, V., 1981, Track and Field Coaching Manual, Leisure Press Champaign, Illidis.
4. Thirunarayan, C., and Hariharan, S., 1970, Track and Field the South Indian Press, Karaikudi.

Mapping Course Outcome with Bloom's Taxonomy

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CO1			3			
CO2			3			
CO3			3			
CO4					5	
CO5						6

Mean: 4

OBJECTIVES

Enable students to

1. Trace the history and working federations
2. Develop the fundamental skills and techniques
3. Acquire the physiological training, warming-up and motor qualities
4. become familiar with the rules and regulations and their interpretations.

On completion of the course, students will be able to:

- i. Focus the unique history of each game namely Football, Hockey, Badminton and Tennis.
- ii. Establish the rules and interpretation of the game and officiating to become a professional
- iii. Focus to practice the fundamental skills and its techniques in Football, Hockey in order to win the match
- iv. Evaluate the of rules while learning the fundamentals in Badminton.
- v. Manage the minute aspects of the basic skill for better execution of the game Tennis modify the playing schedule.

THEORY

The following games are included in the syllabus of the course.

Football – Hockey - Badminton – Tennis.

The general format for covering the aspect for each of the above game is given below.

UNIT I

Content for topics

1. History of games and working federations.
2. Play field
 - a) Layout and maintenance of play field.
 - b) Equipment and their specification.

UNIT II**Officiating**

- a) Rules and their interpretation.
- b) Method of officiating.

UNIT III**1. FOOT BALL**

Elements of Game Skill

- a) Pass and passing techniques, passing techniques, passing drills
- b) Trapping-receiving and ball control techniques.

- c) Dribbling and running with the ball-dribbling drills.
- d) Types of kicks:
 - 1.Low drive.
 - 2.Lifted kicks.
 - 3.Half volleys.
 - 4.Punt kicks and Volleys.
- e) Kicking and shooting practices, heading techniques, heading drills.
- f) Goal keeping techniques, goal keeping drills.

2. HOCKEY

Fundamentals of techniques and basic skills:

- a) Grip.
- b) Hitting.
- c) Stopping.
- d) Dribbling.
- e) Push.
- f) Scoop.
- g) Hitting on the wrong foot
- h) Dodging and tackling
- i) Reverse hit
- j) Flick.

SET PLAYS:

Corners, penalty corners, Hit-in, Push-in, penalty stroke.

UNIT IV BADMINTON

Fundamental skills

Holding the racket

- i. Forehand grip.
- ii. Backhand grip.

Holding the shuttle

- i. Mid grip.
- ii. Base grip.
- iii. Top grip.

Foot work for various strokes

- i. Forehand strokes.
- ii. Backhand strokes.
- iii. Overhead stroke.
- iv. Round and Head stroke.

Basic shots

- i. Smash.
- ii. Lob, toss or clear.
- iii. Net shot.
- iv. Drive.

Singles service

- i. High Lob service.
- ii. Low service.
- iii. Medium service.

Doubles service

- i. Low or long service.
- ii. Drive or shuttling service.
- iii. High flick service (High and Low).

UNIT V TENNIS

Fundamentals of techniques and Basic Skills:

1. Forehand-grip, ready position, foot work, back-swing point of impact, Follow through
2. Back hand – as above.
3. Service – grip, stance, back swing, point of impact follow through.
4. Volleys – grip, ready position.
5. Lobs – offensive, defensive.
6. Smash.
7. Drop shot.

Variations in

- | | |
|-------------------|-------------|
| i) Ground strokes | ii) Service |
| iii) Volleys | iv) Lobs |

TEXT BOOK

1. Goel.R.G,1975, Encyclopaedia Of Sports And Games,Vikaas publishing house Pvt.,Ltd., Delhi.

REFERENCE BOOKS

1. F.I.F.A.,1986,Referee's charge and players guide to Laws of Association Football, Pan Books Ltd., Caraya place, London.
2. Hayleft, J. and Evelians,1989,The Illustrated Encyclopedia of World Tennis,Exter Books, New York.
3. Jones,C.M.1973,Improving Your Tennis, Faber and Faber Publications, London.
4. Singh,G.1978, Olympic Hockey on Astroturf, Services Publishing House, Delhi.
5. Ashok kalra, A.P., 1993, Badminton, Surjeet Printing Press, Jalandher – 8.
6. Baddy, S., 1982, Badminton In Action, Cox and Woman Ltd., London.
7. Ballok, R., 1988, Teaching Badminton, Surjeet Publication, Delhi

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2			3			
CO3				4		
CO4					5	
CO5						6

Mean:4.4

Enables Students to

- i. Treat different types of Fractures
- ii. Apply different types of Bandages
- iii. Treat Snake bite, Dog bite, Burns and Poison
- iv. Understand the practical knowledge on visual and auditory reaction time
- v. measure vital capacity and Blood pressure

On completion of the course, students will be able to:

- i. Observed evaluate the injuries in sports for the purpose of first Aid.
- ii. Practiced the first aid procedure for Snake bite, Dog bite, Burns and Poison.
- iii. Record treatment procedure for fracture and usages of Bandages for better survey
- iv. Analyze the Physiological outcome of reaction time and movement time and co-ordination.
- v. Test the body fat, obesity, heart rate and Pulse rate, vital capacity and blood pressure to solve the health problem.

FIRST AID:

1. Methods to treat different types of Fractures
2. Methods to apply different types of Bandages
3. Methods to treat Snake bite, Dog bite, Burns and Poison

HUMAN PHYSIOLOGY:

1. Methods to find out the visual and auditory reaction time.
2. Methods to find out the co-ordination.
3. Methods to find out the body fat.
4. Measurement of heart rate by means of pulse rate.
5. Measurement of vital capacity and blood pressure.

TEXT BOOKS:

1. Sivaramakrishnan.S., 2006 “ Anatomy and Physiology for Physical Education”, First Edition, Friends Publication, Chennai.

REFERENCE BOOKS

1. Marieb.N., 2006 “ Human Anatomy and Physiology”, Benjamin Publication, New Delhi.
2. Sivaramakrishnan.S., 2006 “ Anatomy and Physiology for Physical Education”, First Edition, Friends Publication, Chennai
3. Budhe,A.A. 2013, “Exercise Physiology”, Sports Publications, New Delhi.
4. Rajeev,K.,2011, “Sports Medicine and Exercise Physiology”, Sports Publications,New Delhi.
5. Blaisdall,A.2006,“Human Physiology”,First Edition, sports Publications,New Delhi.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2			3			
CO3						6
CO4				4		
CO5						6

Mean: 4.2

OBJECTIVE:

To provide knowledge on various parts of the human body and their movements.

On completion of the course, students will be able to:

- i. Understand the scientific bases of Human physique through cell, Bone and joints to observe the difference.
- ii. Draw the nomenclature of the cardiovascular system and its functional capacities and drawbacks with a diagram.
- iii. Identify various types of muscles and its purposes-based on Anatomy and Physiology.
- iv. Evaluate the importance of nervous system and Endocrine system.
- v. Express the position of axial and appendicular skeleton and structure and function of kidney and skin.

UNIT-

Introduction – Structure of Cell - Cell Wall – Nucleous – Chromatin threads – Mitochondria – Cytoplasm – Centrosomes – Endoplasmic reticulum – Lysosomes – Centrioles Cell division – Mitosis - Meiosis - Interphase - Prophase – Metaphase – Anaphase – Telophase. Bone – Classification of Bone – Long Bone – Short Bone – Flat Bone – Irregular Bone – Sesamoid Bone. Joints – Define – Classification of Joints – Fibrous Joints – Cartilaginous Joints – Synovial Joints.

UNIT – II:

Respiratory System: Structure and Function of lungs – Mechanism of Respiration.
Circulatory System: Structure and functions of Heart – Cardiac output & cycle - Blood – Blood pressure – Blood group – Blood clotting.

UNIT – III:

Muscular System: Voluntary muscle - Involuntary muscle – Cardiac Muscle
Digestive System: Structure and Functions of Stomach – Small Intestine – Large Intestine.

UNIT – IV:

Nervous System: Structure and Functions of Brain – Cerebellum – Cerebrum – Medulla oblongata – Spinal cord – Reflex Action. Endocrine Glands – Its types – Functions of Pituitary, Thyroid, Adrenal, Pancreas and gonads.

UNIT – V:

Skeleton System :Axial Skeleton - Skull – Vertebral Column – Sternum - Ribs and Xiphoid - Appendicular Skeleton – Upper Extremities - Lower Extremities. Excretory System: Structure and Function of Skin – Kidney.

BOOKS FOR REFERENCE:

1. Essentials of Human Anatomy & Physiology Laboratory Manual by Elaine Nicpon Marieb (Jan 20, 2008)
2. Human Anatomy & Physiology with MasteringA&P™ (8th Edition) by Elaine N. Marieb and Katja N. Hoehn (Jul 2, 2010)
3. Human Anatomy & Physiology Lab Manual, Fetal Pig Version (10th Edition) by Elaine N. Marieb and Susan J. Mitchell (Feb 8, 2010)
4. Human Anatomy & Physiology Laboratory Manual with MasteringA&P®, Main Version, Update (9th Edition) by Elaine N. Marieb and Susan J. Mitchell (Jul 10, 2011)

Mapping Course Outcome with Bloom’s Taxonomy

Bloom’s Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2				4		
CO3				4		
CO4				4		
CO5						6

Mean: 4.4

OBJECTIVES

To enable the students to

- i. Learn the strategy and tactics in the game concerned
- ii. be familiar with rules and regulations and
- iii. learn the method of officiating in the game of specialization

On completion of the course, students will be able to:

- i. Cite advantages of rules and regulation of the game Football or Hockey or Badminton.
- ii. Chart down fundamental skill of the major games.
- iii. Classify the skill and techniques of the games.
- iv. Compare the skills and techniques involved in the game situation whole play competitions.
- v. Formulate the methods to and practice the skill and techniques for applying tactics and strategies integrated in the play.

The students can choose any one of the following games- fundamental skills and playing ability.

1. Football
2. Hockey
3. Badminton

The same fundamental skills in the theory may be taught in the practical also.

TEXT BOOK

1. Goel.R.S., 1975, Encyclopaedia of sports and games, Vikas Publication House pvt., Ltd., New Delhi

REFERENCE BOOKS

1. F.I.F.A. Referee's charch and players guide to law of Association, 1986, Football pan Books ltd., Caraya Place, London.
2. Gian, S, 1976, Olympic Hockey on Astroturf and services publishing House, Delhi.
3. Hayleff, J., and Evelians, 1989, The Illustrated Encyclopaedia of World Tennis, ExterBooks, New York.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2			3			
CO3		2				
CO4					5	
CO5						6

Mean: 3.6

SEMESTER III

OBJECTIVES

Enable students to

1. Understand the meaning of health and relationships among the various aspects of health;
2. Analyze the principles and characteristics of health education;
3. Understand the importance of the hygiene and practices related to maintenance and promotions of health;
4. Prepare obligatory measures to prevent the contemporary health problems which are related to the community; and
5. Understand the importance of safety education for preventing accidents and its general principles.

On completion of the course, students will be able to:

- i. Illustrate the Perception of Health Education, and its hazards. To interpret the individual, family, community and national health.
- ii. Understand the importance of Hygiene in food and environment and estimate food poisoning and allergies.
- iii. Survey the health conditions in rural, metropolitan and urban areas and sketch the role of WHO.
- iv. Recommend the first aid procedure involved and order the advantages in first aid.
- v. Role of safety education and its Principles and Procedures for life situation and validate it.

HEALTH EDUCATION

UNIT I

Health:

- 1) Meaning of health: Brief description of physical, mental, emotional and social health; Interrelationships among these aspects of health.
- 2) Importance of health for an individual, family, community and nation.

Health Education:

- 3) Meaning of health education , its need, scope for college students, aims and objectives of health education.
- 4) Characteristics of a health education person.

UNIT II

Hygiene

1. Need and importance of personal hygiene. Environmental hygiene and food Hygiene, associated practice related to maintenance and promotion of health.
2. Food poisoning, food allergies and their prevention, food adulteration and its Harmful effect on health.

Mental Health

1. Meaning of mental health, foundation factors for mental health, mental health Problems of college students. Characteristics of a healthy personality, principles of Mental health.
2. Adjustment process: adjective reactions: guidelines for making adjustments – Development of interests, attitudes and habits: development and control of Emotions, guidelines for controlling emotions.

UNIT III

Community Health

1. Environmental health conditions in rural, metropolitan, urban –marginal and industrial areas.
2. Environmental pollution-water, air, soil and land, radiation, noise, pesticides, occupational hazards, efforts at individual, community and government level to reduce ill effects of environmental health.
3. Communicable and non communicable diseases Distinction between communicable and non communicable diseases: communicable diseases by mode of spread and their preventions. Non-communicable diseases diabetes, heart problems, cancer, renal diseases, respiratory diseases.
4. World health organization (WHO)-organizational structure, activities, co-operation with the other international agencies.
5. Use of tobacco :(Chewing, Snuffing and Smoking): alcohol and drugs and their harmful effects; premarital sex, sexually transmitted diseases and their prevention.

UNIT IV

First Aid

First aid – Definition – Aim and Objectives of First Aid - Scope of First Aid - Bandages – Types of Bandages - Wound – Types of Wounds- Fractures – Types of Fractures -Shock- Burns - Poison - Snake bite - Dog bite.

UNIT V

Safety Education

1. Importance of safety education for preventing accidents and its general principles.
2. A. Safety in physical education and sports, principles of safety with respect of buildings and playfields.

B. Principles of safety with respect to equipments, dress, etc., principles of safety with Respect to organization of classes, demonstration and matches.

C. Accident reporting and maintenance of records.

- 3.) Safety in roads, camps, picnic and tours.
- 4.) Safety in water, fire, floods, hurricane, thunder and lightening
- 5.) Regurgitation measures in life saving emergencies like drowning, asphyxia, head injuries etc.

TEXT BOOK

1. Basu, D.S.M., Kamal,R.,1989, Introduction To Health Education, A.P.Publishers, Jalandhar.

REFERENCE BOOKS

1. Anonymous,1990, First Aid,St.John Ambulance Association Head quarters New Delhi.
2. Atwal and Kawsal 1983, A text book of I.C.S.E Health Physical Education and sports,A.P. publishers, Jalandhar.
3. Raur,M.,1987,An introduction to health and physical education T.A.N.D.O.N Publications, Ludhiana.
4. Swaminathan,M.,1986, Principles of Nutrition and Diabetics, The Bangalore printing and publishing co.,Ltd., Bangalore.
5. John Severs, 2012 “Safety and Risk in Primary School Physical Education”London.
6. Cathie Robertson, 2010 “Safety, Nutrition and Health in Early Education”,4th Ed., USA
7. Melinda J. Flegel, 2010 “Sports First Aid : A Coach’s Guide to the care and prevention of Athletic Injuries”4th Ed., USA.
8. Lyan R. Marotz, 2008 “Health, Safety and Nutrition for the Young Child”Seventh Edition, USA.
9. Catwalk and Kawsal.1983 “A Text Book on Health, Physical and sports”,A.P. Publishers., Jalandhar.

Mapping Course Outcome with Bloom’s Taxonomy

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CO1		2				
CO2				4		
CO3			3			
CO4					5	
CO5						6

Mean: 4

OBJECTIVES

To enable the students to

- i. trace the history of sports and games in India
- ii. learn the strategy and tactics in sports
- iii. learn various skills in track and field events.
- iv. Be familiar with rules and regulations and learn the method of officiating for all track and field events.

On completion of the course, students will be able to:

- i. Show the equipment in practice and associate various steps for adaptation.
- ii. Determine the skill of skimming in hurdles and employ hurdle clearance.
- iii. Focus the pole-vault rules along with skills namely grip, carry and run, take off etc and uses of devices.
- iv. Rate the skills in Javelin Throw and Hammer in order to improve.
- v. Prepare the duties of various committees and their role in officiating or conducting the event.

UNIT I

1. History- Equipments and their specification

2. Triple jump:

Rules and interpretations

Approach run - take off and landing for hop - step and jump - flying phase - landing - tactics in jumping - specific exercises.

3. Discus throw:

Rules and interpretations

Hand hold - initial stance - preliminary swings – turns - delivery stance - delivery action - reverse - tactics in throw - specific exercises.

UNIT II

Hurdles

Rules and interpretations

Approach - take off - clearance of the hurdle - lead leg action - trailing leg action - body position - between the hurdles - last hurdle to finishing line - specific drills.

(15 Hours)

UNIT III

Pole vault

Rules and interpretations

Pole grip - carry and run - pole plant - take off - rock back - pull up - push up - bar clearance – landing - specific drills

UNIT IV

1. Javelin throw

Rules and interpretations

Grip - carry - approach run (preparatory and transition period) -impulse stride - delivery stride - delivery action – reverse - specific drills

2. Hammer throw

Rules and interpretations

Grip - initial stance - preliminary swings – entry – turns - delivery stance - delivery action - reverse - specific drills.

(15 Hours)

UNIT V

Officiating:

Various committees and officials to conduct a sports meet. Duties of following officials.

- a) Management officials.
- b) Jury of appeal
- c) Judges for Track events
- d) Judges for field events
- e) Judges for walking events
- f) Time keeper
- g) Starter and assistant starter
- h) Other officials

(15 Hours)

TEXT BOOK

A.A.F.I..1999.Competitive Rules Hand Book, Asoka Printers, Kanpur.

REFERENCE BOOKS

1. Bosen,K.O..1993.Athelitics, SAINSNIS publication, Patiala, India.
2. Carr Gerry, A.. 1982, fundamentals of track and field, University of Victoria, British – Columbia.
3. Edmundson Joseph, M.C..1958, Athletics for girls and boys, Gbells & sons, London
4. Steban Ralph, E and Sam Bell.,1978,Track and Field, John Wiley & Sons, Inc Canada.

SELF STUDY AREAS

Specific exercises for all track and field events

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CO1						6
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CO3				4		
CO4					5	
CO5			3			

Mean:4.2

OBJECTIVES:

Enable students to

1. Develop the muscles and the body, mainly to the internal organs and glands
2. Develops agility, balance, endurance and greater vitality
3. Helps to develop sound health and eternal peace of mind

On completion of the course, students will be able to:

- i. Discover the Principles and Procedure of Yoga practices and various types of Yoga.
- ii. Choose the methods of asana practice with purpose.
- iii. Experiment the yogic techniques, the methods and benefits.
- iv. Recommend pranayama practice with various classifications for respiratory enhancement well understood.
- v. Justify the and practice of Kriya, Neti, Dhauthi, Trataka to understand the procedures and benefit.

UNIT I

History of Yoga – Meaning and Definition of Yoga – Aims and Objectives of Yoga – Concept of Yoga – Ashtanga Yoga – Patanjali Eight limbs of Yoga – Principles of practicing Asana and Pranayama.

UNIT II**Asanas :**

Relative Asanas : Shanthiasana / Savasana, Makarasana

Meditative Asanas : Sukhasana, Padmasana, Vajrasana

Methods and Benefits

UNIT III

Yogic Techniques – Methods and benefits,

Asanas:

Cultural Asanas : Bhujangasana, Salabhasana, Dhanurasana, Pascimottanasana, Vakrasana, Ardha Matsyendrasana, Yogamudra, Sarvangasana, Halasana, Mayurasana, Sirshasana, Chakarasana, Parvatasana, Trikonasana, Ardha kati Chakarasana.

UNIT IV

Pranayama: Methods and Benefits, Naddi Suddhi – Nadi Shodhana – Kaphalabhathi, Ujjiayi, Sitali, Sitkari.

UNIT V

Meaning of Kriya – Types of Kriyas: Kaphalabhathi, Trataka, Neti, Dhauthi, Nauli, Basti

Neti: Jala Neti – Sutra Neti – Methods of Practicing Neti and its benefits.

Dhauthi: Vamana Dhauthi, Vastra Dhauthi – Methods of Practicing Dhauthi and its benefits, **Trataka :** Practicing Method – Benefits

REFERENCE BOOKS

1. SwamiKupalayananda, Asanas, Kaivalyadhama, Lonavala,Pune,1991.
2. B.K.S.Iyankar,Light on Yoga Harper Collins Publications,Delhi,2002
3. 3. Mariyyah.P,Asanas, Sports Publishers, Raja Street, Coimbatore-1,1995.
4. 4. Mariyyah.P,Suriyanamaskar Jaya PublishingHouse,Erode,1997
5. 5. Chandrasekaran.K, Sound Health Through Yoga, Prem Kalyan Publications,Sedapatti, Madurai,1999.
6. 6. Jeyaveera Pandian.V.Yoga and Sports, UVN-Publications-Sivakasi,Tamilnadu 2009

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2			3			
CO3			3			
CO4					5	
CO5						6

Mean: 4.6

OBJECTIVES

Enable students to

- i. learn the strategy and tactics in sports
- ii. Learn various skills in track and field and gymnastics.
- iii. Be familiar with rules and regulations, and learn the method of officiating for all track and field events and gymnastics.

On completion of the course, students will be able to:

- i. Illustraterelays; Triple Jump, High Jump and Long-Distance running interpret the rules.
- ii. Employ the step by step procedures for improving the ability in relays with various exchanges.
- iii. Precisely correlate Triple Jump approach, take off, flight and landing.
- iv. Compare the styles and techniques in High Jump.
- v. Compose the running style through hard practice and tactical training.

TRACK AND FIELD EVENTS-II

A part of the practical period shall be devoted to warming up and conditioning exercises. Both general and specific conditioning exercises for the concerned events shall be introduced.

1. RELAYS

- a) Styles of baton exchange
- b) Fixing up runners for different relay races

2. TRIPLE JUMP

- a) Approach run
- b) Take off and landing for hop and jump
- c) Flying phase
- d) Landing

3. HIGH JUMP

- a) Approach run
- b) Take off
- c) Flying Phase
- d) Landing.

4. LONG DISTANCE RUNNING

- a) Correct running style emphasizing on proper body position and foot placement.
- b) Proper arm and leg action
- c) Running tactics

TEXT BOOKS

1. Thirunarayan, C., and Hariharan, S., 1970, Track and Field the South Indian Press, Karaikudi
2. Pintu modak., 1996, Gymnastics a scientific approach.
3. Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).

REFERENCE BOOKS

1. Bosen,K.O.,1993.Athletics, SAINSNIS publication, Patiala, India.
2. White, J., 1989, Gymnastics in Action Stanly Paul, London.
3. Gambetta, V., 1981, Track and Field Coaching Manual, Leisure Press Champaign, Illidis.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2						6
CO3				4		
CO4		2				
CO5						6

Mean: 4.4

PRACTICAL VI YOGA

On completion of the course, students will be able to:

1. Compare various yoga postures distinguish Physical and Physiological gains.
2. Examine sitting, standing and lying postures with Physical and Mental improvement.
3. Focus Bandhas and Kriyas all cleaning procedure.
4. Justify Pranayama practice helps to achieve respiratory capacity improvements.
5. Propose the pranayama procedures to most of the ailments were cured and respiratory process enhanced

Practical work should include the following *asanas* and yogic practices:

1. *ASANAS*

- | | |
|---------------------------|---|
| a. <i>Swastikasana</i> | k. <i>Yogamudra</i> |
| b. <i>Padmasana</i> | l. <i>Vakrasana</i> |
| c. <i>Vajrasana</i> | m. <i>Ardha-matsyendrasana</i> |
| d. <i>Samasana</i> | n. <i>Vipareetakarani</i> |
| e. <i>Bhujangasana</i> | o. <i>Sarvangasana</i> |
| f. <i>Dhanurasana</i> | p. <i>Shirsasana</i> |
| g. <i>Matsyasana</i> | q. <i>Mayurasana</i> |
| h. <i>Shalabasana</i> | r. <i>Vrikshasana</i> |
| i. <i>Halasana</i> | s. <i>Tadasana</i> |
| j. <i>Pachimotanasana</i> | t. <i>Makarasana</i> and <i>Shavasana</i> |

2. *Bandha* and *Kriyas* *Jalaneti*, *Uddyan* and *Nauli*, *Kapala Bhati*

3. *Pranayama* *Puraka*, *Kumbhaka* and *Rechaka* of each of the following

- a) *Suryabedhan*, *Ujjayi*, *Bhastrika*, *Nadishodhana*, *Sheetali*, *Sheetali*, *Sheetali*

TEXT BOOK

1. Goel.R.G, 1975, Encyclopaedia Of Sports And Games, Vikas publishing house Pvt., Ltd., Delhi.
2. Iyengar, B.K.S., 1989, Light On *Yoga*, George Allen and Unwin Ltd., London.
3. Chandrasekaran.K, Sound Health Through *Yoga*, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
4. Jeyaveera Pandian.V. *Yoga and Sports*, UVN-Publications-Sivakasi, Tamilnadu 2009

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2			3			
CO3						6
CO4						6
CO5						6

Mean: 4.6

OBJECTIVES

Enable students to

1. Understand the techniques of Presentation
2. Understand class Management
3. Understand how to draw fixtures
4. Helps to know the methods of deciding winners in League matches

On completion of the course, students will be able to:

- i. Measure class management and presentation techniques application of teaching aid.
- ii. Generalize all physical activities for professional enhancement they will become leader of field.
- iii. Evaluate various types of tournament to focus professionalism.
- iv. Criticize benefit and drawbacks of intramural and extramural
- v. Prepare standard and non standard sports meet in colleges.

UNIT I

Meaning – Factors influencing Methods – Presentation Techniques.
Class Management – Principles of Class Management Teaching Aids.

UNIT II

Explain various physical activities in the field of Physical education – Calisthenics – Marching – Minor games – Indigenous activities – Rhythmic activities – Gymnastics – Defensive arts and Swimming

UNIT III

Meaning of Tournaments – Merits and Demerits of Knock-out and League Tournaments – Drawing Fixtures for Knock-out and League Tournaments – Methods of deciding winner in the League tournament and Tie breaking league tournaments

UNIT IV

Intramural Competition : Objectives – Methods of Organizing and Conducting – Units of competition – Intramural Committee

External Competition : Benefits – Drawbacks – Methods of organizing and Conducting

UNIT V

Sports Meet – Standard and Non-Standard – Methods of organizing and conducting sports Meet

Plays Day – Methods of organization and conduct

REFERENCE BOOKS

1. Colin A. Hardy, Mick Mawer, Learning and Teaching in Physical Education, Falmer Press, Great Britain, 1999.
2. James Michael Lee Principles and Methods of Secondary Education, McGraw-Hill, 1963
3. Susan Capel Learning to Teach Physical Education in the Secondary School: A Companion to School Experience, RoutledgeFalmer, 2004.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1					5	
CO2						6
CO3				4		
CO4					5	
CO5			3			

Mean: 4.6

OBJECTIVES:

Enable students to

1. Understand the essentials of lifelong wellness
2. Overcome fitness barriers and involve in physical movement pursuits
3. Learn and excel in Track and Field sports events

On completion of the course, students will be able to:

- i. Associate fitness and wellness lead a healthy life and lead others to understand the importance of the health.
- ii. Examine the modern life stress and compare the participation in physical activity.
- iii. Focus on types of fitness namely chronological, physiological, functional and mental unknown to many in the society.
- iv. Appraise Social benefite due to sports participation, led them self motivated life in the society.
- v. Role of spiritual fitness and wellness play a vital role in the society.

UNIT I**Awareness of Physical fitness and Wellness:**

Definition – Meaning – Concept of Fitness and Wellness – Need and importance of Fitness and Wellness

UNIT II

Age of Automation – Technological developments – Healthy aging – Wellness – Sports as a hobby and de-stressing agent

UNIT III**Types of Fitness and Wellness:**

Chronological fitness – Physiological fitness - Functional fitness – Mental fitness

UNIT: IV

Social fitness – Sports and socialization – Performance related fitness

UNIT: V

Tools to assess fitness – Spiritual fitness and wellness

BOOKS FOR REFERENCE:

1. Hoeger Werner W.K. and Hoeger Sharon A. **Fitness and Wellness**, Englewood:Morton publishing Company, 1990.
2. Hazedine, **Fitness for Sports**, Ramsburg: The Crowood Ress Ltd., 1985.
3. James and Leona Hart. **100% Fitness**, New Delhi: Goodwill Publishing House, 1983.
4. **Wellness-Concepts and applications** – David J. Anspaugh, Michael H. Hamrick and Frank D. Rosato II edition Masby publishing house – Chicago.1991.
5. **International Encyclopedia of sports and games-** Ashok Kumar, Mittal Publications, New Delhi 110059 Vol. I to IV.
6. **Books of rules of games and sports:** Y.M.C.A. Publication House, Jaisingh Road, New Delhi 110007.

Mapping Course Outcome with Bloom’s Taxonomy

Bloom’s Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2				4		
CO3				4		
CO4					5	
CO5						6

Mean: 4.2

(Basket Ball, Kabaddi, Volley Ball, Handball and Kho – Kho)**OBJECTIVES**

To enable the students to

- i. trace the history and working federations,
- ii. develop the fundamental skills and techniques,
- iii. acquire the physiological training, warming – up and motor qualities,
- iv. become familiar with the rules and regulations and their interpretations

On completion of the course, students will be able to:

- i. Laying the playfield and purchasing the equipment with specification were learned.
- ii. Well equipped with rules and regulations and prepared to officiate tournaments.
- iii. Totally learned about the game and its strategies capable to teach the game Basketball.
- iv. Theoretically understand the various aspects of Kabaddi, defensive and offensive skills.
- v. Volleyball basic and fundamental skills learned with through knowledge of the game.

THEORY

The following games are included in the syllabus of the course.

Basket Ball, Kabaddi, Volley Ball, Handball and Kho – Kho

The general format for covering the aspect for each of the above game is given below.

UNIT I

Content for topics

1. History of games and working of federations.
2. Play field
 - a. Layout and maintenance of play field
 - b. Equipment and their specification.

UNIT II

1. Officiating
 - a. Rules and their interpretation.
 - b. Method of officiating.
 - c. Duties of various officials.
 - d. System of play.

UNIT III

BASKETBALL

Players stance and ball handling, passing and receiving techniques:

PASSING

- a) Two hand chest pass.
- b) Two hand bounce pass.
- c) One hand baseball pass.
- d) Side arm pass.
- e) Overhead pass.
- f) Hook pass.

RECEIVING

- a) Two hand receiving.
- b) One hand receiving
 - i. Receiving in stationary.
 - ii Receiving while running.
 - iii Receiving while jumping.

DRIBBLING

- a) How to start dribble.
- b) How to stop dribble.
- c) High dribble.
- d) Low dribble.
- e) Reverse dribble.

SHOOTING

- a) Lay-up shot and its variations.
- b) One hand set shot.
- c) One hand jump shot.
- d) Hook shot.
- e) Free throw

REBOUNDING

- a) Offensive rebound
- b) Defensive rebound
- c) Rock out
- d) Rebound

INDIVIDUAL DEFENCE

- a) Guarding the man with the ball
- b) Guarding the man without the ball

UNIT IV

KABADDI

OFFENSIVE SKILLS

- | | |
|----------------------------|-------------------|
| a) Touching with the hand. | b) Leg thrust. |
| c) Front kick. | d) Side Kick. |
| e) Mule kick. | f) Aero kick. |
| g) Roll kick. | h) Jump &Counter. |
| i) Drive and Counter. | |

DEFENSIVE SKILLS

- | | |
|---------------------|----------------------|
| a) Wrist catch. | b) Ankle catch. |
| c) Knee catch. | d) Thigh catch. |
| e) Trunk catch. | f) Washer man catch. |
| g) Chain formation. | |
-
1. Normal grip.
 2. Crocodile grip.

VOLLEY BALL

Fundamentals of techniques and basic skills:

- i. Players stance-receiving the ball and passing to team mates.
- ii. Foot work.
- iii. Service: under-arm, side- arm, overhead and floating
- iv. Pass - the volley and dig.
- v. Spike - straight arm, round arm.
- vi. Block - Individual and group block.
- vii. Dives and rolls.

UNIT V

HANDBALL

Basic skills

- i. Holding the ball.
- ii. Receiving – stationary, walking, running.
- iii. Dribbling and stopping.
- iv. Progression with ball.
- v. Passing.
- vi. Throws – Throw in – Throw out – Free throw.
- vii. Shooting – Penalty throw, single hand shooting, both hand shooting.
- viii. Goal keeping.

KHO – KHO

Fundamentals skills.

- a. Chasing and touching
 - i. Chaser's stance - foot work
 - ii. Sitting
 - iii. Proper way of giving kho
 - iv. Proper way of getting up.
 - v. Turning around the pole.
 - vi. Touching at the post
 - vii. Judgement kho
 - viii. Diving
 - ix. Tapping
 - x. Trapping

- b. Chasing Tactics
 - i. Chaser's footwork
 - ii. Dodging and pointing movements
 - iii. Taking runner to the pole

- c. Running Tactics
 - i. Selection of batches for running
 - ii. Single chain
 - iii. Double chain
 - iv. Ring formation

TEXT BOOK

Goel, R.C., 1992, Encyclopaedia of sports and games, Trang paper backs, Delhi.

REFERENCE BOOKS:

1. Lokesh Thane, 1996, Handball Skills and Tactics, Sports Publications, Hindustan Offset Press, Delhi.
2. Yogesh Yadav, Kho – kho, Maharashtra Kho – kho Association, 1969.
3. Ashok.K.,1983, Kabaddi, A.P. Publishers, Sartaj Printing Press, Jalanthar.
4. Core,R.H.,1988, Teaching Volleyball, Surjeet Publications, Delhi.
5. Fox,A.R.1960,Basketball,Pretince Hall, Engle Wood Cliffs, New Jersey

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2			3			
CO3				4		
CO4					5	
CO5						6

Mean: 4.4

OBJECTIVE

Sound mind leads a sound body.

On completion of the course, students will be able to:

1. Interpret scientific warm-up procedure and warm- down method adopted in the practical field for self realization and observe.
2. Construct muscle strengthening through weight training.
3. Practice upper body exercises for body strengthening.
4. Subdivide thigh and calf exercises properly administered in gymnasium environment.
5. Rearrange knee and ankle strengthening exercise mandatory in this era.

PRACTICALS**GENERAL CONDITIONING**

- i. Warming up Exercises
- ii. Warm down Exercises
- iii. Stretching Exercises

STRENGTHENING TRAINING**Weight training exercises****UPPER BODY:**

- i. Abdominal conditioning
- ii. Lower and Upper Abdominal
- iv. Shoulder Fitness
- v. Back Strengthening Exercises

LOWER BODY:

- i. Thigh Muscle Strengthening
- ii. Calf Muscle Strengthening
- iii. Ankle Strengthening
- iv. Knee Strengthening

REFERENCE BOOKS

1. K.O.Bosen. 1997, "Teaching in Athletics" NSNIS,Patiala.
2. L. Matreyer. 1992. "Fundamentals of Sports Training".
3. Hardayal Sing.1992,:Sports Training"-NSNIS,Patiala

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			
CO2			3			
CO3			3			
CO4				4		
CO5						6

Mean: 3.8

GAME OF SPECILISATION

Advanced skills and playing ability.

On completion of the course, students will be able to:

- i. Ask re to teach advanced skill in the game.
- ii. Modify N.B.A style and skill teaching in basketball.
- iii. Correlate Kabaddi as an indigenous activity professionally understood for future plan.
- iv. Volleyball as a rural game in our region estimate.
- v. Invent new procedure to develop the game basketball.

BASKET BALL, KABADDI AND VOLLEY BALL

1. Goel.R.G, 1975, Encyclopaedia Of Sports And Games,Vikaas publishing house Pvt.,Ltd., Delhi.

REFERENCE BOOKS

- 1. Ashok.K, 1983, Kabaddi, A.P Publishers, Sartaj Printing Press, Jalandhar.
- 2. Core, R.H., 1988, Teaching Volleyball, Surjeet Publications, Delhi.
- 3. Fox, A.R.1960, Basketball, Pretince Hall, Engle Wood Cliffs, New Jersey.

Mapping Course Outcome with Bloom’s Taxonomy

Bloom’s Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2						6
CO3						6
CO4		2				
CO5						6

Mean: 4.4

SEMESTER V

BPE 3501 TEST, MEASUREMENTS AND EVALUATION IN PHYSICAL EDUCATION 5Hr/5Cr

OBJECTIVES

To teach the testing procedure to find the performance of the sports persons

On completion of the course, students will be able to:

- i. Identify the values of test and measurement with application backup.
- ii. Practice Criteria of test with the norms of validity, reliability and objectivity.
- iii. Plan Physical fitness measurements for developing speed, endurance, strength and flexibility.
- iv. Argue some of the standardized test was learned such as Kraus welder test, Cooper 12 minutes test which may enable them to administer test.
- v. Adapt Russell Lange volleyball test and AAPHERD basketball test in view with officiating.

UNIT I

Meaning of Test, Measurement and Evaluation – Need and Importance of test, Measurement and Evaluation, Classification of Test – Standardized and Teacher Made Test – Objective and Subjective Tests – contribution of Knowledge Test and Skill Test

UNIT II

Criteria of Good test – Validity – Reliability – Objectivity – Norms – Administration Feasibility – Educational Application

UNIT III

Physical Fitness Components – Test for Speed, Strength, Endurance, Agility and Flexibility.

UNIT IV

1. New York State Physical Fitness Test
2. Barrow Motor Ability Test
3. Kraus Weber Test
4. Cooper 12 Minutes Run / Walk Test
5. JCR test
6. Harvard Step Test

UNIT V

SKILL TESTS

1. AAPHERD Basketball Test
2. Mc Donald Soccer Test
3. Russel Lange Volleyball Test
4. Harban Singh Hockey Skill Test

5. French Short Service Test (Badminton)

REFERENCE BOOKS

1. Clarke, II Application of Measurement in Health and Physical Education, Prentice Hall, Inc 1976
2. Mathew K Donald, Measurement in Physical Education London WS Saunders Company 1973.
3. Bosco. James. S. measurement and Evaluation in Physical Education and Sports, New Jersey, Prentic Hall Inc. 1988
4. Matheuss k Donald, Measurement in Physical Education. London: W.S. sounders Company 1973.
5. Safrit, Margaat, J., Measurement in Physical Education and Exercise Science, St. Louis Times Mirror Mosby College Publications, 1986.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2			3			
CO3						6
CO4					5	
CO5						6

Mean: 4.4

OBJECTIVES

Enable students to

1. Understand the importance of warm up and warm down exercises
2. Understand the importance of Training load
3. Understand the basic types of Training

On completion of the course, students will be able to:

- i. Identify the principles of sports training to generate training to generalize training schedule.
- ii. Prepare the training load with the with application intensity.
- iii. Criticize the means and methods of developing speed, strength and endurance.
- iv. Grade the training types and procedures for better achievement in competitions
- v. Types of training cycles and periodisation can be validated and speculated.

UNIT I

Meaning and Definition – Aims – Tasks and characteristics of sports training – Principles of sports training – importance of warm-up and warm-down

UNIT II

Important features of Training Load – Intensity Density and Volume – Types of Training Load – Training and Adaption – Over Load – Causes Symptoms and Remedies

UNIT III

Means and methods of developing : Strength – Endurance – Speed – Flexibility

UNIT IV

Basic types of Training – Weight training – Circuit training – Plyometric training – Fartlek training – Interval training – Continuous training

UNIT V

Training Plan – Types of Cycles – Periodisation – Definitions of Techniques and Tactics

REFERENCE BOOKS

1. Singh, Hardhayal, Sports training General theory and methods, NIS Patiala, 1984.
2. Williams, J.LL Athletic Training and Physical Fitness. Allyn and Bacon Inc. Sydney. 1977.

3. Singh,Hardhayal, Science of sports Training, 1987.
4. Dick Frank.,Sports Training Principles,Times Mirror Mosby publishing,1982.
5. Mathew,L.P.Fundamental sports Training, Publication Prentice Hall In.,1993.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			
CO2						6
CO3					5	
CO4					5	
CO5						6

Mean: 5

OBJECTIVES

Enable students to

- i. have knowledge of sports skill test
- ii. Learn about administration of various test and procedures

On completion of the course, students will be able to:

- i. Discuss the Anthropometric test involved in physical identification, human understanding, and correlate physical with psychological traits.
- ii. Modify these tests to improve your body development.
- iii. AAHPER Football test conducted for evaluation of football skills.
- iv. AAHPER Volleyball test measured in passing serving, setting & volleying to support the planning ability.
- v. The player can use the tool to develop the knowledge and improve the body development justify

List of Practical:

Test and Measurement

1. Anthropometric tests
2. Sports skill tests:
 - i. French Badminton test
 - ii. Knox Basketball test
 - iii. Sutcliffe Cricket skill test
 - iv. Schmithals France Field Hockey test
 - v. AAHPER Football test
 - vi. AAHPER Volleyball test
 - vii. Cornish Handball test
 - viii. Broer-Miller forehand and backhand drive test

TEXT BOOK:

1. Verma, H., 2013, "Test and Measurement in Physical Education", Sports Publications, New Delhi.

REFERENCE BOOKS:

1. Krishnan, J., 2005, "Evaluation of Physical Education and Sports." First Edition, Sports Publication, New Delhi.
2. Srivastava.A.K., 2013, " Evaluation in Test and Measurement" Sports Publications, New Delhi.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2						6
CO3					5	
CO4					5	
CO5						6

Mean: 5.2

OBJECTIVE

To know various methods of physical training to enhance sports performance

On completion of the course, students will be able to:

- i. Discuss the training of motor qualities.
- ii. Training is step by step methods, circuit training, Interval training, free session, of session training. Experiment the circuit training and interval training.
- iii. Correlate body composition body strength and motor qualities.
- iv. Sports performance is all about explosive movements, reaction, speed and agility, justify.
- v. Sports training focuses on reaching maximum efficiency in motor abilities connected to a certain sports discipline, recommend.

METHODS OF SPORTS TRAINING

1. Training of Motor Qualities
2. Strength Training
3. Endurance Training
4. Training Plans
5. Interval Training
6. Circuit Training
7. Plyometric Training
8. Weight Training

REFERENCE BOOKS

1. K.O.Bosen teaching in Athletics,NSNIS,Patiala
2. Stephen Ralph,E&Som Bell, 1978,Track and Field,John Witley&Sons,INC,Canada
3. Scientific Principles of Coaching-J.Bunn
4. Fundamentals of Sports Training – L.Matreyer
5. Sports Training – Hardayal Sing

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2				4		
CO3				4		
CO4						6
CO5					5	

Mean:4.6

OBJECTIVES

Enable students to

Understand how the variation in the Environment helps him to adapt and perform

On completion of the course, students will be able to:

- i. Discover the importance of temperature and exercise in Heat.
- ii. Record importance of water in sports along with Dehydration and acclimatization.
- iii. Explain exercise in cold climate and humid conditions through practice.
- iv. Measure how hill training helps to understand Altitude practice and acclimatization.
- v. Invert various terrain practices.

UNIT I

Introduction – Variation in Temperature – Exercise in the Heat

UNIT II

Dehydration - Acclimatization

UNIT III

Exercise in the Cold - Humidity

UNIT IV

Altitude – Altitude Acclimatization – Physiological Changes that take place during Acclimatization to Altitude

UNIT V

Physical performance at Altitude – Main effects of High Altitude on Physical Performance – Physiological function at Altitude

TEXT BOOK

Ajmer Singh, Jagdish Bains, Jagtar Singh Gill, Rachpal Singh Brar, 'Essentials of Physical Education' Fifth Revised Edition, Kalyani Publishers, New Delhi, 2016.

REFERENCE BOOKS

1. Mathews, Donald K. and Fox Edward I... 'The Physiological Basis of Physical Education and Athletics'. Third Edition Saunders College Publishing, Holt. Saunders Japan. 1985.
2. Marley, William, "Health and Physical Fitness". CBS College Publishing, United States of America. 1982.
3. Shephard, R.J. 'The Fit Athlete'. Oxford University Press. 1978.

4. Shaver, Larry G. "Essential of Exercise Physiology" Surjeet Publications. Delhi, First Indian Print. 1982.
5. Wilmore, Jack H. "Athletic Training and Physical Fitness" 1977. Allyn and Bacon, Inc. 470. Atlantic Avenue, Boston, Massachusetts. 1977.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			
CO2	1					
CO3				4		
CO4			3			
CO5						6

Mean: 3.6

SEMESTER VI

BPE 3502 PSYCHOLOGY AND SOCIOLOGY OF PHYSICAL EDUCATION & SPORTS 5Hr/5Cr

OBJECTIVES

Enable students to

- i. Understand the meaning, scope and nature of psychology and sociology of physical education and sports.
- ii. Analyze the factors which affect the learning process, role of perception in physical education and sports.
- iii. analyze the role of motivation in physical education and sports and
- iv. Interpret the sports and social problem, behavior of sportsmen and spectators and leadership through physical education and sports.

On completion of the course, students will be able to:

- i. Psychological factors affect learning and performance was interpreted.
- ii. Establish personality factors through psychological expression.
- iii. Illustrate motivation factors through practice.
- iv. Predict the influence of society in sports with the knowledge of culture.
- v. Intervene the behavior of the sports person also in the society and in the sports field.

PSYCHOLOGY

UNIT I

Meaning, Scope and nature of psychology and psychology of physical education and sports, Motor learning, Stages, theories and law of learning process, role of perception in physical and sports.

UNIT II

Personality-nature of personality, various traits of personality and its relation to performance in physical education and sports. Personality development.

UNIT III

Emotion and their role in physical education and sports. Motivation - Meaning and its role in physical education and sports.

Main tasks in psychological preparation, psychological aspects of short term and long term training.

SOCIOLOGY

UNIT IV

Meaning, nature and scope of sociology and sociology of physical education and sports. Physical Education and Sports as a special phenomena and product of culture and its relationship with other elements of culture- sports for better international understanding co-operation.

UNIT V

Sports as regulating institution of society. Sports and social problems. Behavior of sportsmen and spectators, leadership through physical education and sports.

TEXT BOOKS

1. Kamalesh,M.L.1988, Psychology in physical education and sports, Renu Printers, Delhi.
2. Kumar.R.1991, Principles of sociology, Agarwal Ltd, Agra.

REFERENCE BOOKS

1. Bucher, C.A.1987, Foundations of physical education,St.Louis, C.V.Mosby company, Missouri,America.
2. Gita, M., 1997, Sports Psychology, Shaju and Shaju Brothers Publication, Karaikudi.
3. Mukhi.K.R.1985,Rural sociology,R.B Publications,Delhi.
4. Swinn.R.M.1989,Psychology in sports,Methods and Applications, Surjeet Publications, Delhi.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			
CO2			3			
CO3				4		
CO4			3			
CO5						6

Mean: 3.8

OBJECTIVES

Enable students to

1. Understand the meaning, aim and objectives and importance of kinesiology and bio Mechanics for Physical Education and Sports
2. Acquire the fundamental concepts of kinesiology for Physical Education and Sports
3. Acquire knowledge of various types of motions and application of motion in games and sports and
4. Interpret the principles of Biomechanics with suitable examples

On completion of the course, students will be able to:

- i. Observe the basic human movements understood through history, aim and objective of kinesiology.
- ii. Identify the classification of joint and its basic structure the movement batten to focus and various movements.
- iii. Report the fundamental concepts involved in kinesiology.
- iv. Illustrate the major muscles, the development of structure and quality.
- v. Analyze the natural effects on movement of walking, running and throwing.

UNIT I**KINESIOLOGY**

- 1) Introduction: meaning, history, aim and objectives of kinesiology for physical education and sports.

UNIT II

- 1) Joints: meaning. Classification of joints: Shape – Movement.
- 2) Fundamental movements of joints: Flexion – Extension – Adduction – Abduction – Elevation – Depression – Circumduction – Rotation – Inversion – Eversion – Dorsi flexion – Plantar flexion – Pronation - Supination

UNIT III

- 1) Fundamental concepts: centre of gravity, area and planes of motion, fundamental starting positions, and classification of muscles.

UNIT IV

- 1) Location and action of muscles at various joints
 - a) Upper extremity – Pectoralis major, Pectoralis minor, deltoid, biceps brachii, triceps, teres major, latissimus dorsi and trapezius muscles

b) Lower extremity – Rectus femoris, sartorius, biceps femoris, semimembranosus, semitendinosus, gluteus maximus, vastus group and gasatrocnemius muscles

UNIT V

- 1) Muscular analysis of Fundamental movements walking, running, and throwing
Structure of motor action: Structure of cyclic and acyclic motor action and movement condition.

TEXT BOOK

1. Cooper and classgow., 1976, Kinesiology C.V., Mosby Company Saint Louis.

REFERENCE BOOKS

1. Bunn.J.W., 1969, Scientific Principles Of Coaching, Prentice Hall, New Jersey.
2. Hay, J.G., 1978, The Biomechanics Of Sports Techniques, Prentice Hall, New Jersey.
3. Katharine, F.W,1966, Kinesiology, W.B.Saundas, London.

Mapping Course Outcome with Bloom’s Taxonomy

Bloom’s Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2				4		
CO3						6
CO4			3	4		
CO5				4		

Mean:4.6

OBJECTIVES

Enable students to

- vi. learn the strategy and tactics in sports
- vii. learn various skills in track and field
- viii. Be familiar with rules and regulations, and learn the method of officiating for all track and field events and gymnastics.

On completion of the course, students will be able to:

- i. Express learning specific conditioning exercise for the concerned events.
- ii. Estimate the upper body action in the hurdle events.
- iii. Judge all natural activities practiced in view with athletics styles.
- iv. Find error in different styles in Javelin throw event, the Grip and action throw and hand power is very essential for competition base.
- v. Prepare hammer throw the body rotation and swings stance, reverse they learned to increase the distance.

TRACK AND FIELD EVENTS-III

A part of the practical period shall be devoted to warming up and conditioning exercises. Both general and specific conditioning exercises for the concerned events shall be introduced.

- 1. 1. HURDLES
 - Approach run
 - Take off or attack phase.
 - Clearance of the hurdle or interphone:
 - Lead leg action
 - Trailing leg action
 - Body position
 - Landing or escape
 - In-between the hurdles.
 - Techniques at finish.

- 2. 2. POLE VAULT
 - Pole grip
 - Carry and run
 - Pole plant
 - Take off
 - Rock back
 - Pull up
 - Push up
 - Bar clearance
 - Landing

3. JAVELIN THROW
 - Grip
 - Carry
 - Approach run
 - Last five strides rhythm including impulse stride
 - Delivery stance
 - Delivery
 - Reverse

4. HAMMER THROW
 - Grip
 - Initial stance
 - Preliminary swings
 - Entry (or) Transition from swings to turn
 - Turns
 - Delivery Stance
 - Delivery action
 - Reverse

TEXT BOOKS

1. Thirunarayan, C., and Hariharan, S., 1970, Track and Field the South Indian Press, Karaikudi
2. Pintu modak., 1996, Gymnastics a scientific approach.
3. Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).

Mapping Course Outcome with Bloom’s Taxonomy

Bloom’s Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2					5	
CO3					5	
CO4					5	
CO5						6

Mean: 5.4

GAME OF SPECILISATION

Advanced skills and playing ability

On completion of the course, students will be able to:

- i. Associate laying the playfield and purchasing the equipment with specification.
- ii. Chart down the rules and regulations and prepare to officiate tournaments.
- iii. Devise the strategies the game handball.
- iv. Test the various aspects of kho-kho defensive and offensive skills.
- v. Write the basic and fundamental skills learned through of the game.

HAND BALL, KHO-KHO AND TENNIS

TEXT BOOK

- 1. Goel.R.G,1975, Encyclopaedia Of Sports And Games,Vikaas publishing house Pvt.,Ltd., Delhi.

REFERENCE BOOKS

- 1. Hayleft, J. and Evelians,1989,The Illustrated Encyclopedia of World Tennis,Exter Books, New York.
- 2. Jones,C.M.1973,Improving Your Tennis, Faber and Faber Publications, London.
- 3. Vincent, T., 1973,Why You Lose At Tennis?, Barnes & Noble Books, London.
- 4. Lokesh Thane, 1996, Handball Skills and Tactics, Sports Publications, Hindustan Offset Press, Delhi.
- 5. Yogesh Yadav, Kho – kho, Maharashtra Kho – kho Association, 1969.

Mapping Course Outcome with Bloom’s Taxonomy

Bloom’s Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2						6
CO3						6
CO4						6
CO5						6

Mean:5.6