

GURU KASHI UNIVERSITY



Bachelor of Physical Education

Session: 2022-23

Department of Physical Education

PROGRAMME LEARNING OUTCOMES

- Demonstrate advanced professional and educational capabilities required for delivering outstanding performance and achieving progressive career in an organization.
- Develop financial management and budget making skills essential for organizing and conducting sports events.
- Become proficient in teaching games and delivering coaching lessons to budding players and physical trainers.
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Programme Structure

Semester-I						
Course Code	Course Title	Course Type				
			L	T	P	Credit
BPD101	History, Principles and Foundation of Physical Education	Core	4	0	0	4
BPD102	Anatomy and Physiology	Core	4	0	0	4
Discipline Elective (Any one of the following)						
BPD103	Health Education and Environmental Studies	Discipline Elective	3	0	0	3
BPD104	Olympic Movement					
BPD105	Educational Technology and Methods of Teaching in Physical Education					
BPD106	Technological Innovations in Physical Education	Ability Enhancement	1	0	0	1
BPD107	Track and Field-I	Technical Skills	0	0	4	2
BPD108	Games & Sports-I	Technical Skills	0	0	4	2
BPD109	Drill and Marching	Technical Skills	0	0	4	2
BPD110	Intramural Organization	Technical Skills	0	0	4	2
BPD199		MOOC	---	--	---	---
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Total			12	0	16	20

Semester-II						
Course Code	Course Title	Course Type	L	T	P	Credit
			BPD201	Sports Training	Core	4
BPD202	Kinesiology and Biomechanics	Core	4	0	0	4
BPD203	Community Based Project	Research Skill	3	0	2	4
Discipline Elective (Any one of the following)						
BPD204	Yoga Education	Discipline Elective	3	0	0	3
BPD205	Sports Medicine, Physiotherapy and Rehabilitation					
BPD206	Sports Nutrition and Weight Management					
BPD207	Track and Field-II	Technical Skills	0	0	4	2
BPD208	Games & Sports-II	Technical Skills	0	0	4	2
BPD209	Mass Demonstration	Technical Skills	0	0	4	2
Value Added courses II (For other discipline students also)						
BPD210	Leadership Skills	Value Added Course	2	0	0	2
Total			16	0	14	23

Semester-III						
Course Code	Course Title	Course Type				Credit
			L	T	P	
BPD301	Basic Research Methodology	Core	4	0	0	4
BPD302	Contemporary Issues in Physical Education, Fitness and Wellness	Core	4	0	0	4
Discipline Elective (Any one of the following)						
BPD303	Theory of sports and game	Discipline Elective	3	0	0	3
BPD304	Curriculum Design					
BPD305	Sports Psychology and Sociology					
BPD306	Organization and Administration	Discipline Elective	3	0	0	3
BPD307	Computer Applications in Physical Education					
BPD308	Officiating and Coaching					
BPD311	Track and Field-III	Technical Skills	0	0	4	2
BPD312	Games & Sports-III	Technical Skills	0	0	4	2
BPD313	Adventure Activities	Technical Skills	0	0	4	2
BPD399		MOOC	---	---	---	---
Open Elective Courses						
BPD309	General Punjabi	Open Elective	2	0	0	2
BPD310	General English					

	Total		16	0	12	22
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Semester-IV						
Course Code	Course Title	Course Type				
			L	T	P	Credit
BPD401	Measurement and Evaluation in Physical Education	Core	4	0	0	4
BPD402	Teaching Practice	Technical Skills	0	0	4	2
BPD403	Yoga	Technical Skills	0	0	2	1
BPD404	Minor Project	Research Skill	0	0	26	13
BPD411	Wellness Training	Value Added Course	2	0	0	2
	Total		4	0	32	22
Grand Total			48	0	74	87

Evaluation Criteria for Theory Courses

- A. Continuous Assessment: [25 Marks]
 - i. Surprise Test (Two best out of three) - (10 Marks)
 - ii. Term paper (10 Marks)
 - iii. Assignment(s) (10 Marks)
- B. Attendance (5 marks)
- C. Mid Semester Test-1: [30 Marks]
- D. MST-2: [20Marks]
- E. End-Term Exam: [20 Marks]

Evaluation Criteria for Practical Courses

According to NEP continuous evaluation Practical will be 5 times in which each subject will have 20 marks.

Semester: 1st**Course Name: History, Principles and Foundation of Physical Education****Course Code: BPD101**

L	T	P	Cr
4	0	0	4

Course Outcomes: On successful completion of this course, the students will be able to:

1. Comprehend the basic foundation and role of physical education.
2. Study the historical perspectives of physical education in India.
3. Identify the philosophical and cultural foundation of physical education.
4. Gain knowledge about biological, psychological and sociological principles of physical education.

Course Content**UNIT I****16 Hours****Introduction of Physical Education:**

1. Meaning, Definition and Scope of Physical Education, Aims and Objective of Physical Education, Importance of Physical Education in presentera. Misconceptions about Physical Education.
2. Relationship of Physical Education with General Education. Physical Education as an Art and Science.

UNIT II**16 Hours****Historical Development of Physical Education in India:**

1. Indus Valley Civilization Period. (3250 BC – 2500BC). Vedic Period (2500 BC – 600BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000AD).
2. Medieval Period (1000 AD – 1757AD). British Period (Before1947). Physical Education in India (After 1947). Contribution of Akhadas and Vyayamshals. Y.M.C.A. and its contributions.
3. Historical Development of Physical Education inGreece – Homeric period, Sparta period, early Athens period, Laterathens period.

UNIT III**14 Hours****Foundation of Physical Education:**

1. Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian
2. Philosophy and Culture. Fitness and wellness movement in the contemporaryperspectives.

- Sports for all and its role in the maintenance and promotion of fitness.

UNIT IV**14 Hours****Principles of Physical Education:**

- Biological: -Evolution of man, Growth and development, Age and gender characteristics, Body Types, Anthropometric differences.
- Psychological: -Learning types, learning curve, Laws and principles of learning, Attitude, interest, cognition, emotions and sentiments.
- Sociological: -Society and culture, Social acceptance and recognition, Socialization through physical education. Leadership Social integration and cohesiveness.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Bucher, C. A., & Wuest, D. A. (1983). *Foundation of Physical Education and sport*, st. House CV. Mosby.
- Deshpande, S. H. (1992). *Physical education in ancient India*. Bharatiya Vidya Prakashan.
- Nixon, J. E., & Jewett, A. E. (1980). *An introduction to physical education*. Saunders College Publishing.
- Sharman, J. R. (1934). *Introduction to physical education*. Barnes.

Course Name: Anatomy and Physiology**Course Code: BPD-102**

L	T	P	Cr
4	0	0	4

Course Outcomes: On successful completion of this course, the students will be able to:

- Learn about the structural organization of the human body and its functioning.
- Comprehend the regulatory mechanism of each and every organ system.
- Become competent to plan workout regime based on an individual's physiology.
- Gain knowledge about the effect of physical workout on different systems of the human body.

Course Content**UNIT I****14 Hours**

1. Introduction to Anatomy and Physiology: Brief Introduction of Anatomy and physiology in the field of Physical Education.
2. Introduction of Cell and Tissue. The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral.
3. Column and the extremities – joints of the body and their types.
4. Elementary concept of ligament and tendon. Gender differences in the skeleton. Types of muscles.

UNIT II**17 Hours**

1. Systems of Human Body: Blood and circulatory system: Constituents of blood and their function – Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation. Cardiac output.
2. The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.
3. The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism. The Excretory system: Structure and functions of the kidneys and the skin.
4. The Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.
5. Nervous systems: Function of the Autonomic nervous system and Central nervous system. Reflex Action.
6. Sense organs: A brief account of the structure and functions of the Eye and Ear.

UNIT III**14 Hours**

1. Physiology of Human Systems: Definition of physiology and its importance in the field of physical education and sports.
2. Structure, Composition, Properties and functions of skeletal muscles. Nerve control of muscular activity. Neuromuscular junction.
3. Transmission of nerve impulse across it. Fuel for muscular activity.
4. Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

UNIT IV**13 Hours**

1. Physiological concept of physical fitness, warming up, conditioning and fatigue.
2. Basic concept of balanced diet – Diet before, during and after competition.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

Gupta, M., & Gupta, M. C. (1980). *Body and Anatomical Science*. Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia.

Moorthy, A. M. (2014). *Anatomy Physiology and Health Education*. Karaikudi: Madalayam Publications. Morehouse.

Course Name: Health Education and Environmental Studies

Course Code: BPD-103

L	T	P	Cr
3	0	0	3

Course Outcomes: On successful completion of this course, the students will be able to:

1. Identify the aims, objectives and principles of health education.
2. Demonstrate personal and environmental hygiene.
3. Develop skills to provide first aid and emergency care.
4. Learn about the socio-economic, behavioral, biological, environmental, and other factors that impact human health and contribute to health disparities.

Course Content

UNIT I

12 Hours

Introduction of Health Education:

1. Concept, Dimensions, Spectrum and Determinants of Health.
2. Definition of Health, Health Education, Health Instruction, Health Supervision.
3. Aim, objective and Principles of Health Education. Health Service and guidance instruction in personal hygiene.
4. Concept of Health in Sports, Factors affecting Health in Sports

UNIT II

12 Hours

1. Health Problems in India: Communicable and Non Communicable Diseases.
2. Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population.
3. Personal and Environmental Hygiene for schools. Objective of school health service, Role of health education inschools. Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health

appraisal, Health record, Healthful school environment, first- aid and emergency careetc.

UNIT III**12 Hours**

1. Environmental Science: Definition, Scope, Need and Importance of environmentalstudies.
2. Concept of environmental education, Historical background of environmentaleducation. Celebration of various days in relation withenvironment.
3. Plastic recycling & probation of plastic bag /cover.
4. Role of school in environmental conservation and sustainabledevelopment.

UNIT IV**09 Hours**

1. Natural Resources and related environmental issues: Water resources, food resources and Landresources.
2. Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, ThermalPollution.
3. Management of environment and Govt. policies, Role of pollution controlboard.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Mukherjee, B., & McGraw-Hill, T. (1998). Environmental biology. *RESONANCE*, 1, 81.
- Jenne, F. H., & Greene, W. H. (1976). Turner's school health and health education.

Course Name: Olympic Movement (Elective)**Course Code: BPD-104**

L	T	P	Cr
3	0	0	3

Course Outcomes: On successful completion of this course, the students will be able to:

1. Learn about the philosophy and early history of Olympic Movements.
2. Understand the ideals, Code, Ethics, protocol of Olympics.
3. Gain knowledge about different Olympic Games and committees.
4. Demonstrate Olympic values and explain its importance to the students.

Course Content**UNIT I****13 Hours**

Origin of Olympic Movement:

1. Philosophy of Olympic movement. The early history of the Olympic movement.
2. The significant stages in the development of the modern Olympic movement.
3. Educational and cultural values of Olympic movement.

UNIT II**10 Hours**

1. Modern Olympic Games: Significance of Olympic Ideals, Olympic Rings, Olympic Flag.
2. Olympic Protocol for member countries. Olympic Code of Ethics. Olympic motto Olympics inaction. Sports for All.

UNIT III**09 Hours**

1. Different Olympic Games: Para Olympic Games. Summer Olympics. Winter Olympics. Youth Olympic Games.

UNIT IV**13 Hours**

1. Committees of Olympic Games: International Olympic Committee - Structure and Functions.
2. National Olympic committees and their role in Olympic movement. Olympic commission and their functions
3. Olympic medal winners of India.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Osborne, M. P., & Boyce, N. P. (2012). *Ancient Greece and the Olympics: A Nonfiction Companion to Magic Tree House# 16: Hour of the Olympics* (Vol. 10). Random House Books for Young Readers.
- Burbank, M., Andranovich, G., & Heying, C. H. (2001). *Olympic dreams: The impact of mega-events on local politics*. Lynne Rienner Publishers.

Course Name: Educational Technology and Methods of Teaching in Physical Education

Course Code: BPD-105

L	T	P	Cr
3	0	0	3

Course Outcomes: On successful completion of this course, the students will be able to:

1. Understand the importance and role of Educational Technology in the field of physical education.

2. Gain knowledge about various audio-visual aids which can be used for teaching.
3. Become proficient in delivering lessons using presentations.
4. Develop skills to enhance teaching using advanced technologies and gadgets.

Course Content

UNIT I

11 Hours

Introduction:

1. Education and Education Technology- Meaning and Definitions.
2. Types of Education- Formal, Informal and Non- Formal education.
3. Educative Process. Importance of Devices and Methods of Teaching.

UNIT II

12 Hours

1. Teaching Technique: Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
2. Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
3. Presentation Technique – Personal and technical preparation. Command- Meaning, Types and its uses in different situations.

UNIT – III

12 Hours

Teaching Aids:

1. Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids. Community aids, co-curricular aids.
2. Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalkboard. Charts, Model, Slide projector, Motion picture etc.
3. Team Teaching – Meaning, Principles and advantage of team teaching. Difference between Teaching Methods and Teaching Aids.

UNIT – IV

10 Hours

1. Lesson Planning and Teaching Innovations: Lesson Planning – Meaning, Type and principles of lesson plan.
2. General and specific lesson plan. Micro Teaching – Meaning, Types and steps of microteaching. Simulation Teaching - Meaning, Types and steps of simulation teaching.
3. Class Management: Meaning, importance, Factors affecting class management, Principles of class management.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Bhardwaj, A. (1997). *New Media & Educational Plann.* Sarup& Sons.
- Bhatia, K., & Bhatia, B. D. (1954). *The Principles & Methods of Teaching.* Doaba House.
- Kochhar, S. K. (1992). *Methods and techniques of teaching.* Sterling Publishers Pvt. Ltd.
- Sampath, K. (1981). *Introduction to educational technology.* Sterling Publishers Pvt. Ltd.

Course Name: Technological innovations in Physical Education**Course Code: BPD-106**

L	T	P	Cr
1	0	0	1

Course Outcomes: On successful completion of this course, the students will be able to:

1. Demonstrate an understanding of the technology devices available in a variety of physical education and sports settings.
2. Use the World Wide Web as a resource for information
3. Evaluate software, technology devices, and websites.
4. Discuss the ethical and security issues related to the use of technology

Course Content**UNIT-I****15 Hours**

1. E-mail (generic functions) • word processing (Word) • presentation software (PowerPoint) • spread sheet software (Excel)
2. Web page design (Composer) • sound • graphics • photography • video • multimedia • electronic communications • pedagogical tools • PE fitness specific technologies
3. sport specific technologies • resources • search techniques • website evaluation • citations • technology standards • physical education standards • efficient teaching with technology
4. technologically-rich learning • distance learning • critical issues in educational technology

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Course Name: Track and Field (Running Event)**Course Code: BPD-107**

L	T	P	Cr
0	0	4	2

Course Outcomes: On successful completion of this course, the students will be able to:

1. Learn about the starting and finishing techniques of running.
2. Become competent in ground marking for athletic events.
3. Understand and interpret the rules & regulations of running events.
4. Gain expertise in clearance and landing techniques.

Course Content**UNIT I****30 Hours**

Starting, Finishing Techniques of Running events and their rules:

1. Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
2. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug. Ground Marking, Rules and Officiating.
3. Hurdles: Fundamental Skills-Starting, Clearance and Landing Techniques. Types of Hurdles.
4. Relays: Fundamental Skills, Various patterns of Baton Exchange, Understanding of Relay Zones.

UNIT II**30 Hours**

1. Ground Marking and Officiating: Ground Marking and Officiating.
2. Interpretation of Rules and Officiating.

Course Name: Games & Sports I (Any one out of three)**Course Code: BPD-108**

L	T	P	Cr
0	0	4	2

Course Outcomes: On successful completion of this course, the students will be able to:

1. Develop fundamental skills to participate in gymnastics, swimming and shooting.
2. Understand the rules and regulations of gymnastics, swimming and shooting.
3. Identify the dangers and precautions to be followed while performing in the mentioned events.
4. Become competent in maintaining the correct posture and body position while performing in the mentioned events.

Course Content**UNIT I****45 Hours**

Gymnastics, Swimming and their skills and rules:

1. Gymnastics: Floor Exercise: Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.
2. Vaulting Horse: Approach Run, Take off from the beat board, Cat Vault, SquatVault.
3. Swimming: FundamentalSkills: Entry into the pool, developing water balance and confidence, Water fear removing drills.
4. Floating: Mushroom and Jellyfish. Gliding with and without kickboard.
5. Introduction of various strokes. Body Position, Leg, Kick, Arm pull, Breathing and Coordination. Start and turns of the concernedstrokes. Introduction of Various Strokes. Water Treading and Simple Jumping. Starts and turns of concerned strokes.
6. Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

UNIT II**15 Hours**

Shooting and its skills and rules:

1. Shooting Fundamental Skills: Basic stance, grip, Holding rifle/ Pistol, aimingtarget.
2. Safety issues related to rifleshooting. Rules and their interpretations and duties of officials.

Course Name: Drill and Marching**Course Code: BPD-109**

L	T	P	Cr
0	0	4	2

Course Outcomes: On successful completion of this course, the students will be able to:

1. Develop fundamental skills to participate in various demonstrative activities.
2. Gain expertise in coordinating movements with fellow peers while performing.
3. Acquire the skill of teaching these activities on certain rhythm and/or beats.
4. Modify and innovate new techniques to enhance the poise of the performance.

Course Content**UNIT I****40 Hours**

1. Introduction to Marching, Light Apparatus and their exercises: Marching Command.
2. Drill and Marching. Mass P.T. Exercises-Two count, four count and eight count exercises.
3. Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri: Fundamentals skills. Apparatus/Light apparatus Grip. Attention with apparatus/ Light apparatus. Stand –at –ease with apparatus/ light apparatus.
4. Exercise with verbal command, drum, whistle and music –Two count, Four count, Eight count and Sixteen count. Standing Exercise. Jumping Exercise. Moving Exercise.

UNIT III**20 Hours**

Aerobics:

1. Introduction of Aerobics. Rhythmic Aerobics –dance, Low impact aerobics, High impact aerobic so Aerobics kick boxing.
2. Postures –Warm up and cooldown. THR Zone –Being successful in exercise and adaptation to aerobic workout.

Course Name: Intramural Organization**Course Code: BPD-110**

L	T	P	Cr
0	0	4	2

Course Outcomes: On successful completion of this course, the students will be able to:

1. Perform organizational and managerial duties during a game/sports event.
2. Plan and organize the Victory ceremony.
3. Learn the rules and regulations of Flag Hosting and March Past.
4. Able to learn about the Intramural and various sports events.

Course Content**UNIT I****16 Hours**

National flag:

1. Meaning, concept and significance of National flag, symbolism of tri-color and Wheel.
2. Code of hoisting or lowering of Flag, Dimensions of the Flag & tri-color proportions.
3. Honors of the flag and its use. Penalty of misusing or dishonoring the Flag.

UNIT II**16 Hours**

Opening and closing ceremonies:

1. Schedule and formality of opening ceremony, unfurling of Flag, Flame igniting, oath, march-past of players / teams, salutation, declaration of opening of the Meet.
2. Brief address by the guests, announcement of beginning of competition

victory & prize distribution ceremony, planning of schedule for victory ceremony.

UNIT III

16 Hours

Closing Ceremony:

1. Assembly of sports-persons, march-past, salutation, re-assembly, brief address of the guests, declaration of results and distribution of prizes / certificates, vote of thanks, ceremonial flag-lowering, Flame exiting wishing, declaration of closing of the Meet.
2. Practical of the organization of sports/athletic meet during Intramural programme should be arranged as a project by the students under the supervision of the faculty. Organization of sports festival, play day, social party games etc. should be encouraged.

UNIT IV

12 Hours

Yoga & Games:

1. *Self Defence Techniques-Martial Arts, Taek- won-do/
2. *Shooting/ *Archery – (*Any One)

Semester: 2nd

Course Name: Sports Training

Course Code: BPD-201

L	T	P	Cr
4	0	0	4

Course Outcomes:

1. Become adept in strength and endurance training.
2. Plan and implement sports training programs.
3. Develop fitness programmes specific to a particular sport.
4. Draw strategies to deliver outstanding performance during games/sports.

Course Content

UNIT I

16 Hours

Introduction to Sports Training:

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

UNIT II**16 Hours**

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

UNIT III**16 Hours**

1. Training Process: Training Load- Definition and Types of Training Load.
2. Principles of Intensity and Volume of stimulus.
3. Overload- Causes, Symptoms and Remedial Measures.
4. Technical Training – Meaning and Methods of Technique Training.
5. Tactical Training – Meaning and Methods of Tactical Training.

UNIT – IV**16 Hours**

1. Training programming and planning: Periodization – Meaning and types of Periodization.
2. Aim and Content of Periods – Preparatory, Competition, Transitionaletc.
3. Planning – Meaning, Need and Importance of Planning and its Principles, Types of Training Plans- Macro, Meso, and Micro cycle Plans – Training session. Talent Identification and Development.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

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

Course Name: Kinesiology and Biomechanics**Course Code: BPD-202**

L	T	P	Cr
4	0	0	4

Course Outcomes:

1. Identify the anatomical and biomechanical bases of human movement
2. Comprehend the physiological regulatory mechanism working behind body movements.
3. Become skilled in application of mechanical concepts to sports training.
4. Gain knowledge about kinetics of human movement.

Course Content**UNIT I****16 Hours**

Introduction to Kinesiology and Sports Biomechanics:

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

UNIT II**16 Hours**

1. Fundamental Concept of Anatomy and Physiology: Classification of Joints and Muscles. Types of Muscle Contractions.
2. Posture – Meaning, Types and Importance of good posture. Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation.

UNIT III**14 Hours**

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

UNIT IV**14 Hours**

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

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Bunn, J. W. (1972). *Scientific principles of coaching*. N.J.: Prentice Hall Inc. Englewood Cliffs.
- Hay, J. G. & Reid, J. G.(1982). *The anatomical and mechanical basis of human motion*. N.J.: prentice Hall Inc., Englewood Cliffs.
- Hay, J. G. & Reid, J. G.(1988). *Anatomy, mechanics and human motion*. N.J.: prentice Hall Inc., Englewood Cliffs.
- Hay, J. G. (1970). *The biomechanics of sports techniques*. N.J.: Prentice Hall, Inc., Englewood Cliffs.
- Simonian, C.(1911). *Fundamentals of sport biomechanics*. N.J.: Prentice Hall Inc., Englewood Cliffs.

Course Name: Community Based Project**Course Code: BPD-203**

L	T	P	Cr
3	0	2	4

1. A fully engaged student shall be able to get exposure to undertake a short research project.
2. Also able to communicate and demonstrate the learning through structured thesis and oral presentation.

Course Content**UNIT I****60 Hours**

1. The project is to provide an opportunity for students to undertake short research training outside the classroom to solve real-world issues.

Course Name: Yoga Education (Elective)**Course Code: BPD-204**

L	T	P	Cr
3	0	0	3

Course Outcomes: On successful completion of this course, the students will be able to:

1. Understand the various concepts of yogic practice.
2. Demonstrate yoga asanas and explain its benefits.
3. Undertake teaching practice and research in the field of yoga.
4. Understand the basics and benefits of Yoga

Course Content

UNIT I

12 Hours

Introduction to Yoga

1. Meaning, Definition, types, aims and objectives of yoga.
2. Importance of yoga in education & other fields of life.
3. Historical development of yoga from ancient to modern times.
4. Meaning and definition of yoga astanga yoga: Yama, niyama, asana, pranayama, prathyahara, dharana, dhyana, Samadhi.

UNIT II

12 Hours

Nadis, Asanas and Pranayam

1. Loosening exercise: Techniques and benefits.
2. Pranayam: Types, techniques and benefits, suryanamaskar, methods and benefits.
3. Nadis: Meaning, methods and benefits
4. Asanas: Their benefits, types of Asanas, preparation & technique of different asanas and their effects on the body.
5. Chakras : Major chakras- Benefits of clearing and balancing chakras.

UNIT III

10 Hours

Kriyas

1. Shat Kriyas: Meaning, techniques and benefits of neti, dharti, kapalapathi, trataka, nauli, basti.
2. Bandhas: Meaning, techniques and benefits of jalendrabandha, jihvabandha, uddiyanabandha, mulabandha.

UNIT IV

11 Hours

Mudras

1. Meaning, techniques and benefits of hasta mudras, asamyuktahastam, samyuktahastam, mana mudra, kaya mudra, banda mudra, adhara mudra.

2. Meditation Meaning, Techniques and benefits of meditation, Passive and active meditation, saguna meditation and nirguna meditation.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Feuerstein, G. (1975). Text Book of Yoga. Motilal Bansaridass Publishers (P) Ltd., London.
- Gore (1990). Anatomy and Physiology of Yogic Practices. Kanchan Prakashan, Lonavata.
- Purperhart, H. (2004). The Yoga Adventure for Children. A Hunter House book, Netherlands.
- Iyengar, B.K.S. (2000). Light on Yoga. Harper Collins Publishers, New Delhi.

Course Name: Sports Medicine, Physiotherapy and Rehabilitation (Elective)

Course Code: BPD-205

L	T	P	Cr
3	0	0	3

Course Outcomes: On successful completion of this course, the students will be able to:

1. Identify and comprehend the modern concepts of sports medicine.
2. Plan training activities, which assists in preventing sports injuries.
3. Provide first aid treatment in sports related injuries.
4. Gain knowledge about the principles and importance of physiotherapy in sports injuries.

Course Content

UNIT I

12 Hours

Sports Medicine:

1. Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
2. Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches. Need and Importance of the study of sports injuries in the field of Physical Education.
3. Prevention of injuries in sports – Common sports injuries – Diagnosis. First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports. Principle of PRICE.

UNIT II**12 Hours**

1. Physiotherapy: Definition – Guiding principles of physiotherapy, Importance of physiotherapy,
2. Introduction and demonstration of treatments - Electrotherapy – infrared rays –Ultraviolet rays –short wave diathermy – ultrasonic rays.

UNIT III**12 Hours**

1. Hydrotherapy: Introduction and demonstration of treatments of Cryo therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation –
2. Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

UNIT IV**09 Hours**

1. Therapeutic Exercise: Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static)
2. Application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises. Self-Stretching techniques.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Christine, M. D., (1999). *Physiology of sports and exercise*. Human Kinetics. Conley, USA.
- Baechle, T.R. & R.W. Earle, (Eds.), *Essentials of Strength Training and Conditioning* (pp. 73-90). Champaign, IL: HumanKinetics.
- David, R. M. (2005). *Drugs in sports*, (4th Ed). Taylor and Francis Group, Routledge
- Jeyaprakash, C. S.(2003), *Sports Medicine*, J.P. Brothers Pub., New Delhi,
- Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Lucky Enterprises, Delhi.
- Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*. W.B. Saunders Co. Philadelphia.

Course Name: Sports Nutrition and Weight Management

L	T	P	Cr
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(Elective)**Course Code: BPD-206**

3	0	0	3

Course Outcomes: On successful completion of this course, the students will be able to:

1. Understand the role of diet and nutrition in sports performance.
2. Provide dietary guidelines based on the concept of balanced diet and individual's requirement.
3. Gain knowledge about the risk factors associated with weight management programs.
4. Proficient in application of different weight control regimens as per the need of game or sport.

Course Content

UNIT I

11 Hours

Introduction to Sports Nutrition:

1. Meaning and Definition of Sports Nutrition. Basic Nutrition guidelines. Role of nutrition in sports.
2. Factor to consider for developing nutrition plan.

UNIT II

12 Hours

1. Nutrients Ingestion to energy metabolism: Carbohydrates, Protein, Fat – Meaning, classification and its function. Role of carbohydrates, Fat and protein during exercise.
2. Vitamins, Minerals, Water – Meaning, classification and its function. Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

UNIT III

10 Hours

1. Nutrition and Weight Management: Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management.
2. Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, dieting versus exercise for weight control, Common Myths about Weight Loss. Obesity – Definition, meaning and types of obesity.
3. Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity. Nutrients: Nutrition labeling in formation, food choices, food guide pyramid

UNIT IV

12 Hours

1. Steps of planning of Weight Management: Nutrition – Daily calorie intake and expenditure, Determination of desirable bodyweight.
2. Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle. Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Bessesen, D. H. (2008). *Update on obesity*. J ClinEndocrinol Metab.93(6), 2027-2034.
- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity*. Silver Spring, 15(12), 3091- 3096.
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*,356(21), 2176- 2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

Course Name: Track and Field (Jumping Event)

Course Code: BPD-207

L	T	P	Cr
0	0	4	2

Course Outcomes: On successful completion of this course, the students will be able to:

1. Develop fundamental skills of jumping in Sports & Games.
2. Demonstrate appropriate take off and landing techniques.
3. Interpret the rules and regulations of jumping events.
4. Perform officiating duties during jumping events.

Course Content**UNIT I****60 Hours**

Fundamentals skill of Straddle Roll, rules, officiating of High Jump, Triple jump and Long jump: High Jump

1. (Straddle Roll). Approach Run. Take off. Clearance over the bar. Landing.

Course Name: Games and Sports II

Course Code: BPD-208

L	T	P	Cr
0	0	4	2

Course Outcomes: On successful completion of this course, the students will be able to:

1. Develop skills to analyze and interpret the rules of the Indoor sports (Racket).
2. Gain expertise in fundamental skills and techniques of racket games.
3. Perform officiating duties during a Racket sports event.
4. Learn the defensive techniques of racquet games.

Course Content

UNIT I

30 Hours

Fundamental skills, rules, officiating and duties of officials of Badminton and Table Tennis,

Badminton:

1. Fundamental Skills: 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.
2. Rules and their interpretations and duties of officials. Table Tennis: Fundamental Skills: The Grip-The Tennis Grip, Pen Holder Grip. Service-Forehand, Backhand, Side Spin, High Toss. Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
3. Stance and Ready position and footwork. Rules and their interpretations and duties of officials.

UNIT II

30 Hours

Fundamental skills, rules, officiating and duties of officials of Squash and Tennis

1. Squash: Fundamental Skills: Service-Under hand and Over hand, Service Reception, Shot-Down the line, Cross Court, Drop, Half Volley.
2. Tactics –Defensive, attacking in game. Rules and their interpretations and duties of officials. Tennis: Fundamental Skills: Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip. Stance and Footwork.
3. Basic Ground strokes-Forehand drive, Backhand drive. Basic service. Basic Volley, Over-head Volley, Chop. Tactics –Defensive, attacking in game. Rules and their interpretations and duties of officials.

Course Name: Mass Demonstration

L	T	P	Cr
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Course Code: BPD-209

0	0	4	2
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Course Outcomes: On successful completion of this course, the students will able to learn:

1. Achieve fundamental skills of various demonstrative activities.
2. Analyze the type of activities and its style to perform in group.
3. Acquire the skill of teaching these activities.
4. Able to demonstrate various sports activities.

Course Contents

UNIT I

30 Hours

Mass demonstration activities:

1. Lezim, dumb-bell, umbrella, tipri, wands, hoops, free arms drill, folk dances, etc. (Student sare expected to learn and organize mass drill in school situation)
2. Apparatus / light apparatus grip, Attention with apparatus / light apparatus, Stand –at–ease with apparatus / light apparatus, Exercise with verbal command, drum, whistle and music–two count, four count, eight count and sixteen count .Standing exercise, Jumping exercise, Moving exercise, Combination of above all.

UNIT II

30 Hours

Malkhamb:

1. Table of exercises on malkhamb should be prepared internally for teaching. General out-line of the contents of teaching of theory of Games and Sports.
2. Introduction of the game/sport and historical development with special Text Book to India, orientation of the students to the play are and equipment used in the game / sport, Important tournaments held at National and International levels, Distinguished sports awards and personal it misrelated to the Game/sport.
3. Warming-up-general free hand exercises, specific workout using equipment. Fundament al skills, lead up activities, general rules and the reinterpretations, duties of officials, officiating class competition sand Intramurals, Marking of the play area.

Course Name: Leadership Skills**Course Code: BPD-210**

L	T	P	Cr
2	0	0	2

Course Outcomes

1. This course is to facilitate the future leaders to develop essential Leadership skills needed to address complex sports issues.
2. It will facilitate the future leaders to develop essential Leadership skills needed to address complex sports issues.
3. It will enable students to understand the framework, the roles and functions of the leaders in an effective organization.
4. Understand the responsibilities of a sports leader

Course Contents**Unit- I****05 Hours**

Leadership:

1. Introduction of leadership, Types of leadership, Theories of leadership, Qualities of an effective leader, Difference between leader & manager, How to develop leadership

Unit- II**10 Hours**

1. Leadership Positions in Sports and Physical Education
2. Role and Contribution of Leader in Development and Promotion of Sports
Meetings:
3. Notice of Meeting, The Agenda, Conducting a Meeting, Tips for a good Meeting, Minutes of Meeting, Report Writing

Unit- III**10 Hours**

Communication:

1. Introduction of Communication, Types of communication, Methods of communication, Network of communication, Barriers to effecting communication, Press release, press conference, media coverage, Annual reports of individual and organization a performance

Unit- IV**05 Hours**

Decision Making:

1. Introduction of Decision Making Sports, Types of managerial decisions, Models of decision-making
2. Fair Play in Sports

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Fair Play in Sport Sigmund Loland: 2006
- Effective Leadership in Adventure Programming, Simon Priest, Michael A. Gass: 2005
- Outdoor Leadership Theory and Practice Bruce Martin, Christine Cashel, Mark Wagstaff, May Breuning: 2006
- Performance Leadership Frank Buytendijk: 2009
- Brilliant Leader Simon Cooper: 2010
- Sport Administration Manual International Olympic Committee

Semester: 3rd**Course Name: Basic Research Methodology****Course Code: BPD-301**

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Understand the need and importance of Research in Physical Education
2. Become adept in using various data collection methods to undertake research.
3. Develop knowledge of data analysis tools.
4. Interpret the results of the conducted research work and draw appropriate conclusion.

Course Content**UNIT I****14 Hours**

Introduction to Research:

1. Definition of Research. Need and importance of Research in Physical Education and Sports. Scope of Research in Physical Education & Sports. Classification of Research.
2. Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

UNIT II**16 Hours**

1. Survey of Related Literature: Need for surveying related literature. Literature Sources, Library Reading.
2. Research Proposal, Meaning and Significance of Research Proposal. Preparation of Research proposal / project.
3. Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

UNIT-III**16 Hours**

Hypothesis, Sampling, Technique and Designs of Sampling:

1. Definition, importance and types of hypothesis: Formulating and stating hypothesis. Characteristics of a good hypothesis; Testing the hypothesis.
2. Defining population and sample and their characteristics; Sampling theory; Importance of sampling: Sampling techniques; Sampling designs; Sample size.

UNIT-IV**14 Hours**

Data Collection Tools, Questionnaire, Interview, Observation:

1. Use and Importance of data collection tools in Research. Types of questionnaire; constructing and administering a questionnaire; questionnaire standardization procedure.
2. Planning interview, preparing question schedule, conducting interview, summing up.: observational procedure, recording observation i.e. check list, score card and Rating scale.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Best, J.W. (1963). Research in education. Prentice Hall. Bompaa, U.S.A.
- T. O. & Haff, G. G. (2009). Periodization: theory and methodology of training, 5th ed. IL: Human Kinetics, Champaign.

Course Name: Contemporary Issues in Physical Education,

L	T	P	Cr
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Fitness and Wellness
Course Code: BPD-302

4	0	0	4

Course Outcomes: On successful completion of this course, the students will be able to:

1. Gain expertise in providing first aid and emergency care.
2. Comprehend the modern concept of Fitness and Wellness.
3. Grasp the principles of fitness and wellness to maintain holistic health.
4. Competent in application fitness and wellness management techniques.

Course Content

UNIT I

15 Hours

Concept of Physical Education and Fitness:

1. Definition, Aims and Objectives of Physical Education, fitness and Wellness. Importance and Scope of fitness and wellness.
2. Modern concept of Physical fitness and Wellness.
3. Physical Education and its Relevance in Inter Disciplinary Context.

UNIT II

15 Hours

1. Fitness, Wellness and Lifestyle: Fitness – Types of Fitness and Components of Fitness. Understanding of Wellness.
2. Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management. Physical Activity and Health Benefits.
3. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and life long wellness.

UNIT III

15 Hours

1. Principles of Exercise Program: Means of Fitness development – aerobic and anaerobic exercises.
2. Exercises and Heart rate Zones for various aerobic exercise intensities. Concept of free weight Vs Machine, Sets and Repetition etc.
3. Concept of designing different fitness training program for different age group.

UNIT IV

15 Hours

1. Safety Education and Fitness Promotion: Health and Safety in Daily Life.
2. First Aid and Emergency Care. Common Injuries and their Management.
3. Modern Life Style and Hypo-kinetic Disease –Prevention and Management.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- DiFiore, J. (2013). The complete guide to postnatal fitness. A&C Black.
- Mcglynn, G., (1993). Dynamics of fitness. W.C.B Brown, Madison.
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.

Course Name: Theory of Sports and Games (Elective)

Course Code: BPD-303

L	T	P	Cr
3	0	0	3

Course Outcomes:

1. Become skilled in basic techniques of different games and sports.
2. Impart coaching lessons for particular sports and game.
3. Gain knowledge about different components of physical fitness.
4. Develop competency in application of different training methods for development of physical and motor fitness.

Course Content

UNIT I

12 Hours

General Introduction of specialized games and sports:

1. Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga. Each game or sports to be dealt under the following heads.
2. History and development of the Game and Sports. Ground preparation, dimensions and marking.
3. Standard equipment and their specifications. Ethics of sports and sportsmanship.

UNIT II**12 Hours**

1. Scientific Principles of Coaching :(particular sports and game specific):
Motion –Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton’s Law of motions.
2. Force –Friction, Centripetal and Centrifugal force, Principles of force. Equilibrium and its types.
3. Lever and its types. Sports Training –Aims, Principles and characteristics. Training load –Components, Principles of load, Over Load (causes and symptoms).

UNIT III**11 Hours**

1. Physical fitness components (particular sports and game specific) speed and its types Strength and its types: Endurance and its types. Flexibility and its types.
2. Coordinative ability and its types.
3. Doping and its Effects on Sports Performance on the Health of an Athlete.

UNIT IV**11 Hours**

1. Training methods: Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training). Conditioning exercises and warming up.
2. Concept of Conditioning and warming up. Role of weight training in games and sports. Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
3. Recreational and Lead up games. Strategy –Offence and defense, Principles of offence and defense.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books

- Bunn, J.W. (1968). The art of officiating sports. N.J. Prentice Hall, Englewood cliffs.
- Bunn, J.W. (1972). Scientific principles of coaching. N. J. Prentice Hall, Englewood cliffs.
- Dyson, G.H. (1963). The mechanics of athletics. University of London

Press Ltd. London.

- Lather, J.D. (1965). Psychology of coaching. Pre. Hall, New York.
- Singer, R.N. (1972). Coaching, athletic & psychology. M.C. Graw Hill, New York.

Course Name: Curriculum Design (Elective)

Course Code: BPD304

L	T	P	Cr
3	0	0	3

Course Outcomes:

1. Gain knowledge about the factors affecting the curriculum development.
2. Become proficient in curriculum designing and construction.
3. Understand the old and new concepts of curriculum planning
4. Inculcate professional and ethical values.

Course Content

UNIT I

12 Hours

Modern concept of the curriculum:

1. Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development.
2. Factors affecting curriculum - Social factors - Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours.
3. National and Professional policies, Research finding.

UNIT II

12 Hours

1. Basic Guide line for curriculum construction; contest (selection and expansion): Focalization.
2. Socialization. Individualization. Sequence and operation.
3. Steps in curriculum construction.

UNIT III

11 Hours

1. Curriculum-Old and new concepts, Mechanics of curriculum planning: Basic principles of curriculum construction.
2. Curriculum Design, Meaning, Importance and factors affecting curriculum design.
3. Principles of Curriculum design according to the needs of the students and state and national level policies.
4. Role of Teachers. Evaluation of curriculum, methods of evaluation.

UNIT IV**10 Hours**

1. Under-graduate preparation of professional preparation: Areas of Health education, Physical education and Recreation.
2. Curriculum design-Experience of Education, Field and Laboratory Teaching practice.
3. Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Barrow, H. M. (1983). *Man and movement: principles of physical education*. Lea and Febiger, Philadelphia.
- Bucher, C. A. (1986). *Foundation of physical education: The C. V. Mosby& Company*, St. Louis.
- Cassidy, R. (1986). *Curriculum development in physical education*. Harper & Company, New York.
- Cowell, C.C. & Hazelton, H.W. (1965~~8~~). *Curriculum designs in physical education*. N.J. prentice Hall Inc., Englewood Cliffs.

Course Name: Sports Psychology and Sociology**Course Code: BPD305**

L	T	P	Cr
3	0	0	3

Course Outcomes:

1. Become acquainted with the meaning, nature and scope of sports Psychology.
2. Assess and prepare psychological profiles of sportsmen.
3. Identify and appreciate the role of sports psychology in the performance.
4. Develop competency in conducting various Psychological Tests on players.

Course Content**UNIT I****12 Hours**

Introduction:

1. Meaning, Importance and scope of Educational and Sports Psychology.
2. General characteristics of Various Stages of growth and development. Types and nature of individual differences; Factors responsible – Heredity and environment.

3. Psycho-sociological aspects of Human behavior in relation to physical education and sports.

UNIT II**12 Hours**

1. Sports Psychology: Nature of learning, theories of learning, Laws of learning.
2. Plateau in Learning; & transfer of training. Meaning and definition of personality, characteristics of personality.
3. Dimension of personality, Personality and Sports performance. Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.
4. Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.
5. Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety. Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance.

UNIT III**11 Hours**

1. Relation between Social Science and Physical Education: Orthodoxy, customs, Tradition and Physical Education.
2. Festivals and Physical Education. Socialization through Physical Education.
3. Social Group life, Social conglomeration and Social group, Primary group and Remote group.

UNIT IV**10 Hours**

1. Culture its Meaning and Importance: Features of culture. Importance of culture.
2. Effects of culture on people lifestyle. Social stratification: forms & function, caste & class

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. Addison Wesley Publishing Co., Inc. London:
- Blair, J.& Simpson, R.(1962). *Educational psychology*, McMillan Co. New York.
- Cratty, B. J.(1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall, Eaglewood Cliffs.
- Kamlesh, M.L. (1998). *Psychology in physical education and sport*. Metropolitan Book Co. New Delhi.

Course Name: Organization and Administration

Course Code: BPD306

L	T	P	Cr
3	0	0	3

Course Outcomes: On successful completion of this course, the students will be able to:

1. Acquire administrative and managerial skills required in the field of physical education.
2. Demonstrate advanced professional and educational capabilities using appropriate interpersonal, written communication and critical thinking essential for successful performance and progress in an organization.
3. Become competent in assessment and evaluation of the academic work done by the team members.
4. Abide by personal and professional ethics while undertaking organizational decisions.

Course Content

UNIT I

12 Hours

Organization and administration:

1. Meaning and importance of Organization and Administration in physical education.
2. Qualification and Responsibilities of Physical Education teacher and pupil leader.
3. Planning and their basic principles. Program planning: Meaning, Importance, Principles of program planning in physical education.
4. Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

UNIT II

12 Hours

1. Office Management, Record, Register & Budget: Office Management: Meaning, definition, functions and kinds of office management.
2. Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
3. Budget: Meaning, Importance of Budget making. Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

UNIT III**12 Hours**

1. Facilities, & Time-Table Management: Facilities and equipment management: Types of facilities Infrastructure-indoor, outdoor.
2. Care of school building, Gymnasium, swimming pool, Play fields, Playgrounds. Equipment: Need, importance, purchase, care and maintenance.
3. Time Table Management: Meaning, Need, Importance and Factor affecting timetable.

UNIT IV**09 Hours**

1. Competition Organization: Importance of Tournament.
2. Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
3. Organization structure of Athletic Meet Sports Event Intramurals & Extramural Tournament planning.
4. Criteria for Selection of College/University Team

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. Prentice hall Inc. New York.
- Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. The C.V. Hosby Co. St. Lolis.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960).Methods in Physical Education. W.B. Saunders Co. London.

Course Name: Computer Applications in Physical Education

Course Code: BPD307

L	T	P	Cr
3	0	0	3

Course Outcomes:

1. Learn about basic computer hardware and software.
2. Utilize the applications of computer in physical education.
3. Gain expertise to assess and evaluate performance through software.

4. Use web technologies to enhance coaching lessons.

Course Content

UNIT I

12 Hours

Introduction to Computer:

1. Meaning, need and importance of information and communication technology (ICT).
2. Application of Computers in Physical Education.
3. Components of computer, input and output device.
4. Application software used in Physical Education and sports.
5. ICT and constructivism: A pedagogical dimension.

UNIT II

12 Hours

1. MS Word: Introduction to MS Word. Creating, saving and opening a document.
2. Formatting Editing features Drawing table.
3. Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes.

UNIT III

11 Hours

1. MS Excel: Introduction to MS Excel. Creating, saving and opening spreadsheet.
2. Creating formulas. Format and editing features adjusting columns width and row height understanding charts.

UNIT IV

10 Hours

1. MS PowerPoint: Introduction to MS PowerPoint.
2. Creating, saving and opening a ppt file format and editing features slide show, design, inserting slide number picture, graph, table. Preparation of Power point presentations.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
- Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia.

Course Name: Officiating and Coaching (Elective)

Course Code: BPD308

L	T	P	Cr
3	0	0	3

Course Outcomes: On successful completion of this course, the students will be able to:

1. Learn about the rules and regulations of officiating.
2. Develop skills to prepare bills and vouchers for the teams.
3. Have knowledge about the signals used in officiating.
4. Become proficient in undertaking officiating duties during an actual match scenario.

Course Content

UNIT I

12 Hours

Introduction of Officiating and coaching:

1. Concept of officiating and coaching. Importance and principles of officiating.
2. Relation of official and coach with management, players and spectators.
3. Measures of improving the standards of officiating and coaching.

UNIT II

12 Hours

Coach as a Mentor:

1. Definition and Explanation of term, Duties of coach in general, pre, during and postgame.
2. Philosophy of coaching. Responsibilities of a coach on and off the field. Psychology of competition and coaching.

UNIT III

11 Hours

Duties of Official:

1. Definition of Official, Duties of official in general, pre, during and postgame.
2. Philosophy of officiating. Mechanics of officiating – position, singles and movement etc. Ethics of officiating.

UNIT IV

10 Hours

1. Qualities and Qualifications of Coach and Official: Qualities and qualification of coach and official.
2. General rules of games and sports. Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills. Integrity and values of sports.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Bunn, J Bunn, J. W. (1972). Scientific principles of coaching. N. J. Prentice Hall, Englewood cliffs
- Dyson, G. H. (1963). The mechanics of athletics. University of London Press Ltd. London.
- Lawther, J.D. (1965). Psychology of coaching. Prentice Hall, New York
- Singer, R. N. (1972). Coaching, athletic & psychology. New York:

Course Name: General Punjabi**Course Code: BPD309**

L	T	P	Cr
2	0	0	2

Course Outcomes: On successful completion of this course, the students will be able to:

1. Display skills of sentence formation in punjabi language in efficient manner.
2. Develop skills of writing official letter in punjabi.
3. Gaining knowledge about punjabi literature
4. Develop creative and literary aspects in the mind of reader

Course Contents**30 Hours**

1) 1960 s' fgZS'A dh eftskdk ;zrqfj ;zgdkeirdhPf;zxg'qLnB[g ftoe.

1H1) vk a jfoGiBf;zx,

1H2) ;H;H whPk,

1H3) irsko,

1H4) fP;t e[wkopNkbth,

1H5) ;zsokw T[dk;h,

1H6)i'r kf;zx,

1H7) bkb f;zx fdb,

1H8) ;[oihsgkso,

1H9) doP;B p[ZNo,

1H10) pbd/t f;zxuhwk

1H11)i;tzsico.

2) Bktb (jkDh)i;tzsf;zxexzb.

3) b/youBk.

- 4) ftnkeoB
 4H1) nzro/ihs'AgzikphftunB[tkd
 4H2) ;pd dh gfoGk;kfby'
 4H3) ftekoh ns/ nfttekohPpd
 4H4) ft;/;D, fefonk ns/ T[; d/ G/d

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

;jkfle g[;seK

- p{Nkf;zxpokV, gzikphftnkeoBf;XKs s/ ftjko", u/sBkgqekPB, b{fXnkDk 2008
- i'frzdof;zx g[nko ns/ j'o, gzikphGkPkftfrnkB", gzikphGk; nekdwh, ibzXo 1991
- eoB?bf;zxfEzd (;zgkde), gzikphBktb ;ot/yD ns/ w[bKeD", r{o{ BkBe d/t :{Bhftof;Nhnzfw;0, 1974

Course Name: General English**Course Code: BPD310**

L	T	P	Cr
2	0	0	2

Course Outcomes: On successful completion of this course, the students will be able to:

1. Understanding the importance of language as a course in life.
2. Develop and improve core English skills for work, study and pleasure.
3. Acquiring the skills of reading, writing, speaking and listening
4. knowledge of spoken accuracy and pronunciation

Course Contents**Unit- I****10 Hours****Vocabulary: -**

1. Course and Predicate, Object and complement, Proverb, One word Substitution

Unit- II**10 Hours****Grammar and Usage:**

1. Voices (Active/Passive) ,Tense, Direct/ Indirect Speech, Syntax: course verb agreement

Unit- III**10 Hours****Correspondence/ Composition -**

1. Resume, Curriculum Vitae, Bio-data. Notice Writing, Paragraph Writing

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

The following poems are refer from book “FLIGHT OF FANCY”

- Fort.R.William word worth.& Stopping by Woods on a snowy- evening
- Milton. J. Native land- sir Walter Scott.& on his Blindness
- Crowbell. T. The River of life

Course Name: Track and Field (Throwing Event)

Course Code: BPD311

L	T	P	Cr
0	0	4	2

Course Outcomes:

1. Develop skills to participate and perform in throwing events.
2. Gain competency in Ground Marking / Sector Marking for the events.
3. Undertake officiating duties during throwing events.
4. Interpret the signals used by referee during a throwing event.

Course Content

60 Hours

Fundamental skills, rules, officiating and ground layout of Throwing Events:

1. Discus Throw, Javelin, Hemmer throw, shot-put.
2. Basic Skills and techniques of the Throwing events. Grip, Stance, Release, Reserve/ (Follow through action).
3. Ground marking / Sector Marking. Interpretation of Rules and Officiating.
4. Rules and their interpretations and duties of officials.

Course Name: Games and Sports III

Course Code: BPD312

L	T	P	Cr
0	0	4	2

Course Outcomes: On successful completion of this course, the students will be able to:

1. Develop fundamental skills of martial arts, judo, fencing, boxing, taekwondo and wrestling.
2. Learn the defensive techniques of these games.
3. Perform officiating duties in martial arts events.
4. Become adept in attacking techniques of these games.

Course Content

UNIT I

10 Hours

Fundamental skills, rules, officiating and duties of officials of Karate:

1. Martial Arts/Karate: Fundamental Skills Player Stances –walking, hand positions, front-leaning, side-fighting.
2. Hand Techniques -Punches (form of a punch, straight punch, and reverse punch), Blocks (eight basic), Leg Techniques -Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house, Forms -The first cause Katas, Self Defense -against punches, grabs and strikes, against basic weapons (knife, club sticks), Sparring -One step for middle punch, high punches and groin punch. (Defended by appropriate block from eight basic blocks).
3. Rules and their interpretations and duties of officials.

UNIT II

10 Hours

1. Fundamental skills, rules, officiating and duties of officials of Judo: Judo Fundamental skills: Rei (Salutation)-Ritsurei (Salutation in standing position), Zarai (Salutation in the sitting position), Kumikata (Methodsofholdingjudocostume), Shisei (Posturein Judo), Kuzushi (Act of disturbing the opponent posture), Tsukuri and kake (Preparatory action for attack) Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall), Shin Tai (Advance or retreat foot movement)- Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps), Tai Sabaki (Management of the body), NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw), Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from eachhold.
2. Rules and their interpretations and duties of officials.

UNIT III

10 Hours

1. Fundamental skills, rules, officiating and duties of officials of Fencing: Fundamental Skill-Basic Stance -on-guard position (feet and legs), Footwork –advance, retire, lunge, Step- lunge, Grip –hold a foil correctly, Etiquette –salute and handshake to coaches and partners,

Hit a target (glove, mask, person) at riposte distance, Lunge from an on-guard position.

2. Attack -simple attacks from sixte –direct, disengage, double attack, compound attacks high line –one-two and cut-over disengage, Cut-over attack, Low line attacks. Semi-circular parries –octave and septime. Understand the layout of apiste. Compound or successive parries. Lateral parry and directriposte.
3. Fence a bout –judges etc. salutes and handshakes. Rules and their interpretations and duties of officials.

UNIT IV

10 Hours

Fundamental skills, rules, officiating and duties of officials of Boxing:

1. Fundamental Skill- Player stance, Stance -Right hand stance, left hand stance, Footwork –Attack, defense, Punches –Jab, cross, hook, upper cut, combinations.
2. Defense slip –bob and weave, parry/block, cover up, clinch, counter attack. Tactics –Toe to toe, counter attack, fighting in close, feinting.
3. Rules and their interpretations and duties of officials.

UNIT V

10 Hours

1. Fundamental skills, rules, officiating and duties of officials of Taekwondo: Fundamental Skills-Player Stances –walking, extending walking, L stance, cat stance, Sitting stance punch, single punch, double punch, and triplepunch.
2. Punching Skill from sparring position front-fist punch, rear fist punch, double punch, and four combinationpunch.Foot Techniques (Balgisul) –standing kick (soseoChagi), Front kick (AP Chagi), Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaeDollyoChagi), Jump kick(TwimyoChagi).Poomsae (Forms) –Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement –eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques).
3. Sparring (Kyorugi) –One Step Sparring (hand techniques, foot techniques, self-defense techniques, combination kicks), Free Sparring.
4. Board Breaking (Kyokpa) –eye control, balance, power control, speed, point of attack. Rules and their interpretations and duties of officials.

UNIT VI

10 Hours

1. Fundamental skills, rules, officiating and duties of officials of Wrestling: Fundamental Skills-Take downs, Leg tackles, Arm drag, Counters for take downs, Cross face, Whizzer series, Escapes from under-sit-out turn in tripped, Counters for escapes from under-Basic control back drop, Counters for standup.
2. Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.

- Escapes from pinning: Wing lock series, Double arm lock roll, Cridge. Standing Wrestling-Head under arm series, whizzer series. Referees positions.

Course Name: Adventure Activities

Course Code: BPD313

L	T	P	Cr
0	0	4	2

Course Outcomes:

- Strengthening students' cooperation skills.
- Strengthening students' problem-solving skills.
- Increasing students' self-esteem and confidence.
- Fostering trust between students.

Course Content

UNIT I

60 Hours

- Adventure activity/Outdoor activity /Camping/Trekking/Hiking/Rock-climbing/Artificial Climbing etc.

Semester: 4th

Course Name: Measurement and Evaluation in Physical Education

Course Code: BPD-401

L	T	P	Cr
4	0	0	4

Course Outcomes:

- Learn about the principles of tests and measurements used in sports.
- Conduct tests and measurements on sportspersons.
- Become competent to interpret the results of the tests.
- Undertake pre and post test duties.

Course Content

UNIT I

14 Hours

Introduction to Test & Measurement & Evaluation:

- Meaning of Test & Measurement & Evaluation in Physical Education. Need & Importance of Test & Measurement & Evaluation in Physical Education.
- Principles of Evaluation.

UNIT II**16 Hours**

1. Criteria; Classification and Administration of test: Criteria of good test.
2. Criteria for classification of test, Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms). Type and classification of Test.
3. Administration of test, advance preparation – Duties during testing – Duties after testing.

UNIT III**16 Hours**

1. Physical Fitness Tests: AAHPER youth fitness Test.
2. National physical Fitness Test. Indiana Motor Fitness Test.
3. JCR Test. U.S Army Physical Fitness Test.
4. Kraus-Weber muscular test Methane & Johnson General motor Educability test.
5. Stork Balance Test, Yo-Yo Test

UNIT IV**16 Hours**

1. Sports Skill Tests: Lockhart and McPherson badminton Test.
2. Johnson basketball. McDonald soccer Test.
3. S.A.I volleyball Test. S.A.I Hockey Test.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. HolStorm, Bagsvaerd, Denmark.
- Barron, H.M. & Mchee, R. (1997). *A Practical approach to measurement in physicaleducation*. Lea and Febiger, Philadelphia:
- Kansal, D.K. (1996). *Test and measurement in sports and physical education*. D.V.S. Publications, New Delhi.
- Mathews, D.K., (1973). *Measurement in physical education*. W.B.SoundersCompnay, Philadelphia.
- Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.
- Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. John Willey and Sons. New York.
- Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and selection of sports- a kinanthropometric study*. Punjab Publishing House, Patiala.

Course Name: Teaching Practices**Course Code: BPD-402**

L	T	P	Cr
0	0	4	2

Course Outcomes: On successful completion of this course, the students will be able to:

1. Undertake teaching assignments for school students.
2. Become proficient in preparation and maintenance of records in the school.
3. Learn assessment and evaluation methods of the assignments submitted by students.
4. Gain knowledge about how to improve teaching and lesson delivery.

Course Content

UNIT I

16 Hours

Theory Teaching Lesson Plans

1. 10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.Ed course.

Course Name: Yoga

Course Code: BPD-403

L	T	P	Cr
0	0	2	1

Course Outcomes: On successful completion of this course, the students will be able to:

1. Understand the various concepts of yogic practice.
2. Demonstrate yoga asanas and explain its benefits.
3. Undertake teaching practice and research in the field of yoga.

Course Content

UNIT I

08 Hours

Introduction to Yoga:

1. Meaning, Definition, types, aims and objectives of yoga. Importance of yoga in education & other fields of life.
2. Historical development of yoga from ancient to modern times. Meaning and definition of yoga astanga yoga: Yama, niyama, asana, pranayama, prathyahara, dharana, dhyana, Samadhi.

UNIT II**08 Hours**

1. Nadis, Aasanas and Pranayam: Loosening exercise: Techniques and benefits.
2. Pranayam: Types, techniques and benefits, suryanamaskar, methods and benefits.
3. Nadis: Meaning, methods and benefits, Asanas: Their benefits, types of Asanas, preparation & technique of different asanas and their effects on the body.
4. Chakras : Major chakras- Benefits of clearing and balancing chakras.

UNIT III**07 Hours**

1. Kriyas Shat Kriyas: Meaning, techniques and benefits of neti, dharti, kapalapathi, trataka, nauli, basti.
2. Bandhas: Meaning, techniques and benefits of jalendrabandha, jihvabandha, uddiyanabandha, mulabandha.

UNIT IV**07 Hours**

1. Mudras Meaning, techniques and benefits of hasta mudras, asamyuktahastam, samyuktahastam, mana mudra, kaya mudra, banda mudra, adharamudra.
2. Meditation: Meaning, Techniques and benefits of meditation, Passive and active meditation, saguna meditation and nirguna meditation.

Text Book:

- Feuerstein, G. (1975).TextBook of Yoga. Motilal Bansaridass Publishers(P)Ltd., London.
- Gore (1990). Anatomy and Physiology of Yogic Practices. Kanchan Prakashan, Lonavata.
- Purperhart, H. (2004).TheYoga Adventure for Children. A Hunter House book, Netherlands.
- Iyengar, B.K.S. (2000).LightonYoga. Harper Collins Publishers, New Delhi.
- Karbelkar,N.V. (1993).PatanjalYogasutraBhashya(Marathi Edition). Hanuman Vyayam Prasarak Mandal.

Course Name: Minor Project**Course Code: BPD-404**

L	T	P	Cr
0	0	26	13

Course Outcomes: On successful completion of this course, the students will be able to:

1. A fully engaged student shall be able to get exposure to undertake a short research project.
2. Also able to communicate and demonstrate the learning through structured thesis and oral presentation.

Course Content

UNIT I

390 Hours

1. The minor project is to provide an opportunity for students to undertake short research training outside the classroom to solve real-world issues.

Course Name: Wellness Training (VAC)**Course Code: BPD411**

L	T	P	Cr
2	0	0	2

Course Outcomes

1. Understand the importance of physical and mental wellness.
2. Acknowledge the importance of wellness for professional development.
3. Design a weight management program.
4. Assess fitness level and prescribe exercises accordingly.

Course Content**UNIT I****08 Hours**

1. Introduction - Meaning and Definition Wellness
2. Components of Wellness

UNIT II**07 Hours**

1. Need and Importance of Wellness
2. Factors affecting Wellness.

UNIT III**08 Hours**

1. Fitness, Types and Components of Fitness,
2. Exercise Prescription for Anaerobic, Aerobic Capacities.

UNIT IV**07 Hours**

1. Behavioral change and wellness.
2. Recreational Games.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Michelle Sutton-Kerchner (2019) <http://fitnessandwellnessnews.com/healthystress-management/>
- Muktibodhananda Swami (1998) *Hatha Yoga Pradipika*, The Yoga Publication: Bihar.
- Nanette E. Tummers (2013) *Stress Management: A Wellness Approach*, Human Kinetics
- Rujuta Diwekar (2009) *Don't Lose Your Mind, Lose Your Weight*, Random House India: Mumbai.

