

BACHELOR OF PHYSICAL EDUCATION (B.P.E.) PART-I

PART-A THEORY

PAPER-I : INTRODUCTION TO PHYSICAL EDUCATION : 100 Marks

PART-B - I Skill and Prowess 150 Marks
(A) Skill in Games (Fundamentals) **60 marks**

- (1) Volleyball (10 Marks for each game)
- (2) Hockey
- (3) Kho Kho (4 for skill and 6 for prowess)
- (4) Kabaddi
- (5) Wrestling/Judo
- (6) Handball

(B) Skill and fundamentals of Athletics 40 marks
(10 marks for each event,4 for skill and 6 for prowess)

- (1) Sprints
- (2) Shot Put
- (3) Long jump
- (4) Tripple Jump

The contents for teaching for each game are as follows:

- (i) History of game.
- (ii) Measurement and preparation of the field.
- (iii) Equipment and material of game.
- (iv) Fundamental sills and lead up games.
- (v) Techniques, strategies and system of play.
- (vi) Rules and regulations of the game.
- (vii) Tournaments played at National and International level.
- (viii) Records(World, Olympic, Asian and National Level)
- (ix) Awards in the game.
- (x) Books and magazine.
- (xi) Officiating
 - (a) Duties of Officials
 - (b) Knowledge of score sheets.
 - (c) Signals of officiating
 - (d) Technical Equipment for officiating.

PART-B-II Formal Activity 50 Marks (External)
(Lesson will be evaluated by One External and One Internal Examiner)

- (1) Gymnastics
- (2) Lazium
- (3) Drill and marching
- (4) Free hand exercise.

PAPER-I: INTRODUCTION TO PHYSICAL EDUCATION
SECTION-A

- 1 (a) Definition, aims and objectives of Physical Education.
(b) Importance of Physical Education in the modern age.
(c) Relationship of Physical Education with health Education and Recreation.
- 2 (a) History of Physical Education in Ancient Greece with special references to the evolution of Olympic Games.
(b) History of Physical Education in the Roman Empire with special emphasis on circus, gladiatorial contests and the downfall of Olympic.

SECTION-B

- 3 (a) A brief account of the history of gymnastics in
(i) Sweden (ii) Denmark (iii) Germany with special stress on educational gymnastics.
(b) Contribution of the English people to spread modern games in India.
(c) Modern Olympic Games-A comparison with ancient Olympics.
- 4 (a) Asian Games
(b) Hockey World Cup
(c) S.A.F. Games.
(d) Indian National Games.

SECTION-C

- 5 (a) History of Physical Education in India from Ancient times to 1947.
(b) Modern trends in physical education in India with special reference to the following:
(i) AICS(All India Council of Sports)
(ii) C.A.B. Physical Education (Central Advisory Board in Physical Education)
(iii) Sports Awards
- 6 (c) Modern trends in physical education in India with special reference to the following:
(i) N.F.C.(National Fitness Corps)
(ii) N.P.E. Drive(National Physical Efficiency Drive)
(iii) Indian Olympic Association.

SECTION-D

- 7 (a) Development and achievement of the following organizations Movement:
(i) S.N.I.P.E.S.(Society for National Institute of Physical Education and Sports)
(ii) S.A.I.(Sports Authority of India)
(iii) University Grant Commission
- 8 (b) Development and achievement of the following organizations Movement:
(i) Scouts and Guides
(ii) Youth Services

- (iii) Punjab's Contribution to Sports in India.
- (iv) Compulsory Physical Education in Punjab School.

1. General lessons
 - (i) Movement lesson 20 Marks
 - (ii) Formal lesson 20 Marks
 - (iii) Theory lesson (class room lesson) 20 Marks

PART-III Skill and Prowess 150 Marks

- (A) Skill in Games (Fundamentals) 60 marks

(15 for each game) (6 for skill and 4 for performance)

- (1) Basketball
- (2) Football
- (3) Yoga
- (4) Badminton/Table-Tennis
- (5) Cricket
- (6) Volleyball

The contents for teaching for each game are as follows:

- (i) History of game.
- (ii) Measurement and preparation of the field.
- (iii) Equipment and material of game.
- (iv) Fundamental skills and lead up games.
- (v) Techniques, strategies and system of play.
- (vi) Rules and regulations of the game.
- (vii) Tournaments played at National and International level.
- (viii) Records (World, Olympic, Asian and National Level)
- (ix) Awards in the game.
- (x) Books and magazine.
- (xi) Officiating
 - (a) Duties of Officials
 - (b) Knowledge of score sheets.
 - (c) Signals of officiating
 - (d) Technical Equipment for officiating.

- (B) Track and Field 40 marks

(15 or each event)(6 for skill and 4 for performance)

- (i) Hurdles
- (ii) Relay Races
- (i) Discus Throw
- (ii) High Jump

SECTION-C

- 1 Meaning, scope and importance of physiology of exercise its scope in physical education.
- 2 Effects of training on Muscular system.
- 3 Role of Energy cycle in Physical Education.

SECTION-D

- 1 General effects of systematic Exercise on respiratory system and Cardiovascular system.
- 2 Physical fitness, Sources of Fitness, Common tests of fitness.

PRACTICAL

20 Marks + 5 Note Book

1. Examination of body joints-degree of Movement, type of movement, abnormal movement, deformities.
2. Examination of urine, physical, chemical, microscopic.
3. Marking of bones for insertion and origin of skeletal muscle.
4. Various efficiencies tests: vital capacity, breath holding test, Expiratory force test and persistence test.
5. Various Cardial Efficiency Tests:
 - (i) Heart at Rest
 - (ii) Blood Pressure at rest and during exercise.

PAPER-II: PSYCHOLOGY WITH SPECIAL REFERENCE TO PHYSICAL EDUCATION

100 Marks

SECTION-A

1. Meaning of psychology and educational psychology, Psychology as science and its usefulness in physical education.
2. Emotion-meaning and their psychological change and sub limitations, instinct-definition, characteristics and their training.
3. Motivation, definition, kinds of motivation, Importance.

SECTION-B

4. Relationship between body and mind.
5. Learning-meaning, and nature of learning, laws of learning and learning curve, transfer of training, kinds of transfer in various sports situation.
6. Growth and development at different stages with special reference to adolescence.

SECTION-C

7. Heredity and environment and their influence on child's development
8. Mental health, factors affecting mental health and characteristics of mentally healthy individual.
9. Play and its theories-play way in education and physical education.

SECTION-D

10. Group formation, leadership and its qualities.
11. Meaning of guidance and its importance in the field of physical education.
12. Personality, definition, characteristics, factors responsible for development of personality.

PAPER-III: METHODS OF PHYSICAL EDUCATION

Marks: 100

SECTION-A

1. Meaning, scope and importance of methods of physical education.
2. Factors for determining methods of teaching.

TYPES OF COMMAND

- (a) For beginners-Children
- (b) For advanced group
- (c) For large groups
- (d) For complicated exercises
- (e) Commands, order and directions
- (f) Techniques of commanding and leading.
 - (i) Counting
 - (ii) Continuous counting
 - (iii) Counting the beat
 - (iv) Rhythmic counting
 - (v) Counting aloud
 - (vi) Use of Whistle
 - (vii) Use of precessions instrument and music

SECTION-B

Presentation Techniques

- (a) Personal preparation.
- (b) Technical preparation
- (c) Steps of preparation
- (d) Situation which require different words of command.
- (e) Types of formation.
- (f) Principles of Class management

Lesson Planning:

Types of lessons and their values.

- (i) Objectives of different lessons, plans and parts of the lessons, introductory and developments.
- (ii) Skill Practice/group work.
- (iii) Class activity/Recreation Part (Reassembly, Revision and dismissal)

SECTION-C

Teaching of Games:

- (a) Whole part, whole method of teaching skills and games.
- (b) Command method
- (c) Discussion method
- (d) Project method
- (e) Demonstration method
- (f) Imitation method
- (g) Reciprocal method
- (h) Small group method
- (i) Problem solving method
- (j) Teaching of fundamental skill
- (k) Teaching and directing beginners.
- (l) Use and improvisation of Apparatus
- (m) Planning and marking the pitches as per games in syllabus.
- (n) Safety precautions.
- (o) Teaching of minor games and their classifications according to the age and sex.

SECTION-D

Lesson: Plans

- (I) (a) Movement lesson
- (b) General lesson plan
- (c) Specific lesson plan
- (d) Theory lesson
- (II) Tournaments-organization, conduct of tournaments and athletic meet.
Tournament types- Elimination, leagues, combination and challenge tournaments.
- (III) Use of Audio Visual Aids
- (IV) Evaluation-Need, Importance and Techniques
- (V) Class management for pupils for different groups.
- (VI) Improvisation-Evaluations-need, Importance and techniques.

PAPER-V: YOGA

Marks: 100

(THEORY)

75 Marks

SECTION-A

1. (a) Meaning, Philosophy, aims and objectives of Yoga.
- (b) Types of Yoga-Raj Yoga, Mantra Yoga, Bhakti Yoga, Karma Yoga and Laya-Yoga and their approaches leading to their goal.

2. Meaning and Philosophy of Asthanga Yoga: its eight steps-Yama, Niyama, Asana, Pranayama, Pratyahar, Dharna, Dhyana, Samadhi, role and mode of practice of each step in the attainment of goal, their psycho-physiological effects of human organizer.

SECTION-B

3. (a) Hatha-Yoga-meaning, philosophy and its constituents.
(b) Shudhi Kriyas (Purificatory Processes), their role and importance in the scheme of Hatha Yogas.
4. Techniques and therapeutic and general benefits of the following:
- | | |
|------------------------|-----------------------------|
| (i) Neti-Jal and Sutra | (ii) Dhauti-Dand and Vastra |
| (iii) Kapalbhata | (iv) Nauli |

SECTION-C

5. Asana-their major classification:
- | |
|---|
| (i) Meditative |
| (ii) Relaxative and |
| (iii) Cultural Psycho-physiological effects of each category of asanas in |
- general-techniques and benefits of the followings Asanas-Bhujanga, Shalabha, Dhanura, Hal, Matsya, Ushtra, Paschimottan, Vakra, Ardhamatsyendra, Chakra, (Standing), Baka, Mayur, Padma, Sidha, Makar, Shava, Vajra, Supta Vajra and Asona.
6. (a) Bandhas and Mudra-meaning and difference between the two techniques and benefits of the following:
- | | |
|-----------------------|----------------------|
| (i) Bandha | (ii) Udiyana and |
| (ii) Mool Bandhas and | |
| (i) Mahamudra | (ii) Mahabandh Mudra |
| (iii) Vipritkarani | (iv) Yoga Mudras. |

SECTION-D

1. (a) Pranayama-meaning, techniques and benefits of the following pranayamas:
(i) Suryabhedhi (ii) Ujjai (iii) Bhastrika
- (b) Education values of yoga.
- (c) Role of yoga in physical education and sports.

- (d) Relevance of yoga in modern life.
- (e) Difference between yoga and non yogic systems of exercise.

YOGA (PRACTICAL)

25

Marks

1. Asanas
 - (a) Meditative-Padma, Sidha, Vajra.
 - (b) Relaxative-Shava and Makar
 - (c) Cultural-Dhujanga, Salabha, Dhanura, Hal, Matseya, Ardha-Matsyendra, Ushtra, Paaschimottan, Vakra, Chakra, Bak, Mayur, Vajra, Supta Vajra, Makar, Shava Padma & Sidha.
2. Mudras-Mahamudra, Mahabandh Mudra, Vipritkarani, Yoga Mudras.
3. Bandhas-Jalandhar, Uddiyan, Mool.
4. Sudhi-Net-Jal and Sutra, Nauli, Dhauti (Dand and Vastra) and Kapalbhathi.
5. Pranayama-Suryabhedi, Ujjai and Bhastrika.

