

# Mandsaur University, Mandsaur

## Department of Physical Education

### B. P. Ed. (2 year)– Outline of Syllabus

#### Part – A

#### Semester – I

#### Theory Courses

### CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

#### Unit – 1: Introduction

- Meaning, Definition and Scope of Physical Education
- Aims and Objective of Physical Education
- Importance of Physical Education in present era.
- Misconceptions about Physical Education.
- Relationship of Physical Education with General Education.
- Physical Education as an Art and Science.

#### Unit- 2 – Historical Development of Physical Education in India

- Indus Valley Civilization Period. (3250 BC – 2500BC)
- Vedic Period (2500 BC – 600 BC)
- Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD–1000 AD)
- Medieval Period (1000 AD – 1757 AD)
- British Period (Before 1947)
- Physical Education in India (After 1947)
- Contribution of Akhadas and Vyayamshals
- Y.M.C.A. and its contributions

#### Unit- 3- Foundation of Physical Education

- Philosophical foundation:
- Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian
- Philosophy and Culture.
- Fitness and wellness movement in the contemporary perspectives
- Sports for all and its role in the maintenance and promotion of fitness.

## **Unit-4- Principles of Physical Education**

### **Biological**

- 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
- Leadership
- Social integration and cohesiveness

### **References:**

- Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
- Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.
- Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.
- Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher. Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co. William, J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.

**Semester I**  
**Theory Courses**

**CC-102 ANATOMY AND PHYSIOLOGY**

**UNIT-I**

- Brief Introduction of Anatomy and Physiology in the field of Physical Education.  
Introduction of Cell and Tissue-Structure, types and functions.
- The arrangement of the skeleton- Function of the skeleton - Gender differences in the skeleton.
- Ribs and Vertebral column- and the extremities - joints of the body and their types.
- Types of muscles and their functions.

**UNIT-II**

- **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.
- **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.
- **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.
- **The Endocrine glands:** Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.
- **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action,
- **Sense organs:** A brief account of the structure and functions of the Eye and Ear.

### UNIT-III

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

### UNIT-IV

- Effect of exercise and training on Cardiovascular System.
- Effect of exercise and training on Respiratory System.
- Effect of exercise and training on Muscular System.
- Physiological concept of physical fitness, warming up, conditioning and fatigue.
- Basic concept of balanced diet – Diet before, during and after competition.

### References:

- Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B.Saunders.
- Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co. Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd. Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.
- Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.

**Semester – I**  
**Theory courses**

**CC-104 OFFICIATING AND COACHING (Elective)**

**Unit- I: Introduction of Officiating and coaching**

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

**Unit- II: Coach as a Mentor**

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching.
- Responsibilities of a coach on and off the field .
- Psychology of competition and coaching.

**Unit- III: Duties of Official**

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating – position, singles and movement etc.
- Ethics of officiating

**Unit- IV: Qualities and Qualifications of Coach and Official**

- Qualities and qualification of coach and official
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports

**Reference Books:**

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

Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press

Ltd. Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.

Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill

## **Semester I**

### **Theory courses**

#### **EC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

##### **Unit – I Health Education**

- Concept, Dimensions, Spectrum and Determinants of Health.
- Definition of Health, Health Education, Health Instruction, Health Supervision.
- Aim, objective and Principles of Health Education.
- Health Service and guidance instruction in personal hygiene.

##### **Unit – II Health Problems in India**

- Communicable and Non Communicable Diseases.
- Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population.
- Personal and Environmental Hygiene for schools.
- Objective of school health service, Role of health education in schools.
- Health Services – Care of skin, Nails, Eye health service, Nutritional service,
- Health Appraisal, Health record, Healthful school environment, first- aid and emergency care

##### **Unit – III Environmental Science**

- Definition, Scope, Need and Importance of environmental studies.
- Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment.
- Plastic recycling & probation of plastic bag / cover.
- Role of school in environmental conservation and sustainable development.

#### **Unit – IV Natural Resources and related environmental issues:**

- Water resources, food resources and Land resources Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- Management of environment and Govt. policies, and Role of pollution control board.

#### **References:**

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

## **Part – B**

### **Practical Courses**

#### **Semester – I**

#### **PC- 101**

#### **Track and Field Events:**

#### **Running: (Events-100M, 200M, 400M, 800M, 1500M, Hurdle)**

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run through, Forward lunging, Shoulder Shrug
- Track Marking, Rules and Officiating
- Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques.
- Types of Hurdles

#### **Relays: (4 x 100 m and 4 x 400 m)**

- Various patterns of Baton Exchange
- Understanding of Relay Zones- Stagger marking
- Interpretation of Rules and Officiating in Relay Races

## PC - 102

### **Gymnastics:** Floor Exercise

- Forward & Back Rolls in different positions
- Dive & Roll, Back Bend.
- Cartwheel.
- Balance:-V Balance, Frog balance, Aero plane balance, T balance

### **Yoga:**

- Surya Namaskar.
- Chandra Namaskar.
- **Asanas:-**

Standing: - Tadasana, Ardhakatichakrasana, Ardhashakrasana, Trikonasana, Gurudasana, Utkatasana, Padahasthasana, Vrikshasana, Vatayanasana

Sitting : - Vajrasana, Padmasana, Bhadrasana, Swastikasana, Siddhasana, Goumukhasana, Paschimottanasana, Shashankasana, Ardhamatsyendrasana, Simhasana, Akarnadhanurasana, Ustrasana

- **Pranayam :-** Anulom- Vilom, Bhastrika, Kapalbhathi.

### **Swimming: Fundamental Skills**

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Co ordination. Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.

## PC– 103 Indigenous Sports:

### **Kabaddi: Fundamental Skills**

- Skills of Raider-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.



- Skills of Anti Raider-Variou formations, catching from particular position, Different catches, luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
- Ground Marking, Rules and Officiating
- Rules of the Game and their interpretations, duties of officials

### **Kho Kho:**

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Ground Marking
- Rules of the Game and their interpretations, duties of officials.

### **Malkhambh:**

- Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.
- Rope Malkhamb-Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing.

### **PC- 104**

#### **Mass Demonstration Activities:**

**Dumbbell/ Wands/ Hoop/ Lazium / Mass P.T./Marching: Fundamental skills**

#### **Lazium**

- Ghati Lezuim-Char Awaz, Aath Awaz, Age Pav, Pav Chakkar, Adha Chakkar, Adhi Baithak, Puri Baithak, Corner

- Hindustani (Sadha) Lezuim-Char Awaaz, Aath Awaaz, Edi lagav, Pavitra, Age Phalang, Piche Phalang, Do Rukh

**Mass P.T.**

- Seating and standing exercises.

**Marching**

- Marching – Savdhan, Vishram, Daine Mood, Baye Mood, Pichhe Mood, Kadam Tal, Tej Chal, Thumb, Dahine Salute, Samne Salute, Dahinedekh, Samnedekh, Khuli line chal, Nikat line chal, Dhire Chal, Daudke Chal.

**Mass drills with apparatus (Dumbbell / Wands / Hoop)**

- 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 Exercises
- Jumping Exercises
- Moving Exercises
- Combination of above all