



THEORY

BPES101 T History and Foundation of Physical Education

Unit-I: Introduction to Physical Education

1. **Objective:** Introduce the fundamental concepts of **physical education** and its role in education.
 - **1.1** Meaning, Definition, and Scope of Physical Education
 - **1.2** Aims and Objectives of Physical Education
 - **1.3** Importance of Physical Education in the Present Era
 - **1.4** Misconceptions About Physical Education
 - **1.5** Relationship of Physical Education with General Education
 - **1.6** Physical Education as an Art and Science
2. **Learning Activities:**
 - **Lectures** and **discussions** on the importance of physical education in modern society.
 - **Case studies** on the role of physical education in educational institutions.
 - **Group discussions** on common misconceptions and how they can be corrected.

Unit-II: Historical Development of Physical Education in India

1. **Objective:** Explore the historical roots and **evolution** of **physical education** in India from ancient times to modern-day.
 - **2.1** Vedic Period (2500 BC – 600 BC), Early Hindu Period (600 BC – 320 AD), Later Hindu Period (320 AD – 1000 AD), Medieval Period
 - **2.2** Post Mughal British Period (Before 1947) Y.M.C.A. and its Contributions
 - **2.3** Physical Education in India (After 1947)
 - **2.4** The Early History and Significant Stages in the Revival and Development of the Modern Olympic Movement
 - **2.5** Educational and Cultural Values of the Olympic Movement
2. **Learning Activities:**
 - **Fieldwork** on Olympic history and development.
 - **Presentation** of historical stages of physical education in India.
 - **Debates** on the role of Y.M.C.A. and its contributions.



Unit-III: Philosophical Foundation of Physical Education

1. **Objective:** Understand the role of **philosophy** in shaping **physical education** and its modern trends.
 - **3.1** Philosophical Foundations: Idealism, Pragmatism, Naturalism, Realism
 - **3.2** Philosophy and Culture
 - **3.3** Fitness and Wellness Movement in Contemporary Perspectives
 - **3.4** Sports for All and Its Role in the Maintenance and Promotion of Fitness
2. **Learning Activities:**
 - **Interactive seminars** on the philosophical foundations of physical education.
 - **Case studies** on the application of fitness and wellness movements.
 - **Group discussions** on how sports for all contributes to fitness and well-being.

Unit-IV: Foundation of Physical Education

1. **Objective:** Explore the **biological**, **psychological**, and **sociological** foundations that influence **physical education**.
 - **4.1** Biological Foundations
 - **4.1.1** Growth and Development
 - **4.1.2** Age and Gender Characteristics
 - **4.1.3** Body Types
 - **4.2** Psychological Foundations
 - **4.2.1** Attitude, Interest
 - **4.2.2** Cognition, Emotions, and Sentiments
 - **4.2.3** Practical Suggestions from Psychology
 - **4.3** Sociological Foundations
 - **4.3.1** Society and Culture
 - **4.3.2** Social Acceptance and Recognition
 - **4.3.3** Leadership in Physical Education



BPE102 T Basic and Systemic Anatomy & Physiology

Unit-I: Validation of Anatomy and Physiology in the Field of Physical Education

1. **Objective:** Provide an introduction to **anatomy** and **physiology** in the context of **physical education** and **sports**.
 - **1.1** Validation of Anatomy and Physiology in Physical Education
 - **1.2** Structural and Functional Demonstration of Human Cell
 - **1.3** Skeletal System: Classification and Functions
 - **1.4** Anatomical Terms Related to Body Movements
 - **1.5** Structure and Types of Bones, Joints in the Human Body
 - **1.6** Effects of Exercise on the Skeletal System
2. **Learning Activities:**
 - **Lab sessions** on bone and joint structure.
 - **Demonstrations** of human cell structure using models.
 - **Group activities** to relate anatomical terms with physical movements.

Unit-II: Muscular System and Exercise

1. **Objective:** Understand the structure and function of muscles, and their response to exercise.
 - **2.1** Structure and Function of Muscle
 - **2.2** Major Classifications of Muscles
 - **2.3** Types of Muscle Fibers and Sliding Filament Theory of Muscular Contraction
 - **2.4** Types of Muscular Contractions (Isotonic, Isometric, Isokinetic) and Their Roles in Physical Activity
 - **2.5** Concept of Agonist and Antagonist Muscles and Muscle Imbalance; Effect of Exercise on Muscular System
2. **Learning Activities:**
 - **Discussion** on muscle fibres and their role in physical activities.
 - **Demonstration** of different types of muscular contractions.
 - **Case study** of muscle imbalances and their effects on physical performance.



Unit-III: Cardiovascular and Respiratory Systems

1. **Objective:** Explore the cardiovascular and respiratory systems, and understand their adaptation to exercise.
 - **3.1** Structural and Functional Introduction to the Circulatory System
 - **3.2** Concept of Stroke Volume, Cardiac Output, and Cardiac Index
 - **3.3** Respiratory System: Structural and Organizational Overview
 - **3.4** Functional Mechanism of Respiration (External and Internal Respiration)
 - **3.5** Concept of Recovery Oxygen and Second Wind
 - **3.6** Cardio-Respiratory Adaptations to Long-Term Exercise
2. **Learning Activities:**
 - **Interactive lectures** on circulatory and respiratory systems.
 - **Group discussions** on the effects of exercise on heart rate and lung function.
 - **Practical sessions** measuring heart rate, stroke volume, and respiratory rate.

Unit-IV: Digestive, Excretory, and Nervous Systems

1. **Objective:** Examine the digestive, excretory, and nervous systems, and the effect of exercise on these systems.
 - **4.1** Structural Units and Functional Mechanism of Digestive and Excretory Systems
 - **4.2** Effect of Exercise on Digestive and Excretory Systems
 - **4.3** Classification of Nervous System Based on Structure and Functions
 - **4.4** Structural and Functional Interpretation of Neuro-Muscular Junction with the "All or None Law"
 - **4.5** Effect of Exercise on the Nervous System

BPES103 T Computer Applications in Physical Education

Unit-I: Introduction to Computer

- **1.1** Information and Communication Technology (ICT)
- **1.2** Application of Computers in Physical Education
- **1.3** Components of a Computer: Input and Output Devices
- **1.4** Application Software Used in Physical Education and Sports



Unit-II: Word Processing

- **2.1** Getting Started with Microsoft Word
- **2.2** Creating, Saving, and Opening a Document
- **2.3** Formatting and Editing Features; Drawing Tables
- **2.4** Page Setup, Paragraph Alignment, Spelling and Grammar Check, Printing Options, Inserting Page Numbers, Graphs, and Footnotes

Unit-III: Spreadsheet Program

- **3.1** Getting Started with Microsoft Excel
- **3.2** Creating, Saving, and Opening a Spreadsheet
- **3.3** Creating Formulas
- **3.4** Formatting and Editing Features for Charting Data

Unit-IV: Presentation Software

- **4.1** Getting Started with Microsoft PowerPoint
- **4.2** Creating, Saving, and Opening a PowerPoint File
- **4.3** Formatting and Editing Features: Slide Show, Design, Inserting Slide Numbers
- **4.4** Enhancing Presentations with Pictures, Graphs, and Tables
- **4.5** Finalizing a Presentation

BPES104 T Officiating and Coaching-I

Unit-I: Introduction to Officiating and Coaching

- **1.1** Concept of Officiating and Coaching
- **1.2** Principles of Officiating & Coaching
- **1.3** Importance of Officiating and Coaching
- **1.4** Qualifications for Officials Conducting Various Tournaments

Unit-II: Rules and Layout

- **2.1** Dimensions, Layouts, and Marking of Fields of Chosen Ball Game – I



- **2.2** Rules and Their Interpretations of Chosen Ball Game – I
- **2.3** Qualification and Number of Officials in the Chosen Ball Game – I
- **2.4** Coaching in the Chosen Ball Game – I

Unit-III: Duties of Official

- **3.1** Dimensions, Layouts, and Marking of Fields of Chosen Ball Game – II
- **3.2** Rules and Their Interpretations of Chosen Ball Game – II
- **3.3** Qualification and Number of Officials in the Chosen Ball Game – II
- **3.4** Coaching in the Chosen Ball Game – II

Unit-IV: Qualities and Qualifications of Coach and Official

- **4.1** Layout, Dimensions, and Markings of Track
- **4.2** Rules and Their Interpretations of Running Events in Track
- **4.3** Yoga and Its Rules
- **4.4** Coaching in Athletics and Yoga

PRACTICAL

BPES105P Major Ball Game (SGFI/AIU/IOA List)

Unit I: History and Development of the Game

- **1.1:** Overview of the history of the **chosen major ball game** at both **national** and **international** levels.
- **1.2:** Key milestones and influential figures in the game's development.
- **1.3:** Understanding the growth and influence of the game globally.
- **1.4:** Current trends and future perspectives in the chosen game.

Unit II: Dimensions and Marking of the Playing Area

- **2.1:** Detailed dimensions and layout for the **playing field** of the chosen ball game.
- **2.2:** Practical exercise on **marking** the field for different types of events.
- **2.3: Essential equipment** used for marking and maintaining the field.



- **2.4: Preparation** of the field and readiness for competitions.

Unit III: Skill Development and Testing

- **3.1:** Practical training in **fundamental skills** of the game (dribbling, passing, shooting, etc.).
- **3.2: Skill tests** to assess competency and proficiency in game-specific techniques.
- **3.3: Scoring systems** and **arrangements of skill tests** to evaluate performance.
- **3.4: Application of learned skills** in simulated game scenarios.

Unit IV: Rules and Officiating

- **4.1:** Detailed study of the **rules of the game**, including **interpretation** and variations.
- **4.2: Officiating techniques**, roles of **referees, umpires, scorers**, and curatorship.
- **4.3:** Hands-on **officiating practice** and event management under simulated conditions.
- **4.4:** Developing **coaching skills** to guide teams effectively in the game.
- **4.5: Self-employment opportunities** in officiating and coaching, including career paths and certifications.

BPES106 P Track & Field: Running and Jumping Events

Unit I: History and Development of Track and Field

- **1.1:** Overview of the **history** of **Track and Field** at **national** and **international levels**.
- **1.2:** Key milestones in the **evolution** of running and jumping events in athletics.
- **1.3: Important figures** in the development of running and jumping in athletics.
- **1.4: Global influence** and trends in Track and Field athletics.

Unit II: Basics of Athletic Tracks and Layout

- **2.1:** Understanding the **basic layout** of a **200m** and **400m athletic track**.
- **2.2:** Detailed explanation of **track marking** and **zones** used for different events.
- **2.3:** Preparation of the **track area** for various running events.
- **2.4:** Marking of the **starting points, finishing lines, and curves** for race events.



Unit III: Running Events (Sprints & Endurance)

- **3.1:** Overview of **running events** (sprints, middle-distance, long-distance).
- **3.2:** Key techniques and strategies for **sprint races** (e.g., 100m, 200m, 400m).
- **3.3:** Key techniques for **endurance running** (e.g., 800m, 1500m).
- **3.4:** Practical training on **timing** and **scoring** running events.

Unit IV: Officiating in Running Events

- **4.1:** Detailed study of **rules and interpretations** for **running events** in Track and Field.
 - **4.2:** Understanding the role of the **referee, umpire, and scorer** in track events.
 - **4.3: Officiating practice**, including **start commands, finish line judgments, and lane violations**.
 - **4.4: Coaching in running events** to prepare athletes for competition.
 - **4.5: Career opportunities** and **self-employment** through officiating in athletics.
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