



THEORY

Semester-V

Paper-I - Management of Physical Education

Unit-I: The Management Process

1. **Definition, Principles, Nature, and Concept of Sports Management**
 - Define **Sports Management** and understand its core principles, nature, and scope.
2. **Progressive Concept of Sports Management**
 - Explore the evolution of **sports management** and its current trends.
3. **The Purpose and Scope of Sports Management**
 - Study the key goals and areas where **sports management** is applied, both in educational institutions and professional settings.
4. **Essential Skills of Sports Management**
 - Identify the **critical skills** such as **communication, leadership, organizational skills,** and **decision-making** necessary for a successful career in **sports management**.
5. **Qualities and Competencies Required for the Sports Manager**
 - Learn the competencies such as **strategic thinking, budgeting,** and **problem-solving** that a **sports manager** needs to succeed.
6. **Event Management in Physical Education and Sports**
 - Study the organization of sports events, covering the **planning, coordination,** and **execution** phases to ensure smooth operations.

Unit-II: Leadership in Sports Management Process

1. **Meaning and Definition of Leadership**
 - Understand **leadership** concepts and their relevance in **sports management**.
2. **Leadership Style and Method**
 - Explore different **leadership styles** and their effectiveness in **sports management**.
3. **Elements of Leadership**
 - Analyse the key elements of leadership, including **vision, inspiration,** and **motivation**.
4. **Forms of Leadership**



- Study the different forms of leadership:
 - **Autocratic**
 - **Laissez-faire**
 - **Democratic**
 - **Benevolent Dictator**
5. **Qualities of an Administrative Leader**
- Understand the essential **qualities** of an administrative leader, such as **decisiveness**, **empathy**, and **transparency**.
6. **Preparation of Administrative Leader**
- Study the **training** and **preparation** required to be an effective **administrative leader** in sports.
7. **Leadership and Organizational Performance**
- Learn how effective **leadership** impacts the **performance** and **success** of sports organizations.

Unit-III: Planning and Management of Sports at Institutional Level

1. **Sports Management in Schools, Colleges, and Universities**
- Explore the role of **sports management** in educational institutions and the importance of planning for **school**, **college**, and **university sports** programs.
2. **Factors Affecting Planning**
- Study the factors that influence **sports planning**, including **funding**, **facilities**, and **athlete needs**.
3. **Planning a School or College Sports Programme**
- Learn how to effectively **plan** and **organize** a comprehensive sports program at the **school** or **college** level.
4. **Directing a School or College Sports Programme**
- Understand the role of the **director** in executing and overseeing sports programs, ensuring smooth operations.
5. **Controlling a School, College, and University Sports Programme**
- Study the **control mechanisms** involved in sports management, including **performance standards**, **reporting systems**, and **evaluation**.



6. Developing Performance Standards

- Learn to **develop performance standards** and set **evaluation criteria** for student-athletes and coaches.

7. Establishing a Reporting System

- Design a **reporting system** for effective communication and performance tracking.

8. Evaluation

- Understand how to conduct **evaluations** to measure the success and areas of improvement in a sports program.

9. The Reward/Punishment System

- Study how to implement a **reward/punishment system** to motivate athletes and coaches, maintaining discipline.

Unit-IV: Financial Management in Sports

1. Financial Management in Physical Education & Sports in Schools, Colleges, and Universities

- Study the **financial aspects** of managing sports programs at the institutional level, including **budgeting, funding, and expenditure management**.

2. Objectives and Scope of Financial Planning

- Learn the **goals and scope** of financial planning in sports, focusing on sustainable financial management.

3. Management of Infrastructure, Finance, and Personnel

- Understand how to manage **facilities, budgets, and human resources** to support sports programs.

4. Mechanics of Purchase and Audit

- Explore the process of **purchasing** and conducting **audits** to ensure transparent and efficient financial management.

BPES502 T Sports Journalism

Unit-I: Introduction to Sports Journalism

1. Meaning and Definition of Journalism

- Understand the concept of **journalism**, its **meaning**, and **definition**.



2. Ethics of Journalism

- Study the ethical considerations and the **moral responsibilities** of journalists in **sports journalism**.

3. Sports Ethics and Sportsmanship

- Learn about the ethical principles of **sportsmanship** and how these ethics apply in **sports reporting**.

4. Reporting Sports Events

- Gain insight into the **process of reporting** sports events, focusing on key aspects such as **coverage, story angles, and audience engagement**.

5. National and International Sports News Agencies

- Study the **role of news agencies** in providing sports information and their impact on both **national and international** media.

Unit-II: Sports Bulletin

1. Concept of Sports Bulletin

- Understand the concept and importance of a **sports bulletin** in disseminating sports news and updates.

2. Types of Bulletin

- Explore the **various types of sports bulletins**, such as **daily, weekly, or event-specific** bulletins.

3. Journalism and Sports Education

- Examine the connection between **sports journalism** and **sports education**, highlighting their mutual benefits.

4. Structure of Sports Bulletin – Compiling a Bulletin

- Learn the **structure** of a sports bulletin, including sections like **headlines, stories, and statistics**, and how to compile them effectively.

5. General News Reporting and Sports Reporting

- Study the differences between **general news reporting** and **sports reporting**, focusing on the unique challenges and approaches in covering sports events.



Unit-III: Mass Media

1. Mass Media in Journalism: Radio and T.V.

- Explore the role of **radio** and **television** in sports journalism, including the different formats and styles used for **sports broadcasting**.

2. Commentary – Running Commentary on the Radio – Sports Expert’s Comments

- Understand how to provide **running commentary** on sports events, including the techniques used by **sports commentators** to engage listeners.

3. Role of Advertisement in Journalism

- Study the **role of advertising** in sports journalism, including how **sponsorships** and **advertisements** influence coverage and media content.

4. Sports Photography

- Understand the importance of **sports photography** in capturing **live action** and how images complement sports journalism.

5. Editing and Publishing

- Learn the process of **editing** and **publishing** sports news, including writing styles, headline creation, and **layout design** for **newspapers** and **online media**.

Unit-IV: Report Writing on Sports

1. Brief Review of Olympic Games, Asian Games, Commonwealth Games, World Cup, National Games, and Indian Traditional Games

- Review **major international** and **national sporting events**, their **history**, and **impact** on global sports journalism.

2. Preparing Report of an Annual Sports Meet for Publication in Newspaper

- Learn how to prepare a **comprehensive sports report** for an **annual sports meet**, including all relevant details for **publication**.

3. Organization of Press Meet

- Study how to **organize** and conduct a **press meet**, where journalists interact with athletes, coaches, and officials to gather information for coverage.

4. Practical Assignments to Observe the Matches and Prepare Report and News of the Same

- Gain practical experience by **attending sports events**, **observing matches**, and writing **reports** and **news articles** based on firsthand observation.



5. **Visit to Newspaper Office and TV Centre to Know Various Departments and Their Working**
 - Participate in a **field visit** to a **newspaper office** or **TV centre** to understand the **workings of sports journalism** in a professional media environment.

BPES503 T Fitness Training and Nutrition

Unit-I: Introduction to Sports Nutrition

1. **Meaning and Definition of Sports Nutrition**
 - Understand the basic **concept of sports nutrition**, its importance for athletes, and how it impacts overall performance.
2. **Basic Components of Nutrition**
 - Study the **primary components** of nutrition: **carbohydrates, proteins, fats, vitamins, minerals, and water**, and their functions in the body.
3. **Factors to Consider for Developing Nutrition Plan**
 - Explore the key factors to consider when designing a **nutrition plan** for athletes, including **age, activity level, goals, and medical conditions**.
4. **Balanced Diet and its Components, Nutritional Deficiencies**
 - Learn about the concept of a **balanced diet**, its components, and how nutritional deficiencies can affect an athlete's performance and health.
5. **Understanding Malnutrition and Nutritional Supplements**
 - Study the causes and effects of **malnutrition**, and gain insights into the use of **nutritional supplements** for enhancing performance and recovery.

Unit-II: Nutrients: Ingestion to Energy Metabolism

1. **Carbohydrates, Protein, Fat – Meaning, Classification, and Function**
 - Explore the **role of macronutrients: carbohydrates, proteins, and fats**, including their classification, functions, and importance for energy metabolism during exercise.
2. **Role of Carbohydrates, Fat, and Protein During Exercise**
 - Understand the **specific role** of each macronutrient in **providing energy** during physical activity and how athletes can utilize them for enhanced performance.
3. **Vitamins, Minerals, Water – Meaning, Classification, and Function**



- Study the **micronutrients**, including **vitamins**, **minerals**, and **water**, their classifications, and their essential functions in maintaining health and performance.
- 4. Role of Hydration During Exercise**
- Learn about the **importance of hydration** in preventing dehydration, enhancing endurance, and maintaining **optimal performance** during exercise.
- 5. Establishing Daily Caloric Requirement and Expenditure**
- Understand how to **calculate caloric requirements** for athletes, taking into account factors such as **age**, **weight**, **activity level**, and **exercise intensity**.

Unit-III: Nutrition and Weight Management

- 1. Obesity – Definition, Meaning, Types, and Causes of Obesity**
- Learn about the **causes** of obesity, the different **types**, and its impact on overall health and performance.
- 2. Health Risks Associated with Obesity and Solutions for Overcoming Obesity**
- Study the **health risks** of obesity, including chronic diseases such as **heart disease**, **diabetes**, and **hypertension**, and explore strategies for managing and overcoming obesity.
- 3. Concept of BMI (Body Mass Index), Dieting Versus Exercise for Weight Control**
- Understand the concept of **BMI** and how it relates to body composition, along with the debate between **dieting** and **exercise** for effective **weight control**.
- 4. Common Myths About Weight Loss**
- Debunk common **myths** related to **weight loss**, and understand the science behind **effective weight management**.
- 5. Concept of Weight Management in Modern Era, Factors Affecting Weight Management**
- Explore modern **approaches to weight management** and identify the various factors that affect an individual's ability to manage body weight.

Unit-IV: Steps of Planning Weight Management

- 1. Determination of Desirable Body Weight**
- Learn how to calculate **ideal body weight** based on **age**, **height**, **gender**, and other individual characteristics.
- 2. Daily Calorie Intake and Expenditure in Weight Management**



- Study how to establish an appropriate **calorie intake** and **expenditure** for weight management goals, including **weight loss** or **weight gain**.
- 3. Role of Diet and Exercise in Weight Management**
 - Understand how a combination of **diet** and **exercise** plays a key role in achieving and maintaining **healthy weight management**.
- 4. Designing Diet Plan and Exercise Schedule for Weight Gain and Loss**
 - Learn to **design customized diet plans** and **exercise schedules** for specific weight management goals, such as **gaining muscle mass** or **losing fat**.
- 5. Balanced Diet for Indian School Children**
 - Explore the unique nutritional needs of **Indian school children** and how to design a **balanced diet** to promote **growth, development, and optimal performance** in young athletes.

BPES 504T ATHLETIC CARE& REHABILITAYION

Unit-I: Corrective Physical Education

- 1. Definition and Objectives of Corrective Physical Education**
 - Understand the **purpose** and **goals** of corrective physical education in improving health and fitness, especially in individuals with postural or movement dysfunctions.
- 2. Posture and Body Mechanics, Standards of Standing Posture**
 - Learn about **correct posture**, its **impact on athletic performance**, and how to maintain **proper body mechanics** during physical activities.
- 3. Value of Good Posture, Drawbacks and Causes of Bad Posture**
 - Explore the **benefits** of good posture, such as improved performance, injury prevention, and overall well-being. Discuss the **causes** of bad posture and its consequences on health and performance.
- 4. Posture Test – Examination of the Spine**
 - Understand how to assess **spinal health** and identify **postural deviations**. Learn methods to evaluate posture and apply corrective exercises.



Unit-II: Posture and Rehabilitation Exercises

1. Normal Curve of the Spine and its Utility

- Study the **normal curvature of the spine**, its **role in maintaining balance**, and its effect on **postural alignment**.

2. Deviations in Posture - Kyphosis, Lordosis, Flat Back, Scoliosis, Round Shoulders, Knock Knee, Bow Leg, Flat Foot

- Learn about common **postural deviations** and their impact on physical performance. Discuss **rehabilitation exercises** for each type of postural issue.

3. Causes for Deviations and Treatment Including Exercises

- Explore the **causes** behind postural problems, such as **muscle imbalances**, **poor habits**, and **trauma**, and discuss effective **treatment strategies**.

4. Passive, Active, Assisted, Resisted Exercise for Rehabilitation

- Understand the **different types of rehabilitation exercises** (passive, active, assisted, and resisted) and how to implement them to improve **mobility**, **strength**, and **postural alignment**.

Unit-III: Massage

1. Brief History of Massage, Massage as an Aid for Relaxation

- Learn the **history of massage** and its role as an important tool for **relaxation**, muscle recovery, and **athletic performance**.

2. Physiological, Chemical, Psychological Effects of Massage, Indication/Contraindication of Massage

- Understand the **effects** of massage on the body, including **circulation**, **muscle relaxation**, and **pain reduction**, and recognize when massage is **indicated** or **contraindicated** for athletes.

3. Classification of the Manipulations Used in Massage and Their Specific Uses in the Human Body

- Study the different **types of massage manipulations** (stroking, effleurage, percussion, etc.) and their **specific applications** for various parts of the body.

4. Stroking Manipulation, Effleurage, Pressure Manipulation, Percussion Manipulation, Cupping, Poking, Shaking Manipulation, Deep Massage



- Learn how to apply various **massage techniques** to target specific areas of the body for **muscle relaxation, injury recovery, and pain relief.**

Unit-IV: Sports Injuries Care, Treatment, and Support

1. Principles Pertaining to the Prevention of Sports Injuries

- Understand the **preventive measures** for sports injuries, including **warm-up, cool-down, proper techniques, and protective equipment.**

2. Care and Treatment of Exposed and Unexposed Injuries in Sports

- Learn how to treat both **open** (exposed) and **closed** (unexposed) injuries in sports settings, including **first aid** and **acute care** strategies.

3. Principles of Applying Cold and Heat, Infrared Rays, Ultrasonic Therapy, Short-Wave Diathermy Therapy

- Understand the principles and applications of **cold and heat therapies** (e.g., ice packs, heat pads) and advanced techniques like **ultrasonic therapy** and **short-wave diathermy** for muscle recovery and injury healing.

4. Principles and Techniques of Strapping and Bandages

- Learn the **strapping** and **bandaging techniques** used to support and stabilize injuries, such as **sprains** and **strains**, and to prevent further damage during recovery.

PRACTICAL

BPE505 P Game of Specialization (SGFI/AIU/IOA)

Unit-I: Basic Skills of the Game

1. Basic Skills of the Game

- Learn the essential **skills** specific to the game of specialization. This includes individual techniques and movement patterns required for successful performance.

2. Dimensions and Preparation of Playing Area

- Understand the **dimensions** (field/court size) of the playing area and the **requirements** for proper preparation to ensure safe and optimal conditions for the game.



3. Drills for Skill Development

- Design and practice various **drills** aimed at improving basic skills, technique, and conditioning specific to the game of specialization.

Unit-II: Skill Tests, Administration, and Scoring

1. Skill Tests and Their Administration

- Learn how to set up and **administer skill tests** to assess the proficiency of players. This includes the development of standardized tests specific to the game.

2. Scoring of Skill Tests

- Understand the **scoring system** for skill tests and how to interpret the results to gauge performance and identify areas for improvement.

Unit-III: Rules of the Game and Their Interpretations

1. Rules of the Game

- Learn the **official rules** of the game, including the **objectives, scoring systems, fouls, and infractions**.

2. Interpretation of Rules

- Understand the nuances of the rules and how to **interpret** them in different gameplay scenarios. Discuss the flexibility of rules depending on the situation and competition level.

Unit-IV: Officiating and Coaching

1. Officiating in the Game

- Learn the principles of **officiating**, including **role, responsibilities**, and how to make decisions during a game to ensure fair play.

2. Coaching in the Game

- Understand the responsibilities of a **coach** in planning training, managing team dynamics, and developing game strategies. Focus on the psychology of coaching and motivating players.



3. Maintenance of Equipment

- Learn about the **types of equipment** used in the game, how to properly **maintain** them, and how to ensure their safety and functionality. This includes **inspection, cleaning, and repairing** equipment as needed.

BPES506 P Aerobics (OR Weightlifting)

Course Structure for Aerobics

Unit-I: Introduction to Aerobics

1. Introduction to Aerobics

- Understand the **history and development** of aerobics.
- Learn about the **fundamentals** of aerobics as an exercise form for fitness and health.

2. Aerobics Activities Without Music and Equipment

- Practice basic **aerobics routines** that focus on cardiovascular fitness, strength, and flexibility without using music or equipment.

Unit-II: Aerobics for Fitness and Health

1. Aerobics for Fitness

- Learn how **aerobics** can be tailored for improving overall **health, endurance, and fitness**.

2. Aerobics for Mass Demonstration

- Understand the requirements for **mass aerobics demonstrations**, including choreography and group coordination.

3. Aerobics with Equipment and Music

- Introduce the use of **equipment** (e.g., resistance bands, dumbbells) and **music** to enhance the aerobic experience.

Unit-III: Coaching and Officiating in Aerobics

1. Coaching and Officiating in Aerobics

- Learn the **fundamentals** of **coaching** aerobics and the role of the **officiating** team in competitions and events.



2. **Judging and Scoring in Aerobics**

- Gain an understanding of **judging** and **scoring** for competitive aerobics events, including evaluation of form, timing, and execution.

3. **Coaching, Officiating, and Career Opportunities**

- Learn how to **pursue a career** in aerobics, including gaining **certifications** from district/state/national federations.

Unit-IV: Skill Practice and Coaching Lessons

1. **Skill Practice of Aerobics**

- Engage in intensive **practice sessions** to develop and refine individual aerobics skills.

2. **Skill Lessons and Coaching Lessons of Aerobics**

- Study **lesson plans** and practice how to teach basic and advanced **aerobics** routines to different levels of students.

3. **Advance Coaching and Training**

- **Advanced techniques** for coaching, including personalized drills and exercises. Explore the process of **getting certified** as an aerobics coach.

4. **Officiating in Aerobics**

- Try for **certification** in **officiating** from district, state, or national federations to pursue self-employment opportunities.

Course Structure for Weightlifting

Unit-I: Introduction to Weightlifting

1. **History and Development of Weightlifting**

- Understand the **history** and **evolution** of weightlifting as a competitive and fitness activity.

2. **Fundamental Principles and Procedures of Weightlifting**

- Learn the basic **techniques**, **posture**, and **procedures** involved in performing weightlifting exercises safely and effectively.

Unit-II: Weightlifting for Competition and General Purpose

1. **Weightlifting for Competitive and General Purposes**



- Differentiate between weightlifting for **fitness** and **competition**. Learn about training cycles, sets, and reps for both purposes.

2. Team Selection and Coaching

- Understand how to **select athletes** for competition and design **coaching strategies** to maximize performance in the weightlifting arena.

Unit-III: Gym Management and Equipment Maintenance

1. Gym Management

- Learn about **gym operations**, including equipment maintenance, gym member management, and scheduling.

2. Officiating and Refereeing

- Understand the **rules** of weightlifting competitions, officiating procedures, and the roles of **referees, umpires, and scorers**.

3. Starting a Gym for Self-Employment

- Explore **entrepreneurial opportunities** in weightlifting and how to start your own gym, including business planning and marketing strategies.

Unit-IV: Skill Practice and Coaching Lessons

1. Skill Practice of Weightlifting

- Engage in **hands-on practice** sessions to improve technique, strength, and endurance in weightlifting.

2. Coaching Lessons of Weightlifting

- Study **coaching methodologies** specific to weightlifting, focusing on individual technique and overall strength development.

3. Advance Coaching and Training

- Advanced training in weightlifting coaching, with a focus on **technique correction**, personalized drills, and program development. Work towards **certification** in coaching from weightlifting federations.

4. Officiating in Weightlifting

- Understand how to **officiate** weightlifting competitions, including scorekeeping and ensuring fair play, and pursue **certification** for officiating.