



THEORY

VI SEMESTER

BPES601 T Counselling in Physical Education and Sports

Unit-I: Counselling in Physical Education and Sports

1. Meaning, Definition, and Scope of Counselling in Sports

- Explore the significance of **counselling** in sports, focusing on the role of mental well-being in an athlete's performance.

2. Aims and Objectives of Counselling in Sports

- Understand the primary goals of counselling, such as **enhancing performance, mental health, and life skills** in athletes.

3. Principles of Counselling

- Learn the foundational **principles** that guide effective counselling in sports settings, such as **confidentiality, active listening, and empathy**.

4. Need and Importance of Counselling

- Identify the critical need for mental support in sports to foster an athlete's well-being and performance

Unit-II: Stress and Anxiety in Sports

1. Meaning and Definition of Stress and Anxiety

- Define **stress** and **anxiety** in the context of sports, and their psychological effects on athletes.

2. Types of Stress and Anxiety

- Examine various types of stress, such as **competitive anxiety** and **performance anxiety**, and how these affect performance.

3. Symptoms and Effects of Stress, Anxiety, and Competition Anxiety

- Identify the **physical** and **psychological** symptoms of stress and anxiety and their impact on an athlete's well-being.



4. Management of Stress and Anxiety

- Develop strategies for **managing stress** and **anxiety** in athletes, such as relaxation techniques, mental imagery, and cognitive restructuring.

Unit-III: Motivation and Sports Performance

1. Meaning and Definition of Motivation

- Define **motivation** and understand its pivotal role in **sports performance** and **athlete development**.

2. Types and Techniques of Motivation

- Examine different types of **motivation** (intrinsic, extrinsic) and explore techniques for fostering motivation, such as goal-setting and positive reinforcement.

3. Principles and Importance of Motivation

- Learn the core principles that motivate athletes, such as **self-determination**, **competence**, and **relatedness**.

4. Role of Coach/Teacher/Government in Motivation

- Understand the impact of coaches, teachers, and governing bodies in motivating athletes and creating conducive environments for performance

Unit-IV: Counselling to Athletes

1. Counselling on Injuries and Rehabilitation

- Offer **counselling** to athletes coping with **injuries** and help them through the **rehabilitation process** to regain confidence.

2. Counselling on Handling Success and Failure in Sports

- Provide guidance on how athletes can **handle success** and **failure** in sports to maintain mental resilience.

3. Counselling on Drugs in Sports

- Educate athletes on the **dangers of drug use** in sports, including the impact on performance and long-term health, and provide alternative coping strategies.

4. Counselling on Job Opportunities and Life After Retirement from Sports



- Guide athletes on transitioning from their sports career to **other job opportunities** or **life after sports retirement**, focusing on career development, education, and emotional well-being.

BPES602 T Exercise Prescription/Therapeutic

Unit-I: Exercises and Their Types

1. Meaning and Definition of Exercise

- Understand the **concept** of exercise, including its physical, mental, and emotional benefits.

2. Types of Exercises

- Identify the **different types** of exercises: **Aerobic**, **Anaerobic**, and **Conditioning** exercises, and how they impact fitness.

3. Importance of Warming Up, Cooling Down, and Stretching

- Learn the benefits of **warming up** before exercise, **cooling down** afterward, and the importance of **stretching** for flexibility and injury prevention.

4. Therapeutic Exercises and Their Principles

- Understand the **principles** of **therapeutic exercises** used in rehabilitation and recovery, such as **gradual progression** and **individualized approach**.

Unit-II: Weight Management & Gym Exercises

1. Understanding Body Weight and Components of Body Weight

- Learn the components of **body weight** (fat, muscle, bone) and how they relate to **ideal body weight**.

2. Fat Burning Exercises and Their Variations

- Explore **fat-burning exercises** (e.g., HIIT, running, cycling) and their variations to maximize calorie expenditure and fat loss.

3. Gym Training Exercises for Weight Loss and Strengthening

- Identify **gym exercises** (e.g., resistance training, circuit training) aimed at **weight loss** and **muscle strengthening**.

4. Dance, Aerobics, Cycling, and Swimming for Weight Loss



- Understand how **dance, aerobics, cycling, and swimming** serve as fun and effective weight loss and conditioning exercises.

Unit-III: Exercises for Elderly People

1. Understanding Aging and Characteristics

- Learn about the **physiological changes** that occur with aging and their impact on exercise and mobility.

2. Need and Importance of Exercises in Aged People

- Understand why **exercise** is essential for the elderly to maintain health, mobility, and quality of life.

3. Principles and Precautions While Giving Exercises to Elderly People

- Identify **precautions** when prescribing exercise to the elderly, including their **physical limitations** and the need for **supervision**.

4. Type of Exercises and Recreational Activities for Elderly People

- Explore safe **types of exercises** (e.g., walking, yoga, strength training) and **recreational activities** that promote health in elderly individuals.

Unit-IV: Exercises for Special Needs

1. Exercises for Rehabilitation After Injuries

- Understand how specific **therapeutic exercises** aid in the **rehabilitation** of athletes recovering from injuries, with a focus on **strength, mobility, and flexibility**.

2. Exercise for Diabetics, Exercises During & After Pregnancy

- Learn about the **specific exercise programs** for individuals with **diabetes** or **pregnancy** and how they can help manage symptoms and improve well-being.

3. Exercises for Casuals and Weekenders

- Design **exercise plans** suitable for **weekend warriors** and casual exercisers, focusing on fun, sustainable, and effective workouts.

4. Exercises for Recreation and Kids

- Understand how to design **recreational exercise** programs for **children**, focusing on **fun, engagement, and fitness development**.



BPES603 T Talent Identification in Sports

Unit-I: Introduction, Meaning, Concept, and Scope of Talent Identification in Sports

1. Need and Importance of Talent Identification

- Understand why **talent identification** is crucial for **sports development**, focusing on selecting individuals with the potential for **success** in specific sports.

2. Principles of Talent Identification

- Explore the **fundamental principles** and best practices used in identifying **sports talent**, including **scientific** and **evidence-based methods**.

3. Scope of Talent Identification

- Learn how **talent identification** extends beyond the **early stages** of athlete development to **coaching, training, and specialization**.

4. Role of Physical Education Teacher/Coach in Talent Identification

- Examine the role of **coaches** and **physical education teachers** in recognizing and nurturing **sports talent** within educational and training settings.

Unit-II: Understanding Human Body

1. Genetics and Environment and Their Role in Sports Performance

- Study the impact of **genetics** and **environmental factors** (such as training conditions, nutrition, and socio-economic factors) on **sports performance** and individual capabilities.

2. Body Types and Their Relation to Sports

- Understand the relationship between **somatotypes** (ectomorph, mesomorph, endomorph) and their suitability for specific sports.

3. Basic Anthropometry

- Learn about **anthropometry** and its role in **measuring physical traits** (height, weight, limb length, etc.) that contribute to performance in various sports.

4. Anthropometric Assessment and Data Recording

- Gain skills in **performing anthropometric measurements** and recording data for **talent identification**.



Unit-III: Fitness Tests

1. AAPER Youth Fitness Test

- Understand the components and procedures of the **AAPER Youth Fitness Test**, which assesses physical fitness in young individuals.

2. JCR Test

- Learn about the **JCR Test**, used to evaluate **fitness levels** for sports and physical activities.

3. Cooper's 12-Minute Run/Walk Test

- Study the **Cooper 12-minute run/walk test** to evaluate **aerobic endurance** and its relevance to **sports performance**.

4. Harvard Step Test

- Learn how the **Harvard Step Test** is used to assess **cardiovascular fitness** and **physical stamina**.

Unit-IV: Skill Tests for Talent Identification

1. Skill Tests for Ball Games

- Design and implement skill tests for assessing **ball-handling** and **game-specific** abilities in sports like **football, basketball, and cricket**.

2. Skill Test for Racket Games

- Develop skill tests focused on assessing the **hand-eye coordination, agility, and reaction time** required for **racket sports** like **tennis and badminton**.

3. Skill Test for Athletic Abilities

- Create tests that assess **running speed, jumping ability, and endurance** for athletes in **track and field events**.

4. Psychological Tests Related to Sports Abilities

- Study **psychological assessments** that measure traits such as **focus, mental resilience, confidence, and stress management**, all crucial for excelling in sports.



BPES604 T Sports Entrepreneurship

Unit-I: Introduction to Entrepreneurship in Sports

1. Meaning and Definition of Entrepreneurship

- Define **entrepreneurship** and its **fundamentals**, with a focus on **sports** and its growing business opportunities.

2. Concept and Characteristics of Entrepreneurship

- Understand the **core concepts** of **entrepreneurship** including innovation, risk-taking, **problem-solving**, and **leadership** in sports.

3. Need and Importance of Entrepreneurship in Sports

- Learn about the increasing importance of **entrepreneurship** in driving the **sports economy**, providing employment, and facilitating innovation in sports products and services.

4. Understanding the Sports Business Industry

- Explore the structure of the **sports business industry**, including its various segments like **sports goods**, **sports media**, **sports management**, and **fitness**.

Unit-II: The Entrepreneurial Process

1. Understanding the Entrepreneurial Process

- Study the **steps involved** in becoming an entrepreneur: **idea generation**, **market research**, **business planning**, **funding**, and **implementation**.

2. Types of Entrepreneurs

- Learn about the **different types** of entrepreneurs, such as **innovators**, **opportunity seekers**, **small business owners**, and their role in the sports sector.

3. Risk and Rewards in Entrepreneurship

- Understand the **risks and rewards** associated with **starting and running a business** in sports, including financial and operational risks.

4. Leading Sports Companies and Media Channels

- Examine how top sports companies and media channels lead the industry, covering aspects like **marketing**, **branding**, and **business strategies**.

Unit-III: Identifying Business Areas and Financial Management



1. Identifying the Areas of Business

- Explore various **business opportunities** in the sports industry, including **sports equipment manufacturing, sports media, fitness tech, and event management.**

2. Understanding Financial Aspects of the Business

- Learn about the **financial management** of a sports business, including **budgeting, profit-and-loss analysis, and financial planning.**

3. Government and Private Organizations Supporting Entrepreneurship in India

- Study the role of **government and private organizations** that support sports entrepreneurs through **funding, training, and market access** in India.

4. Generating/Arranging Funds for the Business

- Understand the process of securing **capital** for a sports business venture, including **angel investors, venture capital, loans, and crowd funding.**

Unit-IV: Entrepreneurship in Various Sports Segments

1. Entrepreneurship in Sports Goods/Equipment

- Explore the potential for **entrepreneurship** in the **sports goods and equipment** sector, from manufacturing to marketing innovative products.

2. Entrepreneurship in Sports Wear

- Learn about the **sportswear industry**, including emerging trends in **athleisure, wearable technology, and customized sports apparel.**

3. Entrepreneurship in Sports Management/Event Management

- Understand **entrepreneurial opportunities** in **sports management and event management**, including organizing sports events, tournaments, and managing athletes.

4. Entrepreneurship in Sports Software/Fitness/Nutrition

- Explore emerging opportunities in the **sports technology sector**, including **fitness apps, nutrition platforms, and sports analytics software.**

PRACTICAL

BPES605 P Game of Specialization – I

Unit-I: Skill Practice and Lessons of the Game

1. Skill Practice of the Game



- **Objective:** To develop **basic skills** such as passing, shooting, dribbling, and defending.
 - **Methods:** Practical drills and repetitions focusing on refining individual technique and understanding of game mechanics.
2. **Skill Lessons of the Game**
- **Objective:** To **enhance** the players' **skills** in more advanced movements and scenarios.
 - **Methods:** Conduct **targeted lessons** focusing on **technique refinement, timing,** and **decision-making** during match situations.
3. **Coaching Lessons of the Game**
- **Objective:** To provide **strategic coaching** that enhances player decision-making during actual gameplay.
 - **Methods:** Demonstrating **coaching strategies**, including offensive and defensive plays, and how to read the game.

Unit-II: Advanced Coaching and Officiating

4. **Advanced Coaching and Training of the Game**
- **Objective:** To provide advanced-level coaching techniques, focusing on **elite player performance**.
 - **Methods:** **Conditioning drills, mental focus techniques,** and **advanced tactical play** for competitive settings.
 - **Certifications:** **Pursue certification** from the **district/state/national sports federation** or through **online courses** for professional growth.
5. **Officiating of the Game**
- **Objective:** To train students in the **rules of the game** and the **application of officiating** during matches.
 - **Methods:** **Officiating practices** during **mock games**, learning **game rules, penalties,** and **fair play enforcement**.
 - **Certifications:** Try for **certification in officiating** from the **district/state/national federation**, enabling students to pursue **self-employment** as an official.

Practical Component Overview

- **Skill Practice:** Active engagement in **drills** and **skills development** specific to the game, focusing on **physical conditioning** and **gameplay mechanics**.



- **Coaching and Officiating:** Application of **coaching techniques** and **officiating protocols** in **real-world scenarios**, enhancing the student's ability to teach and manage games effectively.

BPES606 P Power Lifting (OR) Physique Training (Practical)

Unit-I: Power Lifting

1. History and Development of Power Lifting

- **Objective:** Understand the **origins** and **evolution** of power lifting as a competitive sport and its development over time.
- **Methods:** Study of historical data, key milestones, and influential athletes and events in power lifting.

2. Power Lifting for Competition and General Purpose

- **Objective:** Learn the difference between **competition-specific** and **general fitness-oriented** power lifting.
- **Methods:** Practical sessions on setting up power lifting routines for both competition and personal fitness goals.

3. Fundamental Principles and Procedures for Power Lifting

- **Objective:** Understand the **techniques**, **postures**, and **safety procedures** involved in power lifting.
- **Methods:** Conducting drills, form corrections, and understanding **maximal lifts** such as squat, dead lift, and bench press.

4. Team Selection and Coaching in Power Lifting

- **Objective:** Learn how to select athletes for power lifting teams and how to coach them effectively.
- **Methods:** Practical coaching sessions on skill development, strength-building techniques, and program structuring.

5. Gym Management and Equipment Maintenance

- **Objective:** Acquire basic knowledge in **gym management**, including **maintenance of power lifting equipment**.
- **Methods:** Training on **equipment upkeep**, safety, and proper handling of weights.

Unit-II: Officiating & Self-Employment



6. Officiating & Referee / Umpire / Scorer for Self-Employment

- **Objective:** Learn **rules of officiating** in power lifting, focusing on how to serve as a referee, umpire, or scorer during competitions.
- **Methods:** Practical officiating experience, mock competitions, and rules interpretation.
- **Certifications:** Seek certification as **officiator** through relevant sports federations for **self-employment**.

7. Starting Own Gym for Self-Employment

- **Objective:** Understand the steps involved in setting up a gym dedicated to **power lifting** and **physique training**.
- **Methods:** **Business planning**, **funding** options, and **legal considerations** for gym start-ups.
- **Certifications:** Guidance on obtaining certifications from relevant industry bodies for self-employment.

Unit-III: Physique Training (Alternative)

1. Skill Practice of Power Lifting and Physique

- **Objective:** Develop proficiency in the **basic movements** of both **power lifting** and **physique training**.
- **Methods:** Focus on **weight training**, **muscle group development**, and **aesthetic physique shaping**.

2. Skill Lessons of Power Lifting and Physique

- **Objective:** Enhance **muscle engagement** and **core strength** while refining lifting techniques.
- **Methods:** A combination of strength training and **body sculpting** exercises to improve overall performance.

3. Coaching Lessons of Power Lifting and Physique

- **Objective:** Learn the basics of **coaching** for power lifting and physique training.
- **Methods:** **Group coaching**, **individual training**, and building personalized fitness programs for participants.

4. Advanced Coaching and Training of Power Lifting and Physique

- **Objective:** Understand **advanced training techniques** for competitive lifting and physique competitions.



- **Methods:** Implementing **periodization cycles**, **advanced strength conditioning**, and specific **competition preparation** strategies.
- **Certifications:** Try for **certification** in coaching from recognized **district/state/national federations** or through **online courses**.

5. **Officiating of Power Lifting and Physique**

- **Objective:** Master the rules and techniques of officiating in both **power lifting competitions** and **physique shows**.
- **Methods:** Practical **officiating workshops**, including how to assess technique and performance in competitions.
- **Certifications:** Obtain **officiating certifications** from recognized federations to pursue **self-employment** in officiating.

Practical Component Overview

- **Skill Practice:** Engage in **practical power lifting** and **physique training** exercises focusing on **strength, technique, and body conditioning**.
 - **Coaching and Officiating:** Apply **coaching techniques** and **officiating knowledge** in **simulated competitions**, preparing students for both **competitions** and **career opportunities** in **fitness training** and **sports management**.
-