

B.P.E. IInd year

Part- A (Theory)

Paper	Subject	Sessional	Final	Max.	Min.
1 st	Foundation Course	-----	-----		
	English			75	25
	Hindi			75	25
2 nd	Psychology	20	80	100	33
3 th	Physiology & Physiology of Exercise	20	80	100	33
4 th	Kinesiology	20	80	100	33
5 th	Sports Sociology	20	80	100	33
6 th	Recreation	20	80	100	33
	Total	100	400	650	

Part –B (Practical Skills)

S. No.	Activities	Sessional	Final	Total Marks
1.	Athletics	20	80	50
2.	Cricket	20	80	50
3.	Hockey	20	80	50
4.	Volley ball	20	80	50
5.	Swimming-I Session Yoga-II Session	20	80	50
6.	Kho-Kho	20	80	50
7.	Kabbadi	20	80	50
8.	Teaching Practices	20	80	50
Total				400

BPE – II

बी.ए./बी.एस.सी./बी.कॉम/बी.एच-सी./बी.पी.ई.।।

भाग-दो आधार पाठ्यक्रम

(हिन्दी भाषा)

प्रथम प्रश्नपत्र

पूर्णांक-75

खण्ड – क

अंक – 30

निम्नलिखित 5 लेखकों के एक –एक निबन्ध पाठ्यक्रम में सम्मिलित होंगे—

- | | | | |
|----|---------------------|---|-------------------------|
| 1. | महात्मा गांधी | — | सत्य और अहिंसा |
| 2. | विनोबा भावे | — | ग्राम-सेवा |
| 3. | आचार्य नरेन्द्र देव | — | युवको का समाज में स्थान |
| 4. | वासुदेवशरण अग्रवाल | — | मातृ भूमि |
| 5. | भगवतशरण उपाध्याय | — | हिमालय की व्युत्पत्ति |
| 6. | हरि ठाकुर | — | डॉ. खूबचंद पटेल |

खण्ड-ख

अंक-20

हिन्दी भाषा और उसके विविध रूप

- कार्यालयीन भाषा
- मीडिया की भाषा
- वित एवं वाणिज्य की भाषा
- मशीनी भाषा

खण्ड-ग

अंक-25

अनुवाद व्यवहार: अंग्रेजी से हिन्दी में अनुवाद

हिन्दी की व्यवहारिक कोटियाँ—

रचनागत प्रयोगगत उदाहरण संज्ञाण सर्वनामण विशेषण क्रिया विशेषण,

समास, संधि एवं संक्षिप्तियाँ रचना एवं प्रयोगगत विवेचन।

B.A./B.Sc./B.Com./BHSc.B.P.E. II

Part – II

ENGLISH LANGUAGE

The question paper for B.A./B.Sc./B.Com./BHSc. English language and cultural Values shall comprise the following units:

Unit-I	:	Short answer question of about 400 words.	15 marks
Unit-II	:	(a) Reading, comprehension of an unseen passage	05Marks
	:	(b) Vocabulary	10 Marks
Unit-III	:	Report-Writing (about 200 words)	15 Marks
Unit-IV	:	Expansion of an idea (about 200 words)	15 Marks
Unit-V	:	Grammar (Twenty items based on the Patterns	15Marks

Given in the prescribed text book to be asked

And 15 to be attempted)

Note : Question from all the units shall be asked from the prescribed text which will comprise specimens of popular creative/ writing and the following of any.

(a) Matter & Technology

(i) State of matter and its structure

(ii) Technology (Electronics Communication. Space Science)

(b) Our Scientists & Institutions

(i) Life & work of our eminent scientists Arya Bhatt, Kaurd Charak Shunrusta, Nagarjun, J.C. Bose and C.V. Raman, S. Ramanujan, Homi J.Bagha Birbal Sahani.

(ii) India Scientific institutions (Ancient & Modern)

PSYCHOLOGY

PAPER-A-II

UNIT-I

Introduction:

1. Meaning definition and nature of Psychology.
2. Psychology as a Science.
3. Branches of Psychology.
4. Importance of Psychology in Education with special reference to Physical Education.

UNIT – II

1 Growth and Development:

1. Meaning of growth and development;
2. Physical, Mental, Social and Language development during following stages :
 - 1.Early childhood
 - 2.Middle childhood
 - 3.Late childhood
 4. Adolescence

2. Individual Differences:

- 1 Meaning of the term Individual Difference.
- 2 Heredity and Environment as causes of Individual Differences.
- 3 Interaction of Heredity and Environment.

UNIT- III

1. Learning

- 1 Meaning definition and nature of Learning.
- 2 Principles of Learning.

- 3 Factors affecting Learning.
 - 4 Theories of Learning (Trial & Error, Conditioned Reflex, Insight Theory, Learning by Limitation).
2. **Meaning of Transfer of Training.**
- 1 Conditions of Transfer of Training.
 - 2 Learning Curve.
 - 3 How to Overcome Plateau.

UNIT –IV

1. **Motivation and Emotion:**
1. Motivation.
 2. Meaning of Motivation.
 3. Concept of need, drive, motive, incentive and achievement.
 4. Types of Motivation.
 5. Role of Motivation in teaching physical activities.
2. **Emotion:**
1. Meaning and nature of Emotion.
 2. Types of Emotion.

UNIT –V

1. **Personality and Memory:**
1. Personality.
 2. Meaning and nature of Personality.
- 2 **Definition of memory:**
1. Types of Memory.
 2. Mechanism of the process of Remembering.
 3. Memory Training.
 4. Meaning of Forgetting, Reasons of Forgetting, Curve of Forgetting, Reasons of Forgetting, and Importance of memory in learning.

BPE-II

PHYSIOLOGY & PHYSIOLOGY OF EXERCISE

PAPER-A-III

UNIT-I

1. Introduction

1. Concept of Physiology
2. Essential properties of life
3. Passage of water and soluble across cell membrane

2. Cardio – Vascular System and Blood

1. Composition and functions of blood
2. Cardiac Cycle
3. Blood Pressure and its maintenance
4. Cardiac output and its regulation

UNIT- II

1. Respiratory System

1. Mechanism of Respiration
2. Pulmonary ventilation and its regulation

2. Digestive System

1. Secretion and functions of digestive juices
2. Functions of Liver
3. Absorption of Food
4. Metabolism of Food (Carbohydrates Fat & Protein)

3. Temperature regulation.

UNIT – III

1. Nervous System

1. General Sensations – Cutaneous and Kinesthetic
2. Visual and Auditory senses.

UNIT – IV

1. Excretory System

1. Excretion of water through Skin, Kidney and Gastrointestinal Tract.

2. Endocrine System

1. Secretion and function of Endocrine Glands – Pituitary, Thyroid, Adrenal and Pancreas.

3. Reproductive System

1. Introduction to Physiology of human reproduction.
2. Transmissions of hereditary characteristics.

UNIT – V

1. Physiology of Exercise

1. Physiological concept of health and fitness.
2. Effect of exercise on – Circulatory, Respiratory and Muscular Systems.
3. Change during Muscular Contraction.
4. Nervous control of Muscular activity.
5. Training, Conditioning and Warm-up.
6. Oxygen Debt, Second Wind, Stitch and Cramp.

B.P.E. – II
KINESIOLOGY
PAPER-A-IV

UNIT – I

- 1. Introduction to Kinesiology**
 1. Definition
 2. Objectives of Kinesiology
 3. Role of Kinesiology in Physical Educations.
 4. Brief History with Importance. Contributions of Aristotle, Leonard Deviance, Alfonso Borate, Weber Brothers, and Benjamin Duchene.
- 2. Fundamental concepts of following terms with their application to the human body.**
 - 1 Axes and Planes
 - 2 Centers Of Gravity
 - 3 Line of Gravity

UNIT – II

- 1. Anatomical and Physiological Fundamentals.**
 - 1 Classification of Joints and Muscles
 - 2 Terminology of Fundamental Movements
 - 3 Types of Muscle Contractions
 - 4 Angle of Pull
- 2. Kinesiology of joints.**
 - 1 Two – joint muscles.

- 2 Roles in which muscles may act.
- 3 All or None Law.
- 4 Reciprocal Innervations.

UNIT – III

1. Upper Extremity

- 1 Characteristics of Joints.
- 2 Location and action of major muscles acting at the following joints.
 - 1 Shoulder
 - 2 Elbow
 - 3 Wrist

2. Lower Extremity

- 1 Major characteristics of joints.
- 2 Location and action of major muscles acting at the following Joints:
 - 1 Hip
 - 2 Knee
 - 3 Ankle and Foot

UNIT – IV

1. Application of Mechanical Concepts

1. Motion
 1. Definition
 2. Newton's Laws of Motion
 3. Application to Sports activities

2. Force

1. Definition
2. Magnitude of force
3. Direction of application of force
4. Application to Sports activities.

3. Equilibrium

1. Definition of Lever
2. Major factors affecting Equilibrium
3. Role of Equilibrium in sports

4. Lever

1. Definition of Lever
2. Types of lever
3. Application to Human Body

UNIT –V

1. Analysis of Locomotion

1. Walking
2. Running

2. Kinesiology in Daily Living

1. Lifting
2. Carrying
3. Catching
4. Falling
5. Landing

BPE-II

SPORTS SOCIOLOGY

PAPER –A-V

UNIT – I

1. Introduction

1. Meaning and Scope of Sport Sociology.
2. Sport Sociology as an academic discipline.
3. Sports as a Social Occurrence.
4. Effect of Appearance, Sociability and Specialization on Sport Participation.

UNIT – II

1. Sport and micro social systems

1. Study of Sport Groups.
2. Group Introduction.
3. Competition and Co-operation.
4. Behavioral Characteristics of Sports Leaders.

UNIT-III

1. Sport and micro social systems.

1. Relationship between Family and Sport Participation.
2. Relationship between Education Institutions and Sport Participation.
3. Relationship between Politics and Sport.
4. Relationship between Economy and Sport.

UNIT – IV

1. Sports and Society

1. Socialization through Games and Sports.
2. Sport as an element of Society.
3. Sport as an incisive of Cultural Development.
4. Sport as an Art.

UNIT – V

1. Social factors concerning sport in society

1. Social stratification in Sport.
2. Demonstration in Sport.
3. Sport and Women.
4. Sport and Children.

REFERENCES

1. Loy. John, W. Kenyon, Gerold, S. 2 Mc Phesson, Barry D. "Sports Culture and society (Philadelphia Lea and Fabiger, 1981)
2. Ball Donald W. and Loy John W. Sport and social order :- Contribution to the sociology of sport. (London: Addison Wesley Publishing Co. Inc. 1975).
3. Loy. John W. Mc. Phelson, Barry D. and Kenyon Geryon Gerald sport and social systems (London Addison Wesley publishing company, inc. 1978).
4. Edward, Larry "Sociology of Sports" (Illinois :The Dorsey Press, 1973)
5. Crathy Prryant J. "Social Limitations of Physical Activity" (New gercy). Englewood cliffs, prentice Hall, In. 1976.
6. Bucher W. "Foundation of Physical Education" 13th Edition.

B.P.E.- II

RECREATION

PAPER A-VI

UNIT – I

1. Introduction to Recreation

1. Meaning, Definitions and characteristics of Recreation
2. Importance of Recreation
3. Misconceptions about Recreation
4. Scope of Recreation

UNIT – II

1. Influence of Recreation in Social Institutions.

1. Family
2. Educational institutions
3. Community/ Cultural
4. Religious organizations

UNIT – III

1. Planning for Recreation

1. Planning criteria and objectives of Recreation facilities
2. Different types of indoor and outdoor Recreation for Urban
And rural population
3. Operation and Maintenance of different Recreation area
And facilities

4. Sources of funding of Recreational activities.

UNIT – IV

1. Programmes in Recreation

1. Criteria and principles of selecting a program me

2. Classification of Recreational activities:

1. Indoor and outdoor activities:

2. Water activities

3. Cultural activities

4. Literary activities

5. Nature and outing

6. Social events

7. Adventure activities

3. Hobbies – Introduction to hobbies and types of hobbies.

4. Agencies providing Recreation.

UNIT – V

1. Camping and leadership

1. Aim, objectives and importance of Camping.

2. Organization and types of Camp.

1. Selection and layout of camp site.

2. Camping leadership.

3. Types and functions of Recreation leaders.

4. Qualification, Qualities and training & Recreation leaders.

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1. Bright Charles K. and Harold C. Meyer. "Recreational test and readings" Eaglewood cliff, New Jersey Prentice Hall, Inc. 1975.
2. Ness wed, M.H. and New Meyer E.S. Leisure and Recreation, New York : Ronald Press.
3. Vannier Maryhalen, "Methods and Material in Recreation Leadership: Philadelphia. " W.B. Sounders company, 1953.
4. Planning Facilities for Health, Physical Education and Recreation, Chicago, the Athletic Institute, 1936.
5. Recreation areas: Their Design and equipments, New York: Ronal Press 1958.

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