

## **B.P.E. IIIrd Year**

### **Part-A (Theory)**

Paper	Subject	Sessional	Final	Max.	Min.
1 <sup>st</sup>	English	-----	-----	75	25
	Hindi	-----	-----	75	25
2 <sup>nd</sup>	Professional Preparation	20	80	100	33
3 <sup>th</sup>	Educational Method	20	80	100	33
4 <sup>th</sup>	Health Education	20	80	100	33
5 <sup>th</sup>	Sports Psychology	20	80	100	33
6 <sup>th</sup>	Educational Technology	20	80	100	33
	Total	100	400	650	

### **Part-C (Teaching Practice)**

	External	Internal	Total
Teaching Practice	100	100	200

### **Part-D (Specialization)**

	External	Internal	Total
Specialization	100	100	200

## BPE –III

बी.ए./बी.एस.सी./बी.काम./बी.एच.एस.सी

भाग—तीन आधार पाठ्यक्रम

प्रश्न पत्र— प्रथम (हिन्दी भाषा)

पूर्णांक – 75

(बी.ए./बी.एस.सी./बी.एच.एस.सी./बी.काम./तृतीय वर्ष के पुनरीक्षित एकीकृत आधार पाठ्यक्रम एवं पाठ्य सामग्री का सामाग्री का संयोजन 2000–2001 से लागू है)

सम्प्रेषण कौशल, हिन्दी भाषा और सामान्य ज्ञान आधार पाठ्यक्रम की संरचना और अनिवार्य पाठ्य पुस्तक – हिन्दी भाषा एवं समसामयिकी – का संयोजन इस तरह किया गया है कि सामान्य ज्ञान की विषय वस्तु – विकासशील देशों की समस्याओं – के माध्यम, और साथ-साथ हिन्दी भाषा का ज्ञान और उसमें सम्प्रेषण कौशल अर्जित किया जा सके। इसी प्रयोजन से व्याकरण की अन्तर्वस्तु को विविध विधाओं को संकलित रचनाओं और सामान्य ज्ञान की पाठ्य सामग्री के साथ अगुम्फित किया गया है। अध्ययन – अध्यापन के लिए पुस्तक की पाठ्य सामग्री है और अभ्यास के लिये विस्तृत प्रश्नावली है। यह प्रश्नपत्र भाषा का है अतः पाठ्य सामग्री का व्याख्यात्मक या आलोचनात्मक अध्ययन अपेक्षित नहीं है। पाठ्यक्रम और पाठ्य सामाग्री का संयोजन निम्नलिखित पाँच इकाइयों में किया जाता है। प्रत्येक इकाई दो भागों में विभक्त किय गया है।

इकाई – एक (क) भारत माता: सुमित्रानंदन पंत, परशुराम की प्रतिज्ञा, रामधारीसिंह दिनक,

बहुत बड़ा सवाल: मोहन राकेशन संस्कृत और राष्ट्रीय एकीकरण: योगेश अटल।

(ख) कथन की शैलियों: रचनागत उदाहरण और प्रयोग।

इकाई – दो (क) विकासशील देशों की समस्यायें, विकासात्मक पुनर्विचार और प्रौद्योगिकी एवं नगरीकरण

(ख) विभिन्न संरचनाएं

इकाई – तीन (क) आधुनिक तकनीकी सम्यता, पर्यावरण प्रदुषण तथा धारणीय विकाय

(ख) कार्यालयीन पत्र और आलेख।

इकाई – चार (क) जनसंख्या : भारत के संदर्भ में और गरीबी तथा बेरोजगारी।

(ख) अनुवाद ।

इकाई —पाँच (क) उर्जा और शक्तिमानता का अर्थशास्त्र ।

(ख) घटनाओं, समारोहों आदि का प्रतिवेदन और विभिन्न प्रकार के नियंत्रण पत्र ।

मूल्यांकन औजना : प्रत्येक इकाई से एक-एक प्रश्न पूछा जायेगा । प्रत्येक प्रश्न के आंतरिक विकल्प होगा । प्रत्येक प्रश्न के 15 अंक होंगे । प्रत्येक इकाई दो-दो खंडों (क्रमशः क और ख)

में विभक्त है, इसलिए प्रत्येक प्रश्न के भी दो भाग, (क्रमशः क और ख) होंगे । क अर्थात् पाठ एवं सामान्य ज्ञान से संबद्ध प्रश्न के अंक 8 एवं ख अर्थात् भाषा एवं सम्प्रेषण कौशल संबद्ध प्रश्न के अंक 7 होंगे । इस प्रकार पूरे प्रश्न पत्र के पूर्णांक 75 होंगे ।

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बी.ए. भाग —तीन

हिन्दी साहित्य

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प्रथम प्रश्नपत्र

अंक — 75

जनपदीय भाषा —साहित्य (छत्तीसगढ़ी)

प्रस्तावना —

हिन्दी केवल खड़ी बोली नहीं है, कल्कि एक बड़ा भाषिक समूह है । हिन्दी जगत में अनेक विभाषायें बोलियाँ और उपबोलियाँ विद्यमान हैं जिसमें पुष्कल साहित्य सम्पदा है । इनके सम्यक् अध्ययन और अन्वेषण की आवश्यकता है । जनपदीय भाषा छत्तीसगढ़ी निरंतर विकास की ओर अग्रसर हो रही है । अरन्तु इस भाषा का और इसमें रचित साहित्य का इतिहास—विकास स्पष्ट करते हुए अनमें संबंधित प्रमुख रचनाकारों का आलोचनात्मक अनुशीलन करना हिन्दी के वृहत्तर हित में होगा । छत्तीसगढ़ी भाषा का पाठ्यक्रम निम्न बिंदुओं पर आधारित है —

(क) छत्तीसगढ़ी भाषा का इतिहास — विकास ।

(ख) छत्तीसगढ़ी भाषा में रचित साहित्य का इतिहास ।

(ग) छत्तीसगढ़ी भाषा के प्रमुख प्राचीन एवं अर्वाचीन रचनाकारों की कृतियों का अध्ययन ।

पाठ्य विषय:—

(1) प्राचीन कवि संत धर्मदास के 3 पद –

1. गुरु पङ्गा लागों नाम लखा दीजो हो।
2. नैनन आगे ख्याल घनेरा।
3. भजन करौ भाई रे, अइसन तप पाय के।

(सन्दर्भ – धर्मदास के शब्दावली से अद्धृत)

(2) लखनलाल गुप्त का गद्य –

1. सोनपान

(गद्य – पुस्तक सोनपान से अद्धृत)

(3) अर्वाचीन रचनाकार

डॉ. सत्यभामा आडिल रचित गद्य

1. सीख सीख के गोठ

(गद्य – पुस्तक गोठ से उद्धृत)

(4) डॉ. विनय पाठक की कविताएँ –

1. तँय उठथस सुरुज उथे
2. एक किसिम के नियाव

(अकादमी और अनचिन्हार पुस्तक से अद्धृत)

(5) मुकुन्द कौशल – छत्तीसगढ़ी गजल

छै बित्ता के मनखे देखों .....सैं – मछरी मन लाखा लेथे तक

(पुस्तक छत्तीसगढ़ी गजन के पृष्ठ 17 से उद्धृत)

द्रुतपाठ के रचनाकार – (व्यक्तित्व एवं कृतित्व)

(1) सुन्दर लाल शर्मा

(2) सविलनाथ कश्यप

(3) रामचन्द्र देशमुख (रंगकर्मी)

B.P.E. /B.A./B.Sc./B.COM./B.H.Sc. PART – III

ENGLISH LANGUAGE

The question paper for B.A. /B.Sc./B.Com./B.H.Sc. III, Foundation course, English Language and General Awareness shall comprise the following items :

Five question to be attempted, each carrying 3 marks

Unit – I	Essay type answer in about 200 words. Four essay type Questions to be asked and two to be applied.	15
Unit – II	Letter writing skills for composition – Essay writing	10
Unit – III	Précise writing	10
Unit – IV	(a) Reading comprehension of an unseen passage	05
	(b) Vocabulary based on test	10
Unit – V	Grammar Advanced Exercises	25

Note : Question on unit I and IV (b) shall be asked from the prescribed text. Which will comprise of popular create writing and the following items. Minimum needs housing and transport Geo-economics profile of M.P. communication Educate and culture. Women and Worm in Empowerment Development, management of change, physical quality of life war and human survival, the question of human social value, new Economic Philosophy Recent Liberatiation Methods) Democratic decentralization (with reference to 73, 74 constitutional Amendment.

## **PAPER –A- II**

### **PROFESSIONAL PREPARATION**

#### **UNIT – I**

##### **1. FOUNDATION OF PROFESSIONAL PREPARATION**

1. Meaning of Professional
2. Components of Professional Preparation.
3. Contribution of Physical education in attaining ideals of Indian democracy.
4. Forces and factors affecting educational policies and programme.

#### **UNIT – II**

##### **1. HISTORICAL PERSPECTIVE**

1. Historical review of Professional Preparation in India.
2. Professional courses being offered in professional preparation colleges in India.
3. Professional Preparation in Physical Education in USA, USSR and UK.
4. Beginning of Professional Preparation in the world.

#### **UNIT – III**

##### **1. Under- Graduate preparation of professional personnel.**

1. Purposes, Admission Requirements of Undergraduate preparation.
2. Theory, Teaching practice and practicals.
3. Professional competencies to be developed.

##### **2. Post- Graduate Preparation.**

1. Purposes & Admission requirements.

2. Methods of instruction.
3. Professional relations.

## **UNIT – IV**

### **1. Teacher and Teaching.**

1. Teaching as a career.
2. Basic Qualities of a successful teacher.
3. Preparation of the specialized physical Education teacher.
4. Types of teaching jobs.
5. Types of non -teaching jobs.

## **UNIT – V**

### **1. In – Service Education.**

1. Nature and Scope.
2. Role of teacher education institutions in in – service education.
3. Role of Profession in in-service education.
4. Course and Formal education experience.

### **2. Evaluation.**

1. Trends in evaluating professional preparation.
2. Evaluation the programme of professional preparation.
3. Relation of evaluation to administration & Personal program.

### **3. Modern Trends in professional preparation.**

## **REFERENCES**

1. Pape, A Laurence, Means, E. Louis. A- Professional Career in Physical Education, (Englewood Cliffs, N.J. Prentice Hall, Inc. 1963
2. Jensen, R. Clayne, Administrative Management of Physical Education and Athletic Programmes.(Philadelphia Lea and Febiger, 1983.)
3. Snyder and Scott. Professional Preparation in Health, Physical Education and Recreation.(Connecticut, Greenwood press, Westport. 1971).
4. Bucher, C.A. Foundations of Physical Education (Saint Louis) : the C.V. Mosby Company, 1975), Ed. 7.
5. Agarwal, J.C. Education Administration school Urban location and Supervision.(New Delhi : Agra Book Depot. 1967).
6. Sattu, J. Sryant. Career Potentials Physical Activity. (New Jersey Englewood Cliffs, Prentice Hall, Inc. 1971).



## **BPE-III YEAR**

### **PAPER- A-III**

### **EDUCATIONAL METHODS**

#### **UNIT-I**

##### **1. Introduction**

1. Definitions and functions of Education.
2. Narrow and Broader Meaning of Education.
3. Traditional and Modern Indian Concept of Education.
4. Importance of Education in Modern Era.

##### **2. Types of Education.**

1. Formal, Informal and Non-Formal Education.
2. Process of Education.

#### **UNIT-II**

##### **1. Devices of Teaching**

1. Maxims or Principles of Teaching
2. Importance of Devices of Teaching.
3. Various teaching devices: Exposition and Explanation. Narration. Description. Assignment and Homework.

##### **2. Evaluative Devices**

1. Meaning and Importance.
2. Principles Underlying Devices
3. Specific evaluation devices: Examination. Oral quiz, standardized tests, rating scales & Inventory.

## **UNIT-III**

### **1. Philosophy and Methods of teaching.**

#### 1.1 Brief Meaning, role of a teacher and methods of teaching by:

1. Ravindra Nath Tagore
2. Mahatma Gandhi
3. Probel
4. John Dewey

#### 1.2 Problem Solving Method:

1. Values, Functions and Limitation.
2. Steps in Problem Solving Method.
3. Procedure.

#### 1.3 Project Method :

1. Meaning.
2. Steps in Project Method.
3. Role of a Teacher.
4. Advantages and limitations.

## **UNIT- IV**

### **1. Teaching Techniques in Physical Education:**

1. Lecturer Method.
2. Command Method.
3. Project Method.
4. Discussion Method.
5. Group Directed Practice Method.
6. Demonstration Method.

7. Imitation Method.

**2. Teaching Procedures in Physical Education :**

1. Whole-Method.
2. Whole-part-whole Method.
3. Part-whole Method.
4. Stage-whole Method.

**3. Presentation Techniques in Physical Education.**

1. Meaning and Importance.
2. Preparation – Personal and Technical.
3. Command – Response and Rhythmic.
4. Formation and its Types.

**4. Meaning and Principles of Class Management.**

**UNIT- V**

**1. Lesson Planning**

1. Meaning and Importance.
2. Principles of Lesson Planning.

**2. Types of Lesson:**

1. Knowledge Lesson.
2. Skill Lesson.
3. Appreciation Lesson.

**REFERENCE**

1. Bhatia and Bhatia. The Principles and Methods of Teaching (DOABAHOUSE : NEW DELHI), 1959.

2. Kocher, S.K. Methods & Techniques of Teaching. (Sterling Publishers Pvt. Ltd, Julundas), 1982.
3. Kozman, Cassidy and Jackson. Method in Physical Education (W.B. Saunders company. Philadelphia and London), 1952.
4. Bucher, Chasles A. Methods and Materials in Physical Education and Recreation (The C.V. Mosley company, U.S.A.), 1954.
5. Singh, Ajmer and others. Modern text book of Physical Education. Health and Sport, B.A. Part-I (Kalyani Publishers, Ludhiana) 2000.
6. Tirunayayan C. and Hariharan S. Methods in Physical Education. (Karaikadi: South Indian Press), 1969.
7. Knapp and Hagman, Teaching methods for Physical Education (Mcgraw-Hill Book Company, INC. New York), 1953.
8. Kamlesh and Sangral, Methods in Physical Education (Vinod Publications. Ludhiana) 2001.
9. Knapp and Lemhard. Teaching Physical Education in Socondary Schools (Mcgraw-Hill Book Company, New York) 1968.
10. Walia J.S. Principles and Methods of Education (Paul Publishers, Jalandhar) 1999.

**BPE-III YEAR**  
**PAPER –A- IV**  
**HEALTH EDUCATION**

**UNIT-I**

**1. Health**

1. Concept of Health
2. Dimensions of Health
3. Spectrum of Health
4. Positive Health
5. Determinants of Health

**2. Health Education.**

1. Concept, aims objectives and Scope.
2. Principles of Health Education
3. Methods of Communication in Health Education.

**UNIT-II**

**1. Health Problems**

1. Communicable and non- communicable diseases
2. Nutrition
3. Environmental sanitation
4. Medical Care
5. Population

**2. An Introduction to Organizational and Administrative set-up of Health System in India.**

1. National level

2. State Level

3. District Level

### **3. Steps of Planning of Health Education Programme.**

## **UNIT- III**

### **1. Personal and Environmental Hygiene**

1. Care of Skin, Mouth, nails, clothing, bathing etc.

2. Immunity Health

### **2. Community Health**

1. Brief account of Housing, water supply, sewage and refuse disposal.

### **3. School Health Service:**

1. Common Health Problems

2. Objectives of School health service

### **4. Aspects of School Health service:**

1. Health Appraisal.

2. Remedial Measures and Follow-up

3. Prevention of Communicable Diseases

4. Healthful School Environment

5. Nutritional Services

6. First Aid and Emergency Care

7. Eye Health Service

8. Health Education

9. Education of Handicapped Children

10. School Health Records.

## **UNIT- IV**

### **1. NUTRITION**

1. Classification of foods
2. Proximate principles and role of various nutrient
3. Balanced diet
4. Balanced diet for Indian School Children
5. Malnutrition, Adulteration of Food

## **UNIT – V**

### **1. Family planning**

1. Concept, need and importance
2. Role of Health Education in family-

### **2. Sex Education: Concept need and importance of sex education at School level.**

### **3. National Health Programme in India (Brief description)**

1. NMEP (National Malaria Eradication Programnme).
2. DDCP (Diarrhoeal Diseases Control Programme).
3. National TB Control Programme
4. STD Control Programme
5. NEPF National Family Planning Programme.

### **4. International Health Agencies:**

1. WHO
2. UNICEF
3. UNDP

**BPE-III YEAR\**  
**PAPER –A- V**  
**SPORTS PSYCHOLOGY**

**UNIT – I**

**1. Introduction of Sports Psychology**

1. Definitions of Meaning of Sports Psychology.
2. Scope/ areas of Sports Psychology.
3. Need and Importance of Sports Psychology.

**2. Importance of Sports Psychology for Physical Education and Coaching in relation to:**

1. Sports Training.
2. Talent Identification.
3. Competition Preparation.

**UNIT- II**

**1. Cognitions Process in Physical Activities**

1. Meaning of Cognitions
2. Characteristics of Various Phases of Cognitive Process – Knowing, Feeling and Action.

**2. Meaning of Various Cognitions Functions.**

1. Meaning of Perception Sensation, Thinking and Attention.
2. Role of various Cognitive Functions in Physical Activities.



## **UNIT – III**

### **1. Growth and Development.**

1.1 Motor Development in following Periods :

1. Early Childhood.
2. Childhood.
3. Late Child hood.
4. Adolescence.

1. Importance of Motor Development to Skill Learning in Sports.
2. Psychological and Training Implications of Motor Development during.
3. Factors affecting Motor Learning.

## **UNIT-IV**

### **1. Personality**

1. Meaning & Definitions.
2. Personality traits of Sportsmen.
3. Personality difference among various sports group.

### **2. Motivation in Sports**

1. Meaning and definitions of Motive, Need, Drive, Motivations.
2. Types of Motivation.
3. Importance of Motivation in learning Physical Education & Sports.
4. Theories of Motivations.

## **UNIT – V**

### **1. Emotions and it's Role in Sports.**

1. Meaning of Emotion.
2. Types of Emotion and associated Instinct.
3. Influence of Emotion on cognitive process and motor learning.
4. Meaning of Anxiety and Competition Anxiety.

### **2. Psychological Aspects of Competition.**

1. Causes of emotional disturbance before competition.
2. Characteristics of Pre-competitions, competition, and post-competition State. (Syndrome)
3. Selected Psycho Regulation Techniques for Relaxation and Activation.
4. Psychological Preparation for competition.

**BPE-III YEAR**

**PAPER –A- IV**

**EDUCATION TECHNOLOGY**

**UNIT –I**

**1. Introduction to Education Technology**

1. Definition
2. Educative Process
3. The Teacher of Yesterday & Today
4. An outline of Teaching method used then and now
5. Use of sensory organ in the process of learning and remembering
6. Communication:
  1. Types of Communication
  2. Communication Cycle
  3. Communication in the Class room

**UNIT- II**

**1. Teaching Aids :**

1. Importance of Teaching Aids
2. Criteria for selecting Teaching Aids
3. Difference between Teaching Method and Teaching Aids.
4. Broad Classification of Teaching Aids.
  1. Audio Aids
  2. Visual Aids
  3. Audio-Visual Aids

1.5 Advantage and suggestions for effective use of selected Teaching Aids.

1. Verbal
2. Chock Board
3. Charts
4. Models
5. Slide Projector
6. Over Head Projector
7. Motion Picture
8. Self Experiment and Projects.

**UNIT- III**

**1. New Teaching Techniques and Innovations – I :**

1. Art of questioning and Answering

1. Purpose of Questioning
2. Classification of Questioning
3. Techniques of asking questions

2. Programmed Learning

1. Concept of Programmed Learning
2. Fundamental Principles of Programmed Learning
3. Steps involved in preparation of Programme.

3. Team Teaching

1. Meaning
2. Guiding principles of Team Teaching

### 3. Advantage of Team Teaching.

## **UNIT – IV**

### **1. New Teaching Techniques and INNOVATIONS – II :**

#### 1. Micro Teaching

1. Concept and Features of Micro Teaching
2. Micro Teaching Verses Traditional Teaching
3. Steps in Micro Teaching
4. Principles of Micro Teaching
5. Micro Teaching Skills
6. Limitation of Micro Teaching.

#### 2. Simulation Teaching

1. Meaning of Simulation
2. Types of activities in simulation
3. Steps in Simulation
4. Advantages of Simulation
5. Limitations of Simulation

## **UNIT- V**

### **1. System Approach.**

1. Definition of System
2. Components of an instructional system
3. Flow Diagram for designing a system
4. Advantages of system approach

### **2. Teaching Machines**

1. Meaning of Teaching Machines

2. Values of teaching Machines
3. Machine verses Teacher
4. Computer – Assisted Instruction.

### **REFERENCE**

1. K. Sampath. A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi : Sterling Publishers Pvt. Ltd.) : 1981.
2. Bhatia and Bhatia. The Principle, and Methods of Teaching (New Dilhi Doaba House), 1959.
3. Walia, J. S. Principles and Method of Education (Paul Publishers, Jullandhar), 1999.
4. Kocher, S.K. Methods and techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982