

Theory Paper B.P.E. IVth Year

Part – A Scheme of Examination (Theory Paper)

| Paper | Subject | Maximum | Minimum |
|-------|---|---------|---------|
| | Foundation of Physical Education | 100 | 33 |
| | Adapted Physical Education | 100 | 33 |
| | Management of Physical Education | 100 | 33 |
| | Test and Measurement | 100 | 33 |
| | Introduction to corrective and Rehabilitation | 100 | 33 |
| | Theory and methodology of sports training | 100 | 33 |

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Part – B (Practical)

| | External | Internal | Maximum | Minimum |
|---|----------|----------|---------|---------|
| Practice Teaching (Theory Subjects) | 100 | 100 | 200 | 80 |
| Sports Specialization (Common for all Games) | 100 | 100 | 200 | 80 |

PAPER – I

FOUNDATION OF PHYSICAL EDUCATION

UNIT – I

1. Biological Foundation

1. Need for studying principles
2. Foundation – Meaning and sources
3. Heredity, Environment and their importance, stages and principles of Growth and Development.
4. Biological basis of life and Biological weaknesses
5. Chronological, Anatomical, Physiological and Mental age and their implications in the development and implementation of programmes of Physical Education

UNIT – II

1. Psychological Foundations

Importance and implications of Psychological elements in Physical Education and Sports.

1. Nations about body and mind and psychological unity of man
2. Learning curve and its importance
3. Conditions and factors affecting learning

UNIT – III

1. Mechanical Foundations

1. Importance and implications of Mechanical elements in Physical Education and Sports
2. Newton's laws of Motion and its implications in various sports
3. Force – Definition, types and its application in different sports
4. Aero – dynamics, its meaning and application in different sports

UNIT - IV

1. Physiological Foundations

1. Importance and implication of physiology in sports and physical Education

2. General and specific benefits of exercise on various systems of
The body
3. Basic principals of exercise and physical education
5. Kinesthetic Sense and performance

UNIT -V

1. Sociological Foundation

1. Importance and implications of Sociology in Sports and Physical
Education
2. Physical Education and Sports and need of the society
3. Physical activities and Sports as the need of the society
4. Physical activities and Sports as Social Institution and their
Influence on society

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PAPER - II

ADAPTED PHYSICAL EDUCATION

UNIT - I

Introduction To Adapted Physical Education

1. Meaning and Definitions.
2. Aims and objectives of Adapted Physical Education.
3. Need and Importance of Adapted Physical Education.
4. Role of Physical Education in Adapted Physical Education.
5. Historical Review of adapted Physical Education.

UNIT - II

Classification of Disability

1. Changing Concept of Disability Handicaps, retardation, Physically and Mentally Challenged.
2. Physical Disability.
 1. Characteristics
 2. Category
 3. Functional Limitation
 4. General Causes
- 1.3 Mental Retardation and Learning Disability
 1. Characteristics
 2. Category
 3. Functional Limitation

4. General Causes.

1.4 Hearing and Speech Impairment.

- a) Characteristics
- b) Category
- c) Functional Limitation
- d) General Causes.

1.5 Visual Impairment

1. Characteristics
2. Category
3. Functional Limitation
4. General Causes.

1.6 Other Disabled conditions.

2. Behavioral Problems Associated With Disability

1. Adjust mental Problem.
2. Emotional Problem.
3. Personality Disorder.

3. Social Problems.

1. Social Stigma
2. Discrimination
3. Social Rejection.

VIII - III

1. Adapted Physical Education Program me

1. Guiding Principles for Adapted Physical Education Program me

(AAHPER Principle)

2. Physical Education Programme for Disabled of
 1. Elementary School
 2. Middle School
 3. High School
- 1.3 Special Adapted Programme for Various Types and categories of Physical Disability:
 1. Regular Physical Activity
 2. Informal games and Special Activity
 3. Informal and Formal Competitions.
- 1.4 Special Adapted Programme for Hearing & Speech Impairment, Visual Impairment, Mental Retardation, and Learning Impairment.
 1. Regular Physical Activity
 2. Informal games & Special Activity
 3. Informal & Formal Competitions.

UNIT – IV

1. Co –Curricular Activities for Disabled
 1. Outdoor Programme for Disabled
 2. Adventure Based outdoor Programme
 3. Creative development and Hobby and culture Development Programme
2. Aquatic Activity Programme for Disabled :
 1. Importance of Aquatics for Disabled.

2. Nature of Aquatics Activity Programme based on types of various disability.
3. Rehabilitative Role and Importance of aquatic Activity.

III - V

1. Rehabilitation

1. Aims and Objectives of Rehabilitation.
2. Meaning of Functional and Occupational Rehabilitation
3. Importance of Adapted Programme in Rehabilitation
 1. Functional Rehabilitation.
 2. Psychological Rehabilitation – Adjust mental, Environmental and Personality Development.

2. Governmental Welfare Programme

1. Provisions of Special rights and privilege for disabled through legislations.
2. Social Welfare Programme for disabled.
3. Mass Public Education/Awareness Programme.
 1. Education Approach.
 2. Service Approach.
- 2.4 Legislative Approach.

PAPER-III

MANAGEMENT OF PHYSICAL EDUCATION

III - I

Management and Organizational Structure :

1. Meaning and Definition of the terms – Administration and Management.
2. Elements/Phases of Management (Planning; Organizing; Staffing; Directing and coordination; Supervision and Control. Evaluation; Readjustments and Improvement/Follow-up)
3. Importance/Significance of the Subject – Management in Physical Education and Sports.
4. Principles of Management.
5. Schemes of Organization – Meaning.
6. Procedure for Working –out and effective Scheme of Organization.
7. Organizational Structure in Schools, Colleges and Universities.
8. Organizational Structure in District and State Education Departments.

III - II

Facilities and Equipments :

1. The Need for Out –door Facilities : Principles for their Location and the Recommended Area.
2. Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking.
3. Guidelines/Principles for the Lay-out of Out-door Facilities.
4. Care and Maintenance of Out-door Facilities.

- Unit 2*
6. Gymnasium: The need, Location, Dimensions, Sample Floor Plans.
 6. Swimming Pool: The Need, Construction, Maintenance and Supervision.
 7. The Need for Equipments and their Types.
 8. Procedure for the Purchase of Equipments.
 9. Principles to be followed for the Purchase.
 10. Store Room Management: Need, Location, Fixtures, Handling of equipments, Issuing Procedure and Periodical Stock –Checking.
 1. Stocking of Leather Equipments, Rubber Equipments, Wooden Equipments Cloth Uniform Shuttle Cocks, Mattresses, Swimming and Track Equipments.
 2. Repairs and Disposal of Damaged Equipments.

UNIT – III

Staff and Leadership

1. Head of the Institute/Department and his Role in Imbibing the Spirit of Discipline among his Staff and Students.
2. Qualifications of Physical Educators for Different Level Assignments.
3. Qualities of a Good Physical Education Teacher.
4. Staff Co-operation and It's Significance.
5. Involvement/Development of Voluntary Service of Other Teachers for Physical Education Programs.
6. Student Leadership : Meaning, Elements, and Values/ Significance.
7. Selection Training and Recognition of Student Leaders.

UNIT - IV

I. Intramurals, Extramural and Public Relations

1. Meaning and Values of Intramural Program.
 2. Units, Events and Points System for Competition.
 3. Sample Rules to be followed for Intramurals.
 4. Rewards and Incentives for Winners.
 5. Meaning and Educational Outcomes of Extramurals.
 6. Evil Practices in Extramural.
 7. Limitations. On Participation.
 8. Team Management: Selection & Training (Coaching Camps etc.)
 9. Tour Management (Physical Education Teacher as Manager of the Team).
 10. Tournament Management, Opening and Closing Ceremonies; Various Committees and their Responsibilities.
1. Definition and meaning of Public Relations.
 2. Need for a Public Relation Program in Physical Education.
 3. Principles to be followed for a good Public relation Program.
 4. Techniques of Public Relation.
 5. Relation of the Physical Education Teacher with the Students, Parents, colleagues, Principal and Supervisor etc.

UNIT - V

- 0 Class Management, Office Management and Physical Education Budget.

1. Teacher's Preparation before Class (Lesson Plan, Markings of the Courts, Necessary Equipments Suitable Uniform).
2. Students Preparation.
3. Handling and Controlling the Class.
4. Attendance System.
5. Grading the Student.
6. Preparing Reports.
7. The Need for Office, It's Location and Set-up.
8. Office Function and Practices.
9. Meaning and Importance of 'Budget' in Physical Education.
10. Budget Making (Steps; Areas of Income and Expenditure):
 1. Account Keeping.
 2. Patty Cash Fund/Imp rest.

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- Voltmar, B.P. et. Al. The Organization and Administration of Physical Education, Prentice Hall Inc., New Jersey. 1979.
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Huges, W.L. et. Al. Administrative of Physical Education, The Ronald Press, Company, New York, 1962.

Venderzwaq, H .J. Sports Management in Schools and Colleges, Mcmillan Publishing Company, New York, 1935.

PAPER - IV

TESTS AND MEASUREMENTS

UNIT - I

I Introduction

1. Meaning of Test, Measurement and Evaluation.
2. Formulative and summative Evaluation.

II Needs and Importance of Tests, Measurements and Evaluation in Physical Education.

I Introduction to Statistics

1. Meaning and Definitions of Statistics
2. Meaning and Kinds of Data
3. Needs and Importance of Statistics.

II Frequency Table

1. Meaning, Importance and uses of F.T.
2. Construction of F.T.

III Measures of Central Tendency

1. Meaning, uses and calculation of mean from Ungrouped and grouped Data:
2. Meaning, uses and calculation of Medium from ungrouped and grouped Data.
3. Meaning, uses and calculation of Mode from ungrouped and grouped Data.

UNIT - II

Measured of Variability

1. Meaning, uses and calculation of quartile Deviation from ungrouped And grouped Data.
2. Meaning, uses and calculation of standard Deviation from Ungrouped and groped Data.

Percentiles and Deciles

1. Meaning, uses and calculation of quartile Deviation from ungrouped and groped and grouped Data.
2. Meaning and calculation of Deciles from ungrouped and groped data.

Graphical Representation of Data.

1. Meaning and uses.
2. Construction of Frequency Polygon
3. Construction of Cumulative Frequency curve.
4. Construction of Smooth Frequency curve.
5. Construction of Histogram/ Bar Diagram.

Correlation

1. Meaning and uses of correlation
2. Magnitude of Correlation
3. Calculation of Correlation by Rank Difference Method.
4. Calculation of Correlation by Product 'Moment Method.

UNIT - III

Population and Sample

1. Meaning of Population and sample
2. Importance of sampling

3. Principles of sampling.

4. Sampling Techniques.

1. Systematic sampling

2. Random Sampling

3. Stratified sampling

4. Cluster Sampling

5. Sequential Sampling

5. Knowledge Test

1. Importance of Knowledge Test

2. Types of Knowledge Tests

1. Characteristics of Objective K.T.

2. Characteristics of subjective K.T.

3. Items to be included in objective K.T.

4. Items to be included in subjective K.T.

6. Technical Standards of a Tests

1. Reliability

2. Validity

3. Objectivity

4. Norms

7. Criteria of Tests Selection

8. Administration of Testing Program me

1. Advance Preparation

2. Duties during Testing

Duties After Testing.\

UNIT - IV

Somatotyping

1. Meaning of Somatotyping
2. Brief Account of Krechmer's body type
3. Brief Account of Sheldon's body type

Strength Test

1. Maximum Strength (Arms & Legs)
2. Explosive Strength (Arms & Legs)
3. Strength Endurance (Arms & Abdomen)

Cardio – Respiratory Endurance Test

1. Cooper's Run/Walk Test.
2. Harvard Step Test.

Balance Tests.

1. Stock Stand for Static Balance.
2. Modified Bass Test for Dynamic Balance.

Flexibility Tests

1. Bridge up Test for Spine Flexibility.
2. Shoulder Rotation Test for Shoulder Flexibility.

UNIT - V

Fitness Tests

1. Rogan's PEI.
2. AAHPER youth Fitness test.

National Physical Fitness Programme.

4. Health Related fitness Tests battery.
5. JCR Test.
6. Barrow Motor Ability Test (Three Items).

Sports Skill Tests

1. Johnson Basketball Ability Tests.
2. Lock Hart and Mcpherson Badminton Tests.
3. McDonald Soccer Test.
4. Brady Volleyball Test.
5. Harbans Hockey Test.

Social Efficiency

1. Meaning of Social Efficiency.
2. Mc Cloy's Behavior Rating Scale.
3. Conwell Social behavior Trend Index.

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1. Ted. A and Andrew S. , "measurement for evaluation in phy. Edu. And exercise Science." Sixth edition (Newyork WCB McGraw -Hill). 1999.
2. Barrow, H.M. and R. McGee (1971), "A Practical Approach to measurement in Physical Education. " Lea and Fibiger, Philadelphia, U.S.A.
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PAPER-V

INTRODUCTION TO CORRECTIVES AND REHABILITATION

UNIT-I

1. Meaning of Correctives Physical Education, its objectives and scope
2. posture & concept
 1. Definition, values of good posture, causes and drawbacks of bad posture.
 2. Common postural deviations their causes and remedial exercises
 3. Hypnosis
 4. Scoliosis
 5. Lordosis
 6. Knock Knees and Bow legs
 7. Flat feet.
3. Organization of a Corrective Gymnastic class (Group therapy) and its advantages.

UNIT-II

1. Sports Injuries
 1. Introduction to Sports Injuries
 2. Role of a trained personnel in the management of the sports injuries.
2. Prevention of Injuries:
 1. Factors causing sports injuries.
 2. Factors sports injuries.

3. Complications of incomplete treatment
- Common Sport injuries and their immediate treatment.

1. Sprain
2. Strain
3. Contusion and hematoma
4. Dislocation
5. Fracture

UNIT - III

1. REHABILITATION:

1. Definition, objectives and scope:
2. Effects and uses of the therapeutic modalities in Rehabilitation:
 1. Cold Therapy
 2. Hot moist
 3. Infra Red
 4. Contrast Bath
 5. Wax Bath Therapy

UNIT - IV

1. Therapeutic Exercises:

1. Definition and scope of therapeutic exercises.
2. Classification, therapeutic effects and uses of the following:-
 1. Active Exercises (Free, Assisted and Resisted Exercises)
 2. Passive Exercises (relaxed and forced exercises).

2. Muscle strength and its maintenance

causes of muscle weakness and its prevention

General principles of muscle strengthening.

Joint mobility and its maintenance.

Factors causing limitation of joint mobility

Methods of increasing joint mobility

UNIT - V

THEREPEUTIC AND SPORTS MASSAGE:

1. Definition and brief history of massage
2. General approach to massage manipulation.
3. Common Physiological effects of massage.
4. Classification of massage technique.

Common massage technique and their therapeutic uses:

1. Effleurage
2. Kneading
3. Petri sage
4. Friction
5. Stroking
6. Percussion Manipulations.
7. Shaking Manipulations.

Contraindications of Massage in general

Techniques of Massage for the limbs, back and neck

Role of Massage in Competitive Sports.

REFERENCES

1. First AID to the Injured, New Delhi, St. John Ambulance Association.
2. Pande, P.K. Gupta. L.C. : Outline of Sports, Medicine. New Delhi Jaypee Brother, 1987.
3. Steven, Roy, Irvin Richard, Sports Medicine'. Engle wood Cliff N.J. ; Prentice Hall, 1983.
4. Forester, Palastangas : 'Clayton's Electrotherapy' Delhi C.B.S Publishers & Distributors.
5. : The Principles of Exercise Therapy : London : Bell & Hyman, 1981.
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PAPER-VI

THEORY & METHODOLOGY OF SPORTS TRAINING

UNIT -I

1. Introduction

1. Meaning and definitions of Sports Training
2. Meaning of terms :Coaching, Teaching Conditioning and Training

2. Aim and tasks of Sports Training.

3. Characteristics of Sports .Training.

4. Principles of Sports Training.

5. Systematization of Sports Training.

1. Begenner
2. Intermediate.
3. High Performance.

UNIT - II

1. Training Load

1. Definition and Types of Training Load.
2. Features /Factors of Training Load.

2. Principles of Intersity and Volume of Stimulus.

3. Over Load.

1. Meaning and types of over load.

2. Causes of over load.
3. Symptoms of over load.
4. Tacking of over load.

Judgement of Training Load.

UNIT - III

1. Strength

1. Concept and types of Strength.
2. Foctors Determining Strenght.
3. Methods of Strenght training.
4. Management of Strength training program me.

2. Endurance

1. Concept and types of endurance.
2. Factors determining endurance.
3. Methods of endurance training.

3. Speed

1. Concept and Classification of Speed.
2. Factors determining speed.
 1. Reaction speed
 2. Speed of movement.
 3. Acceleration speed.
 4. Sprinting speed.
 5. Speed endurance.

UNIT -IV

Technical Training

1. Definition of Technique and Skill
2. Importance of Technique.
3. Process of Skill Learning.
4. Methods of Technique Training.

2. Tactical Training

1. Concept of Tactics and Strategy.
2. Methods of Tactical Training.

UNIT -V

3. Planning

1. Concept of Training Plan.
2. Principles of Planning.
3. Types of Training plan.

4. Periodization

1. Meaning and Importance of Periodization
2. Periods of Training year.
3. Aim and Contents of Periods.
4. Types of Periodization.

PRACTICE TEACHING (THEORY SUBJECTS)

The students are expected to develop further proficiency in the conduct of Theory of Physical Education of formal nature in view of this the duration of the session to be conducted by these students shall be in the range of 40 to 50 minutes depending on the class they are going to handle secondary and higher secondary.

During B.P.E. II they have already been oriented to class room teaching. It will be added with formal teaching work, as well as specific teaching in the form of Health Education and other subjects which will make a full syllabus of School teaching.

Each student teacher is expected to take ten lessons during the course of the year. The lessons will be supervised by the faculty members who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

COURSE CONTENTS:

The Students are required to take ten lessons in class room situation. The Classification of lessons is as follows:

- 1- Theory of games : Rules, Marking, tactics (Two lessons)
- 2- Subject teaching (any subject other than health education) – Anatomy Physiology, Methods, Sports Psychology etc. (Three lesson).
- 3- Health Education (Five lessons)

NOTE: 1-

These types of lessons are generally taken by the Physical Education teachers in the schools. The course content will be as per the C.B.S.E. syllabus.

- 2- Each student will take 10 lessons in the academic year.

4- Internal Lessons

5- Internal Evaluation by a committee

6- Two lessons of Theory games, three lessons of Theory Subjects (other than Healthy Education) and five lesson of Health Education

During the course of the year, the lessons which are conducted by the student teachers will be graded by the faculty members each carrying 10 (ten) marks. So, by the end of the session, the Co-coordinator should have a tabulated score of each student teachers out of 50 marks. This will form the internal assessment as a part of the final examinations.

At the end of the session, the students should have the final examination conducted by two examiners-one external and one internal. Both of them will observe the lesson and grade each student teacher out of 100 marks, so that the final grade becomes out of 150 marks-One hundred by external examiner and internal examiner and fifty for the year, assessment.

(Sectional Marks)

At the time of final examination, the student teacher should prepare a written lesson plan on the basis of draw of lots taken out three days prior to the final exam. Each candidate will pick up a chit on the basis of which the contents of the lesson will be decided like theory of games, health education, other subjects.

It is recommended that there should not be more than four lessons going on simultaneously so that the examiners could minutely observe the lesson. If desirable the number of external examiners man by more with equal number of internal examiners.

SPORTS SPECIALIZATION (Common for all Games)

1. History : Historical development of the game/sport at national and international levels.

2. Organization

1. National Bodies controlling sports and their affiliated units.
2. International bodies controlling sports and their affiliated units.
3. Major National and International competitions.

1. Officiating and Layout of Play field :

1. Rules and their interpretations.
2. Mechanics of officiating
3. Layout and marking of play areas.

1. Techniques/ Skills :

1. Classification of Techniques/Skills.
2. Technical/Skill training.
 1. Preparatory Exercise.
 2. Basic Exercise.
 3. Supplementary Exercise.

2. Recreational and lead – up activities.

3. Tactics and Strategy :

1. Selection of Players/teams
2. Different Tectical concepts applicable to the game/sport
3. Tactical Training.

1. Training :

1. Systematization of training process for a beginner, Intermediate and high performance Sports persons.
2. Training Methods and means for the development of motor abilities (Strength,Speed, Endurance and flexibility.)
3. Load dynamics (Principles of Training Load, Distribution of Training load)
4. Basic Concept of Preparation of Training Schedule

1. Planning :

1. Short Term and long Term Training Plans.
2. Periodisation (Prep. Comp & Transition.)

2. Evaluation :

1. General Fitness Tests
2. Specific. Fitness Tests
3. Performance and Skill Tests.

PRACTICAL

Practically applicable topics among the Theory section will be taught practically at the end of the session the concerned teacher will evaluate the students. There is no sessional marks