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BPE III
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Bilaspur Vishwavidyalaya Bilaspur

बिलासपुर, विश्वविद्यालय बिलासपुर (छ०ग०)

(A State University established by Chhattisgarh Vishwavidyalaya Amendment Act 2011, No. 07 of 2012)

PART-I THEORY

Subject	Marks		Agg.
	Max.	Min	
Principles and History of Physical Education	100	36	
Psychology of Phy. Education	100	36	
Organization Administration & Supervision in Physical Education	100	36	40%
Antony Physiology, Physiology of Exercise & Health Education	100	36	
Methods of Physical Education	100	36	
Officiating & Coaching	100	36	

PART-II

PRACTICAL EXAMINATION (Proficiency in Individual Skills)

Subject	Internal	External	Marks		Agg.
			Max.	Min	
Major Games	40	40	200	100	
Athletics	60	60			50%

PART-III

PRACTICAL EXAMINATION - TEACHING ABILITY

	Marks		Agg.
	Max.	Min	
	100		
	100	200	100 50%

- (a) Leadership and its importance.
- (b) Qualifications and qualities of a Physical Education Teacher, Facilities for training of teacher-leaders in Physical Education with particular references to India.
- (c) Contribution of Physical Education Teachers to General Education.
- (d) Future development of the profession.

SECTION - II

HISTORY OF PHYSICAL EDUCATION

A brief history of Physical Education in India from ancient to modern period. Prevedic period. Epic period, Hindu period, Muslim period, British period.

I. Physical Education in ancient Greece-Homeric age, period of Greek civilisation and city states, comparative study of Spartan and Athenian Education. The origin and development of ancient Olympic Games.

II. Physical Education in Ancient Rome, Education and Physical Education among the Romans. The Circus, Gladiatorial Con.... etc. Decline of Roman Civilization.

IV. Physical Education in Germany, Sweden and Denmark.

V. PHYSICAL EDUCATION IN GREAT BRITAIN.

- (a) The Growth and Development of Sports.
- (b) The play ground and the Recreation, Youth Clubs, Play-field Association Movement, Physical Recreation.
- (c) The Growth and Development of School Physical Education.

VI. PHYSICAL EDUCATION IN U.S.A.

- (a) The play traditions of the immigrants in the colonial period.
- (b) The National period, and the growth of academies.
- (c) Physical Education in Schools and University.
- (d) Growth & Development of Teacher Training Institution.
- (e) Trends Towards Recreation Movement.

VII. PHYSICAL EDUCATION IN U.S.S.R.

- (a) Survey of present practices in regard to the promotion of Physical Education and Sports.

VIII. PHYSICAL EDUCATION AND SPORTS IN JAPAN AND CHINA.

X. MODERN OLYMPICS.

C. YOGA IN MODERN CIVILIZATION.

XI. SURVEY OF PHYSICAL EDUCATION IN MODERN INDIA.

- (a) Growth and development of activities of India origin.

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PAPER-I SECTION I ~~AJ-6349~~

~~AI-1114~~
PRINCIPLES & HISTORY OF PHYSICAL EDUCATION

1) **Meaning, Objectives and Aim of Physical Education**

- (a) Meaning of the terms-physical Culture, Physical training Physical Education Drill, Sport, Gymnastic and Athletics. ~~A-1681~~
- (b) Objectives and Aim of Physical Education. ~~AP-5516~~
- (c) Physical Education and Education.
- (d) Relationship of Physical Education to Health Education and Recreation.

2) **Scientific Foundation of Physical Education :**

BIOLOGICAL

- (a) Growth and Development.
- (b) Effect of Haredity and Environment.
- (c) Deference in males and females.
- (d) Body-Types.
- (e) Principles of Exercise-Normal Load, Crestload and over load.
- (f) Principles of use, disuse and overuse.
- (g) Chronological, Physiological and Antomical Ages.
- (h) Practical Suggestions from Biology.

PSYCHOLOGICAL :

- (a) The Psychological Physical Unity of the human organism.
- (b) Reflexaction, conditioned reflex etc.
- (c) Laws of Learning, their application to situations on playground.
- (d) Theories of play.
- (e) Practical Suggestions fro Phychology.

I. **SOCIOLOGICAL :**

- (a) Social nature on Learning of man.
- (b)
- (c) Social velues one development of different traits and ideas.
- (d) Influence of the group on the individual and vice versa.
- (e) Competitions and Co-operation.
- (f) Social recognision.
- (g) Physical Education as a socializing agency.

I. **THE PHYSICAL EDUCATION PROFESSION :**

- (b) Status of Physical Education & Sports in Educational Institutions. The Integrated scheme of National corps.
- (c) The Y.C.A. & its contribution.
- (d) Teacher Training Institutions of Physical Education.
- (e) Physical Education Associations.
- (f) Federation of the all India Seminar of Physical Education institutions.
- (g) Recommendation of the University Education Commission of Physical Education.
- (h) Recommendation of the All India Seminar of State. Inspectors of Physical Education and University Directors.
- (i) National Plan of Physical Education and Recreation.
- (j) National Physical Efficiency Drive.
- (k) Central Advisory Board of Physical Education and Recreation.
- (l) Sports Organisation District, State level and International.
- (m) The Indian Olympic Association and other Sports Association Federation.
- (n) National Institute of Sports.
- (o) Sports Authority of India.

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PAPER-II

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PSYCHOLOGY OF PHYSICAL EDUCATION

- Psychology as a Science : Its Meaning; its bearing on Education and Physical Education.
- Mental Process : Body-Mind relationship; Neure; Muscular Skills.
- General Innate Tendenioies : Motives; Needs; Urives; Sympath; Imitation; Suggestio; Play; Play way in education and sublimation of innate tendencies.
- Stages in Development : The nature of growth and Development. Charracteristics and various stage Development.
- Products of Development : Habits, Complexes; sentiments and Character.

~~AK 7388~~
~~AF 4445~~
~~AJ 6350~~
~~AP 5295~~
~~AP 3517~~
 A-1682

7. Hardity and Environment :
The Learning Process : The nature; Laws of Learning; Motivation in learning; Attention; Interest; Learning Curves; Transfer of Training.
8. Efficient Training : Memory, Motor Memory and their training.
9. Intelligence : Its nature and Development.
10. Mental Hygiene : Meaning; its importance; handling of exceptional children. Role of Physical Education in preventing mal-adjustment and promotion of proper mental health.
11. Fatigue : Physiological and Psychological aspects of fatigue.
12. Personality : Its Meaning, development of personality adjustment through physical Education.
13. Discipline & Behaviour :
14. Individual Difference :
15. The Psychology of the unconscious and its bearing.
16. The Psychology of the Group.

PAPER-III

~~AS-6351~~

**ORGANISATION, ADMINISTRATION & SUPERVISION
OF PHYSICAL EDUCATION & RECREATION**

SECTION - 1: ORGANISATION & ADMINISTRATION :

1. Introduction : Definition of terms importance, objectives, guiding principles.
~~2570 AS-4116~~
2. Schemes of Organisation : N.F.C., N.C.C., School Sports.
~~AP-5518~~
3. Facilities : Construction and care of Gymnasias, Swimming Pools, Playing field Playgrounds.
~~AK-7384~~
4. Equipment : Need, Purchase, Maintenance, issue and disposal.
~~AL-9446~~
~~AP-5996~~
5. Professional Preparation : Qualities of a teacher, Training, Problems facing the

6. Programme Planning : teacher, students leadership. Principles and Factors affecting the Time Table, Preparing, Time Tables Scheduling School sports, problems of School Sports Interamurals, Inter Institutional.
7. Records and Registers : Attendance, Tests, Health and Character, Extra-Curricular Activities.
8. Budget & Finance : Preparation of a budget, administration, rules for expenditure, forms and routine for payments and entries, accounting and Auditing.

9. Organisations working in the field of Physical Education in India.
10. Evaluation :

SECTION-2 : SUPERVISION OF PHYSICAL EDUCATION

- (1) Purpose of Supervision.
(2) Nature of Supervision in different types of Institutions.
(3) Qualities of a Supervisor.
(4) Collecting and using data.
(5) Techniques of Supervision :
(i) Visitation.
(ii) Demonstration.
(iii) Bullentins.
(iv) Projects.
(v) Conferences.
(vi) Personal Counselling

SECTION - 3 : RECREATION

- 1) Meaning, Significane and Scope of Recreation.
2) Principles of Recreation.
3) Types of Recreation Rural, urgan Industrial and Organisation of each.
4) Programme Planning according to age groups.
5) Agencies Promoting Recreation.
6) Leadership in Recreation.
7) Facilities and their use - Development of New-Facilities.

SECTION - 4 : CAMPING

(TO BE TAUGHT DURING PRACTICAL PROJECT WORK)

- 1) Meaning, Educational Value and types of Camps.
- 2) Leadership : Qualities, recruitment training.
- 3) Location of Camps : Principles, site, plans.
- 4) Health and Safety : Facilities, medical Care, Precautions.
- 5) Food : Purchasing, Preparation, Care of Utencils.
- 6) Programme : Daily and Weekly Time-Tables, Selection.

PAPER - IV

ANATOY, PHYSIOLOGY, PHYSIOLOGY OF EXERCISE
& HEALTH EDUCATION

Section - 1

1. ~~AJ-6352~~ Anatomy, Physiology and Physiology of Exercise ~~AI-4417~~
Introduction to the Human Body : ~~AI-9447~~
 Origin of Life A-1684
 Evolutionary adaptations of Man, Cells, Tissues, Organs and
 the Systems. ~~AK-7385~~
2. **Skeletal System :** ~~257~~ ~~AA-5397~~
 Bones of the Skeleton, Struction & Types, Spine-Structure and
 Functions, Joints & Joint Movement, Posture-Good Posture,
 Postural Defects, Knowk Knee etc.
3. **Muscular system :** ~~AD-5519~~
 Structure of Muscles-Properties and development, Effect, of
 Exercise on Muscles, Trunk, Arms & Legs-Their action, Phsical
 Conditioning Fatiue, Muscle Pull, Spasm.
4. **Circulatory System :**
 Structures of the Health, Blood Vesels, Arteres, Veins and
 Gapillaries, Blood Circulation, Blood Pressure, Blood
 Constituents & Functions, Effect of Exercise on the Circu____
 System, Haemorrhage, Transfusion & Blood Clotting,
 Lumunities, Lymphatic Systems.
5. **Respiratory System :**
 Organs of Respiration - Structure & Functions, Physiology of
 Respiration, Medhanism of Respiration, Control of Respiration,
 Vital Capacity, Effect of Exercise on Respiratory Systme,
 Oxygen Dbt, Edurance, Second Wind.
6. **Digestive System :**
 Organs of Digestion - Stucture & Functions, Enzymes, Digestion
 in the Stomach and the Intesting, Absorption and Assimilation
 of Food, Metabolism.
 Effect of Exercise on Digestion, Digestion in the Stomach and

Intestine, Absorption and assimilation of Food, Metabolism
Effect of Exercise on Digestion.

7. **Excretory System :**

Organs of Excretion - Structure & Functions, Composition of Normal Urine - Fluid Balance, Acid-Base Balance, Skin Structure and Functions, Sweat Glands, Temperature Regulation, Effect of Exercise on the excretory Organs.

Neovous Systems :

Organs - Location and Functions, Brain and its parts Centres of Localisation, Spinal Cord. Reflex Action Autonomous Nervous System, Neuro-Muscular Co-ordination.

9. **Reproductive System :**

Male, Female - Structure and Function.

10. **Endocrines :**

Important Endocrine Glands-Location & Functions, Role in Growth, Health Development and Functions.

SECTION - 2

HYGIENE AND HEALTH EDUCATION

1. **Water :**

Sources of Water, Importance of Pure Water, Purification of water, Supply of Pure Drinking Water in Schools.

2. **Air and Ventilation :**

Methods of providing good ventilation, Importance of Fresh air, Effect of poor ventilation.

3. **School Hygiene :**

School Building, Ventilation and Light, Seating Arrangements, Posture, Water supply, Urinals and Latrines, Play grounds, Sanitation and Sanitary Facilities.

4. **Waste and Refuse :**

Method of collection and disposal of dry refuse, Dumping, Incineration, collection and disposal of human excreta, Water carriage system.

5. **Infection Diseases :**

Their causes and Prevention, Names of Disease Cholera, Interm Fever, Dysentory, Fuiima Worm, Malaria, Plague, Diphtheria, Small Pox, Measles, Whooping Cough, Titanus, Plarations & Addiction to drugs.

6. **Health Education :**

Definition of health education, health instruction, health supervision, health service and guidance, Instruction in personal hygiene Detection of defects of common ailments, Medical Examination, Follow-upwork.

Family Welfare :

Sex Education and family planning, Narcotics and drugs their effects.

B. Deitetics :

Food-its constituents; Principles of Nutrition, Coloric Value of Food, Balances diet, Special diets for Children/athlets, Under weight/over weigh.

B. P. Ed.**PAPER-V****: METHODS OF PHYSICAL EDUCATION :**

1.

Presentation Techniques : A-1685

Importance : ~~AI-4418~~ 2572

The basis of Educations Methods.

- i) Personal Preparations. ~~AS-6353~~
- ii) Technical Preparations. ~~AX-7386~~
- iii) Organising Subject Matter. ~~AI-9448~~
- iv) Presentation of Subject matter.
- v) Class Management. ~~AI-5395~~
- vi) Methods of Teaching (General)

2.

Orientation; Verbal Explanation; Demonstration; Explanation; Practice; Discussion; Part and Whole Method.

3.

Method of Teaching of Physical Activities :

Games of High Organisations (Major Games) Individua; Team; Games of Low Organisation (Minor Games), Track and Field; Running; Jumping; Throwing.

4.

CALISTHENICS : Gymnastics, rhythmic activities combative and Defensice activities.

5.

Classification : Imprtnance Methods & Types.

6.

Tournaments : Types of tournaments, Imprtnance, Methods Merits & Demetis Knock-out & Methods and types of tournaments League, Intermular & Exteramular competitions.

7.

Test & Measuraments : qualities of Good Test; Types & Formation.

8.

Relation, Demonstrations, Physical Education Days, Display, Play-Days, Publicity media; Radio Television. News, Papers, Bulleting Pamphlets, Posters.

9.

Teaching Aids : Charts, Audio-Videography, Internet, D. Tapes, Film, Black Board etc.

10.

Construction & marking of track & play field.

11.

Incentivis : Awards, Letter Creasts, Honour Board, Trophies, and Certificates.

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- 12 Leadership & Practical Projects : Camping, Picnic Hiking Excursion (Outing).

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PAPER-VI

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: OFFICIATING AND COACHING :

Section 1 : The Theory of Officiating.

1. The Qualities of a good Official : ~~AM-5399~~ ~~AI-9449~~
(Consistency; Judgement; Knowledge, Confidence) ~~2573~~
2. Relations with Management Coaches, Captains Players, and Spectators.
(Punctual; Praparad; Fair Friendly, Foised) ~~AD-5531~~
3. Routint Pre-game and Tost-game, Tuties;
(Dress and Equipment, inspections, instructions; reports) A-1686
4. Improving the standards of Officiating;
(Rule study, practice, Clinics, Apprenticeships, Tatings etc.)

Section 2 : The Theory of Coaching.

1. Teaching, Coaching and Training.
Definition and purpose of the teacher, coach and trainer;
Qualities, Knowledge and Responsibilities of each.
2. Demonstrating and analysing skills and team play;
(Purpose, preparation, methods rating Importance, Correction)
3. Selection :
(Tryouts, Skills, Game Qualities, Position, Teamwork.)
4. Promoting and maintaining intersest in a game.
(Publicity, tradition, equipment, Schedules, training Camps rewards).
5. The use of Psychology in coaching.
Individual and team development, match, tournaments.
6. Requisties of a champion.
(Ability Interest, Fitness, Pride, Determination)
7. Conditioning of Players and team :
General Fundamentals; (Nead Work-load, effects selection of type).
8. Warm Up : (Types and Values) Meaning, Imporance and Methods.

Section - 3 : The Coaching of Games

1. The History, Values and present status of the game.
2. The fundamental skills of the game of events; teaching training and testing of them.

The play of the various position in team games.
 Officiating rules, Signals, positional play.
 Tactics-Offence, defence, special situations for them.

OFFICIATING AND CHOACHING Major Games Men / Women

Kho-Kho.
 Kabadee.
 Volleyball.
 Basketball.
 Football.
 Hockey.
 Gymnastics.
 Cricket.
 Handball.
 Badminton.
 Table Tennis.
 Weight Lifting.
 Tennis
 Net Ball.
 Ball Badminton.
 Judo
 Wrestling.
 Yoga.
 Archery.
 Aquatics (Swimming/Diving)

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PAPER-V

: DEPPTT. OF PHYSICAL EDUCATION : PRACTICALS

Practicals Part II Skills (Personal Proficiency)
 The Examination under skills may cover the following distribution

Group - I	Major Games	-	40 Marks.
Group - II	Atheletics	-	60 Marks.

The Skills examination in Major Games & Atheletics will
 personally External. The Procedure of assessment of
 Marks of skills in indicated below.

MAJOR GAMES :

Any two major games out of the games taught during the course should
 be observed and each candidate. Should be assigned marks out of 20

for each 40 marks in aggregate by the external examiner.

ATHELETICS :

Each candidate should be required to take any four test items out of the following items. Each candidate should be assigned marks out of - 15 in each group - 60 marks.

Items :-

1. Sprint Running
2. Distance Running
3. Hurdles of Relay Race.
4. Any one throwing events.
5. Any one jumping events.

Each test should carry 16 marks.

Practical Part - III : Teaching Ability :

The Candidate will be required to give 15 Supervisory Lessons in Physical Education out of which at least 5 should be taken in schools and colleges. In addition he should complete 5 officiating assignments as given below :

Major Games - 4 : Athletions - 4

In the final examination, the candidate shall prepare submit a final lesson plan which he will take in the presences of external out or a total of 100 marks.

Note : 100% marks are kept internal in each practicals.

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