

HANUMAN VYAYAM SHALA KRIDA MANDAL  
PHYSICAL EDUCATION COLLEGE, YAVATMAL

**BPED - Syllabus**

**Information & Communication Technology  
In Physical Education and Sports & Games**

**Unit I**

Introduction of computer :

1. Meaning , need and importance of information and communication technology (ICT)
2. Application of Computer in Physical Education.
3. Components of computer , input and output device.
4. Application software used in Physical Education and sports.
5. Internet & its uses and The Browsers.

**Unit II**

MS Word (Practicum)

1. Introduction to MS Word
2. Creating , saving and opening a document .
3. Formatting , Editing features Drawing table
4. Page setup, paragraph alignment , spelling and grammar check printing option inserting page number , graph, footnote and notes

**Unit III**

MS Excel (Practicum)

1. Introduction to MS Excel
2. Creating , saving and opening spreadsheet
3. Creating formulas
4. Format and editing features adjusting columns width and row height understanding charts

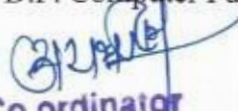
**Unit IV**

MS Power Point (Practicum)

1. Introduction to MS Power Point
2. Creating ,saving and opening a Power Point Presentation-File(PPT)
3. Format and editing features slide show , design inserting slide number
4. Picture graph table
5. Preparation of Power Point presentation (PPT)

**Reference Books:**

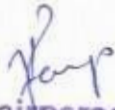
1. Flynn, Meredith & Nita H. Rutkosky. Advanced Microsoft office2000. New Delhi: BPB publication , 2000
2. Gupta Vikas computer course. New Delhi: kit Dreamtech,2001.
3. Hergert Douglas A. Excel for Windows95 instant Reference. Sybex Incorporated, 1992
4. Hillman, David Multimedia Technology and application new York : Delmar publishers,1998.
5. Irtegov, D . Operating system fundamentals . Firewall media,2004.
6. Marilyn m. & Roberta, B. computer in your future India : prentice Hall, 2nd ed
7. Milke M. Absolute beginners guide to computer basics Pearson Education Asia 2007
8. Nagpal D.P. Computer Fundamental New Delhi: Wheeler publishing 2001

  
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9. Rathbone, Andy Windows for Dummies .New Delhi: Comdex Computer Publication, 2nd ,1997
10. Sanders Donald H. Computers Today. New York: McGraw Hill Book Co.,1988
11. Sinha ,P.K. computer fundamentals ; Concepts Systems and Applications. New Delhi: BPB publications.
12. Timothy, J.O. and Leavy Linda Microsoft Office . New York: McGraw Hill Book Co. 2000
13. Underdahl, Brian & Underdahl. Internet with Web page/ Web site Design Bible, Keith. New Delhi: IDG Books India (P) Ltd. 2000

  
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**BPED - Syllabus**

**SPORTS NUTRITION AND WEIGHT MANAGEMENT**

**Unit I**

Introduction to Sports Nutrition:

1. Meaning and Definition of Sports Nutrition
2. Basic nutritious Gradients and guidelines
3. Role of nutrition in sports,
4. Recommended dietary Allowances for Sports persons.

**Unit II**

Nutrients: Ingestion to Energy Metabolism.

1. Carbohydrates, Protein, Fat: Meaning, Classification.
2. Role of Carbohydrates, Protein, Fat, Vitamins, Minerals and Water during exercise
3. Role of hydration during exercise: (water balance, Nutrition during exercise, daily caloric requirement and expenditure).
4. Obesity: Definition, Meaning, Types and Associated Risks for Health.
5. Obesity: Causes and Solutions for Overcoming Obesity.

**Unit III**

Nutrition and Weight Management

1. Weight Management: Meaning & Concepts in modern era And Affecting Factors & Values.
2. Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss.
3. Nutrition-components, balance diet and diet for athletes.
4. Meaning and definition of doping; cryogenic aids for athletes.

**Unit IV**

Steps of Planning of Weight Management

1. Methods of Weight Management: Manipulation of energy balance to Induce weight loss and weight gain
2. Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.
3. Nutrition: Daily calorie intake and expenditure, Determination of desirable body weight.

**Reference Books:**

1. Bean, Anita. (1999) Food for Fitness. London: A & C Black
2. Bessesen, D. H. (2008) Update on obesity. J Clin Endocrinol Metab.93(6), 2027-2034.
3. Butryn, M. L., S. Phelan, & J. O. Hill (2007) Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091-3096.
4. Fink, H. H., L. A. Burgoon & A. E. Mikesky (2006) Practical Applications in Sports Nutrition. Canada: Jones and Bartlett Publishers.
5. Giam, C. K. (1994) Sport Medicine Exercise and Fitness. Singapore: P. G. Medical Book. Gosselior, Co, 1995.

6. Nutritive value of Indian food: National Institute of Nutrition ( NIN)
7. Shubhangini A. Joshi. Nutrition and dietetics with Indian case studies: Mc-Grow Hill Publication.
8. Vermilion. The Ultimate Guide to Fitness. London: 4. Competition nutrition: Before week and the day; On the day and After the day of competition.

  
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MPED – Syllabus

**PHYSICAL FITNESS AND WELLNESS**

**Unit I –**

Introduction Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

**Unit II –**

Nutrition Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs

**Unit III –**

Aerobic Exercise Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

**Unit IV –**

Anaerobic Exercise Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls) Advanced techniques of weight training


**Unit V –**

Flexibility Exercise Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

**Reference:**

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989. Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications(India), 1992. Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.

- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002. Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square,
- London 1999 Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001

  
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**SPORTS JOURNALISM AND MASS MEDIA**

**UNIT I**

Introduction Meaning and Definition of Journalism, Ethics of Journalism – Canons of journalism- Sports Ethics and Sportsmanship – Reporting Sports Events. National and International Sports News Agencies.

**UNIT II**

Sports Bulletin Concept of Sports Bulletin: Journalism and sports education – Structure of sports bulletin – Compiling a bulletin – Types of bulletin – Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting.

**UNIT III**

Mass Media Mass Media in Journalism: Radio and T.V. Commentary – Running commentary on the radio – Sports expert's comments. Role of Advertisement in Journalism. Sports Photography: Equipment- Editing – Publishing.

**UNIT IV**

Report Writing on Sports Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

**UNIT –V**


Journalism Sports organization and Sports Journalism – General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach. Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news.

**REFERENCE:**

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi :Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- MohitChakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication., Padmanabhan. A &Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
- Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.

  
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- Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
- Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

  
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