

Sant Gadge Baba Amravati University, Amravati

Part B

Syllabus Prescribed for UG Programme

Programme: BPES

Semester V

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
5TP01	Professional Preparation in Physical Education and Sports	60

Cos

After completing this course, the students will be able to

- Understand the modern concept of Professional Preparation in Physical Education.
- Describe the principles of Professional Preparation in Physical Education.
- Identify Career opportunities in Physical Education.
- Develop the Administrative skills & Community Responsibilities.
- Apply the Various Methods of Professional Preparation in Physical Education.
- Application of Allied subjects and their concept.

Unit	Content
Unit I 1.1 Meaning Nature and Criteria of profession. 1.2 Physical Education as a profession. 1.3 Aims and objectives of General Education contribution of professional preparation to the purpose of education. 1.4 Forces and Factors affecting the policies and programmes of professional preparation educational, social, political, economical, religions etc.	15 (periods)
Unit II 2.1 Qualifications for teaching courses of professional preparation in physical education. 2.2 Specific qualifications for physical educators. 2.3 Teaching evaluation. 2.4 Duties and services of physical education teachers. 2.4.1 Experience through movement education including games, sports and other activities. 2.4.2 Professional preparation programmes Health, safety, recreation, camping and outdoor education. 2.4.3 Coaching 2.4.4 Administrative functions 2.4.5 Community Responsibilities 2.4.6 Professional Leadership	15 (periods)
Unit III In service education of professional personnel : 3.1 Nature and scope of in service education. 3.2 Role of administration in service education. 3.3 Career opportunities. 3.4 Co-education meaning, need and factors affecting co-education in physical education levels at which co-education is desirable.	15 (periods)
Unit IV 4.1 Allied subjects their meaning, concept and scope sports, psychology, sports sociology, sports philosophy, sports mechanics, kinesiology, physiology sports medicine, health education. 4.2 Sports and other field 4.2.1 Sports and politics 4.2.2 Sports and Culture 4.2.3 Sports and Economics (Commerce)	15 (periods)
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.

Course Material/Learning Resources

REFERENCES:

1. Harold, Abraham and Jack Crumps (Athletics The Naldrett Press, London)
2. Doherty : Modern Track and Field.
3. Miller : Fundamentals of Track and Field.
4. D.B.Crmwell Championship Technique in Track and Field
5. Breshnabam and Tuttle : Track and Field.
6. Meeley : Test and Measurements

Part B

Syllabus Prescribed for UG Programme

Programme: BPES

Semester V

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
5TP02	Test and Measurement in Physical Education	60

1. **Cos**
2. Develop the knowledge Meaning, nature of **Test and Measurement in Sports**
3. Develop concepts related to test, measurement & evaluation.
4. Construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
5. Analyse the physical ability and performance of an individual in various sports.
6. Explain the basics of various test and measurement techniques.
7. Describe the criteria, classification and administration of test.

Unit	Content
1. History and Need: 1.1 History of measurement in physical education. 1.2 Meaning of test and measurement 1.3 Need for test and measurement in physical education. 1.4 The use of test and measurement in physical education	15 -(periods)
Unit II 2. Criteria for selecting tests : 2.1 Validity 2.2 Reliability 2.3 Objectivity 2.4 Norms 2.5 Standard norms 2.6 Accuracy and interpretability	15 -(periods)
Unit III 3. Physical Fitness Test : 3.1 Strength Test 3.1.1 Freshman’s battery on basic fitness test 3.1.2 Physical fitness index 3.1.3 Sargen test 3.2 Motor Fitness Tests. 3.2.1 J.C.R. Test 3.2.2 National Physical efficiency test 3.3 Cardiovascular test- 3.3.1 Harward’s Step test 3.3.2 Foster test 3.3.3 Copper’s Twelve minute Run and walk test	15 -(periods)
Unit IV 4. Elementary Statistical methods. 4.1 The frequency distribution	15 -(periods)

4.2 Measure of central tendency mean, median, mode 4.3 Reliability measures 4.3.1 Standard errors-Standard error of mean; median; standard deviation ; co-efficient correlation. 4.3.2 Probable error 4.4 Standard Measure- 't' score .	
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.

Course Material/Learning Resources

1. Clarks H : Application of measurement of health physical education, prentice Hall. inc. 1967.
2. Larson L.A. & Yucom R.D. Measurement and Evaluation in Physical Health and Recreation Education St. Luis C.V.Mosby Co.
3. Mathew, Donald: Measurement in Physical Education London, W.B. Saunders & Co.
4. Neilson, N.P.: An elementary Course in Statistics Test and Measurement in Physical, California National Test, Polo Also.
5. HarbensSingh : Teaching Hockey Through Testing, Kamal, Laxmi Sports Industries.
6. Wilks, S.S.ElementaryStatisticalAnalysis, Calcutta, Oxford and T.B.H. Pub.
7. Barrow H. M. & R. McGee. A practical approach to measurement in physical education. Philadelphia: Lea and Febiger, 1997.
8. Kansal D. K. Test and Measurement in sports and physical education., New Delhi: D.V.S. Publications, 1996 Mathews D. K. Measurement in physical education. Philadelphia: W. B. Sounders Company, 1973.
9. Phillips D. A., & J. E. Hornak Measurement and Evaluation in physical education., New York: John Willey and Sons, 1979.

Part B

Syllabus Prescribed for UG Programme

Programme: BPES

Semester V

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
5TP03	Research Method In Physical Education	60

COs

- Determine need and scope of research in Physical Education.
- Select appropriate Design for conducting research.
- Identify potential research areas in Physical Education & Sports Sciences
- Knowledge of ethics in research.

Unit	Content
Unit I Introduction -Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher. Research ethics : concept, meaning and importance.	15 (periods)
Unit II Methods of Research -Descriptive Methods of Research; Survey Study, Meaning of Survey, Tools of Survey Research, Questionnaire, Construction of Questionnaire, Interview. Introduction of Historical Research Research: Primary Data and Secondary Data.	15 (periods)

Unit III Sampling- Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability.	15 (periods)
Unit IV Research Proposal and Report- Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Mechanics of writing Research Report, Footnote and Bibliography writing.	15 (periods)
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.

Course Material/Learning Resources

1. Best J.W (1971) Research in Education, New Jersey; Prentice Hall, Inc
2. C.R. Kothari, Research Methodology : Methods And Techniques, New Age International Publishers; Fourth edition
3. Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
4. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press
5. D N Sansanwal, Research Methodology And Applied Statistics, Shipra Publications, ASIN : 9388691555 ISBN-13 : 978-9388691543
6. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
7. John W. Creswell, Research Design: Qualitative, Quantitative, and Mixed Methods Approaches, SAGE Publications, Inc; Fifth edition, ISBN-13 : 978-1506386706
8. Kamlesh, M.L. (1999) Research Methodology in Physical Education and Sports, New Delhi; Moser, A.K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
9. Moorthy A.M. Research Processes in Physical Education (2010); Friend Publication, New Delhi
10. Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs; Prentice Hall, Inc
11. Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication.

Part B

Syllabus Prescribed for UG Programme

Programme: BPES

Semester V

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
5TP04	Wellness and Fitness	60

Cos

The students would be able to:

1. Apply the modern concept of Fitness and Wellness.
2. Apply various techniques of Aerobic and anaerobic exercise and demonstrate its benefits.
3. Employ the knowledge about concept of holistic health through fitness and wellness.
4. Orient the society toward the approach of positive life style.
5. Develop competencies in health and fitness sector.
6. Design and apply the fitness and wellness management techniques.

/Unit	Content
Unit I Concept of Physical Education and Fitness 1. Definition, Meaning and Aims of fitness and Wellness. 2. Physiological, Psychological and Sociological	15 (periods)

Objectives of Fitness and Wellness. 3. Importance and Scope of Fitness and Wellness. 4. Modern concept of Physical Fitness and Wellness. 5. Physical Education and its Relevance in Inter Disciplinary Context	
Unit II Fitness, Wellness and Lifestyle 1. Fitness – Types of Fitness and Components of Fitness. 2. Understanding of Wellness. 3. Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management. 4. Physical Activity and Health Benefits. 5. Calculation of fitness index level 1-4.	15 (periods)
Unit III Principles of Exercise Program 1. Means of Fitness development – aerobic and anaerobic exercises 2. Exercises and Heart rate Zones for various aerobic exercise intensities. 3. Concept of free weight Vs Machine, Sets and Repetition etc 4. Concept of designing different fitness training program for different age group. 5. Methods of training – Continues, Interval, Circuit, Fartlek and Plyometric.	15 (periods)
Unit III Safety Education and Fitness Promotion 1. Health and Safety in Daily Life. 2. First Aid and Emergency Care. 3. Common Injuries and their Management. 4. Waist-hip ratio larger heart rate, BMI and types and principles of exercise(FITT).	15 (periods)
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self-study etc.

Course Material/Learning Resources

- Bud, G. (1992) Physical Fitness. A Way of Life. USA: Macmillan Publishing co.
- Carbin, C. B., L. Ruth & G. Welk, (2000) Concepts of Physical Fitness. USA: WC Brown.
- Daryl, S. (1994) Introduction to Physical Education, Fitness and Sport USA: Mayfield Publishing Co;
- Difiore, J. (1998) Complete guide to postnatal fitness. London: A & C Black,.
- Giam, C. K & K. C. The, (1994) Sport medicine exercise and fitness. Singapore: P. G. Medical Book
- J. S., G. B., Dintiman, & B. M. Oakes (1998) Physical Fitness and Wellness. USA: Library of Congress Cataloging-in-publication data.
- Halfield, F. C. (2001) Fitness: The Complete Guide USA: International Sports Science Association.
- Hoeger, W. K., & S. A. Hoeger, (1999) Principles and Labs for Fitness and Wellness. USA: Engle wood Morton.
- Jackson, A. L., J. R. Morrow, (2004) Physical activity for health & fitness. I L: Human kinetics.
- Lancaster S. & R. Teodoroessu, (2008) Athletic Fitness for Kids. USA: Human Kinetics.
- Maud, J. R., & Foster, C. (1995) Physiology Assessment of Human Fitness. New Delhi:
- Mcglynn, G., (1993) Dynamics of fitness. Madison: W. C. B Brown.
- Muller, J. P. (2000) Health, Exercise and Fitness. Delhi: Sports.
- Russell, R. P.(1994) Health and Fitness through Physical Education. USA: Human Kinetics.
- Sharkey, B. J.(1990) Physiology of fitness. Human Kinetics Book.
- Uppal, A. K. (1992) Physical Fitness. New Delhi: Friends Publication.
- Werner, W. K. (1986) Lifetime Physical Fitness and Wellness. USA: Morton Publishing Co.

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for - UG Programme

Programme: BPES

Semester V

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
-----------------------------------	------------------------------------	------------------------------

5PC01

Major Team Game

60

Cos

1. To understand the importance of Game and Competitive Sports & Games and general in life.
2. To develop the concept of the Games and Sports skill.
3. To develop the concept of Game and Sports skill and its value in general life.
4. To analyse & interpret the skills.
5. To appraise the rule & regulation.
6. To demonstrate and assess various techniques of starts and finish.
7. To demonstrate and assess various technique.
8. To interpret the rules and regulations in real game situation.
9. To officiate a match in real game situation.

List of Practical/Laboratory Experiments/Activities etc.

1	<p>The contents of each game are as following –</p> <ol style="list-style-type: none"> a. Brief history of game b. Measurement and preparation of the field. c. Fundamental skills d. Lead up games e. Rules of the game f. Record and awards g. Officials <p>BADMINTON :</p> <ol style="list-style-type: none"> 1) Type of Grips 2) Type of services- toss services, high services, low services. 3) Stroke for hand drive backhand over, head clear drop shot. 4) Single game and double game Advance.
2	<p>The contents of each game are as following –</p> <ol style="list-style-type: none"> a. Brief history of game b. Measurement and preparation of the field. c. Fundamental skills d. Lead up games e. Rules of the game f. Record and awards g. Officials <p>TENNIS :</p> <p>Type of service - Simple service</p> <p>Shots - Back hand shot</p> <p>Forehand shot</p>

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for -UG Programme

Programme: BPES

Semester V

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
-----------------------------------	------------------------------------	------------------------------

5PC02

**Athletics – Jumping Event
(Any Two)**

60

COs

The students would be able to:

1. Describe the importance of Jumping Event.

2. Demonstrate and assess various techniques of Athletics.
3. Interpret the rules and regulations in real competition situation.
4. Organise and officiate a competition/matches in real game situation in athletic competition.

Course Content

Athletics Track and Field (Jumping Event- Any three)

- 1.High Jump
- 2.Long Jump
- 3.Triple jump
- 4.Pole Vault

Jumping Event:

Course Contents: Final External Examination shall have to hold for any three events.

1 High Jump: (Straddle Roll/Western Roll, Scissor cut, & Fosbury Flop) :

Teaching content of the style: a. Approach Run, b. Take off, c. Clearance (style) over the bar, and d. Landing.

2 Long Jump: (Hitch kick style /Cyclic style, & Hang Style)

Teaching content of the style: a. Approach Run, b. Take off,

c. Flight (style) in the air, and d. Landing.

3 Tripal Jump: (Techniques of Hop; Steps and Jumps in Hang &Hitch kick style)

Teaching content of the style: a. Approach Run, b. Take off,c. Travel/position (style) in air, and d. Landing.

4 Pole Vault:

Teaching content of the style: a. Grip of Pole, b. Carrying the Pole, c. Approach Run,

d. Planting the Pole, e. Take off, f. Rock-Back pull and turn of body to clearance (style) over the bar, g. Release of the pole, and h. Landing.

Viva-Voce

Viva shall be conducted on the Jumping events of contents of note book as already cited above.

Performance and Style on Jumping events

Performance and style has to be given on each of the opted three jumping events. preparations.

Contents Record Book

- Track Marking on graph paper.
- Fundamental Skills of Jumping Events.
- Advance Drills for Jumping Events.
- Marking for jumping events.
- Rules of Jumping Events.
- Technical Equipments required for Each Jumping Events.
- Score sheets for each Jumping events.
- Records of jumping events at National and International events.

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for - UG Programme

Programme: BPES

Semester V

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
----------------------------	-----------------------------	-----------------------

PC03	JCR Test and Harward Step Test	60
------	--------------------------------	----

1) Tests should be conducted at the time of Examination

2) Practical book and viva

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for - UG Programme

Programme: BPES

Semester V

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
----------------------------	-----------------------------	-----------------------

5TP01	PART- III PRACTICE TEACHING	60
-------	-----------------------------	----

COs

- To equip the trainee-learners as professional personnel to cater to the diverse needs have inschool.
- To demonstrate the practical concepts of teaching practices as specialized opted subject Teachingmethod.
- To demonstrate the practical concepts of teaching practices in Mass Demonstrativeactivities.

Sant Gadge Baba Amravati University, Amravati

Part B

Syllabus Prescribed for UG Programme

Programme: BPES

Semester VI

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
6TP01	Officiating and Coaching	60

Cos

- Describe the duties of officials in general, pre, during and after the competition.
- Understand the mechanism of officiating.
- Discuss the ethics and philosophy of officiating.
- Describe the qualities and qualification of officials.
- Apply the concept of officiating.
- Demonstrate skills and techniques of officiating .
- Analysis of Sport Officiating and Coaching
- Develop the skill of Officiating and Coaching

Unit	Content
Unit I 1. Introduction: 1.1 Teaching and Training, Principles of Coaching. 1.2 Personality of Coach, Methods of Personality Skills. 1.3 Selection of players, measures for maintaining and stimulating the interest of students in games and sports.	15 periods)
Unit II 2.1 Basic Principles and planning of training schedule maintainance fitness. 2.2 Principles of conditioning, methodical principles of weight training, isotonic and isometric training, circuit training. 2.3 Cross country, Fartlek, pressure Training and Sprint Training.	15 (periods)
Unit III 3.1 Analysis of individual and team performance. 3.2 Sport hygiene, safety measures in sports.	15 periods)
Unit IV 4.1 Official duties and qualities, factors influencing officiating. 4.2 Record sheets, facilities, techniques, strategies and rules and their interpretation of the following athletics, football, hockey, volleyball, basketball, cricket, kabaddi, kho-kho, gymnastics, and wrestling Netball, Throwball, Badminton, Table Tennis etc.	15 (periods)
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.

REFERENCES:

1. Harold, Abraham and Jack Crumps (Athletics The Naldrett Press, London)
2. Doherty: Modern Track and Field.
3. Miller: Fundamentals of Track and Field.
4. D.B. Crumwell Championship Technique in Track and Field
5. Breshnabam and Tuttle: Track and Field.
6. Meeley: Test and Measurements

Part B

Syllabus Prescribed for UG Programme

Programme: BPES

Semester VI

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
6TP02	Organization and Administration in Physical Education	60

Cos

- Demonstrate an understanding of various organizational structures relevant to physical education and sports.
- Perform management skills at schools, community centers, sports clubs, and governing bodies.
- Apply principles of management in physical education programs and sports organizations.
- Acquire skills of budget development, financial planning, and resource allocation.
- Determine purchase, maintenance, issue and disposal of equipment.

Unit	Content
Unit I 1.1 Meaning concept and scope of Organization in Physical Education 1.2 Role of personnel involved in school and college Organization 1. Principal 2. Registrar 3. Head Master 4. Teacher 5. Students	15 -(periods)
Unit II 2.1 Meaning concept and scope of Administration in Physical Education 2.2 Programme planning : Principles and Factors affecting the time-table, preparing time-tables, Scheduling School Sports; Problems of School Sports, Intra-murals, Inter-Institutional.	15 -(periods)
Unit III 3.1 Facilities : Construction and care of Gymnasia, Swimming Pools, Playing Fields, Playing Grounds. 3.2 Equipment : Need, purchase, maintenance, issue and disposal.	15 -(periods)
Unit IV 4.1 Records and Registers: Attendance, Tests; Health and Character; Extra-Curricular Activities. 4.2 Budget and Finance: Preparation of Budget, Administration, Rules of Expenditure, Forms and Routine of payments and entries, Accounting and Auditing.	15 -(periods)
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.

Reference:

1. Voltmer and Esslinger: Organisation and Administration
2. Joseph, P.M. Organisation of Physical Education.
3. Hughes and French: Administration of physical Education.
4. Thomas, J.P. Organisation of Physical Education.
5. Bucher: Administration of School Health and Physical Education.
6. Forsythe and Duncan: Administration of Physical Education.

Part B

Syllabus Prescribed for UG Programme

Programme: BPES

Semester VI

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
6TP03	Educational Technology	60

Cos

The Students would be able to:

1. Identify and apply educational technology in physical education and sports
2. Explain role of educational technology in classroom teaching
3. Create the awareness regarding research in the field of educational technology.
4. Interpret about nature and scope of educational technology.
5. Develop instructional Design and Audio -Visual Media

Unit	Content
UNIT-I Introduction 1.1. Education and Education Technology- Meaning and Definitions 1.2. Types of Education- Formal, Informal and Non- Formal Education. 1.3. Educative Process 1.4. Importance of Devices and Methods of Teaching.	15 (periods)
UNIT-II Teaching Techniques 2.1. Teaching Techniques – Lecture method, Command method, Demonstration method, Imitation method, project method etc. 2.2. Teaching Procedure – Whole method, whole – part – whole method, part –whole method.	15 (periods)
Unit III Presentation Technique 3.1. Presentation Technique – Personal and technical preparation 3.2. Command- Meaning, Types and its uses in different situations	15 (periods)
Unit IV Teaching Aids 4.1. Teaching Aids – Meaning, Importance and criteria for selecting teaching aids. 4.2. Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide & LCD projector, Motion pictures, computers, Laptops etc.	15 (periods)
**Activities	**Activities 1. Lectures 2. Assignment 3. Seminar 4. Library Work 5. Field work

Reference Books:

1. Bernard, H. C. Introduction of Teaching.
2. Bharadwas, A. New media of educational planning. New Delhi: Sarup and Sons, 2003.
3. Hillman, David Multimedia Technology and application new York : Delmar publishers,1998. 5. Pande, R. S. Principles of Education.
4. Sampath, K. A. Pannirselvam, & S. Santhanam. Introduction to Educational Technology. New Delhi: Sterling Publishers Pvt. Ltd., 1981.
5. Sanders Donald H. Computers Today. New York: McGraw Hill Book Co.,1988
6. Sinha ,P.K. computer fundamentals ; Concepts Systems and Applications. New Delhi: BPB publications.
7. Timothy, J.O. and Leavy Linda Microsoft Office . New York: McGraw Hill Book Co. 2000
8. Underdahl, Brian & Underdahl. Internet with Web page/ Web site Design Bible, Keith. New Delhi: IDG Books India (P) Ltd. 2000

Part B**Syllabus Prescribed for UG Programme****Programme: BPES****Semester VI**

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
----------------------------	-----------------------------	---------------------------

6TP04

Sports For All

60

Cos

- Impart the knowledge about the sports, play, recreation, games.
- Create motivation towards sports and their fitness components and health.
- Demonstrate the sports and recreation activities and build health benefits for normal and challenged population.
- Interpret the knowledge of Health and their Preventive health measures for all population.
- Understand about Figure, disfigure effects and appearance.

Unit	Content
Unit I INTRODUCTION: 1.1 Meaning and definition of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts. 1.2 Motivation towards Sports; Introduction to Sports for fitness, fun and, competitions.	15 (periods)
Unit II SPORTS FOR FITNESS: 2.1 Meaning and definition; Components of health related Physical Fitness. 2.2 Measurement of Health Related Physical Fitness (HRPF), Development and Maintenance of Health Related Fitness	15 (periods)
Unit III SPORTS FOR FUN: 3.1 Meaning & Definition of fun, Minor games, Games Festival, Organization, and guidelines for Games Festival, Games Festival Facility, Sports Clubs. 3.2 SPORTS FOR COMPETITIONS: Meaning & Definition of Competition; Sports Selections; Sports participation and sports competitions.	15 (periods)
Unit IV SPORTS FOR RECREATION 4.1 Concept & meaning of recreation 4.2 Relation between sports & recreation(recreational sports) 4.3 Role of sports in human recreation 4.4 Social factors promoting recreation & its values 4.5 Motives of recreational participation	
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self-study etc.

References:

1. Bhatnagar, D.P., S.K. Verma and R. Mokha Human Growth. Exercise Science Publications Society, Department of Sports Sciences, Punjabi University, Patiala-147 002, Punjab, 1999.
2. Corbin et.al. Fitness & Wellness-Concepts, 2006.
3. Gopalan, G., B.V.R. Sastri and S.C. Balasubramanian Nutritive Value of Indian Foods. National Institute of Nutrition (ICMR). Hyderabad-500 007., 2004.
4. Harrison, G.A., J.S. Weiner, J.M. Tanner and N.A. Barnicot Human Biology. Oxford University Press, Oxford, U.K., 1984.
5. ICMR, Growth and Physical Development of Indian infants and Children. Indian Council of Medical Research, New Delhi, 1989.
6. Jelliffe, D.B. and E.F.P. Jelliffee, Growth Monitoring and Promotion in Young Children. Oxford University Press, Oxford, U.K., 1990.
7. Kansal, D.K., Text book of Applied Measurement, Evaluation & Sports Selection, Sports & Spiritual Science Publications, New Delhi, 2008.
8. Singh, S.P.S. and P. Malhotra, Anthropometry. Human Biology Department, Punjabi University, Patiala-147 002 (India), 2003.
9. Tanner, J.M., Growth at Adolescence. Blackwell Publishers, London, U.K. 1989.
10. Uppal, A.K., and Gautam, G.P., Health & Physical Education, Friends Publication, New Delhi, 2008.

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for -UG Programme

Programme: BPES

Semester VI

Code of the Course/Subject Title of the Course/Subject (No. of Periods/Week)

6PC01

Major Team Game

60

COs

1. To understand the importance of Running in Competitive Sports & Games and general in life.
2. To develop the concept of the Games and Sports skill.
3. To develop the concept of Sports skill and its value in general life.
4. To analyses& interpret the skills.
5. To appraise the rule & regulation.
6. To demonstrate and assess various techniques of starts and finish.
7. To demonstrate and assess various technique.
8. To interpret the rules and regulations in real game situation.
9. To officiate a match in real game situation.

List of Practical/Laboratory Experiments/Activities etc.

1	<p>HOCKEY : Fundamental:</p> <ol style="list-style-type: none"> 1. Player stance: Player Stance and Stick Holding; 2. Hitting the ball: Straight Hit, Hit on wrong foot, Reverse hit, Turn around and hit; 3. Stopping: Straight Stop, Stop on right side, Stop on left side, Reverse stopping, Aerial Stop; 4. Push: Straight push, Reverse push, Push on wrong foot; 5. Flick: Straight flick, Reverse flick, Flick on wrong foot; 6. Scoop: Straight scoop, push scoop; 7. Dribble: at varied pace and obstacles; 8. Rolling the ball: Routine ball role, Rolling the ball with One hand stick; 9. Passing: Parallel pass, Through pass, Return pass, Over head pass; 10. Tackling: Shadow Tackling, Lunge & tackle, Tackling from reverse side; 11. Dodge: dodge on left or right side; 12. Goal keeping: High and Low level ball saves. Save at cross body position; 13. Rules and their interpretations; 14. Referees and Other Officials.
2	<p>THROW BALL :</p> <ol style="list-style-type: none"> 1. Fundamentals of the Game: 2. Service: under arm , over head, side arm 3. Throwing: Throwing with both hands, throwing with single hand, 4. jumping and throw pivoting.

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for -UG Programme

Programme: BPES

Semester VI

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
----------------------------	-----------------------------	-----------------------

6PC02	Officiating of Game (Any Two)	60
-------	--------------------------------	----

COs

- Describe the duties of officials in general, pre, during and after the competition.
- Understand the mechanism of officiating.
- Discuss the ethics and philosophy of officiating.
- Describe the qualities and qualification of officials.
- Apply the concept of officiating.
- Demonstrate skills and techniques of officiating .

The Game selected should not be from the game taken in Semester V ,
Officiating of Any Two Game

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for - UG Programme

Programme: BPES

Semester VI

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
----------------------------	-----------------------------	-----------------------

6PC03	Athletics Project Book And Sessional Project Book	60
-------	--	----

COs

- To develop the concept of Sports skill and its value in general life.
- To analyse & interpret the skills.
- To appraise the rule & regulation.
- To demonstrate and assess various techniques of starts and finish.
- To demonstrate and assess various technique.
- To interpret the rules and regulations in real game situation.
- To officiate a match in real game situation.

The contents as following –

- a. Brief history of Athletics
- b. Measurement and preparation of the Track and Field.
- c. Fundamental skills
- d. Rules and Regulation
- e. Record and awards
- f. Officials

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for - UG Programme

Programme: BPES

Semester VI

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
----------------------------	-----------------------------	-----------------------

6TP01	Practice Teaching Lesson (Specific Lesson)	60
-------	---	----

COs

- To equip the trainee-learners as professional personnel to cater to the diverse needs have inschool.
- To demonstrate the practical concepts of teaching practices as specialized opted subject Teachingmethod.
- To demonstrate the practical concepts of teaching practices in Mass Demonstrativeactivities.
- To organize and compose mass demonstration/displays.
- To conduct physical education program for various agegroups.
- To let them understand the problems involved during the Teaching alesson.
- To develop the knowledge of Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuromuscularco-ordination.

Ten supervised lesson taken throughout the Semester-VI

Each lesson 25 marks (Internal) Total 25 marks

Lesson on any Track and Field, and Game – marks 75

RollNo	Lesson Plan 15 Marks	Teaching Ability 30Marks	Presentation & correction 15Marks	Personality 05Marks	Students Creativity 10marks	Total 75Marks

Place :

Signature of External Examiner:

Date :

Signature of Internal Examiner:

Sant Gadge Baba Amravati University Amravati
Scheme of teaching, learning & Examination and Evaluation leading to to the Degree B.P.E.& S. (Three Year...Six Semester Degree Programme – CBCS
Scheme for B.P.E.& S Semester V

Scheme for B.P.E.& S Semester V															
Sr. No.	Subjects	Sub. Code	Teaching & Learning Scheme							Duration Of Exam.	Examination and Evaluation Scheme				
			Teaching Period per week				Credits			Hrs.	Max. Marks			Minimum Passing	
			L	T	P	Total	Theory / Tutorial	Practical	Total		Theory + MCQ External	Practical Skill Enhancement Module (SEM) Internal	Total Marks	Marks	Grade
	Title of Paper														
1	Professional Preparation in Phy. Edn. and Sports.	Paper 1	04		-	04	04	-	04	3	30 + 10	10	50	16+5	p
2	Test and Measurement in Phy. Edu.	Paper 2	04		-	04	04	-	04	3	30 + 10	10	50	16+5	p
3	Research method in Health Phy. Edu. & Recreation	Paper 3	04		-	04	04	-	04	3	30 + 10	10	50	16+5	p

4	Wellness and Fitness	Paper 4	04		-	04	04	-	04	3	30 + 10	10	50	16+5	p
5	Major Games 1) Badminton 2) Teni Koit	P 1			4	4		2	2			60	60	30	p
6	Athletic (Jumping Events) Any Two	P 2			3	3		1.5	1.5			20	20	10	p
7	Test, JCR, Harward Step Test.	P 3			3	3		1.5	1.5			20	20	10	p
8	Practice Teaching Lesson (General Lesson)	P 4			4	4		2	2			75+25	100	23+12	p
	Total					30	16	7	23				400		

Sant Gadge Baba Amravati University Amravati

Scheme of teaching, learning & Examination and Evaluation leading to the Degree B.P.E.& S. (Three Year...Six Semester Degree Programme - CBCS

Scheme for B.P.E.& S Semester VI

Sr. No.	Subjects	Sub. Code	Teaching & Learning Scheme							Duration Of Exam.	Examination and Evaluation Scheme				
			Teaching Period per week				Credits			Hrs.	Max. Marks			Minimum Passing	
			L	T	P	Total	Theory / Tutorial	Practical	Total		Theory + MCQ External	Practical Skill Enhancement Module (SEM) Internal	Total Marks	Marks	Grade
1	Officiating and Coacing	Paper 1	04		-	04	04	-	04	3	30 + 10	10	50	16+5	p
2	Organization, Administration Supervision and Current Trends in Edn. & Phy Edn.	Paper 2	04		-	04	04	-	04	3	30 + 10	10	50	16+5	p
3	Educational Technology	Paper 3	04		-	04	04	-	04	3	30 + 10	10	50	16+5	p
4	Sports For All	Paper 4	04		-	04	04	-	04	3	30 + 10	10	50	16+5	p
5	Internship							01*	01*						
6	Major Games 1) Hockey 2) Throw Ball	P 1			4	4		2	2			60	60	30	p
7	Officaling and Major Game any two	P 2			3	3		1.5	1.5			20	20	10	p
8	Athletic Project Book and Sessional Project	P 3			3	3		1.5	1.5			20	20	10	p

	Book														
9	Practice Teaching Lesson (Specific Lesson)	P 4			4	4		2	2			75+25	100	23+12	p
	Total					30	16	7+1*	23+1*				400		

Note :- * Non Examination 30 hours cumulatively for SEM VI resulting in to 1 Credits