

Sant Gadge Baba Amravati University, Amravati

Part B

Syllabus Prescribed for 2023 Year UG Programme

Programme: BPES

Semester IV

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
4TP01	Basics Sports Training	60

Cos

After completing this course, the students will be able to

- Understand the modern concept of sports training.
- Describe the principles of sports training.
- Evaluate and develop system of sports training-basic performance, good performance and high performance training.
- Plan training sessions.
- Realize and apply the Methods of Technique Training.
- Design different training program for Training Components.
- Explain Periodization and its types.
- Identify talents.

/Unit	Content
Unit I 1 Introduction 1.1.1 Meaning and Definitions of sports training. 1.1.2 Meaning of terms : coaching, teaching, conditioning and training. 1.2 Aims and Tasks of sports training. 1.3 Systematization of sports training 1.3.1 Basic Training 1.3.2 Intermediate Training 1.3.3 High performance training	15 (periods)
Unit II 2.1 Training Load : 2.1.1 Definition and Types of training load. 2.1.2 Features/Factors of Training Load. 2.2 Over Load 2.2.1 Meaning and types of over load 2.2.2 Causes of over load. 2.2.3 Symptoms of over load.	15 (periods)
Unit III 3.1 Strength 3.1.1 Concept and types of strength 3.1.2 Methods of strength	15 (periods)

<p>training.</p> <p>3.2 Endurance</p> <p>3.2.1 Concept and types of endurance.</p> <p>3.2.2 Methods of endurance training</p> <p>3.3 Speed</p> <p>3.3.1 Concepts and classification of speed</p> <p>3.3.2 Methods of developing speed abilities</p> <p>3.3.3.1 Reaction speed</p> <p>3.3.3.2 Speed of movement</p> <p>3.3.3.3 Acceleration speed</p> <p>3.3.3.4 Sprinting speed</p> <p>3.3.3.5 Speed endurance</p>	
<p>Unit IV</p> <p>4.1 Technical Training</p> <p>4.1.1 Definition of Technique and skill</p> <p>4.1.2 Importance of Technique</p> <p>4.2 Planning</p> <p>4.2.1 Concept of Training Plan.</p> <p>4.2.2 Types of Training plan.</p>	15 (periods)
*SEM	
COs: 1. knowledge and appreciation of the importance of the study of Sport Training 2. knowledge of Training load , Strength Endurance, Speed,	
**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

Reference/Suggested Reading:

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
- Harre, D. (1982). *Principles of sports training*. Berlin: Sporulated.
- Jensen, R. & A. Fisher (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2nd ed.
- Matvyew, L. P. (1981). *Fundamental of sports training.*, Moscow: Progress Publishers.
- Sharma R. K. (2000) *Khel Training ke Vaigyanik Siddhant*, Krida Sahitya Prakashan, New Delhi.
- Singh, Hardayal. (1984). *Sports training, general theory and methods.*, Patiala: NSNIS.
- Uppal, A. K. (1999). *Sports Training.*, New Delhi: Friends Publication.

Part B**Syllabus Prescribed for 2023 Year UG Programme****Programme: BPES****Semester IV**

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

4TP02

Method of Physical
Education

60

Cos

- To understand the importance of Teaching lessons of physical education.
- To understand the importance and types of teaching methods and techniques with its devices to teach various aspects Physical education skillfully.
- To acquire information on current directions in special Teaching Aids.
- To be sensitive to the proficiency in construction of Lesson Plans for various physical education activities.
- To inculcate the interests in lesson Planning and its innovations.
- To gain the knowledge of classifying the types of presentation-techniques and technical preparations required for physical education lessons.
- To understand the principles of class management and factors affecting class management.
- To acquire the skill of utilization of various teaching aids for conduct of physical education program effectively.

Unit	Content
Unit I Physical Educational Method : 1.1 Definitions – Scope and importance of method in Physical education: 1.2 Teaching Techniques in Physical Education 1.2.1 Lecturer Method 1.2.2 Command Method 1.2.3 Demonstration Method 1.2.4 Limitation Method 1.2.5 Project Method 1.2.6 Discussion Method 1.2.7 Group Directed Practice Method 1.3 Teaching Procedure in Physical Education : 1.3.1 Whole Method 1.3.2 Whole part whole method 1.3.3 Part whole method 1.3.4 Stage whole method	15 -(periods)
Unit II Classification :- 2.1 Classification of pupils for routine physical Education activities and competitions 2.2 Various method of classification 2.3 Advantage and disadvantage of classification	15 -(periods)
Unit III Lesson Planning : a) i) Types of lessons: Knowledge lesson, Drill lesson, skill lesson, Review lesson, Appreciation lesson.	15 -(periods)

ii) Planning and observation of Class- Room Teaching lesson. iii) Planning and observation of field Activity Teaching lesson. b) Teaching aids-importance, Types and uses, Audio-Visuals, Charts, Models, Films, Black Board, etc	
Unit IV 4.1 Tournaments and competitions : Group competitions and their importance, Methods of organizing competitions types of Tournaments, methods of conducting tournaments 4.2 Methods of conducting intra- Mural and Extra mural competitions, games of law organization, organization of excursions 4.3 Construction and marking of play field for various games, laying out of Runnings. Track, construction of jumping pits preparing and markings of different play fields. Their Measurements and requirements.	15 -(periods)
*SEM	
COs: 1. To understand the importance of Teaching lessons of physical education 2. knowledge Construction and marking of play field for various games,	
**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

Bernard, H. C. Introduction of Teaching.

Bharadwas, A. New media of educational planning. New Delhi: Sarup and Sons, 2003.

Bhatia, & Bahtia. The principles & Methods of Teaching. New Delhi: Doaba House, 1959.

Kochar, S. K. Methods and Techniques of Teaching. New Delhi: Sterling Publishers Pvt. Ltd., 1982.

Pande, R. S. Principles of Education.

Sampath, K. A. Pannirselvam, & S. Santhanam. Introduction to Educational Technology. New Delhi: Sterling Publishers Pvt. Ltd., 1981.

Tiwari, R. H. Saphal Path Niyojan. Amravati HVPM Publication.

Walia, J. S. Priciples of Methods of Education. Jalandhar: Paul Publishers, 1999.

असनारे, मु. ह. शिक्षण शारीरिक शिक्षण अध्यापन पद्धती ।

करमरकर, शर्मा, तिवारी. शारीरिक शिक्षा अध्यापन पद्धती ।

कुंडले, म. बा. अध्यापन शास्त्र आणि पद्धती.

पाटील, लीला. आजचे अध्यापन.

Part B**Syllabus Prescribed for 2023 Year UG Programme****Programme: BPES****Semester IV**

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
4TP03	Olympic Movement	60

Cos

- To understand the philosophy and to gain knowledge of early history of Olympic Movements.
- To gain the knowledge of Olympic Ideals, Code, Ethics, protocol etc.
- To gain the knowledge of different Olympic Games and committees.
- To understand the Classification and identification of the Olympic values and to apply the same to the society.
- To understand the concept the Olympics in organizing various sports activities.
- To become familiar with and to Recognize distinguished functional operations of national and international Olympic Federations.

Unit	Content
Unit I Origin of Olympic Movement: <ol style="list-style-type: none"> 1. Philosophy of Olympic Movement. 2. Early history of Olympic Movement. 3. Significant stages in the development of the modern Olympic Movement. 4. Educational and cultural values of Olympic Movement. 	15 (periods)
Unit II Modern Olympic Games <ol style="list-style-type: none"> 1. Significance of Olympic Ideals, Olympic Rings, Olympic Flag. 2. Olympic Protocol for member countries. 3. Olympic Code of Ethics. 4. Olympism in action. 5. Sports for All. 	15 (periods)
Unit III Different Olympic Games <ol style="list-style-type: none"> 1. Para Olympic Games. 2. Summer Olympics. 3. Winter Olympics. 4. Youth Olympic Games. 	15 (periods)

Unit IV	15 (periods)
Committees of Olympic Games <ol style="list-style-type: none"> 1. International Olympic Committee - Structure and Functions. 2. National Olympic committees and their role in Olympic Movement. 3. Olympic Commissions and their functions. 4. Olympic medal winners of India. 	
*SEM	
COs: <ol style="list-style-type: none"> 1. To understand the philosophy and to gain knowledge of early history of Olympic Movements. 2. To understand the concept the Olympics in organizing various sports activities. 	
**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

Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001), Olympic dreams: the impact of mega-events on local politics: Lynne Rienner

Osborne, M. P. (2004), *Magictree house fact tracker: ancient Greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.

<http://www.olympic.org/olympism-in-action>

Part B

Syllabus Prescribed for 2023 Year UG Programme

Programme: BPES

Semester IV

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
4TP04	Adapted Physical Education	60

Cos

1 Develop the knowledge Meaning, nature of Adapted Physical Education

2 Explain Need & importance of adapted physical education.

4 Develop the knowledge of social factors concerning Adapted Physical Education in society and social system

/Unit	Content
Unit I <ul style="list-style-type: none"> • 1 Introduction to Adapted Physical Education <ul style="list-style-type: none"> ○ Meaning and definitions ○ Aims, goals, & objectives ○ Need & importance of adapted physical education 	15 (periods)
Unit II <p>Classification of Disability</p> <p>1 Physical disabilities Causes Functional Limitations Characteristics</p> <p>2 Mental Retardation Causes Characteristics Functional Limitations</p> <p>3 Visual Impairment Causes Characteristics Functional Limitations</p> <p>4 Hearing Impairment Causes Characteristics Functional Limitations</p> <p>5 Behavioral Disorders Adjustment problems Personality disorder</p> <p>6 Modifications for teaching and programming in physical education and sports</p>	15 (periods)
Unit III <p>1. Adapted physical education programme Guiding principles for adapted physical education programme(AAPHER Principles) Physical Education program for disabled forElementary schoolMiddle schoolHigh School College & University level</p> <p>2. Co-curricular Activities for disabled outdoor programme for the disabled Adventure based outdoor programme Rhythm and dance activities</p>	15 (periods)
Unit IV <p>5.1 Rehabilitation</p>	15 (periods)

<p>5.1.1 Aims and objectives of rehabilitation council of India.</p> <p>5.1.2 Meaning of functional and occupational rehabilitation</p> <p>5.2 Governmental Welfare Programme</p> <p>5.2.1 Provision of Special rights and privilege for disabled through legislations.</p> <p>5.2.2 Social welfare programme for disabled</p> <p>5.2.3 Mass public education /Awareness programme</p> <p>5.2.4 Education approach</p> <p>5.2.5 Service approach</p> <p>5.2.6 Legislative approach</p>	
<p>*SEM</p>	
<p>COs: 1. Meaning, nature of Adapted Physical Education 2. Need & importance of adapted physical education</p>	
<p>**Activities</p>	<p>Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self-study etc.</p>

Course Material/Learning Resources

- Auxter, Byler, Howtting, Adapted Physical Education and Reactions, Morbey-St. Louis Mirrauri.
- Arthur G. Miller and James, Teaching Physical Activities to Impaired Youth, John Wilage & Sons Inc. Canada.
- K. Park, Preventive social medicine M/S Banaridas Bhanot Publishers Prem Nagar, Jabalpur.
- Winnick JP, Adapted Physical Education and sport Human Kinetics USA. 2005.
- Shekar KC, Adapted Physical Education (Khel Sahitya Kendra New Delhi) 2005.
- Anoop Jain, Adapted physical Education, sports publications, Ashok Vihar, Delhi-52.

4PC01

Major Team Game

60

Cos

- To understand the importance of Game and Competitive Sports & Games and general in life.
- To develop the concept of the Games and Sports skill.
- To develop the concept of Game and 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.

List of Practical/Laboratory Experiments/Activities etc.

1	<p>The contents of each games 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>CRICKET :</p> <ol style="list-style-type: none"> 1) Fundamentals : <ol style="list-style-type: none"> 1 skills of Batsman : Grip, stance, back lift, placement thefoot, contact of the ball. 2 Defence : forward and back foot defence 3 Bowling – A current grip, smooth run up, a balance deliveryand follow through 4 Fielding – stopping and throwing ball, low and high catch. 5 Wicket keeping – stance, the feet, the hands, gathering theball. <p>Advance :</p> <ol style="list-style-type: none"> i) types of strokes leg cut, square cut, cover drive, straightdrive, on drive, hook shot, pull shot, sweep shout, glance. ii) Types of bowling skills – in swing, out swing, in cutter, outcutter, off break, break googly, bouncer, yorkar.
2	<p>TABLE TENNIS :</p> <ol style="list-style-type: none"> i) counter – fore hand counter, back hand counter ii) Top spin – fore hand top spin, back hand top spin iii) Side spin – fore hand side spin, back hand side spin, forehand drive, back hand drive. iv) Service – fore hand top spin, back hand top spin For hand back spin, back hand back spin, for hand side spin,back hand side spin, high toss service, back hand and fore hand.

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for -2023-Year UG Programme

Programme: BPES

Semester IV

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

4PC02	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 .

List of Practical/Laboratory Experiments/Activities etc.

1	Football
2	BasketBall
3	Cricket
4	Table- Tennis

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for -2023-Year UG Programme

Programme: BPES

Semester IV

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
4PC03	Fencing, Karate and Taikando (any two)	60

COs

- To understand the importance of Self Defiance in general life.
- To develop the concept of the Self Defiance i.e. Fencing, Karate and Taikando .
- 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.

List of Practical/Laboratory Experiments/Activities etc.

1	<p><u>Fencing</u> Course Contents: Fundamental:</p> <ol style="list-style-type: none"> 1. Player stance: Right hand stance, left hand stance. 2. Basic Stance: on-guard position (feet and legs) 3. Footwork: advance, retire, lunge, Step-lunge 4. Grip: hold a foil correctly, Etiquette – salute and handshake to coaches and partners 5. Hit a target (glove, mask, person) at riposte distance 6. Lunge from an on-guard position. 7. Attack: simple attacks from sixte – direct, disengage, double attack, compound attacks high line – one-two and cut-over disengage, Cut-over attack, Low line attacks 8. Semi circular parries: octave and septum 9. Understand the layout of a piste. 10. Compound or successive parries. 11. Lateral parry and direct riposte 12. Fence a bout: judges etc. salutes and handshakes 13. Rules and their interpretations and duties of officials.
2	<p><u>Karate</u> Course Contents: Fundamental:</p> <ol style="list-style-type: none"> 1. Player Stances: Walking, Hand positions, Front-leaning, Side-Fighting. 2. Hand Techniques: Punches (Form of a punch, Straight punch, and Reverse punch), Blocks (eight basic). 3. Leg Techniques: Snap kicks, Stretching straight leg, Thrust kicks, Sidekicks, Round house. 4. Forms: The first cause Katas. 5. Self Defense: against Punches, Grabs and Strikes, against basic Weapons (Knife, Club sticks).

	<ol style="list-style-type: none"> 6. Sparring: One step for middle Punch, high Punch and groin Punch. (Defended by appropriate block from eight basic blocks). 7. Rules and their Interpretations and Duties of Officials.
3	<p><u>Taekwondo</u> Course Contents: Fundamental:</p> <ol style="list-style-type: none"> 1. Player stance: walking, extending walking, L stance, cat stance. 2. Fundamental Skills: Sitting stance punch, single punch, double punch, triple punch. 3. Punching Skill: From sparring position, front-fist punch, rear fist punch, double punch, and four combination punch. 4. Foot Techniques (Balgisul): Standing kick (soseochagi), Front kick (AP chagi), Arc kick (Bandal Chagi), Side kick, (Yeop Chagi), Turning kick (Dollyo Chagi), Back kick (Twit Chagi), Reverse turning kick (Bandae Dollyo Chagi), Jump kick (Twimyo Chagi), 5. Poomsae (Forms): Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement: eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques) 6. Sparring (Kyorugi): One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks), Free Sparring. 7. Board Breaking (Kyokpa): eye control, balance, power control, speed, point of attack. 8. Rules and their Interpretations and Duties of Officials.

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribed for -2023-Year UG Programme

Programme: BPES

Semester IV

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

4PC04	Fitness Management, Remedial Massage and First-Aid	60
-------	---	----

COs

- To understand the importance of Fitness Management, Remedial Massage and First-Aid and general in life.
- To develop the concept of Fitness Management, Remedial Massage and First-Aid in the Games and Sports.
- To develop the concept Fitness Management, Remedial Massage and First-Aid and its value in general life.
- To demonstrate and assess various Fitness Management, Remedial Massage and First-Aid
- To demonstrate and assess various technique of Fitness Management, Remedial Massage and First-Aid

List of Practical/Laboratory Experiments/Activities etc.

1	<p>Fitness Management Fitness Management Practical, Note book & Viva The examination will be conducted as following : 20 marks Note</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 70%;">book</td> <td style="text-align: right;">– 5 marks</td> </tr> <tr> <td>Viva</td> <td style="text-align: right;">– 5 marks</td> </tr> <tr> <td>Fitness Management Practical :</td> <td style="text-align: right;">10 Marks</td> </tr> </table> <p style="margin-left: 40px;">i) Orientation of fitness centre equipments and wet zone. ii) Designing of fitness programme for a fitness centre members(Any age group and sex)</p>	book	– 5 marks	Viva	– 5 marks	Fitness Management Practical :	10 Marks
book	– 5 marks						
Viva	– 5 marks						
Fitness Management Practical :	10 Marks						
2	<p>Remedial Massage System of Examination: The Examination will be conducted in the following items as told by examiner. The items and their marks are given below.:</p> <p>i) Posture Test 3 Marks ii) Message.... 3 Marks iii) The Practical Note Book of above items. - 4 Marks</p> <p>Teaching Contents : Remedial Massage and Physical Corrective Exercises</p> <p>I. Posture Test – (i) Exercises for removing the deformities of posture. Kyphosis, Lordosis, Scoliosis, Flat Feet; Bowed legs and Knocked Knee. (ii) Therapeutic Exercises.</p> <p>II. Massage – Different Types of Massage: (a) Stroking (b) Pressure (c) Percussion (d) Shaking.</p>						
3	<p>First-Aid First-Aid Practical Book - 5 Marks I Athletic Injuries – Treatment. First Aid in Sprain, Strain; Contusion, Abrasion, Fractures, Dislocation. Application of Heat, Cold and Exercises in Injuries. II Viva - 5 Marks</p>						