

Choice Based Credit System (CBCS)

# GURUKULA KANGRI (Deemed to be) UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION  
AND SPORTS

FACULTY OF YOGA AND PHYSICAL EDUCATION

UNDERGRADUATE PROGRAMME  
**Bachelor in Physical Education and Sports**  
(w.e.f. session 2019)



## SYLLABUS OF COURSE TO BE OFFERED

Core Courses, Elective Courses & Ability Enhancement Courses

Details of Courses Under Undergraduate Programme (B.P.E.S.)

Course	*Credits	
	Theory+ Practical	Theory+Tutorials
I. Core Course (12 Papers)	12X4= 48	12X5=60
Core Course Practical / Tutorial* (12 Practical/ Tutorials*)	12X2=24	12X1=12
II. Elective Course (8 Papers)	4x4=16	4X5=20
A.1 Discipline Specific Elective (4 Papers)		
A.2 Discipline Specific Elective Practical / Tutorials* (4 Papers)	4X2=08	2X1=2
B.1 Generic Elective/Interdisciplinary (2Papers)	2X 4=08	2X5=10
B.2 Generic Elective Practical / Tutorials* (04 Papers)	2X2=04	2X1=2
III. Ability Enhancement Courses		
1. Ability Enhancement Compulsory Course(AECC) (2 Papers of 4 credits each) Environmental Science English/MIL Communication	4 X2=8	2 X 4=8
2. Skill Enhancement Course (SEC) (Skill Based) (Minimum 2, Max. 4)	4 X 2=8	4 X 2=8
	Total credit= 124	Total credit= 122

\* Allotment of option by previous **semester**/exam merit

\*\* Facilities not available

Abbreviations:-

DCC	=	Discipline Compulsory Core (12)
CCP	=	Core Compulsory Practical (12)
DSE	=	Discipline Specific Elective (8)
DSCP	=	Discipline Specific Core Practical (8)
SEC	=	Skill Enhancement Course (4)
AEC	=	Ability Enhancement Compulsory Course (2)
GEC	=	Generic Elective Course (02)

## CHOICE BASED CREDIT SYSTEM

BPES UG Programme under, Department of Physical Education and Sports, GKV, Haridwar

S. No	Subject Code	Subject Title	Credits	Evaluation Scheme				Subject Total
				SESSIONAL			ESE	
				CT	TA	Total		
<b>I SEMESTER (BPES I YEAR)</b>								
1	BES-C101	History of Physical Education	4	20	10	30	70	100
2	BES-C102	Track & Field (track events)	4	20	10	30	70	100
3	BES-C104	Anatomy & Physiology	4	20	10	30	70	100
4	BES-C151	<b>Practical</b> -History of Physical Education	2	-	-	30	70	100
5	BES-C152	<b>Practical</b> -Track & Field (track events)	2	-	-	30	70	100
6	BES-C154	<b>Practical</b> - Anatomy & Physiology	2	-	-	30	70	100
7	BEN-A101	Environmental Science.	4	20	10	30	70	100
<b>TOTAL</b>								700
<b>II SEMESTER (BPES, I YEAR)</b>								
8	BES-C202	Badminton & Squash	4	20	10	30	70	100
9	BES-C203	Olympic Education	4	20	10	30	70	100
10	BES-C204	Kinesiology	4	20	10	30	70	100
11	BSE-C252	<b>Practical</b> -Badminton & Squash	2	-	-	30	70	100
12	BES-C253	<b>Practical</b> -Olympic Education	2	-	-	30	70	100
13	BES-C254	<b>Practical</b> - Kinesiology	2	-	-	30	70	100
14	BEG-A201	English Communication	4	20	10	30	70	100
<b>TOTAL</b>								700
<b>III SEMESTER (BPES, II YEAR)</b>								
15	BES-C301	Health Education	4	20	10	30	70	100
16	BES-C302	Volleyball & Basketball	4	20	10	30	70	100
17	BES-C303	Track & Field (Field events)	4	20	10	30	70	100
18	BES-C351	<b>Practical</b> -Health Education	2	-	-	30	70	100
19	BES-C352	<b>Practical</b> -Volleyball & Basketball	2	-	-	30	70	100
20	BES-C353	<b>Practical</b> -Track & Field (Field events)	2	-	-	30	70	100
21	<b>Skill Enhancement Course (Opt any one) (SEC-1)</b>							
	BES-S301	<b>Health awareness &amp; general fitness</b>	4	20	10	30	70	100
	BES-S302	Physical Growth & Development	4	20	10	30	70	100
22	BKT-J301	Bhartiya knowledge & Tradition	2	20	10	30	70	100
<b>TOTAL</b>								900
<b>IV SEMESTER (BPES, II YEAR)</b>								
23	<b>BES -C401</b>	<b>Officiating and Coaching</b>	4	20	10	30	70	100
24	BES -C402	Football & Hockey	4	20	10	30	70	100
25	BES -C403	Test, Measurement & Evaluation in physical Education	4	20	10	30	70	100
26	BES -C451	<b>Practical</b> -Officiating and Coaching	2	-	-	30	70	100
27	BES -C452	<b>Practical</b> -Football & Hockey	2	-	-	30	70	100
28	BES -C453	<b>Practical</b> -Test, Measurement & Evaluation in physical Education	2	-	-	30	70	100
29	<b>Skill Enhancement Course (Opt any one) (SEC-2)</b>							
	BES -S401	Adventure Sports	4	20	10	30	70	100
	<b>BES -S402</b>	<b>Organization and Administration</b>	4	20	10	30	70	100
<b>TOTAL</b>								700

V SEMESTER (BPES, III YEAR)								
30	<b>Skill Enhancement Course (Opt any one) (SEC-3)</b>							
	<b>BES-S501</b>	<b>Gym setup</b>	4	20	10	30	70	100
	BES-S502	Personality Development	4	20	10	30	70	100
31	<b>Discipline Specific Elective (Opt any one) (DSE-1A)</b>							
	<b>BES-E501</b>	<b>Cricket</b>	4	20	10	30	70	100
	BES-E502	Kho-Kho	4	20	10	30	70	100
32	<b>Discipline Specific Elective practical (As Opt in theory) (DSE-1A)</b>							
	<b>BES-E551</b>	<b>Practical-Cricket</b>	2	-	-	30	70	100
	BES-E552	Practical-Kho-Kho	2	-	-	30	70	100
33	<b>Discipline Specific Elective (Opt any one) (DSE-2A)</b>							
	BES-E503	Handball	4	20	10	30	70	100
	<b>BES-E504</b>	<b>Kabaddi</b>	4	20	10	30	70	100
34	<b>Discipline Specific Elective practical (As Opt in theory) (DSE-2A)</b>							
	BES-E553	Practical-Handball	2	-	-	30	70	100
	<b>BES-E554</b>	<b>Practical-Kabaddi</b>	2	-	-	30	70	100
35	<b>Generic Elective (Opt any one) (GE-1)</b>		4	20	10	30	70	100
	<b>*Opt any one from the list of Generic Elective as devised by Department of Yogic sciences and Human consciousness</b>							
TOTAL								600
VI SEMESTER (BPES, III YEAR)								
36	<b>Skill Enhancement Course (Opt any one) (SEC-4)</b>							
	<b>BES-S601</b>	<b>Sports and Exercise Nutrition</b>	4	20	10	30	70	100
	BES-S602	Athletic Care and Rehabilitation of sports injuries	4	20	10	30	70	100
37	<b>Discipline Specific Elective (Opt any one) (DSE-1B)</b>							
	<b>BES-E601</b>	<b>Safety Education</b>	4	20	10	30	70	100
	BES-E602	Water Sports	4	20	10	30	70	100
38	<b>Discipline Specific Elective practical (As Opt in theory) (DSE-1B)</b>							
	<b>BES-E651</b>	<b>Practical-Safety Education</b>	2	-	-	30	70	100
	BES-E652	Practical-Water Sports	2	-	-	30	70	100
39	<b>Discipline Specific Elective (Opt any one) (DSE-2B)</b>							
	<b>BES-E603</b>	<b>Judo</b>	4	20	10	30	70	100
	BES-E604	Table Tennis	4	20	10	30	70	100
40	<b>Discipline Specific Elective practical (As Opt in theory) (DSE-2B)</b>							
	<b>BES-E653</b>	<b>Practical-Judo</b>	2	-	-	30	70	100
	BES-E654	Practical-Table Tennis	2	-	-	30	70	100
41	<b>Generic Elective (Opt any one) (GE-2)</b>		4	20	10	30	70	100
	<b>*Opt any one from the list of Generic Elective as devised by Department of Yogic sciences and Human consciousness</b>							
TOTAL								600
GRAND TOTAL								4200

**\*LIST OF GENERIC ELECTIVE BY THE DEPARTMENT OF YOGIC SCIENCES AND HUMAN CONSCIOUSNESS**

1. INTRODUCTION OF YOGA
2. APPLIED YOGA
3. PATANJAL YOGA
4. YOGIC TEXT & YOGI

## SEMESTER I

**BES-C101**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **HISTORY OF PHYSICAL EDUCATION**

#### **UNIT-I:**

##### **Introduction**

Meaning, Definition, Need and Scope of Physical Education

Aims and Objectives of Physical Education

A Brief Historical Perspective of Physical Education in India

#### **UNIT-II:**

Development of Physical Education at global level

USA

Russia

Germany

Denmark

Rome

Greece

#### **UNIT-III:**

Philosophy of Physical Education- Idealism, Naturalism, Realism & Pragmatism

Need of Philosophy in Physical Education.

Indian Olympic Association

International Olympic Committee

#### **UNIT-IV**

Physical Education & Sports Institution in India-

YMCA, HVPM & LNIPE

Sports Coaching Schemes their functions & Objectives-

Raj Kumari Amrit Kaur Sports coaching scheme, NSNIS, Patiala & SAI

Awards

Honors and Awardees

#### **SUGGESTED READINGS:**

Malik Ajay (2013) Foundation of physical education

Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports.

McGraw Hill Companies, Inc., New York, USA

Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.

Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.

Indian Olympic Association, Jan., 1976.

Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Dagar,R.K.S. and Chauhan, Shiv Kumar., "Philosophical Foundations of Physical Education and sports" friends publications, New Delhi 2005.

## SEMESTER I

**BES-C102**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **TRACK AND FIELD (TRACK EVENTS)**

#### **Unit-I**

Introduction to athletics (track events)

Sprint Events

Middle Distance Races

Long Distance Races

#### **Unit-II**

Rules and regulations (track events)

Duties of officials

Equipment's

#### **Unit-III**

Brief background techniques and importance of motor-components of the following events:

Sprint Events

Relay Races

Hurdle Races

Flat Races

#### **Unit-IV**

Brief historical background of track events

Organizing of athletic meet

Role of various Committees.

National records

Various Awards

### **SUGGESTED BOOKS**

Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.

Handbook-Rules and Regulation. International Athletic Federation (2010).

Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi

Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.

Indian Olympic Association, Jan., 1976.

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

YMCA rule book of games and sports

Barar T.S.(2004) Track and Field- Officiating Techniques friends publication New Delhi

Arora Monika(2005) Athletics Coaching Coaching Manual sports publication New Delhi.

## SEMESTER I

**BES-C104**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **ANATOMY & PHYSIOLOGY**

#### **UNIT-I:**

Basic Concept

Need and Importance of Anatomy and Physiology in Physical Education.

Definition, Description of Cell

Definition, types & description of Tissue

Classification of Organ and System

#### **UNIT-II:**

Circulatory System: Organs

Functions

Introduction of Blood

#### **UNIT III:**

Respiratory System

Organs

Functions

#### **Unit-IV:**

Digestive System

Organs

Functions

#### **SUGGESTED BOOKS:**

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.

Pearce E.C.(1973)Anatomy & Physiology for nurses. Faber and faber, London.

Singh Shamsheer (2007) Introduction to Anatomy and physiology, friend publication, New Delhi

Dhull D.S.(1998) Sharir rachana avem kriya vigyan Friend publication New Delhi, India

Lakshmi D.R.(2007) Anatomy & Physiology in physical education, Sports education technology, New Delhi

**PRACTICAL'S  
SEMESTER I**

Max. Marks-100  
70 Marks + Internal Assessment = 30 Marks

**BES-C151**  
Passing marks-40

**HISTORY OF PHYSICAL EDUCATION**

Preparation of report of National Sports awards of the last year (a scrap file).  
Pictorial Description of Olympic Games its sites.  
Viva-voce

**SEMESTER I**

Max. marks-100  
70 Marks + Internal Assessment = 30 Marks

**BES-C152**  
Passing marks-40

**TRACK & FIELD (Track Events)**

Technique of Start, Finish  
Baton Exchange  
File (history, rules, Techniques & records)  
Viva-voce

**SEMESTER I**

Max. Marks-100  
70 Marks + Internal Assessment = 30 Marks

**BES-C154**  
Passing marks-40

**ANATOMY & PHYSIOLOGY**

Counting of pulse rate  
Study of different body system with the help of models  
A Scrape File  
Viva-voce



## **ABILITY ENHANCEMENT COURSE (AECC)**

### **SEMESTER I**

**BEN-A101**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **ABILITY ENHANCEMENT COURSE (Common with that in B.A. Programme)**

#### **ENVIRONMENTAL STUDIES**

##### **Unit-1 Introduction to environmental studies and Ecosystem**

Multidisciplinary nature of environmental studies; Scope and importance; Concept of sustainability and sustainable development. What is an ecosystem? Structure and function of ecosystem. Energy flow in an ecosystem; food chain, food webs and ecological succession. Case studies of the following ecosystems : a) Forest ecosystem b) Grassland ecosystems c) Desert ecosystems d) Aquatic ecosystems (pond, streams, lakes, rivers, oceans, estuaries)

##### **Unit-2 Natural Resources**

Renewable and non- renewable Resources. Land resources and land use change; Land degradation, soil erosion and desertification. Deforestation : causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations. Water : Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water(International & Interstate). Energy resources: Renewable and non renewable Energy sources, use of alternate Energy sources growing energy needs, case studies

##### **Unit-3 Biodiversity and conservation**

Levels of biological diversity : genetic, species and ecosystem diversity; biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots, India as a mega-biodiversity nation; Endangered and endemic species of India. Threats of biodiversity: Habitat loss, poaching of wild life, man-wildlife conflicts, biological invasions; Conservation of biodiversity : In-situ and Ex-situ conservation of biodiversity. Ecosystem and biodiversity services: Ecological, economy, social, ethical, aesthetic and informational value.

##### **Unit-4 Environmental Pollution, Environmental Policies & Practices**

Environmental Pollution : Types causes, effects and controls; Air, Water, soil and noise pollution. Nuclear hazards and human health risks. Solid waste management: Control measures of urban and industrial waste. Pollution case studies. Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture<sup>2/2</sup>. Environment Laws : Environment Protection Act; Air (Prevention & control of pollution) Act; Water (Prevention & control of pollution) Act; Wild life Protection Act; Forest Conservation Act, International agreements: Montreal and Kyoto protocols and Convention on Biological Diversity (CBD). Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

##### **Unit-5 Human Communities and the Environment**

Human population growth: Impacts on environment, human health and welfare. Resettlement and rehabilitation of project affected persons; case studies. Disaster management : floods, earthquake, cyclones and landslides. Environmental ethics: Role of Indian and other religions and cultures in environmental conservation. Environmental communication and public awareness, case studies (e.g., CNG vehicles in Delhi).

#### **SUGGESTED BOOKS:**

## SEMESTER II

**BES-C204**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **KINESIOLOGY**

#### **UNIT-I**

Definition & Meaning of Kinesiology

Aims & objectives of kinesiology

Scope of Kinesiology in physical Education and Sports

Role of Kinesiology in physical Education and Sports

#### **UNIT-II**

Fundamental concepts: Centre of gravity, line of gravity

Axis and planes

Fundamental movements of human body joints

Meaning & definition of motion around various joints

#### **UNIT-III**

Introduction of Bones

Composition of bones

Types of bones

Classification of bones

#### **UNIT-IV**

Introduction of Muscles

Types of muscles

Classification of muscles

Structure of Skeletal muscles

### **SUGGESTED BOOKS**

Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.

Hay (1993). The biomechanics of sports techniques prentice hall inc New Jersey.

McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.

Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA.

Parneswar ram P.(2001) Essentials of Kinesiology and Biomechanics New Delhi.

Rai Ramesh(2003) Biomechanics mechanical aspects of human motion, Agrim publication, Mohali.

## SEMESTER II

**BES-C202**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **BADMINTON & SQUASH**

#### **UNIT-I**

##### **Introduction of Badminton**

Origin, historical perspectives and modern trends & development of Badminton

Orientation of the fundamental skills

Construction and maintenance of Badminton court

Rules of the game.

Introduction of Badminton Association of India (BAI)

Introduction of International Badminton Federation (BWF)

#### **UNIT-II**

##### **Coaching and Officiating in Badminton**

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications and, responsibilities/functions of technical officials

Protocols of referees, judges, umpires

#### **UNIT-III**

##### **Introduction of Squash**

Origin, historical perspectives and modern trends & development of Squash

Orientation of the fundamental skills

Construction and maintenance of Squash court- rules of the game.

Introduction of Squash Association of India (SRFI)

Introduction of International Squash Federation (SRF)

#### **UNIT-IV**

##### **Coaching and Officiating in Squash**

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications and, responsibilities/functions of technical officials

Protocols of referees, judges, umpires

## SEMESTER II

**BES-C203**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **OLYMPIC EDUCATION**

#### **UNIT-I**

History of ancient Olympic games

History of modern Olympic games

Role of Olympic movement

#### **UNIT-II**

Aims and symbols of the Olympic movement

The International Olympic Committee (IOC)

The international bid process for selecting sites for the games

Participation in Olympic games

#### **UNIT-III**

Indian Olympic association & their role in promotion sports

Olympic museum

Para Olympic games

Winter Olympic games

#### **UNIT-IV**

Sports for all:-Culture, Olympism, winning, participation and universality of the games.

Awareness of Drug abuse and doping.

Role of WADA to control doping in sports.

#### **SUGGESTED BOOKS:**

Singh, M.K., Indian Women and Sports, Rawat Publication, 1991.

Toropove, Brandon., The Olympic for Beginners, 2008.

Wallechineley, Davi, The Complete Book of the Olympic, 1992.

#### **Suggested Readings:**

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Osborne, Manpoppe, Ancient Greece and the Olympic, 2004.

Oxlade, chris., Olympic, 199980

**PRACTICAL'S  
SEMESTER II**

Max. marks - 100  
70 Marks + Internal Assessment = 30 Marks

**BES-C252**  
Passing marks-40

**SPECIALIZATION– BADMINTON & SQUASH**

Demonstration of skills of Badminton  
Demonstration of skills of Squash  
A Scrape File  
Viva-voce

**SEMESTER II**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-C253**  
Passing marks-40

**OLYMPICS EDUCATION**

**PRACTICAL:-**

File on Olympic movement  
Viva-voce

**SEMESTER II**

Max. marks - 100  
70 Marks + Internal Assessment = 30 Marks

**BES-C254**  
Passing marks-40

**KINESIOLOGY**

A scrap file on Bones and Muscles  
Pictorial Description of Bones and Muscles.  
Viva-voce

**ABILITY ENHANCEMENT COURSE (AECC)  
SEMESTER II**

**BEG-A201**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**ENGLISH COMMUNICATION**

Preamble:

The purpose of this course is to introduce students to the theory, fundamentals and tools of communication and to develop in them vital communication skills which should be integral to personal, social and professional interaction. One of the critical links among human beings and an important through various means of communication: both verbal and non-verbal. In the context of rapid globalization and increasing recognition of social and cultural pluralities, the significance of clear and effective communication has substantially enhanced.

The present course hope to address some of these aspects through an interactive mode of teaching-learning process and by focusing on various dimensions of communication skills.

Some of these are: Language of communication, various speaking skills such as personal communication, social interactions and communication in professional situation such as interviews, groups discussion and office environment, important reading skills as well as writing skills such as report writing, note talking etc. While, to an extent, the art of communication is natural to all living beings, into day's world of complexities, it has also acquired some elements of science. It is hoped that after studying this course, students will find a difference in their personal and professional interactions. The recommended readings given at the end are only suggestive; the students and teachers have the freedom to consult other materials on various units/topics given below. Similarly, the questions in the examination will be aimed towards assessing the skills learnt by the students rather than the textual content of the recommended books.

## **DETAILED SYLLABUS**

### **Unit-1**

Verbal and Non-verbal  
(Spoken and Written)  
Phonetic symbols (consonants, diphthongs, vowels)  
Accent  
Intonation

### **Unit-2**

Parts of Speech  
Subject Verb agreement  
Tense  
Direct-indirect narration

### **Unit-3**

Article  
Preposition  
Phrasal verb  
Antonyms/synonyms

### **Unit-4**

Letter Writing  
Report Writing  
Job application and preparing CV

### **Unit-5**

Group Discussion  
Interview  
Effective communication  
Barriers to communication

### **SUGGESTED READINGS**

Fluency in English – Part II, Oxford University Press, 2006  
Business English, Pearson, 2008  
Language, Literature and Creativity, Orient Blackswan, 2013.  
Language through Literature (forthcoming) ed. Dr. Gauri Mishra, Dr. Ranjana Kaul, Dr Brati Biswas  
Norman Lewis, Word Power Made Easy

## SEMESTER III

**BES-C301**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### HEALTH EDUCATION

#### UNIT I

Health Education: Meaning and Definition  
Concept and Principles of Health Education  
Health – Importance, Components  
Health Promoting Behaviours

#### UNIT II

Meaning & definition of Personal Hygiene, Mental Hygiene & Sleep Hygiene  
Role of Personal Hygiene, Mental Hygiene & Sleep Hygiene  
Occupational Hygiene in physical education and sports  
Role of Different Agencies in Promoting Health (WHO, UNICEF, Local Bodies)

#### UNIT III: Natural Resources

Meaning, Definition, role and uses of natural resources  
Water resources  
Food resources  
Land resources

#### UNIT IV: Environmental issues

Definition, effects and control measures of:  
Air Pollution  
Water Pollution  
Soil Pollution  
Noise Pollution  
Thermal Pollution  
Management of environment and Govt. policies  
Role of pollution control board.

#### SUGGESTED READINGS

Kamlesh ML (2005). Methods in Physical Education. Friends. Delhi.  
Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends. Delhi.  
Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.  
Shaw D and Kaushik S (2001). Lesson Palnning- Teachinh Methods and Classman in Physical Education. K.S.K. Delhi.  
Shrivastava A.K. (2004). Shareerik Shiksha Khel Main Sangthan Avum Prashashan. Sports. New Delhi.



## **SEMESTER III**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**BES-C302**

Time allowed: 3Hrs

### **VOLLEYBALL & BASKETBALL**

#### **UNIT-I**

##### **Introduction of Volleyball**

Origin, historical perspectives and modern trends in Volleyball

Orientation of the fundamental skills

Construction and maintenance of Volleyball court- rules of the game.

Introduction of Volleyball Association of India (VFI)

Introduction of International Volleyball Federation (FIVB)

#### **UNIT-II**

##### **Coaching and Officiating in Volleyball**

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications of an official

Responsibilities of technical officials

#### **UNIT-III**

##### **Introduction of Basketball**

Origin, historical perspectives and modern trends in Basketball

Orientation of the fundamental skills

Construction and maintenance of Basketball court- rules of the game.

Introduction of Basketball Association of India (BFI)

Introduction of International Basketball Federation (FIBA)

#### **UNIT-IV**

##### **Coaching and Officiating in Basketball**

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications of an official

Responsibilities of technical officials

## SEMESTER III

**BES-C303**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **TRACK AND FIELD (FIELD EVENTS)**

#### **Unit-I**

Introduction to athletics (Field events)

Throws

Jumps

#### **Unit-II**

Marking of various field events

Throws (Shot put, Discus & Javelin)

Jumps (Long jump & High Jump)

#### **Unit-III**

Techniques and training of the following events:

Throwing events (Shot put, Discus & Javelin)

Jumping events (Long jump & High Jump)

#### **Unit-IV**

General rules

Officiating (Field events),

### **SUGGESTED BOOKS**

Barar T.S.(2004) Track and Field- Officiating Techniques friends publication New Delhi

Arora Monika(2005) Athletics Coaching Coaching Manual sports publication New Delhi

Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.

Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.

Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.

Handbook-Rules and Regulation. International Athletic Federation (2010).

Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.

Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.12

YMCA Rule book of games and sports

**PRACTICAL  
SEMESTER III**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-C351**  
Passing marks-40

**HEALTH EDUCATION**

A scrape file on Health, hygiene and pollution  
Viva-voce

**SEMESTER III**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-C352**  
Passing marks-40

**VOLLEYBALL & BASKETBALL**

Demonstration of fundamental skills  
Game officiating  
A scrape file on Volleyball & Basketball  
Viva-voce

**SEMESTER III**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-C353**  
Passing marks-40

**TRACK & FIELD (FIELD EVENTS)**

Skills of Shot Put & Long Jump  
Record File (history, rules, Technique & records)  
Viva-voce

# SKILL ENHANCEMENT COURSE (SEC-1)

## SEMESTER III

**BES-S301**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### HEALTH AWARENESS AND GENERAL FITNESS

#### Unit- I

Introduction of Health awareness

Definition & Methods of fitness:

Health club

Aerobics

Cycling

Jogging

Benefits of exercises on body fitness

#### Unit- II

Fitness potential for popular sports

Fitness activities

Role of parents for individual/ community Health.

#### Unit-III

Prevention and awareness of diseases through fitness.

Diet description.

Exercise description.

Description in modern life style changes.

#### Unit-IV

Weight management

Role of exercises in Diabetes.

Ageing and Physical exercise.

Test, measurements & evaluation of fitness components agility, balance, speed & flexibility

#### SUGGESTED BOOKS:

Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.

Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.

Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth

## SEMESTER III

**BES-S302**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **PHYSICAL GROWTH & DEVELOPMENT**

#### **Unit-I Introduction**

Meaning and definitions of growth and development.

Difference between the process of growth and development.

Factors affecting growth and development.

#### **Unit-II Physical growth**

Methods of studying physical growth-general pattern of growth in tissue and system.

General differences in male and female pattern of growth and development.

Individual differences.

#### **Unit-III Developmental growth**

Changes in physiological development in adolescent

Distance and velocity curves of physical growth.

Maturing pattern of growth and development.

#### **Unit-IV Psychological growth**

Cognitive (mental) growth, emotional development,

Psychological growth and development.

Relationship between growth and emotional development.

#### **Suggested Readings:**

Dagar R.K.S. (2007) Sharirik siksha mein samanya vigyan friends publication, New Delhi

ICMR (1989). Growth and Physical Development of Indian Infants and Children. Indian Council of Medical Research. New Delhi.

Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications.

New Delhi 61

**SEMESTER III**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**BKT-J301**

Time allowed: 3Hrs

**Bhartiya Knowledge and Tradition**

**(To be provided by Gurukul Kangri Vishwavidyalaya, Haridwar)**

## SEMESTER IV

**BES-C401**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### OFFICIATING AND COACHING

#### Unit-I

Meaning and general principles of officiating

Financial aspects of officiating.

Legal aspects of officiating.

#### Unit- II

Qualifications of an official.

Qualities of an official.

Duties of an official.

#### Unit – III

Meaning & definition of ingredients of officiating.

Rules of enforcement.

Facilities, Arrangement and environment for officiating.

#### Unit –IV

Relations of officials-

Management

Players

Coaches

Captains

Spectators

Fans

Pre game preparation of an official.

During game preparation of an official.

After game preparation of an official.

### SUGGESTED READINGS

Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,2000

Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000

Sharma,Vyas Dev. “introduction to physical and health education”, avichal publishing company, new delhi.

Dagar,R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005.

Thomas R. Baechle and Roger W. Earle, (2000).

Singh MK (2008). Comprehensive Badminton (Scientific Training). Friends Publication.

## SEMESTER IV

**BES-C402**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **FOOTBALL & HOCKEY**

#### **UNIT-I**

##### **Introduction of Football**

Origin, historical perspectives and modern trends of Football

Orientation of the fundamental skills

Construction and maintenance of Football Ground- rules of the game.

Introduction of Football Association of India

Introduction of International Football Federation (FIFA)

#### **UNIT-II**

##### **Coaching and Officiating in Football**

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications and, responsibilities of officials

#### **UNIT-III**

##### **Introduction of Hockey**

Origin, historical perspectives and modern trends of Hockey

Orientation of the fundamental skills

Construction and maintenance of Hockey Ground- rules of the game.

Introduction of Hockey Association of India (IHF)

Introduction of International Hockey Federation (FIH)

#### **UNIT-IV**

##### **Coaching and Officiating in Hockey**

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications and duties of an official



## SEMESTER IV

**BES-C403**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION**

#### **UNIT-I**

Concept: Meaning and Definition of Test, Measurement & Evaluation in the field of physical education

Importance of Test, Measurement & Evaluation in the field of physical education

Scope of Test, Measurement & Evaluation in the field of physical education

Relationship between Test, Measurement & Evaluation in the field of physical education

#### **UNIT – II**

Concept: Meaning and Definition of General fitness

Concept of Physical Fitness

Components of physical fitness

Introduction of Strength test: - Kraus Weber strength test

#### **UNIT –III**

Meaning and definition of Endurance

Endurance Test, Harvard step test

Millar wall volley badminton test

Harbans hockey Test

#### **UNIT-IV**

Anthropometric Measurements:

Weight

Height

Chest circumference

Skin fold calliper introduction and uses.

### **SUGGESTED BOOKS**

Kansal DK (2012). A practical approach to Measurement Evaluation in Physical Education & Sports selection. Sports & Spiritual Science Publications, New Delhi.

Miller David K (2006). Measurement by the Physical Educator: Why and How. Mcgraw-Hill. Boston, U.S.A.

Mishra Sharad Chandra (2005). Tests And Measurement in physical education. Sports. Delhi

Sharma JP (2006). Test and measurements in physical education. khel sahitya. Delhi

Srivastava AK (2006). Sharirik Shhiksha Evam Khel Main Maapan Evam Mullyakan. Sport pub. Delhi.

Chauhan S.K.C.(2007) Sharirik siksha me mapan avem mulyankan, Prerna Publication New Delhi

**PRACTICAL  
SEMESTER IV**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-C451**  
Passing marks-40

**OFFICIATING AND COACHING**

A scrape file related to officiating and coaching of any two games  
Viva-voce

**SEMESTER IV**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-C452**  
Passing marks-40

**FOOTBALL & HOCKEY**

Demonstration of skills  
A scrape file  
Viva-voce

**SEMESTER IV**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-C453**  
Passing marks-40

**TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION**

Harvard step test. Harbans Hockey Test & Kraus Weber test  
Record File  
Viva-voce

# SKILL ENHANCEMENT COURSE (SEC-2)

## SEMESTER IV

**BES-S401**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### ADVENTURE SPORTS

#### Unit – I

Introduction of Adventure Sports

History of Adventure Sports

Types of Adventure Sports

#### Unit – II

Adventure Sports at global level

Scope of Adventure Sports in India

Need and Importance of Adventure Sports

#### Unit – III

Role of Indian government in promotion of Adventure Sports

Role of SAI in promotion of Adventure Sports

Role of Associations and Federations in promotion of Adventure Sports

Role of Uttarakhand Government for promoting Adventure Sports

Role of Local Bodies for promoting Adventure Sports

#### Unit – IV

Equipments required for adventure sports

Precautions during adventure sports

First aid required for adventure sports

Rehabilitation required for adventure sports

#### Suggested Reading:

Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL.

Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.

Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.

Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth

## SEMESTER IV

**BES-S402**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **ORGANIZATION AND ADMINISTRATION**

#### **Unit-I**

Introduction, Meaning, Definition, Scope and importance of Organization and Administration.  
Introduction, Meaning, Definition and importance of Intra-mural and Extra-mural.

#### **Unit-II**

Types of Organization and Administration  
Function of organization and administration.  
Principles of Organization and Administration.

#### **Unit-III**

Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers.

#### **Unit-IV**

Reports and records; Meaning, Definition and essence of writing different reports. Records maintaining of Physical Education and Sports for future reference.  
Tournaments/Competitions and types  
Fixture, types of fixture and seeding.

#### **References:**

- Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000  
Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000  
Gangwar, B.R., Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub., 1999.  
Sharma, V.D., Physical & Health Education, ND: Asha Prakashan, 1993.  
Shaw, D & Kaushik, S: Lesson Planning: Technical Methods and Class Management, New Delhi: S.K., 2001.  
Singh, M.K., Shareerik Shiksha Main Sangtan, Prashashan, Avum Parvakshan. N.D. Friends Pub., 2007.

# SKILL ENHANCEMENT COURSE (SEC-3)

## SEMESTER V

**BES-S501**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **GYM SETUP**

#### **Unit – I**

Health Club/ Gym Setup- Introduction

Basic guidelines

Funding/ Budget

Purpose- To whom- society, Institution, Professional & Personal

#### **Unit – II**

External Environment- Building Lay out and Area

Internal Environment- Critical Factors, Space, Floor, Sanitation, Heating and Ventilation, Lighting, Storage and Seating area for Spectators

#### **Unit – III**

Equipment care- Electronic

Equipment care-Station equipment

Equipment Maintenance- Electronic

Equipment Maintenance-Station equipment

Special Care during Gym activities

#### **Unit – IV**

Various exercises on various equipment's.

Equipment's for warming up and cooling down

Procedure of exercising.

Time table for exercising.

Precautions during exercising.

#### **Suggested Readings:**

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Uppal, A.K., "Principles of sports training" Singh, Hardayal. "Sciences of Sports training",  
Cornwell. T.B, (2014). Sponsorship in marketing: Effective communications through sports,  
arts and events. Routledge Publishers, USA

## SEMESTER V

**BES-S502**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **PERSONALITY DEVELOPMENT**

#### **Unit-I Introduction**

Personality -meaning and definition.

Introduction to acronym CAKE (Commitment to Application of Knowledge Existing)

Components of Personality

#### **Unit-II Physical Personality**

Meaning, Definition and types of Personality.

Principles of Developing Personality.

Somato type and Personality.

Meaning and Definition of Spiritual Personality.

#### **Unit-III Personality and Wellness**

Components of Wellness, Relation of Wellness and Personality.

Behaviour Change Method.

Physical Fitness-Components and Role in Physical Personality Development

#### **Unit-IV Mental Personality**

Meaning and Definition of Mental Personality

Type A, B & C Personality Characteristics

Traits affective Personality and Its Development.

Heredity and Environment in relation to Personality Development.

### **SUGGESTED READINGS**

Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000

Singh, Ajmer et.al. "Olympidu, "Health and physical education", lakshmi publishing house,Rohtak,2011

Kansal, D.K. (2010). Holistic Personality Development. Sports and Spiritual Science Publications, New Delhi

Bernard N. (2001). Turn off the Fat Genes. Harmony Books, New York. U.S.A.

Kamlesh M.L.(2002) psychology in physical education and sports, metropolitan book co. pvt. ltd, New Delhi

# **DISCIPLINE SPECIFIC ELECTIVE (DSE-1A)**

## **SEMESTER V**

**BES-E501**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **CRICKET**

#### **UNIT-I**

Origin & developmental aspects of Cricket at global level  
Development of Cricket in India Pre & post-independence  
Facilities & Equipment's

#### **UNIT-II**

Marking of playground  
Measurements/ dimensions of Cricket apparatus  
Governing bodies at National & International level

#### **UNIT-III**

Rules and Regulations  
Duties of Officials in respect of rules and regulations  
Recognized Tournaments at National & International level

#### **UNIT-IV**

Defensive skills  
Offensive skills  
Sports skill tests  
Officiating in Cricket

#### **SUGGESTED BOOKS**

Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.  
Bhalla Ajay (2001)cricket Kitab Ghar New Delhi  
Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.  
Thani V. (1998). Coaching Cricket. Khel Sahitya Kendra. New Delhi.  
YMCA rule book of games and sports  
Pant N.C. (1996) Wills world cup cricket 1996 kitab ghar New Delhi

## SEMESTER V

**BES-E502**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **KHO-KHO**

#### **UNIT-I**

Origin & developmental aspects of Kho-kho at global level  
Development of Kho-Kho in India  
Modern trends and developments in Kho-Kho.  
Organization of KKFI.

#### **UNIT-II**

Marking  
Measurements/ dimensions  
Selection of a team.  
Conduct of a camp.

#### **UNIT-III**

Conduct of a tournament.  
Rules, regulations and their Interpretations  
Latest Rules  
Duties of Officials

#### **UNIT-IV**

Warming up: - General & Specific  
Specific conditioning programme for Kho-Kho  
Basic skills- offensive & defensive.  
Classification of Techniques

### **SUGGESTED BOOKS**

Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.  
Panday L (1982). Kho - Kho Sarvaswa. Metropolitan



## **DISCIPLINE SPECIFIC ELECTIVE PRACTICAL'S (DSE-1A)**

### **SEMESTER V PRACTICAL'S**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-E551**  
Passing marks-40

#### **CRICKET**

Playing ability  
Skills of Cricket  
File  
Viva-voce

### **SEMESTER V PRACTICAL'S**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-E552**  
Passing marks-40

#### **KHO-KHO**

Playing Ability  
Skills  
Ground measurement & preparation of Kho-kho court  
File  
Viva-voce

## **DISCIPLINE SPECIFIC ELECTIVE (DSE-2A)**

### **SEMESTER V**

**BES-E503**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **HANDBALL**

#### **UNIT-I**

Origin & developmental aspects of Handball at global level

Development of Handball in India

Modern trends and developments in Handball.

Organization of Handball (Federation and Association).

#### **UNIT-II**

Marking

Measurements/ dimensions

Selection of a team.

Conduct of a camp.

#### **UNIT-III**

Conduct of a tournament.

Rules, regulations and their Interpretations

Latest Rules

Duties of Officials

#### **UNIT-IV**

Warming up: - General & Specific

Specific conditioning programme for Handball

Basic skills- offensive & defensive.

Classification of Techniques

### **SUGGESTED BOOKS**

## **SEMESTER V**

**BES-E504**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **KABADDI**

#### **UNIT-I**

Origin & developmental aspects of Kabaddi at global level

Development of Kabaddi in India

Modern trends and developments in Kabaddi.

Organization of Kabaddi.

#### **UNIT-II**

Marking

Measurements/ dimensions

Selection of a team.

Conduct of a camp.

#### **UNIT-III**

Conduct of a tournament.

Rules, regulations and their Interpretations

Latest Rules

Duties of Officials

#### **UNIT-IV**

Warming up: - General & Specific

Specific conditioning programme for Kabaddi

Basic skills- offensive & defensive.

Classification of Techniques

### **SUGGESTED BOOKS**

## **DISCIPLINE SPECIFIC ELECTIVE PRACTICAL'S (DSE-2A)**

### **SEMESTER V PRACTICAL'S**

**BES-E553**  
Passing marks-40

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

#### **HANDBALL**

Playing Ability  
Skills  
Ground measurement & preparation of Handball court  
File  
Viva-voce

### **SEMESTER V PRACTICAL'S**

**BES-E554**  
Passing marks-40

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

#### **KABADDI**

Playing Ability  
Skills  
Ground measurement & preparation of Kabaddi court  
File  
Viva-voce

**GENERIC ELECTIVE (GE-1)  
SEMESTER V**

**\*OPT ANY ONE FROM THE LIST OF GENERIC ELECTIVE AS DEVISED BY  
DEPARTMENT OF YOGIC SCIENCES AND HUMAN CONSCIOUSNESS**

# SKILL ENHANCEMENT COURSE (SEC-4)

## SEMESTER VI

**BES-S601**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **SPORTS & EXERCISE NUTRITION**

#### **Unit – I**

Meaning and Definition of Sports Nutrition

Basic Nutrition guidelines

Role of nutrition in sports

#### **Unit – II**

Carbohydrates, Protein, Fat – Meaning, classification and its function

Role of carbohydrates, Fat and protein during exercise

Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight

#### **Unit – III**

Vitamins, Minerals, Water – Meaning and classification

Vitamins, Minerals, Water – Role and function

Role of hydration during exercise, water balance

#### **Unit – IV**

Meaning of weight management

Factor affecting weight management and values of weight management

Concept of BMI (Body mass index)

Obesity – Definition, meaning and types of obesity

Obesity and its hazard

#### **Essential Reading :-**

Practical Applications in Sports Nutrition Finic HH et al (2006), J & B Publisher, USA.

Handbook of Sports Nutrition, Lal PR (2009) Friends Publication.

### **SUGGESTED READINGS**

Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.

Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.

Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshal

Caliendo Mang Alica (1981). Nutrition and Preventive Health Care Mcemillin Publication Co.

Clark, N. (2008). Sports Nutrition. 4th Ed. Human Kinetics, USA.

Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.

## SEMESTER VI

**BES-S602**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **ATHLETIC CARE AND REHABILITATION OF SPORTS INJURIES**

#### **Unit-I:**

Posture – Concept, Significance & Benefits

Bad Posture (Sitting, Standing, Walking, Lying down)

Effects of Bad Posture on Our Body

#### **Unit-II:**

Postural Deformities – Types and Causes (Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot)

Corrective Exercises for Postural Deformities

Illnesses due to Improper Posture (Back Pain, Neck Pain)

Corrective Exercises for Improper Posture.

Meaning & Definition of Sports Injuries

#### **Unit-III:**

General Principles of Prevention of sports Injuries

Sports Medicine and Athletic Care - Concept and Significance, Factors causing Injuries

Introduction of Common Sports Injuries (Strain, Sprain in Muscle and Ligament, Shin Pain, Contusion, Abrasion, Fracture & Dislocation)

Management of Injuries

#### **Unit-IV**

Sports Injuries and First Aid (P.R.I.C.E.)

Rehabilitation - Aim and Objective, Recovery

Introduction of Therapeutic Modalities

Muscle Strengthening through Active and Passive Exercise

### **SUGGESTED READINGS**

**ACSM's Guidelines for Exercise Testing and Prescription** (2001), American College of Sports Medicine, New York, U.S.A.

Ansbaugh, D.J., G. Ezell and K.N. Goodman (2006) **Teaching Today Health**, Mosby Publishers, Chicago (USA)

Beotra, Alka (2001-02) **Drug Education Handbook on Drug Abuse in Sports**, Applied Nutrition Sciences, Mumbai.

## **DISCIPLINE SPECIFIC ELECTIVE (DSE-1B)**

**Semester VI**

**BES-E601**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **SAFETY EDUCATION**

#### **Unit 1**

**Safety Education:** Introduction, Meaning & definition of Safety Education,  
Aims & Objectives of Safety Education  
Significance of Safety Education in Physical Education & Sports

#### **Unit 2**

Components of Safety for Health, Wealth & Physical Fitness  
Safety on and off the field  
Role of Coach  
Role of Officials

#### **Unit-3**

Safety equipments for indoor games  
Precautions & handling of equipments  
General instructions for safety during indoor games  
Surface area while playing

#### **Unit 4**

Safety equipments for outdoor games  
Precautions & handling of equipments  
General instructions for safety during outdoor games  
Surface area while playing

### **BOOKS RECOMMENDED**



## SEMESTER VI

**BES-E602**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **WATER SPORTS**

#### **Unit – I**

Introduction of Water Sports

History of Water Sports

Types of Water Sports

#### **Unit – II**

Scope of Water Sports in India

Need and Importance of Water Sports

List of Equipment's used in Various Water Sports

Purchase and Care of Equipment's used in Water Sports

#### **Unit – III**

Introduction of Kayaking and Kenoying

Equipment's and It's availability

Training of handling equipment's

Competitions and role of Federation/ Indian Government

#### **Unit – IV**

Introduction of Water Surf, Sailing and Power Boats

Equipment's and It's availability

Training of handling equipment's

Competitions and role of Federation/ Indian Government

#### **Suggested Books:**

Aamidor A (2003).Real Sports Reporting. Indiana University Press.Valparaiso. Indiana. U.S.A.

Ahuja, B.N (1988) Theory and Practice of Journalism. Surjeet Delhi.

Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.

Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.

Kamath, M V (1980). Professional Journalism. K.S.K. New Delhi

# **DISCIPLINE SPECIFIC ELECTIVE PRACTICAL (DSE-1B)**

## **PRACTICAL SEMESTER VI**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-E651**  
Passing marks-40

### **SAFETY EDUCATION**

A Scrape file  
Viva-voce

## **PRACTICAL SEMESTER VI**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-E652**  
Passing marks-40

### **WATER SPORTS**

A Scrape file on Water Sports  
Viva-voce

# **DISCIPLINE SPECIFIC ELECTIVE (DSE-2B)**

## **SEMESTER VI**

**BES-E603**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **JUDO**

#### **UNIT-I**

Origin, historical perspectives

Development of Judo in India

Development of Judo at International level.

Modern trends of Judo at National and International level.

#### **UNIT-II**

Structure and function of Judo Federation of India (JFI).

International Judo Federation (IJF).

Fundamentals of Judo

#### **UNIT-III**

Rules and regulations

Latest changes

Developments in rules and Regulations

Techniques of officiating.

Technical preparation and grading system.

#### **UNIT-IV**

Competition area.

Equipments.

Qualifications, qualities and responsibilities of a coach.

Qualifications and responsibilities of technical officials, judges.

Warming-up, cooling-down

Basic skills.

### **SUGGESTED READINGS**

Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.

Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.

Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.

Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.

Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA

## SEMESTER VI

**BES-E604**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **TABLE- TENNIS**

#### **Unit-1**

Historical background of Table-Tennis.

Historical background of Table-Tennis

Origin and development

Equipment's

#### **Unit-2**

Measurements/ dimensions

Governing bodies at National and International level

Rules and Regulations

#### **Unit-3**

Rules and Regulations

Cards and punishments

Duties of Officials in respect of rules and regulations

Recognized Competitions at National & International level

#### **Unit-4**

Defensive skills

Offensive skills

Sports skill tests

Officiating in Table- Tennis

### **SUGGESTED BOOKS**

# **DISCIPLINE SPECIFIC ELECTIVE PRACTICAL (DSE-2B)**

## **SEMESTER VI PRACTICAL**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-E653**  
Passing marks-40

### **JUDO**

#### **PRACTICAL**

Skills  
Measurement and marking.  
A scrape File  
Viva-voce

## **PRACTICAL SEMESTER VI**

Max. Marks -100  
70 Marks + Internal Assessment = 30 Marks

**BES-E654**  
Passing marks-40

### **TABLE-TENNIS**

Playing Ability  
Skills  
Measurement of Table-tennis Table.  
File  
Viva-voce

**GENERIC ELECTIVE (GE-2)  
SEMESTER VI**

**\*OPT ANY ONE FROM THE LIST OF GENERIC ELECTIVE AS DEVISED BY  
DEPARTMENT OF YOGIC SCIENCES AND HUMAN CONSCIOUSNESS**