

Programme Code UG043

Sant Baba Bhag Singh University

Department of Physical Education
Scheme and Syllabus BPES (Four Years)
As per New Education Policy



Department of Physical Education

Sant Baba Bhag Singh University

2024-25

Programme Code UG043

BPES First Year (First Semester)

Theory Class				Teaching Scheme			
Sr. No	Course Type	Course Code	Course Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	Major Course	PED155	Foundation of Physical Education	4:0:0	4:0:0	4	4
2	Major Course	PED157	Correctives in Physical Education	4:0:0	4:0:0	4	4
3	Minor Course	PED159	Anatomy and Physiology	3:0:0	3:0:0	3	3
4	MDC	MDC 017	Nutrition and Health Education	3:0:0	3:0:0	3	3
5	AEC	AEC001	Functional English -I	2:0:0	2:0:0	2	2
6	VAC	VAC014	Peace and Value Education	3:0:0	3:0:0	3	3
			Physical Training and Cultural Activities	0:0:2	0:0:0	2	0
Laboratory Practical							
7	Minor Course	PED161	Anatomy and Physiology	0:0:2	0:0:1	2	1
Practical							
8	Major Course	PED163	Drill Marching and Formal Activities	0:0:4	0:0:2	4	2
9	Major Course	PED165	Yoga	0:0:4	0:0:2	4	2

Total Contact Hour: 31

Total Credit Hour:24

Programme Code UG043

BPES First Year (Second Semester)

Theory Class				Teaching Scheme			
Sr. No	Course Type	Course Code	Course Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	Major Course	PED156	Exercise Physiology	4:0:0	4:0:0	4	4
	Major Course	PED158	Scientific Principles of Sports Training	4:0:0	4:0:0	4	4
2	Minor Course	PED160	Sports Psychology	3:0:0	3:0:0	3	3
3	AEC	AEC004	Functional English –II	2:0:0	2:0:0	2	2
4	SEC	SEC012	Teaching Skills	3:0:0	3:0:0	3	3
5	VAC	VAC022	Environmental Education	3:0:0	3:0:0	3	3
6			Physical Training and Cultural Activates	0:0:2	0:0:0	2	0
Laboratory Practical							
7	Minor Course	PED162	Sports Psychology	0:0:2	0:0:1	2	1
Practical							
8	Major Course	PED164	Handball and Volleyball	0:0:4	0:0:2	4	2
9	Major Course	PED166	Start, Long jump and Shot Put	0:0:4	0:0:2	4	2

Total Contact Hour: 31

Total Credit Hour:24

Programme Code UG043

B.P.E.S First Year (First Semester)

Course Area	Major Course
Course code	PED155
Course title	Foundation of Physical Education
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	+2
Course Outcomes (CO)	After the completion of the course, student will be able to: 1. Understand the scope & importance of Physical Education. 2. Understand the historical development of Physical Education. 3. Explain National programme. 4. To enable to explain the different sports awards in India.
SYLLABUS	

UNIT-I

Meaning, Definition, Aim and Objective of Physical Education. Scope, Need and Importance of Physical Education in Modern Society. Relationship of Physical Education with General Education.

UNIT-II

History of Physical Education in Greece (Hmeric Period, Spartan Period, Early Athenian Period, Later Athenian Period), Rome (Early Roman Period, Later Roman Period), Germany, Sweden, Denmark, China, USA

UNIT-III

History of Physical Education in India, Division of Ancient Period, British Period Till 1947. Physical Education in India after Independence, National programme of physical education. NSNIS Patiala, LNIPE Gwalior, SAI, SAI Training Centre Scheme. National Games, Asian Games, SAF Games, Common Wealth Games, Kehlo India youth Games

UNIT-IV

Games and Sports as Man's Cultural Heritage, Role of Games and Sports in National and International Integration. Sports Awards: Arjun Award, Rajiv Gandhi Khel Rattan Award, Maulana Abul Kalam Azad Trophy, Dhyanchand life Time Achievement Award, Rashtriya Khel Protsahan Puruskarand Dronacharya Award.

Programme Code UG043

Reference Books

S. No.	Author(S)	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rashpal Singh Brar	Physical Education for B.P.E, B.P.Ed. andM.P.Ed.	Kalyani Publishers Ludhiana
2	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. TarakNathPramanik	Physical Education for B.P.E, B.P.Ed. and M.P.Ed	Sports Publication
3	Bucher, C. A.	Foundation of physical education	St. Louis: The C.V. Mosby Co.
4	Deshpande S. H.	Physical Education in Ancient India.	Metropolitan Book Dep.

Programme Code UG043

Course Area	Major Course
Course code	PED157
Course title	Correctives in Physical Education
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	+2
Course Outcomes (CO)	1. Students will know prevent and management of various postural deformities. 2. Students will be understand applications of Various therapeutic modalities. 3. To bring out knowledge about the Correctives & Rehabilitation. 4. To understand the Therapeutically modalities.
SYLLABUS	

UNIT-I

Definition of Remedial, physiotherapy and corrective exercises. Concept of posture, its meaning and characteristics of correct and incorrect posture. Causes of incorrect posture. Necessity and importance of correct posture, Principles of correct posture, Tests for correct posture.

UNIT -II

Classification of posture: a. Good Type b. Bantom Type c. Fatigue Type. Postural deformities and their causes: a. Kyphosis b. Lordosis c. Scoliosis d. Bow legs e. Knock knee f. Flat foot. Preventive and remedial measures for postural defects: Psychological and habitual consideration in preventing and correcting postural defects. Corrective exercises for various postural defects, Physiotherapist treatment in correcting postural defects.

UNIT -III

Massage: Meaning, definition and a brief history of massage.

Massage as means of relaxation and points to be considered while giving massage. General effects of massage. Classification of the manipulation and movements in the massage: Effleurage and stroking i. Petrissage ii. Percussion / Tapotement iii. Vibration and shaking. Effects of manipulation and movements on the different systems of human body.

UNIT -IV

Classification of positions: a. Fundamental positions b. Derived positions c. Modified positions
Classification of exercises along with their practical instructions: a. free mobility exercises b. assisted exercise c. Resisted exercises

Programme Code UG043

Reference Books

S. No.	Author(S)	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rashpal Singh Brar	Physical Education for B.P.E, B.P.Ed. andM.P.Ed.	Kalyani Publishers Ludhiana
2	P.G. Rasch and R.K. Burke	Kinesiology and Applied Anatomy	Lee and Febriger, Philadelphia 1978.
3	J.L. Rathoore	Corrective Physical Education	Philadelphia W.B. Saunders Co. 1968.

Programme Code UG043

Course Area	Minor Course
Course code	PED159
Course title	Anatomy and Physiology
L T P	3:0:0
Credits	3:0:0
Course Prerequisite	+2
Course outcomes(CO)	<p>After the completion of the course, student will be able to:</p> <ol style="list-style-type: none"> 1. Understand the terms of Anatomy and Physiology. 2. Understand the various systems of the body. 3. To enable to understand the importance of Physiology in Physical Education. 4. Explain the effect of exercise and training on various systems of our body.
	SYLLABUS

UNIT-I

Anatomy and Physiology: Introduction, Scope, Need and Importance.
 Cell & Tissues: Introduction, Structure, Classification and Functions.
 Human Skeleton: Introduction, Axial and Appendicular Skeleton

UNIT- II

Bones: Structure, Types and its Functions.
 Joints: Introduction, Classification and Functions of various Joints.
 Muscles: Structural Classification of Muscles (Skeletal, Smooth and Cardiac Muscles), General Characteristics of Muscles – Elasticity, Contractility & Irritability and Muscle Contraction.

UNIT-III

Human Blood: Structure, Functions and Formation of Blood Cells; Blood Groups & their Characteristics; Process of Blood Clotting and its Regulation.
 Human Cardio-Vascular System: Structure, Functions of Heart and Major Blood Vessels of the Body, Circulation of blood, Pulmonary Circulation, Systemic or General Circulation and Portal Circulation.
 Human Respiratory System: Introduction, Organs, Structure, Functions, Mechanism, Control and its Types

UNIT-IV

Human Digestive System: Introduction, Organs, Structure, Functions and The process of Digestion (Ingestion, Propulsion, Digestion, Absorption & Elimination).
 Human Nervous System: Introduction to Structure (Autonomic Nervous System, Sympathetic Nervous System and Parasympathetic Nervous System), Structure and Functions of Human Brain, Spinal Cord, and Peripheral Nervous System Brain– Cerebrum, Midbrain, Pons, Medulla Oblongata, Cerebellum; Spinal Cord - Sensory Nerves (Afferent or Ascending), Motor Nerve (Efferent or Descending) and Simple Reflex Arc; and Peripheral Nervous System.
 Endocrine System: Introduction, Types, Location, Secretion and Functions of Glands; Pituitary Gland, Thyroid Gland, Parathyroid Glands, Adrenal Gland, and Hypothalamus, the Pancreatic Islets, Pineal Gland or Body, Thymus Gland.

Programme Code UG043

References Books:

S. No	Authors	Title	Publisher
1	Gupta, A. P.	Anatomy and physiology	Agra: SumitPrakashan
2	Gupta, M. and Gupta, M. C	Body and anatomical science	Delhi: Swaran Printing Press
3	Guyton, A.C	Textbook of Medical Physiology	9th edition. Philadelphia: W.B. Saunders
4	Singh, S	Anatomy of physiology and health education	Ropar: Jeet Publications
5	Moorthy, A. M.	Anatomy of physiology and health education	Karaikudi: Madalayam Publications

Programme Code UG043

Course Area	MDC
Course Code	MDC017
Course title	Nutrition and Health Education
Type of course	Theory
L T P	3:0:0
Credits	3:0:0
Course Prerequisite	+2
Course Outcomes(CO)	
	SYLLABUS

Programme Code UG043

Course Area	AEC
Course code	AEC001
Course title	Function English-I
Type of course	Theory
L T P	2:0:0
Credits	2:0:0
Course Prerequisite	+2
Course outcomes (CO)	
	SYLLABUS

Programme Code UG043

Course Area	VAC
Course code	VAC014
Course title	Peace and Value Education
Type of course	Theory
L T P	3:0:0
Credits	3:0:0
Course Prerequisite	+2
Course outcomes (CO)	
	SYLLABUS

Programme Code UG043

Laboratory Practical

Course Area	Minor Course
Course code	PED161
Course title	Anatomy and Physiology
L T P	1:0:0
Credits	2:0:0
Course Prerequisite	+2
Course outcomes(CO)	1. Laboratory practical will give the knowledge and experience of activity or test to the students. 2. Laboratory practical will give better understanding of subject matters that leads toward the work orientation. 3. Understand the Antagonist movements. 4. To enable to understand the importance of Centre Gravity (CG) and Line of Gravity (LG).
	SYLLABUS

UNIT-I

Demonstration of different body organs with charts, models and pictures
Explanation of muscles contractions- Dynamic and Static contractions

UNIT- II

Explanation of different body structure and functions with Audio-visual aids
Demonstration of different joints movements

UNIT- III

Demonstration of Agonist and Antagonist movements
Measurement of distance and displacement

UNIT- IV

Location of Centre Gravity (CG) and Line of Gravity (LG)
Demonstration of Linear and Angular motion

References Books:

S. No	Authors	Title	Publisher
1	Gupta, A. P.	Anatomy and physiology	Agra: SumitPrakashan
2	Gupta, M. and Gupta, M. C	Body and anatomical science	Delhi: Swaran Printing Press
3	Guyton, A.C	Textbook of Medical Physiology	9th edition. Philadelphia: W.B. Saunders

Programme Code UG043

Course Area	Major Course
Course Code	PED163
Course Title	Practical (Drill Marching and Formal Activities)
L T P	2:0:0
Credits	2:0:0
Course pre-requisite	+2
Course Outcomes	1.To Improve neuro muscular co-ordination
	2.To improve co-ordination among the students
	3. To improved basic fundamental positions.
	4. To know about commands.
SYLLABUS	

Apparatus/ Light apparatus Grip

1. Attention with apparatus/ Light apparatus
2. Stand – at – ease with apparatus/ light apparatus
3. Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight Count and Sixteen count.
4. Standing Exercise
5. Jumping Exercise
6. Moving Exercise
7. Combination of above all

References:

S.No.	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Cross-Country Rules	NFHS
3	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

Programme Code UG043

Course Area	Major Course
Course Code	PED165
Course Title	Practical (Yoga)
L T P	2:0:0
Credits	2:0:0
Course pre-requisite	+2
Course Outcomes	<ol style="list-style-type: none"> 1. Understand the various asanas. 2. Gain knowledge about pranayama and sudhikiryas. 3. Understand the various researches in Yoga. 4. Understand the various Kirya.
	SYLLABUS

ASANA:

1. Shirsh Asana
2. Vipratarakani
3. Hal Asana
4. Bhujang Asana
5. Ardh-Shalbh Asana
6. Vakra Asana
7. ArdhaMatasyaendrasana
8. Paschimottan Asana
9. Vajra Asana
10. SuptaVajra Asana
11. Yoga Mudra
12. Nauka Asana
13. Bak Asana
14. Mayur Asana
15. Ustra Asana
16. Vriksh Asana
17. Padma Asana
18. Trikon Asana
19. Sarvang Asana

PRANAYAMA:

1. Anulome-vilome
2. Ujjai
3. Bhastrika
4. Shitali
5. Sitkari
6. Suryabhedan
7. Bhramri

KIRYA:

1. Neti
2. Dhauthi
3. Tratak
4. Nauli
5. Kapalbhati

Reference Books:

S. No.	Author(S)	Year	Title	Publisher
1	Brown, F. Y.	2000	How to use yoga	Delhi: Sports Publication
2	Gharote, M. L. & Ganguly, H.	1988	Teaching methods for yogic Practices.	Lonawala: Kaixydahmoe.
3	Rajjan, S. M.	1985	Yoga strengthening of relaxation for sports man	New Delhi: Allied Publishers.

Programme Code UG043

B.P.E.S First Year (Second Semester)

Course Area	Major Course
Course code	PED156
Course title	Exercise Physiology
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	+2
Course Outcomes (CO)	1. Understand the term of Physiology. 2. Understand the various systems of the body. 3. To enable to understand the importance of Physiology in Physical Education. 4.Explain the effect of exercise and training on various systems of our body
	SYLLABUS

UNIT- I

Definition of Physiology and Exercise Physiology, Importance and Role of Exercise Physiology in the field of Physical Education and Sports. Muscle: Structure and Function, Theories of muscular contraction Isometric, isotonic and isokinetic. Molecular mechanism of muscular contraction, Chemical composition of skeletal muscle, Muscle fiber type (Red and White muscle).

UNIT-II

Fuel for muscular Work (ATP), Energy of muscular contraction, various changes during muscular contraction, Heat production and thermodynamics of muscle contraction, Aerobic and Anaerobic muscular activity. Neuro-Muscular Junction and Co-Ordination of Muscular Activity.

UNIT- III

Ergogenic agents: Pharmacological agents (Alcohol, Amphetamines, Caffeine, Cocaine, Diuretics, Morphine)
Immediate effect of exercise / Work on various systems of body, Cardio- respiratory, muscular systems, Heart and circulatory systems, Respiratory System.

UNIT-IV

Work capacity under different environment Condition (Hot, Humid, cold & high attitude). Concept of Physical Fitness and Physical training warming up conditioning and fatigue. Physiological aspects of development of strength, endurance, skill speed, agility and coordination.

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Reference Books:

S. No.	Author(S)	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rashpal Singh Brar	Physical Education for B.P.E, B.P.Ed. andM.P.Ed.	Kalyani Publishers Ludhiana
2	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. TarakNathPramanik	Physical Education for B.P.E, B.P.Ed. and M.P.Ed	Sports Publication

Programme Code UG043

Course Area	Major Course
Course Code	PED158
Course title	Scientific Principles of Sports Training
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	+2
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. Understand the basic knowledge about Sports Training. 2. Explain the Principles of Sports Training. 3. Understand the components of fitness. 4. Gain knowledge about Training Process.
SYLLABUS	

UNIT-I

Meaning, definitions, aims and objectives of sports training. Principles of sports training, importance and characteristics of sports training.

UNIT-II

Training load, load adaptation, overload and recovery, factors of load. Continues training, Circuit training, interval training, Fartlek training, polymeric training and Weight training.

UNIT-III

Development of Motor components: Speed, Strength, endurance, flexibility, agility, Co-ordination.

UNIT-IV

Meaning and definition of periodization, importance of periodization single, double and triple, periodization, long term and short-term plan, planning for competition main and build up competitions.

Reference Books:

S. No.	Author(S)	Title	Publisher
1	Dick, W. F.	Sports training principles	London: Lepus Books.
2	Harre, D	Principles of sports training	Berlin: Sporulated.

Programme Code UG043

Course Area	Minor Course
Course Code	PED160
Course title	Sports Psychology
Type of course	Theory
L T P	3:0:0
Credits	3:0:0
Course Prerequisite	+2
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. Understand the basic knowledge about Sports Psychology. 2. Explain the Nature of learning. 3. Understand the motivation. Personality. 4. Gain knowledge about Psychological Factors.
	SYLLABUS

UNIT- I

Meaning, definitions of sports psychology. Need and Importance in competitive sports. Meaning, definition, nature, principle conditions of motor skill learning. Learning/Sports Performance Curve: Its types, characteristics; Plateau in learning/sports performance curve, its reasons and solutions.

UNIT- II

Attention: Definition, nature, characteristics, types, and role of attention in physical education and sport. Strategies for improving attention. Interest: Meaning, definition, types, ways and means of arousing and sustaining student's interests in physical education and sports.

UNIT- III

Motivation: Meaning and definition, need and importance of motivation in the field of physical education and sports. Motives, drives and needs, Types of motivation. Personality: Concept, meaning, definition, characteristics, dimensions, traits of personality, classification. Factors affecting the development of personality. Athletic / Sports performance and personality.

UNIT-IV

Psychological Factors Affecting Sports Performance: Anxiety, stress, aggression and personality and their measuring tools. Management of psychological factors for optimum performance

Reference Books:

S. No.	Author(S)	Title	Publisher
1	Ball, D. W. & Loy, J. W	Sport and social order; Contribution to the sociology of sport	London: Addison Wesley Publishing Co., Inc.
2	Blair, J.& Simpson, R.	Educational psychology	New York:McMillan Co.
3	Cratty, B. J	Psychology and physical activity	Eaglewood Cliffs. Prentice Hall

Programme Code UG043

Course Area	AEC
Course Code	AEC004
Course title	Functional English-II
Type of course	Theory
L T P	2:0:0
Credits	2:0:0
Course Prerequisite	+2
Course Outcomes(CO)	
	SYLLABUS

Programme Code UG043

Course Area	SEC
Course Code	SEC012
Course title	Teaching Sills
Type of course	Theory
L T P	3:0:0
Credits	3:0:0
Course Prerequisite	+2
Course Outcomes(CO)	
	SYLLABUS

Programme Code UG043

Course Area	VAC
Course Code	VAC022
Course title	Environmental Education
Type of course	Theory
L T P	3:0:0
Credits	3:0:0
Course Prerequisite	+2
Course Outcomes(CO)	
	SYLLABUS

Programme Code UG043

Laboratory Practical

Course Area	Minor Course
Course Code	PED162
Course Title	Sports Psychology
L T P	1:0:0
Credits	2
Course pre-requisite	+2
Course Outcomes(CO)	1. Laboratory practical will give the knowledge and experience of activity or test to the students. 2. Laboratory practical will give better understanding of subject matters that leads toward the work orientation.
	SYLLABUS

Sports Psychology

1. Guidelines for a diary to be prepared by sport psychologist for athletes.
2. Measurement of Intelligent Quotient (IQ)- Mental Age and chronological Age.
3. Raymond. B. Cattle's Personality Factors investigation.
4. Assessment of Sports Achievement Motivation.
5. Assessment of Emotional Intelligent- Multifactor Emotional Intelligence Scale (MEIS).
6. Assessment of Concentration.
7. Evaluation of Anxiety.
8. Measurement of Aggression.

Reference Books:

S. No.	Author(S)	Title	Publisher
1	Ball, D. W. & Loy, J. W	Sport and social order; Contribution to the sociology of sport	London: Addison Wesley Publishing Co., Inc.
2	Blair, J.& Simpson, R.	Educational psychology	New York:McMillan Co.
3	Cratty, B. J	Psychology and physical activity	Eaglewood Cliffs. Prentice Hall

Programme Code UG043

Course Area	Major Course
Course Code	PED164
Course Title	Practical (Handball and Volleyball)
L T P	2:0:0
Credits	2
Course pre-requisite	+2
Course Outcomes(CO)	1. To know about history of the Games. 2. To learn the skills and fundamentals of the Games. 3. To know about the dimensions of the Games. 4. To Know about rules and regulations of the Games
	SYLLABUS

Hand Ball:

Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and Centre, Blocking, Goal Keeping & Defense. Rules and their interpretations and duties of officials.

Volleyball: Fundamental Skills

1. Players Stance-Receiving the ball and passing to the team mates,
2. The Volley (Overhead pass)
3. The Dig(Under hand pass)
4. Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
5. Rules and their interpretations and duties of officials

Reference Books:

S.No	Authors	Title	Publisher
1	Sharma Sudhir Kumar	Basics of Handball	T.H.Books (New Dehli)
2	Rao, E. Prasad	Essencial of Wrestling	Jagadamba
3	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
4	H.C. Dubey	Basketball	Discovery Publication House Pvt. Limited

Programme Code UG043

Course Area	Major Course
Course Code	PED166
Course Title	Practical (Start, Long Jump and Shot Put)
L T P	2:0:0
Credits	2:0:0
Course pre-requisite	+2
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. To know about history of the athletics events. 2. To learn the skills and fundamentals of the events. 3. To know about the dimensions of the events. 4. 4. To know about rules and regulations of the events.
SYLLABUS	

Starts

1. Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
2. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
3. Ground Marking, Rules and Officiating

Long Jump

1. Approach Run
2. Take Off
3. Technique of Jump

Shot Put

1. Shot Put Throw
2. Basic Skills and techniques of the Throw.
3. Ground Marking / Sector Marking
4. Interpretation of Rules and Officiating.
5. Grip
6. Stance
7. Release
8. Reserve/ (Follow through action)
9. Rules and their interpretations and duties of officials

References:

S.No	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Cross-Country Rules	NFHS
3	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

