

Programme Code UG043

Department of Physical Education
Scheme and Syllabus
BPES (Four Years)
(Choice Based Credit System)



Department of Physical Education
Sant Baba Bhag Singh University
2022-26

B.P.E.S (Bachelor of Physical Education & Sports)

1. AIM OF THE COURSE

The degree of BPES Bachelor of Physical Education & Sports (Choice Based Credit System) is an inter disciplinary science involving fields related to education, human behaviors, sports and science. The purpose of the four years degree course is to provide a longer period of professional preparation in physical education and sports, this is professional course which enables students to get jobs like physical education teacher in schools, fitness experts, training instructor in police organization, corporate sector etc

2. ELIGIBILITY FOR ADMISSION

Candidate for admission to Bachelor of Physical Education & Sports (BPES) shall be required to have passed Higher Secondary or 10+2 or equivalent course conducted by the Government of Punjab or any other equivalent system recognized by the Government of Punjab based on the admission criteria laid down by Sant Baba Bhag Singh University are eligible to apply as equivalent thereto and 40 % of marks.

a) Other Requirements:

- i. Candidate seeking admission to BPES must qualify the Physical Fitness Test (Appendix-I)
- ii. Be free from Physical Deformities.
- iii. Should be Medically Fit to undergo the course.

b) Minimum Eligibility: The applicant must have represented the District/School in any game/Sports

KHIALA, DISTT. JALANDHAR (PUNJAB)

APPENDIX – I

PHYSICAL FITNESS TEST (QUALIFYING)			
Male			Female
A	100 mts	A	100 mts
B	Shot put (16lbs)	B	Shot put (8lbs)
C	Broad Jump.	C	Broad Jump.
D	Vertical Jump.	D	Vertical Jump.
E	12 minutes run and walk.	E	8 minutes run and walk.

CRITERIA FOR GRADING OF SPORTS REPRESENTATION

APPENDIX – II

a)	Representing the country in Olympics, Asian Games, Common Wealth Games, SAF Games, any form of International Participation in any sports/Games	25 Marks Max
(b)	National/All India Inter Zonal/ National Games /Inter-State/Federation Cup/ Junior National	
	1 st Position	20 Marks
	2 nd Position	18 Marks
	3 rd Position	16 Marks
(C)	School National	
	1 st Position	15 Marks
	2 nd Position	13 Marks
	3 rd Position	12 Marks
(D)	National Women Championship/National Rural Championships	
	1 st Position	15 Marks
	2 nd Position	13 Marks
	3 rd Position	12 Marks
(E)	Participation in National Championships	
	National Participation	10 Marks
	National School	10 Marks
(F)	State championships	
	1 st Position	7.5 Marks
	2 nd Position	6 Marks

Programme Code UG043

	3 rd Position	5.5 Marks
(G)	State Participation	5 Marks
(h)	Inter-Zonal (School) C.B.S.E Nationals K.V.S. Nationals, Sanik Schools Nationa, Navodya School Nationals, All India Public Schools	
	1 st Position	10 Marks
	2 nd Position	8 Marks
	3 rd Position	6 Marks
(i)	Zonal (Schools Zonals) (C.B.S.E Cluster/Regional, K.V.S Regional, Sanik Schools, Regional, Navodya School Regional, Cluster/Regional Public Schools)	
	1 st Position	7.5 Marks
	2 nd Position	6.5 Marks
	3 rd Position	5.5 Marks
(J)	District Level Tournaments	
	1 st Position	5 Marks
	2 nd Position	4 Marks
	3 rd Position	3Marks
(k)	Inter School Participation	3 Marks

a.	Tournaments mentioned must be approved by Indian Olympic Association/School Games Federation of India/Govt. of India
b.	The level of Competency in the Sports will be determined only if the candidate has achieved distinctions in sports during the last eligible three years. Participating given above is the order of preference for admission in all the courses
c.	KVS, CBSE, Navodaya cluster and regional is equivalent to zone whereas KVS(National)/ CBSE National/Navodaya National is equal to inter-zone or district level
d.	In case any candidate is holding the National participation certificate, it must be supported by certificate of participation at state level or position secured at the Inter-Zonal Competition of the same (respective) game.
e.	Position holder of the state championships must be considered with their supporting certificate/ authentication at district level or zonal level or an equivalent level position.

KHALA, DISTT. JALANDHAR (PUNJAB)

Index

S.N o.	Course Type	Subject Code	Subject	Sem.	Page No
			Scheme		1-17
	MIL-I-A	ENG151	General English-I	1st	18
	MIL-I-B	PBI/ HCP151	General Punjabi / History and Culture of Punjab-I	1st	19-21
	DSC-I	PED155	Foundation of Physical Education	1st	22-23
	DSE-I	PED157	Anatomy and Physiology	1st	24-25
	AECC-I-A	PED159	Yoga	1st	26-27
	AECC-I-B	PED161	Basics of Physiotherapy	1st	28-29
	Practical	PED163	Practical (Drill Marching and Fundamental Positions)	1st	30
	Practical	PED165	Practical (Yoga)	1st	31
	MIL-II-A	ENG152	General English-II	2 nd	32
	MIL-II-B	PBI/HCP 152	General Punjabi / History and Culture of Punjab-II	2 nd	33-34
	DSE-II	PED156	Exercise Physiology	2 nd	35-36
	AECC-II	EVS101	Environmental Studies	2 nd	37-38
	DSC-II-A	PED158	Fitness and Wellness	2 nd	39-40
	DSC-II-B	PED160	Sports Sociology	2 nd	41-42
	Practical	PED162	Practical (Handball, Volleyball)	2 nd	43-44
	Practical	PED164	Practical (Start, Triple Jump and Shot Put)	2 nd	45
	MIL-III-A	ENG251	General English-III	3 rd	46
	MIL-III-B	PBI/HCP 251	General Punjabi / History and Culture of Punjab-III	3 rd	47-48
	DSC-III	PED255	Methods in Physical Education	3 rd	49-50
	SEC-III-A	PED257	Sports Journalism	3 rd	51-52
	SEC-III-B	PED259	Sports Management	3 rd	53-54
	Practical	PED261	Practical (Middle Distance Races, Javelin Throw)	3 rd	55
	Practical	PED263	Practical (Fundamentals of Dumbbell & Lezium)	3 rd	56
	Practical	PED265	Practical (Gymnastics and Swimming)	3 rd	57
	MIL-IV-A	ENG252	General English-IV	4 th	58-59

Programme Code UG043

	MIL-IV-B	PBI/HCP 252	General Punjabi / History and Culture of Punjab-IV	4 th	60-61
	DSC-IV	PED256	Test, Measurement and Evaluation in Physical Education.	4 th	62
	DSE-IV-A	PED258	Counseling in Sports	4 th	63
	DSE-IV-B	PED260	Personality Development and Communication Skills	4 th	64
	Practical	PED262	Practical (Athletics: Relay Race, Long Jump and Hammer throw)	4 th	65
	Practical	PED264	Practical (Formal Activity)	4 th	66
	Practical	PED266	Practical (Game: Baseball and Lawn Tennis)	4 th	67
	MIL-V-A	ENG351	General English-V	5 th	68-69
	MIL-V-B	PBI/HCP 351	General Punjabi / History and Culture of Punjab-V	5 th	70-71
	DSC-V	PED355	Recreation, Camping and Leadership	5 th	72-73
	SEC-V	PED357	Introduction of Adapted Physical Education	5 th	74-75
	GE-V-A	PED359	Health Education	5 th	76-77
	GE-V-B	PED361	Olympic Movements	5 th	78
	Practical	PED363	Practical (Long Distance Races and Pole Vault)	5 th	79
	Practical	PED365	Practical (Games: Basketball, Football)	5 th	80-81
	Practical	CSA001	Practical (Computer Application in Physical Education)	5 th	82
	MIL-VI-A	ENG352	General English-VI	6 th	83
	MIL-VI-B	PBI/HCP 352	General Punjabi / History and Culture of Punjab-VI	6 th	84-85
	DSC-VI	PED356	Scientific Principal of Sports Training	6 th	86-87
	DSE-VI-A	PED358	Education Technology	6 th	88-89
	DSE-VI-B	PED360	Sports Psychology	6 th	90-91
	Practical	PED362	Practical (Athletics: Hurdles, competitive walk & Road Race)	6 th	92

Programme Code UG043

	Practical	PED364	Practical (Teaching Practice)	6 th	93
	Practical	PED366	Practical (Adventure Sports)	6 th	94
	DSC-VII-A	PED405	Research Methodology in Physical Education	7 th	95-96
	DSC-VII-B	PED407	Basic Statistics in Physical Education	7 th	97-98
	DSE-VII	PED409	Fitness Instructor	7 th	99-100
	GE-VII-A	PED411	Global Peace & Sustainability Development	7 th	101-102
	GE-VII-B	PED413	Officiating and Coaching	7 th	103
	Practical	PED415	Practical (Games: Cricket, Softball)	7 th	104
	Practical	PED417	Practical (Research Proposal)	7 th	105-16
	DSC-VIII-A	PED406	Research Ethics in Physical Education	8 th	107-108
	DSC-VIII-B	PED408	Sports Medicine and Rehabilitation	8 th	109
	SCE-VIII	PED410	Dissertation	8 th	110
	Practical	PED412	Practical (Games: Badminton, Table Tennis)	8 th	111
	Practical	PED414	Practical (Athletics: High Jump Discus Throw Kabaddi)	8 th	112-113



Programme Code UG043

BPES First Year (First Semester)

Theory Subjects:

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	MIL-I-A	ENG151	General English-I	3:0:0	3:0:0	3	3
2	MIL-I-B	PBI/ HCP151	General Punjabi/ History and Culture of Punjab-I	3:0:0	3:0:0	3	3
3	DSC-I	PED155	Foundation of Physical Education	4:0:0	4:0:0	4	4
4	DSE-I	PED157	Anatomy and Physiology	4:0:0	4:0:0	4	4
Optional Course (Any One)							
5	AECC-I-A	PED159	Yoga	4:0:0	4:0:0	4	4
6	AECC-I-B	PED161	Basics of Physiotherapy				
Practical							
Practical		PED163	Practical (Drill Marching and Fundamental Positions)	0:0:4	0:0:2	4	2
		PED165	Practical (Yoga)	0:0:4	0:0:2	4	2

Total Contact Hour: 26

Total Credit Hour: 22

UNIVERSITY
 KHIALA, DISTT. JALANDHAR (PUNJAB)

Programme Code UG043

BPES First Year (Second Semester)

Theory Subjects:

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	MIL-II-A	ENG152	General English-II	3:0:0	3:0:0	3	3
2	MIL-II-B	PBI/HCP152	General Punjabi / History and Culture of Punjab-II	3:0:0	3:0:0	3	3
3	DSE-II	PED156	Exercise Physiology	4:0:0	4:0:0	4	4
4	AECC-II	EVS101	Environmental Studies	3:0:0	3:0:0	3	3
Optional Course (Any One)							
5	DSC-II-A	PED158	Fitness and Wellness	4:0:0	4:0:0	4	4
6	DSC-II-B	PED160	Sports Sociology				
Practical							
7	Practical	PED162	Practical (Handball, Volleyball)	0:0:4	0:0:2	4	2
		PED164	Practical (Start, Triple Jump and Shot Put)	0:0:4	0:0:2	4	2

Total Contact Hour: 25

Total Credit Hour:21



Programme Code UG043

BPES Second Year (Third Semester)

Theory Subjects:

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	MIL-III-A	ENG251	General English-III	3:0:0	3:0:0	3	3
2	MIL-III-B	PBI/HCP251	General Punjabi / History and Culture of Punjab-III	3:0:0	3:0:0	3	3
3	DSC-III	PED255	Methods in Physical Education	4:0:0	4:0:0	4	4
Optional Course (Any One)							
4	SEC-III-A	PED257	Sports Journalism	4:0:0	4:0:0	4	4
5	SEC-III-B	PED259	Sports Management				
Practical							
6	Practical	PED261	Practical (Middle Distance Races, Javelin Throw)	0:0:4	0:0:2	4	2
		PED263	Practical (Fundamentals of Dumbbell & Lezium)	0:0:4	0:0:2	4	2
		PED265	Practical (Gymnastics and Swimming)	0:0:4	0:0:2	4	2

Total Contact Hour: 26

Total Credit Hour: 20



Programme Code UG043

BPES Second Year (Fourth Semester)

Theory Subjects:

Sr . No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	MIL-IV-A	ENG252	General English-IV	3:0:0	3:0:0	3	3
2	MIL-IV-B	PBI/HCP 252	General Punjabi / History and Culture of Punjab-IV	3:0:0	3:0:0	3	3
3	DSC-IV	PED256	Test, Measurement and Evaluation in Physical Education.	4:0:0	4:0:0	4	4
Optional Course (Any One)							
4	DSE-IV-A	PED258	Correctives in Physical Education	4:0:0	4:0:0	4	4
5	DSE-IV-B	PED260	Personality Development and Communication Skills				
Practical							
6	Practical	PED262	Practical (Athletics: Relay Race, Long Jump and Hammer throw)	0:0:4	0:0:2	4	2
		PED264	Practical (Formal Activity)	0:0:4	0:0:2	4	2
		PED266	Practical (Game: Baseball and Lawn Tennis)	0:0:4	0:0:2	4	2

Total Contact Hour: 26

Total Credit Hour:20

UNIVERSITY
 KHIALA, DISTT. JALANDHAR (PUNJAB)

Programme Code UG043

BPES Third Year (Fifth Semester)

Theory Subjects:

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	MIL-V-A	ENG351	General English-V	3:0:0	3:0:0	3	3
	MIL-V-B	PBI/HCP 351	General Punjabi / History and Culture of Punjab-V	3:0:0	3:0:0	3	3
2	DSC-V	PED355	Recreation, Camping and Leadership	4:0:0	4:0:0	4	4
3	SEC-V	PED357	Introduction of Adapted Physical Education	4:0:0	4:0:0	4	4
Optional Course (Any One)							
4	GE-V-A	PED359	Health Education	4:0:0	4:0:0	4	4
5	GE-V-B	PED361	Olympic Movements				
Practical							
6	Practical	PED363	Practical (Long Distance Races and Pole Vault)	0:0:4	0:0:2	4	2
		PED365	Practical (Games: Basketball, Football)	0:0:4	0:0:2	4	2
		CSA001	Practical (Computer Application in Physical Education)	0:0:2	0:0:1	2	1

Total Contact Hour: 28

Total Credit Hour: 23

UNIVERSITY
KHIALA, DISTT. JALANDHAR (PUNJAB)

Programme Code UG043

BPES Third Year (Sixth Semester)

Theory Subjects:

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	MIL-VI-A	ENG352	General English-VI	3:0:0	3:0:0	3	3
2	MIL-VI-B	PBI/HCP 352	General Punjabi / History and Culture of Punjab-VI	3:0:0	3:0:0	3	3
3	DSC-VI	PED356	Scientific Principal of Sports Training	4:0:0	4:0:0	4	4
Optional Course (Any One)							
4	DSE-VI-A	PED358	Education Technology	4:0:0	4:0:0	4	4
5	DSE-VI-B	PED360	Sports Psychology				
Practical							
6	Practical	PED362	Practical (Athletics: Hurdles, competitive walk & Road Race)	0:0:4	0:0:2	4	2
		PED364	Practical (Teaching Practice)	0:0:4	0:0:2	4	2
		PED366	Practical (Adventure Sports)	0:0:4	0:0:2	4	2

Total Contact Hour: 26

Total Credit Hour: 20

UNIVERSITY
 KHIALA, DISTT. JALANDHAR (PUNJAB)

Programme Code UG043

BPES Fourth Year (Seventh Semester)

Theory Subjects:

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	DSC-VII-A	PED405	Research Methodology in Physical Education	4:0:0	4:0:0	4	4
2	DSC-VII-B	PED407	Basic Statistics in Physical Education	4:0:0	4:0:0	4	4
3	DSE-VII	PED409	Fitness Instructor	4:0:0	4:0:0	4	4
Optional Course (Any One)							
4	GE-VII-A	PED411	Global Peace & Sustainability Development	4:0:0	4:0:0	4	4
5	GE-VII-B	PED413	Officiating and Coaching				
Practical							
6	Practical	PED415	Practical (Games: Cricket, Softball)	0:0:4	0:0:2	4	2
		PED417	Practical (Research Proposal)	0:0:4	0:0:2	4	2

Total Contact Hour: 24

Total Credit Hour: 20



Programme Code UG043

BPES Fourth Year (Eighth Semester)

Theory Subjects:

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	DSC-VIII-A	PED406	Research Ethics in Physical Education	4:0:0	4:0:0	4	4
2	DSC-VIII-B	PED408	Sports Medicine and Rehabilitation	4:0:0	4:0:0	4	4
3	SEC-VIII	PED410	Dissertation	10:0:0	10:0:0	10	10
Practical							
4	Practical	PED412	Practical (Games: Badminton, Table Tennis)	0:0:4	0:0:2	4	2
		PED414	Practical (Athletics: High Jump, Discus Throw Kabaddi)	0:0:4	0:0:2	4	2

Total Contact Hour: 26

Total Credit Hour: 22



Programme Code UG043

Number of Courses:

Semester	Course with credits						
	MIL	DSC	DSE	SEC	AECC	GE	PR
i.	02	01	01	00	02	00	02
ii.	02	02	01	00	01	00	02
iii.	02	01	00	02	00	00	03
iv.	02	01	02	00	00	00	03
v.	02	01	00	01	00	02	02
vi.	02	01	02	00	00	00	03
vii.	00	02	01	00	00	02	02
viii.	00	02	00	01	00	00	02
	12	11	07	04	3	4	19

TOTAL NUMBERS OF PAPERS = 60



Programme Code UG043

Sr. No.	Specify of Area	Course Area	Course Code	Subject Name		
1	Core					
		a.	DSC-I	PED155	Foundation of Physical Education	
		b.	DSC-II-A	PED158	Fitness and Wellness	
		c.	DSC-II-B	PED160	Sports Sociology	
		d.	DSC-III-A	PED255	Methods in Physical Education	
		e.	DSC-IV	PED256	Test, Measurement and Evaluation in Physical Education	
		f.	DSC-V	PED355	Recreation, Camping and Leadership	
		g.	DSC-VI	PED356	Scientific Principles of Sports Training	
		h.	DSC-VII-A	PED405	Research Methodology in Physical Education	
		i.	DSC-VII-B	PED407	Basic Statistics in Physical Education	
		j.	DSC-VIII-A	PED406	Research Ethics in Physical Education	
		k.	DSC-VIII-B	PED408	Sports Medicine and Rehabilitation	
		2	Skill Enhancement Course			
a.	SEC-III-A			PED257	Sports Journalism	
b.	SEC-III-B			PED259	Sports Management	
c.	SEC-V			PED357	Introduction of Adapted Physical Education	
d.	SEC-VIII			PED410	Dissertation	
e.	MIL			ENG151,PBI151 ENG152,PBI152 ENG251,PBI251 ENG252,PBI252 ENG351,PBI351 ENG352,PBI352	All Semester	
3	Discipline Specific Elective	Choose any Four				
		a.	DSE-I	PED157	Anatomy and Physiology	
		b.	DSE-II	PED156	Exercise Physiology	
		c.	DSE-IV-A	PED258	Counseling in Sports	
		d.	DSE-IV-B	PED260	Personality Development and Communication Skill	
		e.	DSE-VI-A	PED358	Education Technology	
		f.	DSE-VI-B	PED360	Sports Psychology	
		g.	DSE-VII	PED409	Fitness Instructor	
		4	Generic Elective	Choose any Two		
				a.	GE-V-A	PED359

Programme Code UG043

	b.	GE-V-B	PED361	Olympic Movements
	c.	GE-VII-A	PED411	Global Peace & Sustainability Development
	d.	GE-VII-B	PED413	Officiating and Coaching
5	Ability Enhancement Compulsory Course			
	a.	AECC-I-A	PED159	Yoga
	b.	AECC-I-B	PED161	Basics of Physiotherapy
	c.	AECC-II	EVS101	Environmental Studies
6	Practical			
	a.	PR-I	PED163	Practical (Drill Marching and Fundamental Position)
	b.	PR	PED165	Practical (Yoga)
	c.	PR	PED162	Practical (Handball, Volleyball, Wrestling)
	d.	PR	PED164	Practical (Start, Triple Jump and ShotPut)
	e.	PR	PED261	Practical (Middle Distance Races, High Jump, Javelin Throw)
	f.	PR	PED263	Practical (Fundamentals of Dumbbell & Lezium)
	g.	PR	PED265	Practical (Gymnastics and Swimming)
	h.	PR	PED262	Practical (Athletics: Relay Race, Long Jump and Hammer Throw)
	i.	PR	PED264	Practical (Formal Activity and Badminton)
	j.	PR	PED266	Practical (Game: Baseball and Lawn Tennis)
	k.	PR	PED363	Practical (Long Distance Races and Pole Vault)
	l.	PR	PED365	Practical (Games: Kabaddi, Basketball, Football)
	m.	PR	CSA001	Practical (Computer Application in Physical)
	n.	PR	PED362	Practical (Athletics: Hurdles, Competitive walk & Road Race)
	o.	PR	PED364	Practical (Teaching Practice)
	p.	PR	PED366	Practical (Adventure Sports)
	q.	PR	PED415	Practical (Games: Cricket, Softball)
	r.	PR	PED417	Practical (Research Proposal)
	s.	PR	PED412	Practical (Badminton, Table Tennis)
	t.	PR	PED414	Practical (Athletics: High jump, Discus Throw kabaddi)

Programme Code UG043

BPES First Year (First Semester)

Course Area	MIL-I-A
Course Code	ENG151
Course Title	General English-I
Type Course	Theory
L T P	3:0:0
Credits	3
Course Pre-requisite	+2
Course Outcomes(CO)	1.The students will critically read and analyze the prescribed texts. 2.The students will demonstrate effective word choice, vocabulary, idioms, grammar and sentence structure allowing accurate communication of meaning in written work. 3.The students will recognize the correct usage of present/past/future tenses in contextualized speech.
SYLLABUS	

UNIT-I

Tales of Life: The Umbrella (Guy de Maupassant), The Story Teller (H. H. Munro Saki)
 Prose for Young Learners: On Spendthrifts, The Power of Women (Richard Gordon)

UNIT-II

Tales of Life: The Lament (Anton Pavlovich Chekhov), the Luncheon (William Somerset Maugham)
 Prose for Young Learners: A Dialogue on Democracy (Albert Sydney Hornby), Universal Declaration of Human Rights

UNIT-III

Tales of Life: The Shroud (Prem Chand)
 Prose for Young Learners: Symptoms (Jerome K. Jerome)

UNIT-IV

English Grammar in Use: Units 1 to 25
 Paragraph Writing

Text and Reference books:

S.No.	Author(S)	Year	Title	Publisher
1	Singh, S	2008	Tales of Life	Press and Publication Department, GNDU, Amritsar.
2	Tewari, A. K, Midha, V.K.Sharma	2011	Prose For Young Learners	Publication Bureau, GNDU , Amritsar
3	Murphy, R	2015	English Grammar in Use, 4 th edn.	CUP

Programme Code UG043

Course Area	MIL-I-B
Course Code	PBI151
Course Title	General Punjabi-I
Type of Course	Theory
LT P	3:0:0
Credits	3
Course Prerequisite	N.A
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. ividAwrQI AwDuink pMjwbl kvIAW dl jlvnl qoN jwxU hoxgy[2. ividAwrQIAW nUM AwDuink pMjwbl kivqw dl ivSYgq jwxkwrl ho jwvygl[3. ividAwrQIAW iv`c ryKw ic`qrW dw AiDAYn krn dw hunr auqpMn hovygw[4. ividAwrQIAW nUM pMjwbl DunIN ivauNqbMdl sMbMDI igAwn hwisl ho jwvygw[5. ividAwrQI pMjwbl aup- BwSwvW nUM pCwnxXog ho jwxgy[

Bwg-pihlw

1. AwDuink pMjwbl kivqw: Bwel vlr isMG (rauN ru^, smW, ie`Cw bl qy fUMGIAW SwmW), Dnl rwm cwiqRk(rwDw sMdyS, isdkW vwilAW dy byVy pwr ny), pRo. pUrn isMG(purwxy pMjwb nUM AwvwzW), &lrozdlN Sr&(kurbwnl, ^Yr pMjwbl dl), pRo. mohn isMG(Awau n`cley, nvW kOqk), nMd lwl nUrpurl(cuMm cuMm r`Ko, mzdUr), AMimRqw pRIqm(bwrW mwh, sMXog ivXog), fw. hrBjn isMG(qyry hzUr myrl hwizrl dl dwsqW), iSv kumwr btwlv(ibrhoN dl rVHK, z^m), surjlq pwqr(cONk ShldW `c ausdw Awi^rl BwSx, Zzl)

Bwg-dUswr

2.pMjwb dy mhwn klwkwr(IyK): ky. AY~l. sihgl, bVy gulwm All KW, soBw isMG, ipRQvlrwj kpUr, Bwel smuMd isMG[

Bwg-qlsrw

3.pMjwbl Dunl ivauNq : aucwrn AMg, aucwrn sQwn qy ivDIAW, svr, ivAMjn[

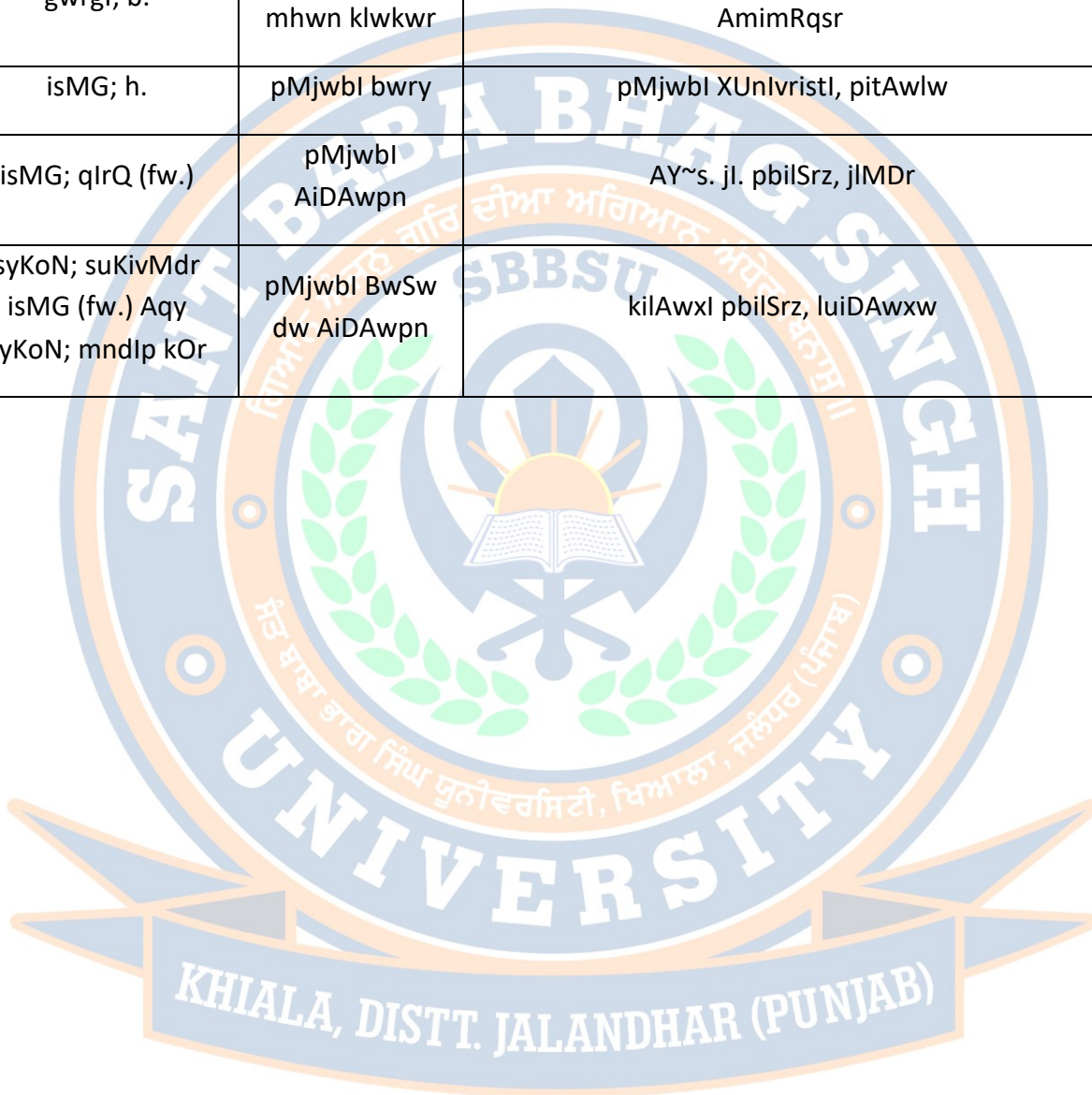
Bwg-cOQw

4.BwSw vMngIAW: BwSw dw tkswll rUp, BwSw Aqy aup- BwSw dw AMqr, pMjwbl aupBwSwvW dy pCwx icMnH[

Programme Code UG043

pwt- pusqkW Aqy hvwlw pusqkW

LyKk	ਯੁਸ਼ਕ	PbilSr
sMpwdk, iF'loN; h.s. Aqy srgoDIAw; p.s.	do rMg	pbllkySn ibaUro, gurUu nwnk dyv XUnlvristl, AmimRqsr
gwrgl; b.	pMjwb dy mhwn klwkwr	pbllkySn ibaUro, gurUu nwnk dyv XUnlvristl, AmimRqsr
isMG; h.	pMjwbl bwry	pMjwbl XUnlvristl, pitAwlw
isMG; qlrQ (fw.)	pMjwbl AiDAwpn	AY~s. jl. pbilSr, jIMDr
syKoN; suKivMdr isMG (fw.) Aqy syKoN; mndlp kOr	pMjwbl BwSw dw AiDAwpn	kilAwxl pbilSr, luiDAwxw



Programme Code UG043

Course Area	MIL-I-B
Course code	HCP151
Course title	History and Culture of Punjab-I
Type of course	Theory
L T P	3:0:0
Credits	3
Course prerequisite	NA
Course outcomes (CO)	<ol style="list-style-type: none"> 1. The Student will acquire the knowledge about Punjab and its Historical Resources. 2. The Student will understand the Harppan Culture and different Vedic Periods. 3. The Students will analyze the Alexander's invasions.

Unit I

Ancient Punjab: Physical features, Political, Social, Economic, Geographical, Religious impact on History, Historical Sources: Literacy, Archaeological, Harappan Culture: Extent and Town Planning.

Unit II

Harappa Culture: Social, Economic and Religious life; Causes and Disappearance, Rig Vedic Age: The rise of Indo Aryans, Main features of the life in Early Vedic Age, Later Vedic Age: Political, Economic, Social, and Religious life of Later Vedic Aryans.

Unit III

Caste system: Origin and Evolution, The Epics: Historical importance of Ramayana and Mahabharata, Political condition on eve Alexander's Invasion.

Unit IV

Impact of Alexander's Invasion on Social and Culture Life., Position of Women: Harppan, Early Vedic and Later Vedic Age.

Important Historical places of Punjab: Mohenjo-Daro, Harappa, kotla Nihang khan, Sanghol, Banawali, Taxila, Hastinapur, Indraprastha, Srinagar, Sakala, Purusapura

Text and References Books:

S.NO.	Author's	Title	Publisher
1	Sukhdev Sharma	History and Culture of Punjab	New Academic Publisher
2	Romila Thapar	A History of India, Vol. I	Penguin Books

Programme Code UG043

Course Area	DSC-I
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 Olympic movements. 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.S

UNIT-II National programme of physical education. National Institution of Physical Education & sports - NSNIS Patiala, LNIPE Gwalior, Sports Authority of India (SAI), SAI Training Centre Scheme,

UNIT-III

History of Physical Education in India, Division of Ancient Period, British Period Till 1947. Physical Education in India after Independence, Greece, Rome, Germany, China, USA. History and Role of Indian Olympic Association. Associations, National Games, Asian Games, SAF Games, Common Wealth Games.

UNIT-IV

Olympic Movement and its Impact in Physical Education and Sports. 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, Dhyan Chand Life Time Achievement Award, Rashtriya Khel Protsahan Puruskar and Dronacharya Award.

Reference Books

S. No.	Author(S)	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar	Physical Education for B.P.E, B.P.Ed. and M.P.Ed.	Kalyani Publishers Ludhiana
2	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik	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	DSE-II
Course code	PED157
Course title	Anatomy & Physiology
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 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: Meaning and concept, Need and importance of the knowledge of anatomy in the field of Physical Education.

Anatomical structure of human body- Cells, Tissues, Organs and Organ Systems.

Microscopic Structure of Cell- Composition and the functions of cell organelles.

Tissues- Classification of Tissues, Structure and Function of tissues.

Joints- Meaning, types and functions of joints.

Unit II:

Skeleton: Names of different parts of Human Skeleton- Axial and Appendicular Skeleton.

Bones- Types of bones, Structure and function of bones.

Muscles- Types, structure and function of skeletal muscles. Names of major muscles and their locations in the human body.

Unit III:

Physiology: Meaning and concept, Need and importance of the knowledge of Physiology in the field of Physical Education. Organs and function of heart, Organs and function of digestive system, Organs and function of respiratory system and Organs and function of excretory system.

Unit IV

Nervous System: Organs, location and functions of Nervous system. Brain and its parts. Spinal Cord, Reflex action, Autonomous Nervous System and Neuro- Muscular coordination. Effects of exercises on various systems.

Programme Code UG043

References Books

S. No	Authors	Title	Publisher
1	Gupta, A. P.	Anatomy and physiology	Agra: Sumit Prakashan
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	AECC-I-A
Course code	PED159
Course title	Yoga
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 various theories of Yoga.2. Able to explain the Yoga and its types.3. Understand the various asanas.4. Gain knowledge about pranayama and sudhi kiryas.5. Understand the various researches in Yoga.
	SYLLABUS

UNIT-I

Historical Background of Yoga
Definition of Yoga and its Objectives
Importance of Yoga in the Modern Society
Yogic diet, Suitable place for Yoga

UNIT-II

Astang Yoga: Meaning & Importance of Astang Yoga
Pranayam: Meaning, types and techniques of Pranayama Benefits of Pranayam, Shitali, Sheetkari, Kumbak and KapalBhatti.
Types of Yoga_ Hath Yog, KaramYog, Bhakti Yog, Raj Yog and Mantra Yog

UNIT-III

Effect of Yogic Exercises: Digestive System, Respiratory System and Circulatory System.
Asanas: Types of Asanas and their benefits (How Asana are useful) prevention of diseases through
Asana.

UNIT-IV

Mudra & Bandha: -JalandharBandh, MulaBandh and UddyuanBandh, their benefits and techniques.
Yoga and Treatment: Therapeutic and Corrective Values of Yoga Practices special reference to disease like: Diabetes, Asthma, Constipation, Obesity, Cervical, Gastric and Acidity.

Programme Code UG043

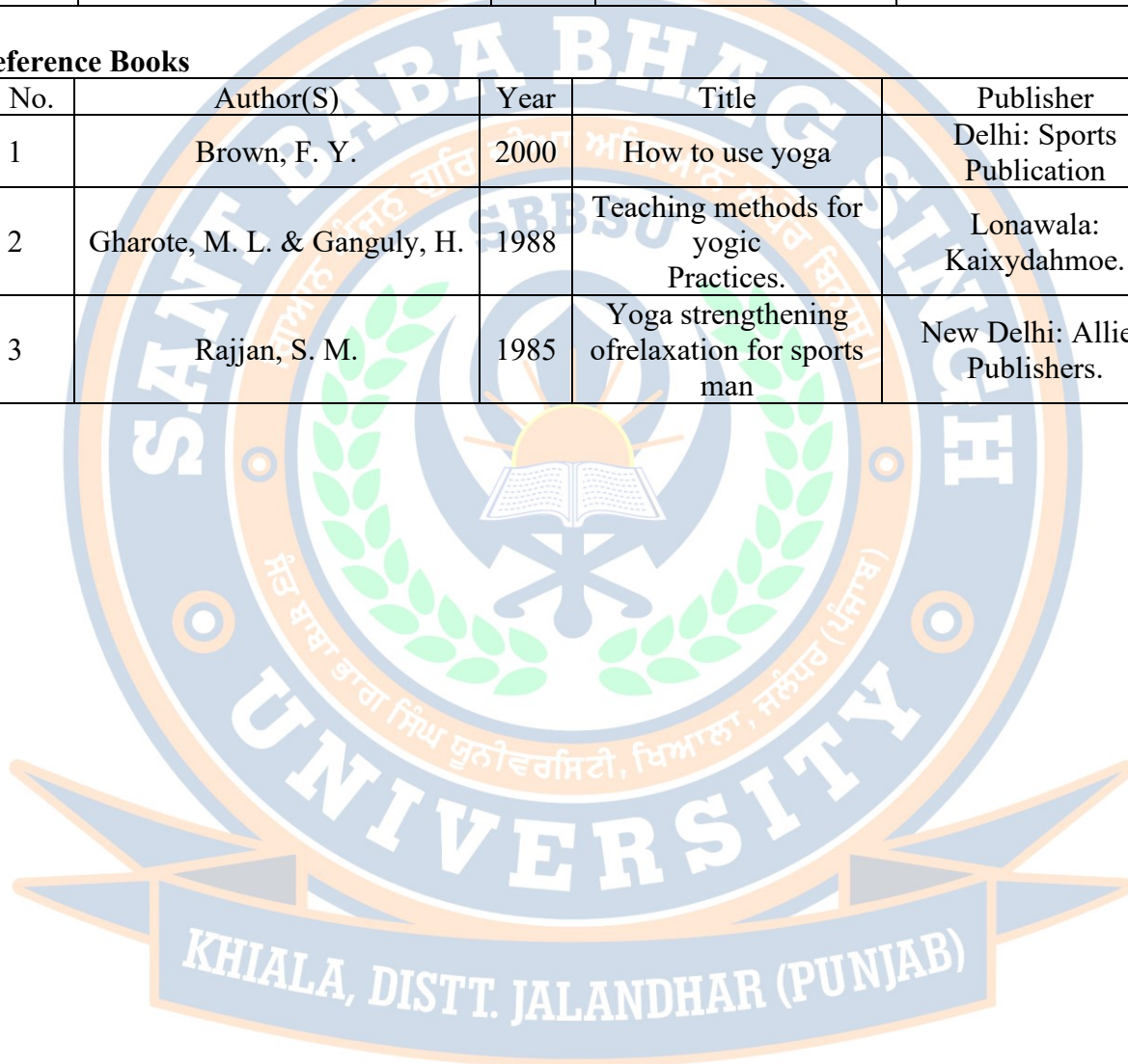
Recommended Books

Text-Books

S. No.	Author(S)	Year	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar	2004	Physical Education for B.P.E, B.P.Ed. and M.P.Ed.	Kalyani Publishers Ludhiana
2	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik	2015	Physaical Education for B.P.Ed. M.P.Ed.	Sports Publication

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

Course Area	AECC-1-B
Course code	PED161
Course title	Basics of Physiotherapy
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 Physiotherapy. 2. Understand the various positions of the body. 3. To enable to understand the types and importance of massage on body. 4. Explain the effect of exercise and training on various systems of our body.
SYLLABUS	

UNIT I

Meaning, definition and application of physiotherapy in the field of physical education Review of the principles of mechanics applied to Exercise Therapy, Force, Composition, and Muscle work group action of muscles, angle of pull and mechanical efficiency of the muscles.

UNIT II

Starting Positions: Describe the following starting positions, their muscle work, effects and uses. Specify the importance and derived position for each, Standing, Kneeling, Sitting, Lying and Hanging. Definition of terms related to stretching; tissue response towards immobilization and elongation; determinants of stretching exercise.

UNIT III

Classification of therapeutic exercises: Technique, effects, therapeutic uses, Active exercise, (free, active, active assisted, resisted). Passive exercises: Relaxed passive movement, forced passive movement. Mobilization exercises of the joint's region-wise- passive, active

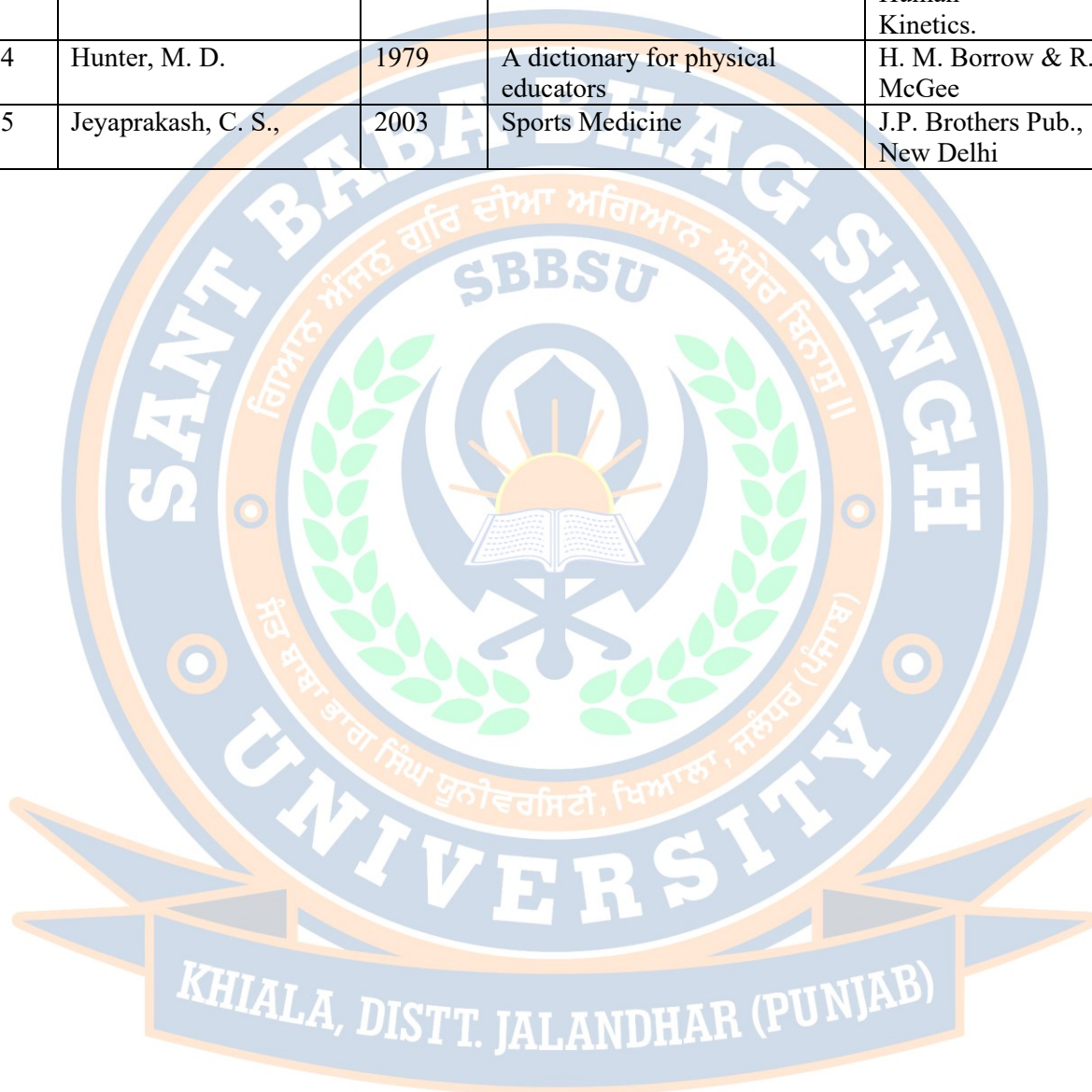
UNIT IV

Massage: Classify, define and describe: effleurage, stroking, kneading, petrissage, deep friction, vibration and shaking etc. Techniques, sequence and preparation for massage of upper limb, lower limb, back and face.

Programme Code UG043

Reference Book

S. No.	Author(S)	Year	Title	Publisher
1	Christine, M. D.,	1999	Physiology of sports and exercise	USA: Human Kinetics
2	Conley, M	2000	Bioenergetics of exercise training	T.R. Baechle, & R.W. Earle
3	David, R. M	2005	Drugs in sports	Champaign, IL: Human Kinetics.
4	Hunter, M. D.	1979	A dictionary for physical educators	H. M. Borrow & R. McGee
5	Jeyaprakash, C. S.,	2003	Sports Medicine	J.P. Brothers Pub., New Delhi



Programme Code UG043

Course Area	Practical
Course Code	PED163
Course Title	Practical (Drill Marching and Fundamental Positions)
L T P	0 0 4
Credits	2
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

UNIT-I

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

KHALA, DISTT. JALANDHAR (PUNJAB)

Programme Code UG043

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

Unit-I

ASANA:

1. Shirsh Asana
2. Vipratakarni
3. Hal Asana
4. Bhujang Asana
5. Ardh-Shalbh Asana
6. Vakra Asana
7. Ardh Matasyaendrasana
8. Paschimottan Asana
9. Vajra Asana
10. Supta Vajra 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

Unit-II

PRANAYAMA:

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

Unit-III

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: Kaixydamhoe.
3	Rajjan, S. M.	1985	Yoga strengthening of relaxation for sports man	New Delhi: Allied Publishers.

Programme Code UG043

BPES First Year (Second Semester)

Course Area	MIL-II-A
Course Code	ENG152
Course Title	General English-II
Type of Course	Theory
L T P	3:0:0
Credits	3
Course Pre-requisite	NA
Course Outcomes (CO)	<ol style="list-style-type: none"> 1. The students will do intensive and extensive reading of the prescribed texts. 2. The students will assimilate new words and use them in communicative context. 3. The students will apply the knowledge of modals, voice, reported speech and auxiliary verbs in written and oral context.
SYLLABUS	

UNIT I

Tales of Life: The Doll's House (Katherine Mansfield), Eveline (James Joyce)
 Prose for Young Learners: The School For Sympathy (E.V. Lucas) AIDS (U.N.Report)

UNIT II

Tales of Life: The Taboo (Victor Astafyev), A Strand of Cotton (Suneet Chopra)
 Prose for Young Learners: Beauty and The Beast (R.K. Narayan), With A Song On Their Lips (Hugh & Colleen Gantzer)

UNIT-III

Tales of Life: Toba Tek Singh (Saadat Hassan Manto)
 Prose for Young Learners: My Financial Careers (Stephen Leacock)

UNIT-IV

English Grammar in Use: Unit 26 to 52
 Personal Letter Writing
 Text and Reference books:

S.N o.	Author(S)	Title	Publishers
1	Singh, S	Tales of Life	Press and Publication Department, Guru Nanak Dev University, Amritsar.
2	Tewari, A. K, Midha, V.K, Sharma, R.K	Prose for Young Learners	Publication Bureau, Guru Nanak Dev University, Amritsar
3	Murphy, R	English Grammar in Use	Cambridge University Press
Course Area		MIL-II-B	

Programme Code UG043

Course Code	PBI152
Course Title	General Punjabi-II
Type of Course	Theory
LT P	3:0:0
Credits	3
Course Prerequisite	+2
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. ividAwrQI AwDuink pMjwbl kvIAW dl jlvnl qoN jwxU hoxgy[2. ividAwrQIAW nUM AwDuink pMjwbl kivqw dl ivSYgq jwxkwrl ho jwvygI[3. ividAwrQIAW iv`c ryKw ic`qrW dw AiDAYn krn dw hunr auqpMn hovygw[4. ividAwrQIAW nUM pMjwbl DunIN ivauNqbMdl sMbMDI igAwn hwisl ho jwvygw[5. ividAwrQI pMjwbl aup- BwSwvW nUM pCwnxXog ho jwxgy[
	pwTkRm

Bwg- a

pMjwbl in`kl khwxl: BUAW (nwnk isMG), bwZI dl DI (gurmuK isMG muswi&r), pYml dy inAwxy(sMq isMG syKoN), bwgW dw rwKw(sujwn isMG), qYN kl drd nw AwieAw(krqwr isMG du`gl), Drql hyTlw bOID(kulvMq isMG ivrk), dUjl vwr jyb k`tl gel(nvqyj isMG), ICml(pRym pRkws), bu`q iSkn(Ajlq kOr), b`s kMfkr(dllp kOr itvwxxw)[

Bwg- A

pMjwb dy mhwn klwkwr (lyK): sqIS gujrwI, gurcrn isMG, Twkur isMG,blrwj swHnl, suirMdr kOr[

Bwg- e

Sbd bxqr Aqy Sbd rcnw: pirBwSw Aqy mu`Fly sMklp

Bwg- s

pYrHw rcnw, muhwvry Aqy AKwx[
pYrHw pVH ky pRSnW dy au`qr dyxw[
hvwlw Aqy pWT- pusqkW

LyKk	ਘਵਲ	ਘੁਸੁਕ	pbilSr
sMpwdk, iF`loN; h.s. Aqy srgoDIAw, p.s.	2014	do rMg	pbllkySn ibaUro, gurUu nwnk dyv XUnlvristl, AMimRqsr
gwrgl, b.	1995	pMjwb dy mhwn klwkwr	pbllkySn ibaUro, gurUu nwnk dyv XUnlvristl, AMimRqsr
isMG, h.	1966	pMjwbl bwry	pMjwbl XUnlvristl, pitAwlw
isMG, q.	2014	pMjwbl AiDAwPn	AY`s. jl. pbilSrZ, jIMDr
syKoN, s.s. Aqy syKoN, m.k.	2015	pMjwbl BwSw dw AiDAwPn	kilAwxl pbilSrZ, luiDAwxw

Course Area	MIL-II-B
Course ode	HCP152

Programme Code UG043

Course title	History and Culture of Punjab-II
Type of course	Theory
L T P	3:0:0
Credits	3
Course prerequisite	NA
Course Outcomes (CO)	<ol style="list-style-type: none"> 1. The Student will acquire the knowledge of Mauryan Empire. 2. The Student will understand the impact of Buddhism & Jainism on Punjab. 3. To aware the learners Depiction of Punjab in the accounts of Chinese travelers.

Unit-I

The Mauryan Empire: Social, Economic and Religious life, Buddhism and Jainism: Impact on Punjab with special reference to 4th Buddhist Council., The Kushanas: Impact of Kanishka's rule on Punjab.

Unit-II

Gandhara School of Art: Salient features, The Guptas: Cultural and Scientific Developments. Position of Women: Under the Mauryas, the Guptas and the Vardhanas.

Unit-III

Depiction of Punjab in the accounts of Chinese travelers. Fahien and Hwen Tsang. Main developments in literature, Education: Significant Developments: Taxila.

UNIT IV

Society and Culture on the eve of the Turkish invasion of Punjab, Punjab in the Kitab-ul-Hind of Alberuni, Important Historical places: Lahore, Multan Bathinda, Uchh, Jalandhar, Thanesar, Kangra, Taxila, Kundalvana, Pehowa, Thatta.

Text and References Books:

S.No.	Author's	Title	Publisher
1	Sukhdev Sharma	History and Culture of Punjab	New Academic Publisher
2	Romila Thapar	A History of India, Vol. I	Penguin Books
3	L.M.Joshi	History and Culture of the Punjab, Vol. I	Punjabi University, Patiala

Course Area	DSE-I
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, Different types of muscles (Voluntary, Involuntary and Cardiac). 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

Immediate effect of exercise / Work on various systems of body, Cardio-respiratory, muscular and thermo-regulatory systems, Heart and circulatory systems, Respiratory System. Brief discussion on other system during rest, sub-maximal and maximal work. Oxygen debt, forced expiratory volume, Breathing capacity, Recovery rate, Blood supply to skeletal muscle and regulation of blood flow during exercise (Microcirculation).

UNIT-IV

Definition of Energy cost, Energy cost of various sports activities assessing them. 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.

Programme Code UG043

Reference Books

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

Text Books

3	Gupta, M. and Gupta, M. C	Body and anatomical science	Delhi: Swaran Printing Press
4	Guyton, A.C	Textbook of Medical Physiology	9th edition. Philadelphia: W.B. Saunders
5	Singh, S	Anatomy of physiology and health education	Ropar: Jeet Publications



Programme Code UG043

Course Area	AECC-I
Course Code	EVS101
Course Title	Environmental Studies
Type of course	Theory
L T P	3 0 0
Credits	3
Course prerequisite	N.A.
Course Outcomes (CO)	To make students aware about environment and need of maintaining it with best possible knowledge.

Unit I

Introduction to Environment and Ecosystem: Definition and scope and importance of multidisciplinary nature of environment. Need for public awareness, Concept of Ecosystem, Structure, interrelationship, producers, Consumers and decomposers, ecological pyramids-biodiversity and importance. Hot spots of biodiversity.

Unit II

Environmental Pollution & Natural Resources: Definition, Causes, effects and control measures of air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, Nuclear hazards. Solid waste Management: Causes, effects and control measure of urban and industrial wastes. Role of an individual in prevention of pollution. Pollution case studies. Disaster Management: Floods, earthquake, cyclone and landslides, Natural Resources and associated problems, use and over exploitation, case studies of forest resources and water resources.

Unit III

Social Issues and the Environment: From Unsustainable to Sustainable development, Urban problems related to energy, Water conservation, rain water harvesting, watershed management. Resettlement and rehabilitation of people; its problems and concerns. Case studies. Environmental ethics: Issues and possible solutions. Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies. Wasteland reclamation. Consumerism and waste products. Environment Protection Act. Air (Prevention and Control of Pollution) Act. Water (Prevention and control of pollution) Act. Wildlife Protection Act, Forest Conservation Act, Issues involved in enforcement of environmental legislation

Unit IV

Human Population and the Environment & Field Work: Population growth, variation among nations. Population explosion –Family Welfare Programme. Environment and human health, Human Rights, Value Education, HIV/AIDS. Women and child Welfare. Role of Information Technology in Environment and human health. Case studies Visit to a local area to document environmental assets river/forest/grassland/hill/mountain; Visit to a local polluted site-Urban/Rural/Industrial/Agricultural; Study of common plants, insects, birds; Study of simple ecosystems-pond, river, hill slopes, etc.

Programme Code UG043

Reference Books:

S. No	Name	Author(S)	Publisher
1	A Textbook for Environmental Studies	Erach Bharucha	Orient BlackSwan
2	Environmental Biology	Agarwal, K.C. 2001	Nidi Publ. Ltd. Bikaner.
3	Environmental Science	Miller T.G. Jr.	Wadsworth



Programme Code UG043

Course Area	DSC-II-A
Course code	PED158
Course title	Fitness and wellness
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. Demonstrate an understanding of the physiological benefits of movement, physical activity and wellness.2. Define principles involved in increasing and maintaining physical fitness.3. Able to evaluate and apply fitness and wellness concepts to individual lifestyle.4. Participate in movement and wellness activities.
	SYLLABUS

Unit-I

Definition of fitness & wellness, Components of fitness & wellness, Benefits of exercise & health, Fitness & wellness strategy, Fitness potential for popular sports, Fitness & wellness activities, Role of parents & community for the maintenance of fitness & wellness.

Unit-II

Selection of machines for various parameters of health & wellness, Fitness center, Safety in gymnasium & sports field. Clothing & accessories, Carriers in fitness & wellness.

Unit-III

Test, measurements & evaluation of fitness components, Cardiovascular endurance, Muscular strength, Muscular endurance, flexibility, body composition, agility, balance, co-ordination, speed, power, reaction time.

Unit-IV

Assessment prior to fitness & wellness prescription, Principles of training, Training methods. Diet prescription, Exercise prescription, Prescription for life style changes, Weight management, Prevention of diseases through fitness & wellness, Diabetes & exercise, Cardiovascular diseases and exercise, Ageing and exercise, Addiction management- sustains abuse controls, Stress management, Spiritual management.

Programme Code UG043

Reference Books:

S. No	Name	Author(S)	Publisher
1	Physical Education & Health Education Fitness, Wellness and Nutrition	Dr.A.K. Uppal	Friends Publications (India)
2	Fitness&Wellness	ThomsonWadsworth	HoegerWW&HoegerS(2007).
3	Introduction to Phy. Edu., Fitness & sports	McGraw Hill. Boston	Siedentop D(2004).



Programme Code UG043

Course Area	DSC-II-B
Course code	PED160
Course title	Sports Sociology
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	Graduation
Course Outcomes (CO)	<ol style="list-style-type: none">1. Students will exhibit knowledge of the underlying economic, cultural, and political factors that affect or determine the structure of society.2. Students will demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.3. Students will examine and evaluate alternative perspectives and opinions while challenging their own assumptions regarding social issues.4. Students will exhibit knowledge of the primary institutions of family, education, religion, and economic and political structures.

Unit-I

Introduction & Meaning of Social Sciences, Scope of Sociology and its relation with other subjects of Social Sciences, Defining Society, Community, Association, Institutions, Customs, Man as a Social animal, Effect of various social forces on personality development, Origin and growth of society & Culture.

Unit-II

Socialization, social codes and social control, groups (primary and secondary, crowds and public, family, kinship and marriage, Social stratification, social class and caste, social mobility, Economic and political institutes for society, Cultural and religious institutions, Concept, factors and process of socio-cultural changes.

Unit –III

Demographic profile, social elements, Religion's pluralism – Hindu, Muslim, Christian and Tribal, Linguistic Pluralism, Indian policy – secularism, democracy, social justice, Indian Rural Scene: Indian village, rural family, rural education, Indian village community, rural stratification, Community development projects and Panchayati-Raj, Trends in Rural change.

Unit-IV

Meaning and definition of sport sociology, Sport as a social occurrence, Socialization through games and sports, Relationship between family and sport participation, Relationship between politics and sports, Social Stratification and sports; Sports as a social phenomenon.

Programme Code UG043

Reference Books

S. No.	Author(S)	Year	Title	Publisher
1	Ball, D. W. & Loy, J. W	1975	Sport and social order; Contribution to the sociology of sport	London: Addison Wesley Publishing Co., Inc.
2	Blair, J.& Simpson, R.	1962	Educational psychology	New York:McMillan Co.
3	Cratty, B. J	1968	Psychology and physical activity	Eaglewood Cliffs. Prentice Hall
4	Kamlesh, M.L.	1998	Sport and social system	New Delhi:Metropolitan Book Co.



Programme Code UG043

Course Area	Practical
Course Code	PED162
Course Title	Practical (Handball, Volleyball)
L T P	0 0 4
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

UNIT-I

Hand Ball:

1. 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.

UNIT-II

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.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	Practical
Course Code	PED164
Course Title	Practical (Start, Triple Jump, Shot Put)
L T P	0 0 4
Credits	2
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. To know about rules and regulations of the events.
	SYLLABUS

UNIT-I

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

UNIT-II

Triple Jump

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

UNIT-III

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

Programme Code UG043

BPES Second Year (Third Semester)

Course Area	MIL-III-A
Course Code	ENG251
Course Title	General English-III
Type of Course	Theory
L T P	3:0:0
Credits	3
Course Pre-requisite	+2
Course Outcomes (CO)	<ol style="list-style-type: none"> 1. To enable the students to do intensive and extensive readings. 2. To develop aesthetic sense among students by reading and enjoying poetry. 3. To acquaint the learners with new vocabulary.
	SYLLABUS

UNIT-I

Making Connections: Unit I Global Health

Reading 1, Reading 2

Moments in Time: An Anthology of Poems: Poems 1, 2

English Grammar in Use (Fourth Edition) by Raymond Murphy: Units 53 to 60

UNIT-II

Making Connections: Unit I Global Health

Reading 3, Reading 4

Moments in Time: An Anthology of Poems: Poems 3, 4

English Grammar in Use: Units 61 to 68

UNIT-III

Text 1 Making Connections: Unit II Multicultural Societies

Reading 1, Reading 2

Moments in Time: An Anthology of Poems: Poems 5, 6

English Grammar in Use: Units 69 to 76

UNIT-IV

Making Connections: Unit II Multicultural Societies

Reading 3, Reading 4

English Grammar in Use: Units 77 to 81 and Essay writing.

Text and Reference books:

Sr.No.	Author(s)	Title	Publisher
1	Kenneth J. Pakenham	Making Connections 3 rd edn.	CUP, New Delhi
2	Edited by Rita Chaudhry, Mohinder Sangita, Sunita Dhillon	Moments in Time: A Collection of Poems	GNDU, Amritsar
3	Raymond Murphy	English Grammar in Use: 4 th edn.	CUP, New Delhi

Programme Code UG043

Course Area	MIL-III-B
Course Code	PBI251
Course Title	General Punjabi-III
Type of Course	Theory
L T P	3:0:0
Credits	3
Course Prerequisite	N.A.
Course Outcomes(CO)	<p>ividAwRQI pMjwbl kivqw dy ieiqhs qoN jwxU hoxyg[ividAwRQIAW nUM AwDuink pMjwbl iekwgl dl qknkl jwxkwrl ho jwvvg[ividAwRQI pMjwbl BwSw dy v`K-v`K rUpW nUM mwnxXog ho jwxgy[ividAwRQIAW iv`c swihq dw Alocnwqmk AiDAYn krn dw hunr auqpMn hovygw[</p>

Bwg-a
 kwiv klrql (sMpw. hirBjn isMG): gqI Aqy pRgqI Bwg

Bwg-A
 AwDuink iekWgl: suhwg, z&rnmw, bMb kys

Bwg-e
 sMKyp rcnw (pRYsl)
 mUI ivAwkrx iekweIAW: pirBwSw Aqy vMngIAW

Bwg-s
 BwvMS, Sbd, vwkMS, aup-vwk Aqy vwk

hvwlw Aqy pwT-pusqkW

LyKk	੨usqk	PbilSr
sMpwdk; isMG, h.	kwiv klrql	pblIkySn ibaUro, gurUu nwnk dyv XUnIvristI, AmimRqsr
sMpwdk, AwhUjw, r.l. Aqy kOr; m.p.	AwDuink iekWgl	pblIkySn ibaUro, gurUu nwnk dyv XUnIvristI, AmimRqsr
isMG; h.	pMjwbl bwry	pMjwbl XUnIvristI, pitAwlw
isMG; qlrQ (fw.)	pMjwbl AiDAwpn	AY~s. jl. pbilSrZ, jIMDr
syKoN; suKivMdr isMG (fw.) Aqy syKoN; mndlp kOr	pMjwbl BwSw dw AiDAwpn	kilAwxl pbilSrZ, luiDAwxw

Programme Code UG043

Course Area	MIL-III-B
Course code	HCP251
Course title	History and Culture of Punjab –III
Type of course	Theory
L T P	3 0 0
Credits	3
Course prerequisite	NA
Course Outcomes (CO)	<ol style="list-style-type: none"> 1. The Student will acquire the knowledge of Great Mughals. 2. The Student will understand the Teachings of Guru Nanak Dev ji. 3. The Student will acquire the knowledge of Bhakti Movement & Sufism. 4. The Student will understand the development of Sikhism. 5. The Student will acquire the knowledge of Guru Gobind Singh
SYLLABUS	

Unit-I

Society and Culture in Punjab during the Turko-Afghan rule, The Punjab under the Great Mughals, Guru Nanak: His teachings, Concept of Langar and Sangat.

Unit-II

Salient Features of the Bhakti Movement, Main Features of Sufism in Punjab, Development of Sikhism (1539-1581): Contribution of Guru Angad Dev, Guru Amar Das and Guru Ram Das for the development of Sikhism.

Unit III

Transformation of Sikhism: Compilation of Adi-Granth; Martyrdom of Guru Arjan Dev, Guru Hargobind's New policy, Martyrdom of Guru Tegh Bahadur.

Unit IV

Foundation of the Khalsa, Post Khalsa activities of Guru Gobind Singh, Important Historical Places Delhi: Lahore, Sirhind, Multan, Kartarpur, Amritsar, Kiratpur, Tarn Taran, Anandpur Sahib, Fatehgarh Sahib, Paonta Sahib, Machhiwara, Muktsar.

Text and References Books:

S.No.	Author's	Title	Publisher
1	Sukhdev Sharma	History and Culture of Punjab	New Academic Publisher
2	Kirpal Singh	History and Culture of the Punjab, Part II (Medieval Period)	Publication Bureau, Punjabi University, Patiala.
3	J.S. Grewal	The Sikhs of the Punjab	The New Cambridge History of India, Orient Longman, Hyderabad
4	Fauja Singh	History of the Punjab, Vol. III	Punjabi University, Patiala.

Programme Code UG043

Course Area	DSC-III
Course Code	PED255
Course Title	Methods in Physical Education
L T P	4 0 0
Credits	4
Course pre-requisite	+2
Course Outcomes (CO)	1. To know the techniques of teaching. 2. To learn the skills and fundamentals of lesson planning. 3. To know about the basics of class managements. 4. To know about rules and regulations of the events.
	SYLLABUS

UNIT - I

Meaning of method - Factors influencing method - Presentation technique - Planning and presentation - Personal preparation - Technical preparation -common characteristics of good preparation - step in the way of presentation. Teaching aids - Class Management-Principles to be adopted for good class management.

UNIT - II

Lesson plan-Values of lesson plan-Types of lesson plan-General lesson plan- particular lesson plan-Variou methods of teaching physical activities.

UNIT - III

Intramural and Extramural competitions- Incentives and awards-methods of organizing and conducting tournaments and sports meet-Game tours.

UNIT - IV

Calisthenics, Light apparatus, Rhythmic activities, Commands, Marching. Tournaments - Types of Tournament, Knock Out, League, Combination Tournaments, Methods of drawing Fixtures.

UNIVERSITY
KHIALA, DISTT. JALANDHAR (PUNJAB)

Programme Code UG043

References Books:

S.No.	Author(S)	Title	Publishers
1	Thirunarayanan C and S. Harihara Sharma	Methods in Physical Education	Karaikudi (1989)
2	Kamelsh M.L. (1994)	Scientific Art of Teaching Physical Education, New Delhi	Metropolitan Book Company.
3	Bucher, Charles and Krotee, Mar, L.	Management of Physical Education and Sport	London: Mosby Company (1993)
4	Kozman and Jackson,	Methods in Physical Education	New York: W.B. Saunders Co.
5	Bacher and Barnhard,	Methods and Materials for Secondary School Physical Education	New York: C.V. Mosby Co.



Programme Code UG043

Course Area	SEC-III-A
Course Code	PED257
Course Title	Sports Journalism
L T P	4 0 0
Credits	4
Course pre-requisite	+2
Course Outcomes (CO)	<ol style="list-style-type: none">1. Know how to seek accreditation to sporting events and to report on such events.2. Demonstrate analytic skills in relation to reporting sporting events.3. Produce a number of assignments that demonstrate their own style and perception of events.

SYLLABUS

UNIT-I

Meaning, Scope and Changing Trends of Sports Journalism in Sports, Importance of Journalism in Sports Promotion & Vice – Versa, Historical Development of Sports Journalism, Public Relation Media–advertising, press release, conference, exhibitions, films Etc. Mass Media: Introduction and Meaning of Mass Media, Purpose of Mass Media for the Propagation of Sports Growth of Sports Communication, Radio and T.V. communication for sports information

UNIT-II

Fundamentals of a Sports News, News – Types, Sports Terminators and its Use, Language–Vocabulary, Spellings, Figure of Speech, Qualifications and responsibilities of a sportswriter, Reporter and Editor.

UNIT-III

Types of Sports Feature; Exclusive Picture Feature, Freelance, Writing in Sports, write–Ups Feature, follow–ups, Advance Story, Article, Editorials, Reviewing Sports Books, Design and make–ups; headings, front reading, layout & page making.

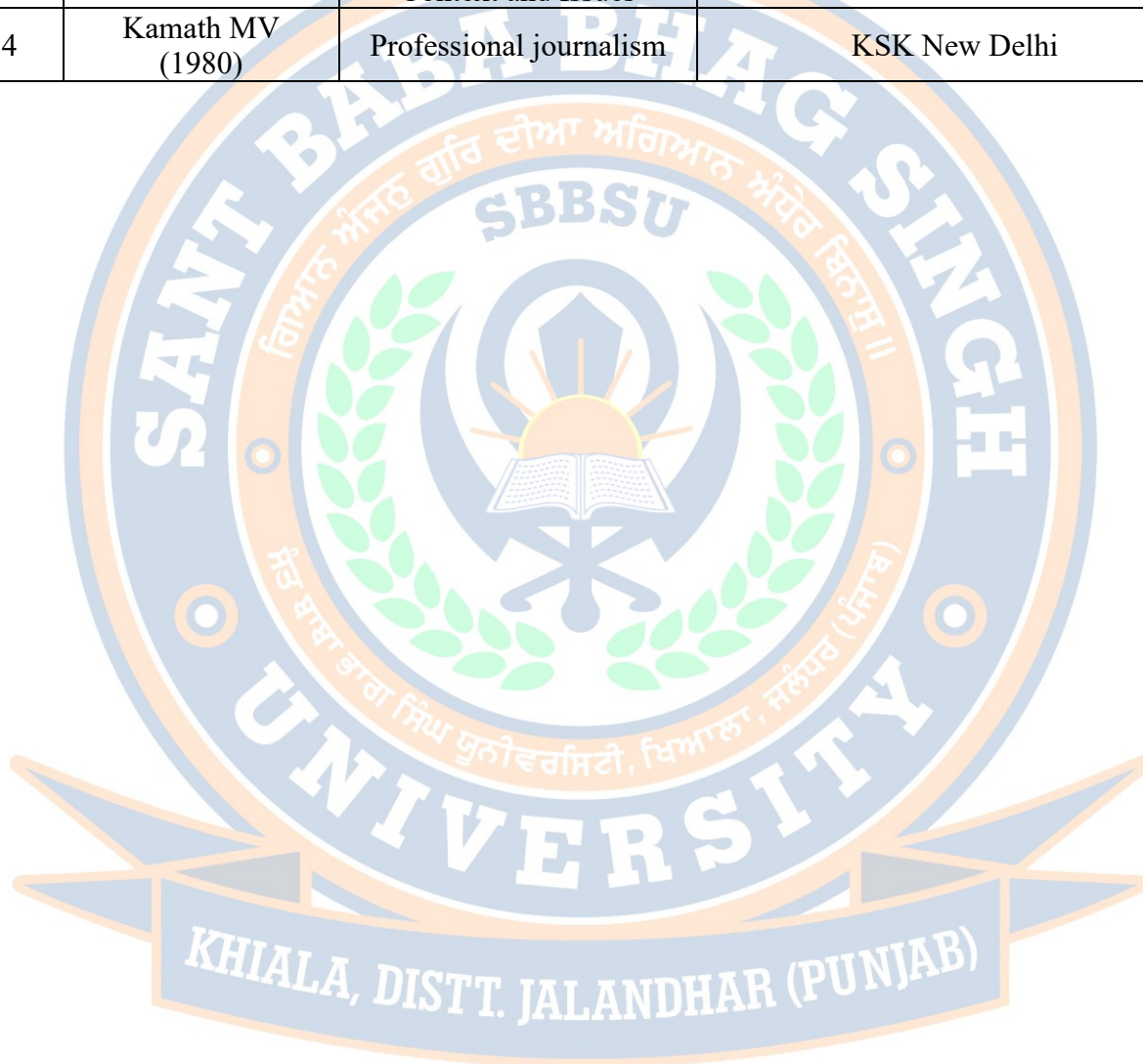
UNIT-IV

Research tools for developing a sports story, Process of newspaper publishing and management Olympics and sports journalism, Introduction to photo journalism in reference to sports.

Programme Code UG043

References Books

S.No.	Author(S)	Title	Publishers
1	Ahuja, B.N (1988)	Theory and Practice of Journalism	Surjeet. Delhi
2	Andrews. P(2005)	Sports Journalism: A Practical Introduction	Sage Publications Ltd. Delhi
3	Boyle R (2006)	Sports Journalism: Context and Issues	Sage Publications Ltd. Delhi
4	Kamath MV (1980)	Professional journalism	KSK New Delhi



Programme Code UG043

Course Area	SEC-III-B
Course code	PED259
Course title	Sports Management
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	+2
Course Outcomes(CO)	1. Understand the various organization of Physical Education. 2. Explain the administration in Physical Education. 3. Understand the Qualifications & Responsibilities of Manager. 4. Gain knowledge about Office Management. 5. Understand the Facilities & Time Table Management. 6. Gain knowledge about Competition Organization.
	SYLLABUS

UNIT-I

Management in Physical Education and Sports: Concept, meaning and definition, need and scope of sports management.

Functions of Management: Planning, Organizing, Staffing, Directing, Coordinating, Budgeting, Controlling and Evaluating.

UNIT-II

Management Skills: Personal Skills, Interpersonal Skills, Conceptual Skills, Technical Skills, Managerial Roles: Interpersonal Roles, Informational Roles, decision Making Roles.

UNIT-III

Qualities and Qualifications of a Manager: Personal Qualities, Leadership Qualities.

Budget: Meaning, definition and objectives of the budget, principles of planning the Budget, preparation of budget.

UNIT-IV

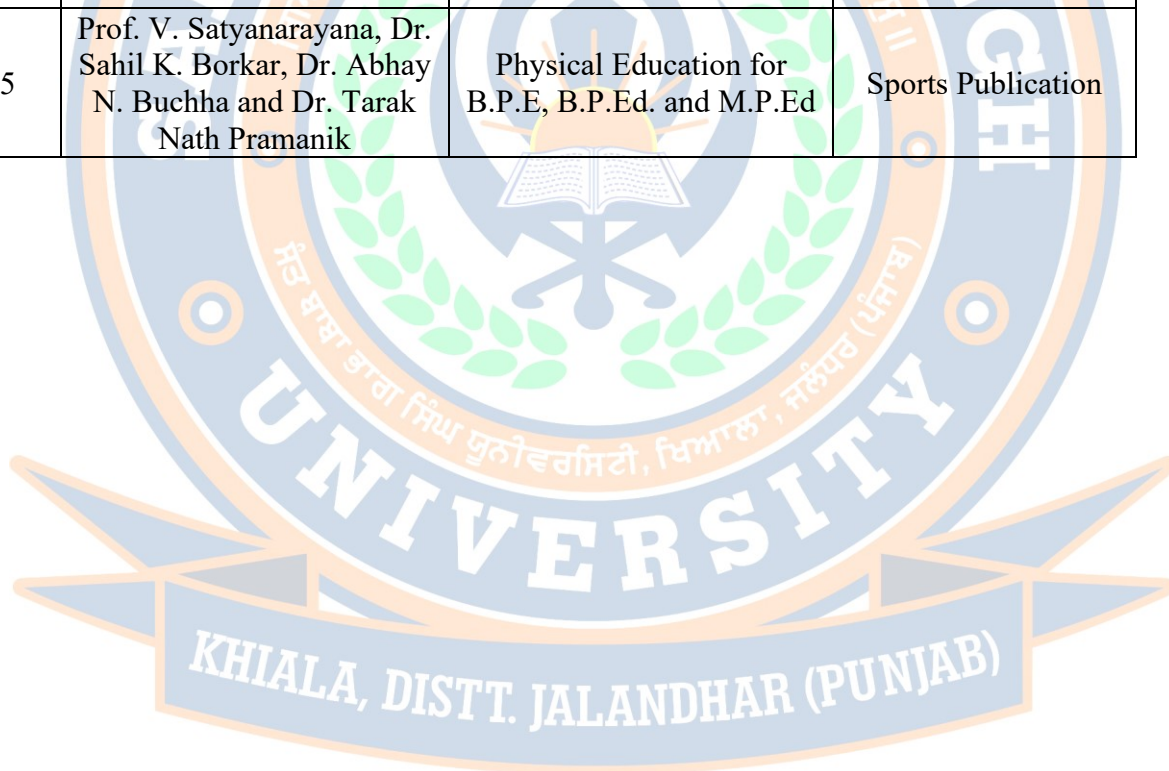
Personnel Management: Introduction, Meaning, Definition, Principles of personnel management; Aspects of personnel management,

Management of Facilities: Introduction, Administrative and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Construction and Management of Sports Infrastructures, Indoor Facilities-Gymnasium and Swimming pool.

Programme Code UG043

Reference Books

S. No.	Author(S)	Title	Publisher
1	Ashton, D	Administration of physical education for women	New York: The Ronal Press Cl.
2	Bucher, C.A	Administration of physical education and athletic programme	7th Edition, St. Louis: The C.V. Mosby Co.
3	Daughtrey, G. & Woods, J.B	Physical education and intramural programmes, organisation and administration	Philadelphia U.S.A.: W.B. Saunders Cp.
4	Earl, F. Z,& Gary, W. B.	Management competency development in sports and physical education.	Philadelphia: W. Lea and Febiger.
5	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik	Physical Education for B.P.E, B.P.Ed. and M.P.Ed	Sports Publication



Programme Code UG043

Course Area	Practical
Course Code	PED261
Course Title	Practical (Middle Distance Races, High Jump, and Javelin Throw)
L T P	0 0 4
Credits	2
Course pre-requisite	+2
Course Outcome(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. To Know about rules and regulations of the events.
SYLLABUS	

UNIT-I

Middle Distance Race

1. Types of races
2. Starts
3. Technique of middle-distance races

UNIT-III

Javelin Throw

1. Javelin 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 Books

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	Practical
Course Code	PED263
Course Title	Practical (Fundamentals of Dumbbell & Lezium)
L T P	0 0 4
Credits	2
Course pre-requisite	Graduation
Course Outcome (CO)	<ol style="list-style-type: none"> 1. To know about fundamental positions. 2. To learn the skills and fundamentals of the events. 3. To know about the dimensions and fundamentals of Cricket. 4. To know about rules and regulations of Cricket.
SYLLABUS	

Unit-I

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 –
4. Two count, Four count, Eight count and Sixteen count.
5. Standing Exercise
6. Jumping Exercise
7. Moving Exercise
8. Combination of above all

Unit-I

Cricket: Fundamental Skills

1. Batting-Forward and backward defensive stroke
2. Bowling-Simple bowling techniques
3. Fielding-Defensive and offensive fielding
4. Catching-High catching and Slip catching
5. Stopping and throwing techniques
6. Wicket keeping techniques

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	Practical
Course Code	PED265
Course Title	Practical (Gymnastics and Swimming)
L T P	0 0 4
Credits	2
Course pre-requisite	Graduation
Course Outcome (CO)	<ol style="list-style-type: none"> 1. To know about fundamental positions. 2. To learn the skills. 3. To know about the dimensions and fundamentals of swimming pool. 4. To know about rules and regulations of Gymnastic and swimming .
SYLLABUS	

Unit-I

Gymnastics: Floor Exercise o Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap. o Vaulting Horse o Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

Unit-II

Swimming: Fundamental Skills o Entry into the pool. o Developing water balance and confidence o Water fear removing drills. o Floating-Mushroom and Jelly fish etc. o Gliding with and without kickboard. Introduction of various stroke, Body Position, Leg, Kick, Arm pull, Breathing and Co ordination. Start and turns of the concerned strokes. o Introduction of Various Strokes. Water Treading and Simple Jumping. o Starts and turns of concerned strokes. o Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races. Shooting Fundamental Skills o Basic stance, grip, Holding rifle/ Pistol, aiming target o Safety issues related to rifle shooting o Rules and their interpretations and duties of officials

References:

S.No	Authors	Year	Title	Publisher
1	Sharma Sudhir Kumar	2001	Book of Rules of Games and Sports	T.H.Books (New Dehli)
2	Rao, E. Prasad	2002	Rules of Games and Sports	Jagadamba
3	Dr. A.K. Srivastava	2010	Book of Rules of Games and Sports	Sports Publication

Programme Code UG043

BPES Second Year (Fourth Semester)

Course Area	MIL-IV-A
Course Code	ENG252
Course Title	General English-IV
Type of course	Theory
L T P	3:0:0
Credits	3
Course prerequisite	NA
Course Outcomes (CO)	1. To enable the student to do intensive and extensive readings 2. To develop aesthetic sense among students by reading and enjoying poetry 3. To acquaint the learners with new vocabulary 4. To aware them in use of adjectives, adverbs and Relative Clause

UNIT-I

Making Connections: Unit III Aspects of Language:

Reading 1, Reading 2

Moments in Time: An Anthology of Poems: Poem 7, 8

English Grammar in Use (Fourth Edition) by Raymond Murphy: Units 82 to 91.

UNIT-II

Making Connections: Unit III Aspects of Language

Reading 3, Reading 4

Moments in Time: An Anthology of Poems: Poem 9, 10

English Grammar in Use (Fourth Edition) by Raymond Murphy: Units 92 to 97.

UNIT-III

Making Connections: Unit IV Sustaining Planet Earth

Reading 1, Reading 2

Moments in Time: An Anthology of Poems: Poem 11, 12

English Grammar in Use (Fourth Edition) by Raymond Murphy: Units 98 to 105.

UNIT-IV

Making Connections: Unit IV Sustaining Planet Earth

Reading 3, Reading 4

English Grammar in Use (Fourth Edition) by Raymond Murphy: Unit 106 to 112

Essay Type Questions on the sections “Beyond the Reading” from Making Connections.

Programme Code UG043

Text and Reference books:

S. No	Author(s)	Title	Publisher
1	Kenneth J. Pakenham	Making Connections	GNDU, Amritsar
2	Edited by Rita Chaudary, Mohinder Sangita, Sunita Dhillon	Moments in Time	GNDU, Amritsar
3	Raymond Murphy	English Grammar in Use	Cambridge University Press New Delhi



Programme Code UG043

Course Area	MIL-IV-B
Course Code	PBI252
Course Title	General Punjabi-IV
Type of Course	Theory
L T P	3:0:0
Credits	3
Course Prerequisite	N.A.
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. ividAwrQI AwDuink pMjwbl kvIAW dl jlvnl qoN jwxU hoxgy[2. ividAwrQIAW nUM AwDuink pMjwbl kivqW dl ivSYgq jwxkwrl ho jwvvygl[3. ividAwrQIAW iv`c ryKw ic`qrW dw Alocnwqmk AiDAYn krn dw hunr auqpMn hovygw[4. ividAwrQIAW nUM pMjwbl DunIN ivauNqbMdl sMbMDI igAwn hwisl ho jwvvygw[

Bwg-a

j`g blqI h`f blqI (kQw sMgRih) (ipCIAW Cy khwxIAW) sMpw.juigMdr isMG rwhI gurU nwnk dyv XUnlvristI,AMimRqsr,2008.

Bwg-A

g`d pRvwh (Bwg-dUsw) sMpw. ibkrm isMG Gumx Aqy jspwl isMG rMDwvw gurU nwnk dyv XUnlvristI,AMimRqsr,2007.

Bwg-e

lyK rcnw, sMKyp pYrw rcnw

Bwg-s

ivAwkrx, ikirAw vwkMS: pirBwSw,bxqr,qy pRkwr[kwrk Aqy kwrkl sMbMD

pWT-pusqkW Aqy hvwlw pusqkW

LyKk	ਘੁਸ਼ਕ	pbilSr
sMpw.juigMdr isMG rwhI	j`g blqI h`f blqI (kQw sMgRih)	gurU nwnk dyv XUnlvristI, ਅੰਮ੍ਰਿਤਸਰ
sMpw.ibkrm isMG Gumx Aqy jspwl isMG rMDwvw	g`d pRvwh	gurU nwnk dyv XUnlvristI, ਅੰਮ੍ਰਿਤਸਰ
isMG; hrklrq	pMjwbl bwry	pMjwbIXUnlvristI, pitAwlw
isMG; qlrQ (fw.)	pMjwbl AiDAwPn	AY`s. jl. pbilSrz, jIMDr
syKoN; suKivMdr isMG (fw.) Aqy syKoN; mndlp kOR	pMjwbl BwSw dw AiDAwPn	kilAwxl pbilSrz, luiDAwxw

Programme Code UG043

Course Area	MIL-IV-B
Course code	HCP252
Course title	History and Culture of Punjab-IV
Type of course	Theory
L T P	3 0 0
Credits	3
Course prerequisite	N.A.
Course Outcomes (CO)	The Student will acquire the knowledge of Sikh Struggle. The Student will understand the Ranjit Singh's administration. The Student will acquire the knowledge of Political Developments of Punjab. The Student will understand the Social life of Women.

Unit I

Banda Bahadur and his Achievements. Sikh Struggle for Sovereignty from 1716-1765. Role of Dal Khalsa, Rakhi, Gurmata and Misl.

Unit II

Ranjit Singh's rise to Power. Civil and Military administration. Relations with the British.

Unit-III

Political Developments 1839-1845. Anglo-Sikh Wars. Annexation of the Punjab.

Unit-IV

New Developments in literature, art and architecture in the Punjab region. Social life with special reference to the position of women, Fairs, Festivals, Folk Music, Dance and Games in the Punjab. Important Historical Places: Lohgarh, Sirhind, Gujranwala, Lahore, Amritsar, Multan, Peshawar, Sialkot, Ferozepore, Ambala, Gujrat, Mudki, Ludhiana.

Text and References Books:

S.No.	Author's	Title	Publisher
1	Sukhdev Sharma	History and Culture of Punjab	New Academic Publisher
2	Kirpal Singh	History and Culture of the Punjab, Part II (Medieval Period)	Publication Bureau, Punjabi University, Patiala.

Programme Code UG043

Course Area	DSC-IV
Course Code	PED256
Course Title	Test, Measurement and Evaluation in Physical Education
L T P	4 0 0
Credits	4
Course pre-requisite	+2
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. Understand the basic knowledge about Test & Measurement & Evaluation. 2. Explain the criteria of test. 3. Understand the Classification and Administration of test. 4. Gain knowledge about Physical Fitness Test. 5. Understand the tests of Sports skills.
	SYLLABUS

Unit - I

Meaning of Test, Measurement and Evaluation – Brief History of Test, Measurement and Evaluation, - Need and Importance of Measurement and Evaluation in Physical Education.

Unit - II

Classification of Test – Standardized and Teacher Made test – Objective and subjective Tests – Construction of Knowledge's test and skill Test – Administration of Test – Duties during testing – Duties after Testing.

Unit - III

Criteria for Test Selection – Validity – Reliability – Objectivity – Norms -Administrations Economic Feasibility – Educational Applications – Followup.

Unit - IV

Definition – Health Related fitness – Skill Related Physical fitness – JCR Test –AAPHER youth physical fitness Test – Harvard step cooper 12 Minute Run/ Walk Test.

Reference Books

S.No.	Author's	Year	Title	Publisher
1	Barron, H. M., & Mchee, R	1997	A practical approach to measurement in physical education	Philadelphia: Lea and Febiger.
2	Kansal, D. K	1996	Fitness training in football: A scientific approach	New Delhi: D.V.S. Publications.
3	Mathews, D.K.,	1973	Measurement in physical education	Philadelphia: W.B. Saunders Company.
4	Pheasant, S	1996	Body space: anthropometry, ergonomics and design of work.	Taylor & Francis, New York.
5	Phillips, D. A., & Hornak, J. E	1979	Measurement and evaluation in physical education	New York: John Willey and

Programme Code UG043

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Course Area	DSE-IV-A
Course Code	PED258
Course Title	Counseling in Sports
Type of Course	Theory
L T P	4 0 0
Credits	4
Course pre-requisite	+2
Course Outcomes (CO)	<ol style="list-style-type: none"> 1. The student would be able to Counsel athletes in matters of handling success and failure. 2. They would also be able to orient the athletes in future opportunities.

Unit-I

Meaning, definition and scope of Counseling in sports, Aims and Objective of Counseling in sports, Principles of Counseling, Need and importance of Counseling.

Unit-II

Meaning and definition of stress and anxiety, Types of stress and anxiety, Symptoms and effects of stress, anxiety and competition anxiety, Management of stress and anxiety.

Unit-III

Meaning and definition of Motivation, Types and techniques of motivation, Principles and Importance of motivation. Role of coach / teacher /government in motivation.

Unit-IV

Counseling on injuries and rehabilitation, Counseling on handling success and failure in sports, Counseling on drugs in sports, Counseling on job opportunities and life after retirement from sports.

References:

S.No	Authors	Title	Publisher
1	Rechar Nelson-Jones	Basic Counselling Skills	Sage Publication, New Delhi.
2	Dr. M L Kamlesh	Psychology in Physical Education and Sports	Educational Publishers and Distributors
3	McGraw	An Introduction to Counselling	Hill Education

Programme Code UG043

Course Area	DSE-IV-B
Course Code	PED260
Course Title	Personality Development and Communication Skills
Type of Course	Theory
L T P	4 0 0
Credits	4
Course pre-requisite	+2
Course Outcomes (CO)	<ol style="list-style-type: none"> 1. Understand the basics of personality. 2. To understand the Concept of personality. 3. Need of communication skills for a physical education teacher. 4. To understand the types of listening and writing.

UNIT-I

Personality- Meaning and structure of personality. Classifications of personality Characteristics of Personality, Dimensions of Personality, Personality Traits.

UNIT-II

personality development- factor effecting personality development. Relationship of personality to sports performance, personality differences among different sports groups.

UNIT-III

Meaning of communication-types of communication- barriers in good communication.

UNIT-IV

Listening-types of listening-barriers of good listening-use of listening in sports Writing-Communication through writing-profile writing –interview presentation.

References:

S.No	Authors	Title	Publisher
1	Safrit Margarat J	Personality Development & Communication Skill	louis Times Morrormos by college publishing 1986
2	Bosco James	Communication Skill	New Jersey Prentice Hall
3	Barry L.Johnson	Development of Personality	London Publication
4	Jack K.Nelson	A Practical application of English in Physical Education	Kalyani Publishers

Programme Code UG043

Course Area	Practical
Course Code	PED262
Course Title	Practical (Athletics: Relay Race, Long Jump, and Hammer Throw)
L T P	0 0 4
Credits	2
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. To know about rules and regulations of the events.
	SYLLABUS

UNIT-I

Relays: Fundamental Skills

1. Various patterns of Baton Exchange
2. Understanding of Relay Zones
3. Ground Marking
4. Interpretation of Rules and Officiating

UNIT-II

Long Jump

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

UNIT-III

Hammer Throw

1. Hammer 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

Programme Code UG043

Course Area	Practical
Course Code	PED264
Course Title	Practical (Formal Activity)
L T P	0 0 4
Credits	2
Course pre-requisite	+2
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. To Improve neuron 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 –
4. Two count, Four count, Eight count and Sixteen count.
5. Standing Exercise
6. Jumping Exercise
7. Moving Exercise
8. 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	Practical
Course Code	PED266
Course Title	Practical (Games: Baseball and Lawn Tennis)
L T P	0 0 4
Credits	2
Course pre-requisite	+2
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. To know about fundamental positions. 2. To learn the skills. 3. To know about the dimensions and fundamentals of Baseball and Lawn Tennis. 4. To know about rules and regulations of Baseball and Lawn Tennis .
SYLLABUS	

Unit-I

Tennis: Fundamental Skills. o Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip. o Stance and Footwork. o Basic Ground strokes-Forehand drive, Backhand drive. o Basic service. o Basic Volley. o Over-head Volley. o Chop o Tactics – Defensive, attacking in game o Rules and their interpretations and duties of officials.

Unit-II

Base Ball :Fundamental Skills o Player Stances – walking, extending walking, L stance, cat stance. o Grip – standard grip, choke grip, o Batting – swing and bunt. o Pitching – o Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball, o Softball: windmill, sling shot, o starting position: wind up, set. o Fielding – o Catching: basics to catch fly hits, rolling hits, o Throwing over arm, side arm. o Base running – o Base running: single, double, triple, home run, o Sliding: bent leg slide, hook slide, head first slide. o Rules and their interpretations and duties of officials.

References:

S.No	Authors	Year	Title	Publisher
1	Dr. A.K. Srivastava	2010	Book of Rules of Games and Sports	Sports Publication
2	Neil Strauss	2009	Rules of the Game	It Books
3	Sharma, R. D	1979	Health and physical education	Gupta Prakashan

Programme Code UG043

BPES Third Year (Fifth Semester)

Course Area	MIL-V-A
Course Code	ENG351
Course Title	General English-V
Type of Course	Theory
L T P	3:0:0
Credits	3
Course pre-requisite	NA
Course Outcomes(CO)	Course has been designed with the following objectives: 1. The main objective of the course is to develop sensibility and emotions of students with the purpose to enable them to relish literature. 2. To motivate them for self- learning with the purpose to acquire success in every walk of life. 3. Students should be encouraged to think on their own and form their ideas using their experience, knowledge and imagination than being text or teacher dependent.

UNIT-I

Poems of Nature and Culture: William Wordsworth: The World is Too Much with Us, The Solitary Reaper, Gordon Lord Byron: She Walks in Beauty, P.B. Shelly: Ozymandias, Alfred Lord Tennyson: In Memoriam.

English Grammar in Use: Units 113 to120.

UNIT-II

All My Sons (Arthur Miller) Act 1.

Poems of Nature and Culture: Mathew Arnold: Dover Beach, W. B. Yeats: Words, Walter De La Mare: The Listeners

English Grammar in Use: Units 121 to128.

UNIT-III

All My Sons (Arthur Miller) Act 2.

Poems of Nature and Culture: Robert Graves: The Portrait, W.H. Auden: The Unknown Citizen, Ted Hughes: The Thought-Fox, Dylan Thomas: Do Not Go Gentle into that Good Night.

English Grammar in Use: Units 129 to136.

UNIT-IV

All My Sons (Arthur Miller) Act 2.

All My Sons (Arthur Miller) Act 3.

Poems of Nature and Culture: Sylvia Plath: Mirror, Rabindranath Tagore: False Religion, Nissim Ezekiel: Night of Scorpion

Formal Letters and Application Writing

Programme Code UG043

Text and Reference books:

S. No.	Author(s)	Title	Publisher
1.	Arthur Miller	All MY SONS	Penguin Classics
2.	Poetry collection by different authors	Poems of Nature and Culture	Publication Bureau, GNDU Amritsar
3	Raymond Murphy	English Grammar in Use	Cambridge University Press New Delhi



Programme Code UG043

Course Area	MIL-V-B
Course Code	PBI351
Course Title	General Punjabi-V
Type of Course	Theory
L T P	3:0:0
Credits	3
Course Prerequisite	N.A.
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. ividAwrQI AwDuink pMjwbl kvIAW dl jlvnl qoN jwxU hoxgy[2. ividAwrQIAW nUM AwDuink pMjwbl kivqw dl ivSYgq jwxkwrl ho jwvygl[3. ividAwrQIAW iv`c ryKw ic`qrW dw AiDAYn krn dw hunr auqpMn hovygw[4. ividAwrQIAW nUM pMjwbl DunIN ivauNqbMdl sMbMDI igAwn hwisl ho jwvygw[5. ividAwrQI pMjwbl aup- BwSwvW nUM pCwnxXog ho jwxgy[

Bwg-a

j`g blqI h`f blqI (kQw sMgRih) (pihIAw Cy khwxIAw) sMpw.juigMdr isMG rwhl gurU nwnk dyv XUnlvristl,AMimRqsr,2008.

Bwg-A

g`d pRvwh (Bwg-pihlw) sMpw. ibkrm isMG Gumx Aqy jspwl isMG rMDwvw gurU nwnk dyv XUnlvristl,AMimRqsr,2007.

Bwg-e

lyK rcnw

srl AMgryjl pYrHy dw pMjwbl ivc Anuvwd

Bwg-s

ivAwkrx

nWv vwKMS: pirBwSw,bxqr,qy pRkwr[

vwkwqmk jugqW:myl qy AiDkwr

hvwlw AqypwT- pusqkW

LyKk	ਸ਼੍ਰੀ	ਪੁਸ਼ਕ	ਪਥਾਇਰ
sMpw.juigMdr isMG rwhl	2008	j`g blqI h`f blqI (kQw sMgRih)	guru nwnk dyv XUnlvristl,AmimRqsr
sMpw. ibkrm isMG Gumx Aqy	2007	g`d pRvwh	gurU nwnk dyv

Programme Code UG043

jspwl isMG rMDwvw		XUnlvristl,AmimRqsr
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Course Area	MIL-V-B
Course code	HCP351
Course title	History and Culture of Punjab –V
Type of course	Theory
L T P	3: 0: 0
Credits	3
Course prerequisite	NA
Course Outcomes (CO)	<ol style="list-style-type: none"> 1. The Student will acquire the knowledge of Colonial Policy & Modern Education. 2. The Student will understand the Socio-Religious Reform Movements. 3. The Student will acquire the knowledge of Partition Circumstances.

UNIT 1

Early British Administration: Board of Administration 1849-1853; Reforms under John Lawrence. Colonial Policy: Agriculture, Trade & Industry. Spread of Modern Education.

UNIT II

Impact of Socio-Religious Reform Movements: Namdharis, Singh Sabha. Impact of Socio-Religious Reform Movements: Arya Samaj, Ahmediyas. Uprising of 1907: Causes and Consequences.

UNIT III

Ghadar Movement: Origin and Activities. Jallianwala Bagh: Circumstances and Consequences. Gurudwara Reform Movement: Causes and Consequences.

UNIT IV

Response to No Co-operation, Civil Disobedience. Partition: Circumstances & Impact. Important Historical Places: Delhi, Amritsar, Lahore, Lyallpur, Montgomery, Jaito, Nankana Sahib, Khemkaran, TarnTaran, Jalandhar, Sargodha, Sialkot, Ambala.

Text and References Books:

S.No.	Author's	Title	Publisher
1	Sukhdev Sharma	History and Culture of Punjab	New Academic Publisher
2	Kirpal Singh	History and Culture of the Punjab, Part II (Medieval Period)	Publication Bureau, Punjabi University, Patiala.

Course Area	DSC-V
Course Code	PED355
Course title	Recreation, Camping and Leadership
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	+2
Course Outcomes(CO)	1 Understand the various theories of Recreation. 2 Explain the various recreation programmes. 3 Understand the various theories of play. 4 Gain knowledge about camping. 5 Understand the leadership training.
	SYLLABUS

UNIT-I

Introduction to Recreation: Meaning, definition, aim, objective, scope and characteristics of recreation, importance /significance of recreation, types of recreation, Philosophy and Principles of Recreation.

Recreational Programmes: Criteria and Principles of selecting recreational programmes. Indoor and outdoor activities, Water sports activities and Cultural activities.

UNIT-II

Literary activities: Nature and outing, Social events, Adventure activities.

Play: Meaning and definition of play, aim, objective and significance of play, various theories of play, the significance of study of theories of play for the teacher of Physical Education.

UNIT-III

Camping: Meaning, aim and objective of the camp, Need and importance and types of camp, uses of camping/outdoor activities, Organization and administration of camping, Selection and layout of the camp site, Camp programme, Agencies promoting camp, Educational values of camp.

UNIT-IV

Leadership Training: Meaning and definition of a leader and leadership, Characteristics of leader, Types of leaders, Qualification and qualities of leader, Need and importance of leadership in physical education.

Programme Code UG043

References Books

S. No.	Author(S)	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar	Physical Education for B.P.E, B.P.Ed. and M.P.Ed.	Kalyani Publishers Ludhiana
2	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik	Physical Education for B.P.E, B.P.Ed. and M.P.Ed	Sports Publication
3	Thour, Mandeep	Camping Management in Physical Education	Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
4	Jain, Deepak	Physical Education and Recreational Activities	Khel Sahitya Kendra



Programme Code UG043

Course Area	SEC-V
Course Code	PED357
Course Title	Introduction of Adapted Physical Education
Type of Course	Theory
L T P	4 0 0
Credits	4
Course pre-requisite	+2
Course Outcomes (CO)	<ol style="list-style-type: none">1 Understand the basic knowledge about Physical Education.2 Explain the criteria of Education.3 Understand the Classification and Physical Education Programme.4 Gain knowledge about Physical Fitness.5 Understand the basic knowledge about personal preparation.

Unit-I

Meaning, Definition and Importance of Adapted Physical Education and Sports. Purpose, Aims and Objectives of Adapted Physical Education and Sports Program organization of Adapted Physical Education and Sports. Organizations addressing and giving opportunities to people with disabilities. Adapted Sports- Para Olympics and other Opportunities

Unit-II

The student with a disability. Components and Development of IEP. Principles of Adapted Physical Education and Sports. Role of Physical Education teacher.

Unit-III

Motor development, Perceptual Motor development. Early childhood and Adapted Physical Education. Teaching style, method and approach in teaching Adapted Physical Education

Unit-IV

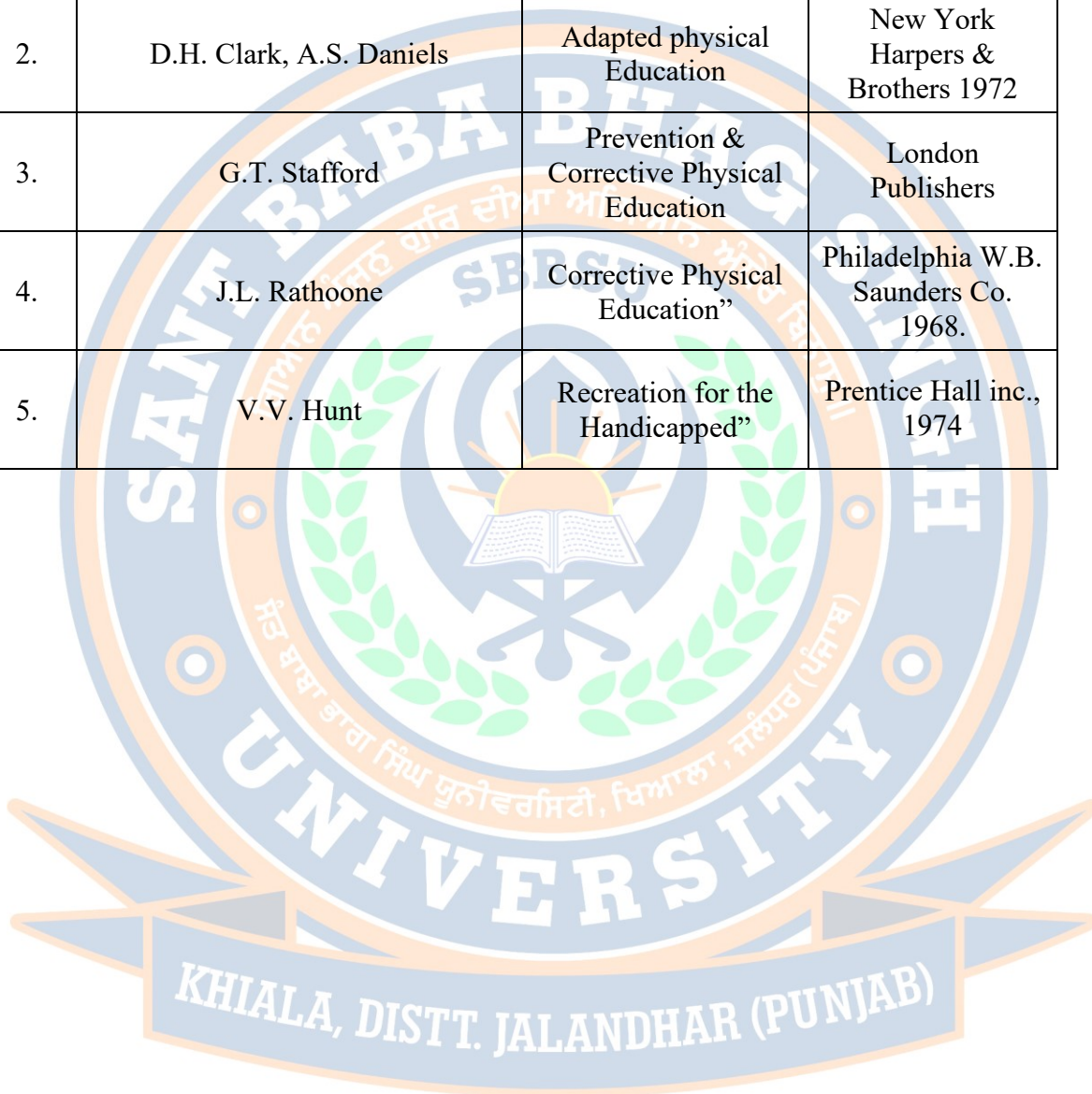
Behavioral and Special learning disability. Visual Impaired and Deafness. Health Impaired students and Physical Education HRPF and its development for Individual with unique need. Role of games and sports in Adapted Physical Education

KHIALA, DISTT. JALANDHAR (PUNJAB)

Programme Code UG043

References Books

S. No.	Author(S)	Title	Publisher
1.	H.H. Clark &	Development and Adapted Physical Education”	Englewood, Prentice Hall 1964
2.	D.H. Clark, A.S. Daniels	Adapted physical Education	New York Harpers & Brothers 1972
3.	G.T. Stafford	Prevention & Corrective Physical Education	London Publishers
4.	J.L. Rathoone	Corrective Physical Education”	Philadelphia W.B. Saunders Co. 1968.
5.	V.V. Hunt	Recreation for the Handicapped”	Prentice Hall inc., 1974



Programme Code UG043

Course Area	GE-V-A
Course Code	PED359
Course Title	Health Education
L T P	4 0 0
Credits	4
Course pre-requisite	+2
Course Outcomes(CO)	<ol style="list-style-type: none">1. Explain the history and philosophy of public health as well as its core values, concepts, and functions across the globe and in society.2. Identify the methods, and tools of public health data collection, use, and analysis and why evidence-based approaches are an essential part of public health practice.3. Identify the basic processes, approaches, and interventions that identify and address the major health-related needs and concerns of populations.4. Relate the underlying science of human health and disease to opportunities for promoting and protecting health across the life course.
	SYLLABUS

UNIT-I

Health: Concept and meaning of Health.

Health education: Concept, meaning, definition, and scope of Health Education, Principles and practice of health education, Planning and evaluation in health education programmes.

UNIT-II

Health services: Organization and administrative set up of health services in India.

Disease: Meaning of a disease, diseases cycle, epidemiological trials, modes of disease transmission, immunity.

UNIT-III

Health Problem in India: Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus)

Hygiene: The concept of hygiene and personal hygiene care of skin, mouth, nails, clothing and bathing etc. importance of rest, sleep and exercise.

UNIT-IV

Nutrition: Meaning and definition of food, nutrition and balanced diet, constituent of balance diet, its functions and sources, daily energy requirements for different sports and games, eating before, during and after competition and Water loading.

Programme Code UG043

Recommended Books

Text-Books—

S. No.	Author(S)	Year	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar	2004	Physical Education for B.P.E, B.P.Ed. and M.P.Ed.	Kalyani Publishers Ludhiana
2	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik	2015	Physical Education for B.P.E, B.P.Ed. and M.P.Ed	Sports Publication

References:

S.No	Authors	Year	Title	Publisher
1	Agrawal, K.C	2001	Environmental biology	Bikaner: Nidhi publishers Ltd
2	Frank, H. & Walter, H.	1976	Turners school health education	Saint Louis: The C.V. Mosby Company.
3	Nemir, A. (n.d.).	1979	The school health education	New York: Harber and Brothers
4	Odum, E.P.	1971	Fundamental of ecology	U.S.A.: W.B. Saunders Co
5	Sharma, R. D	1979	Health and physical education	Gupta Prakashan



Programme Code UG043

Course Area	GE-V-B
Course Code	PED361
Course Title	Olympic Movements
L T P	4 0 0
Credits	4
Course prerequisite	+2
Course Outcomes (CO)	<ol style="list-style-type: none"> 1. Understand the Educational and cultural values of Olympic movement. 2. Analyze the Modern Olympic Games and Rules of Eligibility for Competition. 3. Know about the organizational structure and functions of Para Olympic Games 4. Analyze the Achievement of India in Team Games and Individual Sports

UNIT-I

The Olympic Movement: The ancient Olympic games. The Olympic movement: Aims and symbols of the Olympic movement. The International Olympic Committee (IOC)

UNIT-II

Structure of the Olympic Movement: The National Olympic Committee (NOC) The International Sports Federations (IFs) The National Sports Federations (NFs) Volunteerism.

UNIT-III

The Olympic Games: Organization. The International bid process for selecting sites for the games. Participation in Olympic games. Women and sports.

UNIT-IV

Modern Olympic Games: Selection, motto, flag, oath, opening ceremony and closing ceremony. IOC PROGRAMMES: Olympic academy. Olympic solidarity. Olympic museum. Sports for all.

References Books			
Sr. no.	Name	AUTHOR(S)	PUBLISHER
1	Indian Women and Sports	Singh, M. K	Rawat Publication (1991)
2	Olympic Movement	Osim Mohammad	Sports Publication
3	Olympic Abhiyan	Dr. Gulbahar Khan, Dr. Sunil Kumar Gaurha	KSK Publisher

Programme Code UG043

Course Area	Practical
Course Code	PED363
Course Title	Practical (Long Distance Races and Pole Vault)
L T P	0 0 4
Credits	2
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. To know about rules and regulations of the events.
	SYLLABUS

UNIT-I

Long Distance Races

Fundamental Skills

1. Various techniques of Race
2. Understanding of Start Zones
3. Ground Marking
4. Interpretation of Rules and Officiating

UNIT-II

Pole Vault

1. Approach Run
2. Take Off
3. Technique of Jump
4. Clearance over the bar
5. Landing

References Boo

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	Practical
Course Code	PED365
Course Title	Practical (Games: Basketball, Football)
L T P	0 0 4
Credits	2
Course pre-requisite	+2
Course Outcomes(CO)	<ol style="list-style-type: none"> 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

UNIT-I

Basketball: Fundamental Skills

1. Player stance and ball handling
2. Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Baseball pass, Side Arm Pass, Over Head pass, Hook Pass.
3. Receiving-Two Hand receiving, one hand receiving, Receiving in stationary position, Receiving while jumping, receiving while running.
4. Dribbling-How to start dribble, how to drop dribble, High dribble, Low dribble, Reverse Dribble, Rolling dribble.
5. Shooting-Layup shot and its variations, one hand set shot, one hand jump shot, Hook Shot, Free throw.
6. Rebounding-Defensive rebound, Offensive rebound, knock out, Rebound Organization.
7. Individual Defensive-Guarding the man with the ball and without the ball.
8. Pivoting.
9. Rules and their interpretations and duties of the officials.

UNIT-II

Football: Fundamental Skills

1. Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
2. Trapping-trapping rolling the ball, trapping bouncing ball with sole
3. Dribbling-With instep, inside and outer instep of the foot.
4. Heading-From standing, running and jumping.
5. Throw in
6. Feinting-With the lower limb and upper part of the body.
7. Tackling-Simple tackling, Slide tackling.

Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting

Programme Code UG043

S.No	Authors	Title	Publisher
1	Rees, Roy	Coaching Soccer Successfully	Human Kinetics Windsor
2	Cavendish Marshall	The Sportsman's World of Soccer"	Marshal Cavendish London
3	. Worthington Eric	Teaching Soccer Skill	Lepus Books
4	Reilly T. & Williams Mark	Science & Soccer"	Routledge, London
5	Sharma Sudhir Kumar	Kabaddi	T.H.Books (New Dehli)
6	Rao, E. Prasad	Kabaddi the complete handbook	Jagadamba



Programme Code UG043

Course Area	Practical
Course Code	CSA001
Course Title	Practical (Computers Application in Physical Education)
L T P	0 0 2
Credits	1
Course prerequisite	+2
Course Outcomes(CO)	To familiarize all the students with basic concepts of computers including office automation and internet concepts.

UNIT-I

Define a Computer System, Applications of computer system, Input and Output device, Memories, RAM, ROM, secondary storage devices, Computer Software and Hardware, Number System.

UNIT-II

Computer Languages: Machine language, assembly language, higher level language. Operating System: Definition, Need for operating system, Functions of operating system (Processor Management, Memory Management, File Management and Device Management).

UNIT-III

Word Processor- Introduction to word processors and its features, creating, editing, printing and saving documents, spell check, mail merge

PowerPoint: creating power point presentations, creating spreadsheets and simple graphs, evolution of Internet and its applications and services.

Spreadsheets- Introduction to spreadsheets and its features, using different types of formula, creating graphs and charts, Exporting charts to word processor.

UNIT-IV

Installation of operating System viz. Windows XP, Windows 2007 etc. Word Processing (MS Office/Open Office) PowerPoint Presentation (MS Office/Open Office).

Reference Books:

Sr. no.	Name	AUTHOR(S)	PUBLISHER
1	Fundamentals of Computers	R. S. Salaria	Salaria Publishing House
2	Computer Fundamentals	P.K. Sinha and P. Sinha	BPB Publication
3	Absolute Beginners Guide to Computer Basics	Miller M	Pearson Education
4	MS Office for Windows XP	Sagman S	Pearson Education

Programme Code UG043

BPES Third Year (Sixth Semester)

Course Area	MIL-VI-A
Course Code	ENG352
Course Title	General English-VI
Type of Course	Theory
L T P	3:0:0
Credits	3
Course pre-requisite	NA
Course Outcomes(CO)	Course has been designed with the following objectives: 1. The main objective of the course is to develop sensibility and emotions of students with the purpose to enable them to relish literature. 2. To motivate them for self- learning with the purpose to acquire success in every walk of life. 3. Students should be encouraged to think on their own and form their ideas using their experience, knowledge and imagination than being on text or teacher dependent.

UNIT-I

The study of whole text of the novel: The Guide by R. K. Narayan

UNIT-II

Study of following one act plays

The Will

Villa for Sale

UNIT –III

Study of following one act plays:

The Monkey's Paw

Sorry Wrong Number

UNIT-IV

English Grammar in Use: 137 to 145.

Text and reference Books:

S.No.	Author(s)	Title	Publisher
1.	R. K. Narayan	The Guide	Penguin Classics
2.	Collection of One Act Plays	Glimpses of Theatre	Publication Bureau, GNDU Amritsar
3	Raymond Murphy	English Grammar in Use;4 th edn.	CUP, New Delhi

Programme Code UG043

Course Area	MIL-VI-B
Course Code	PBI352
Course Title	General Punjabi-VI
Type of Course	Theory
L T P	3:0:0
Credits	3
Course Prerequisite	N.A.
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. ividAwrQI AwDuink pMjwbl kvIAW dl jlvnl qoN jwxU hoxyg[2. ividAwrQIAW nUM AwDuink pMjwbl kivqw dl ivSYgq jwxkwrl ho jwvyg[3. ividAwrQIAW iv`c ryKw ic`qrW dw AiDAYn krn dw hunr auqpMn hovygw[4. ividAwrQIAW nUM pMjwbl DunIN ivauNqbMdl sMbMDI igAwn hwisl ho jwvygw[5. ividAwrQI pMjwbl aup- BwSwvW nUM pCwnxXog ho jwxgy[

Bwg-a

j~g blql h~f blql (kQw sMgRih) (ipClIAW Cy khwxIAw) sMpw.juigMdr isMG rwhl gurU nwnk dyv XUnlvristl,AMimRqsr,2008.

Bwg-A

g~d pRvwh (Bwg-dUstrw) sMpw. ibkrm isMG Gumx Aqy jspwl isMG rMDwvw gurU nwnk dyv XUnlvristl,AMimRqsr,2007.

Bwg-e

lyK rcnw
sMKp rcnw

Bwg-s

ivAwkrx
ikirAw vwkMS: pirBwSw,bxqr,qy pRkwr[
kwrk Aqy kwrkl sMbMD
pwT-pusqkW Aqy hvwlw pusqkW

LyKk	ਯੁਸ਼ਕ	pbilSr
sMpw.juigMdr isMG rwhl	j~g blql h~f blql (kQw sMgRih)	gurU nwnk dyv XUnlvristl,AmimRqsr
sMpw. ibkrm isMG Gumx Aqy jspwl isMG rMDwvw	g~d pRvwh	guru nwnk dyv XUnlvristl,AmimRqsr
isMG; hrklrq	pMjwbl bwry	pMjwbl XUnlvristl, pitAwlw
isMG; qlrQ (fw.)	pMjwbl AiDAwpn	AY~s. jl. pbilSr, jIMDr
syKoN; suKivMdr isMG (fw.) Aqy syKoN;	pMjwbl BwSw dw AiDAwpn	kilAwxl pbilSr, luiDAwxw

Programme Code UG043

Course Area	MIL-VI-B
Course code	HCP352
Course title	History and Culture of Punjab-VI
Type of course	Theory
L T P	3 0 0
Credits	3
Course prerequisite	+2
Course Outcomes (CO)	<ol style="list-style-type: none"> 1. The Student will acquire the knowledge of Resettlement of Punjab. 2. The Student will understand the Green Revolution & Development post 1966. 3. The Student will acquire the knowledge of Operation Bluestar. 4. The Student will understand the New Social issues .
SYLLABUS	

UNIT 1

Migration and its Socio-Economic Impact. Rehabilitation and Resettlement. Demand for Punjabi Suba, Reorganization Act 1966.

UNIT II

Green Revolution and its Impact. Development of Education. Political and Economic Development post 1966.

UNIT III

Issues of Boundary, water, Chandigarh. Socio-Economic Development in the 1980's. Operation Bluestar and its Impact.

UNIT IV

New Social issues-gender discrimination, drug menace, farmer suicide Development of Punjabi literature: Bhai Vir Singh; Shiv Kumar Batalvi; Amrita Pritam Important Historical Places: Delhi, Amritsar, Khemkaran, TarnTaran, Jalandhar, Ambala, Ludhiana, Panipat, Karnal, Qadian, Gurdaspur, Hissar, Chandigarh.

References Books:

S.No.	Author's	Title	Publisher
1	Sukhdev Sharma	History and Culture of Punjab	New Academic Publisher
2	Kirpal Singh	History and Culture of the Punjab, Part II (Medieval Period)	Publication Bureau, Punjabi University, Patiala.
3	J.S. Grewal	The Sikhs of the Punjab	Foundation Books, New Delhi,

Programme Code UG043

Course Area	DSC-VI
Course Code	PED356
Course title	Scientific Principals of Sports Training
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	+2
Course Outcomes(CO)	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. 5. Gain knowledge about Planning and Programming of Training.
	SYLLABUS

UNIT-I

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

UNIT-II

Training load, load adaptation, overload and recovery, factors of load. Continuous training, Circuit training, interval training, Fartlek training, plyometric training and Weight training.

UNIT-III

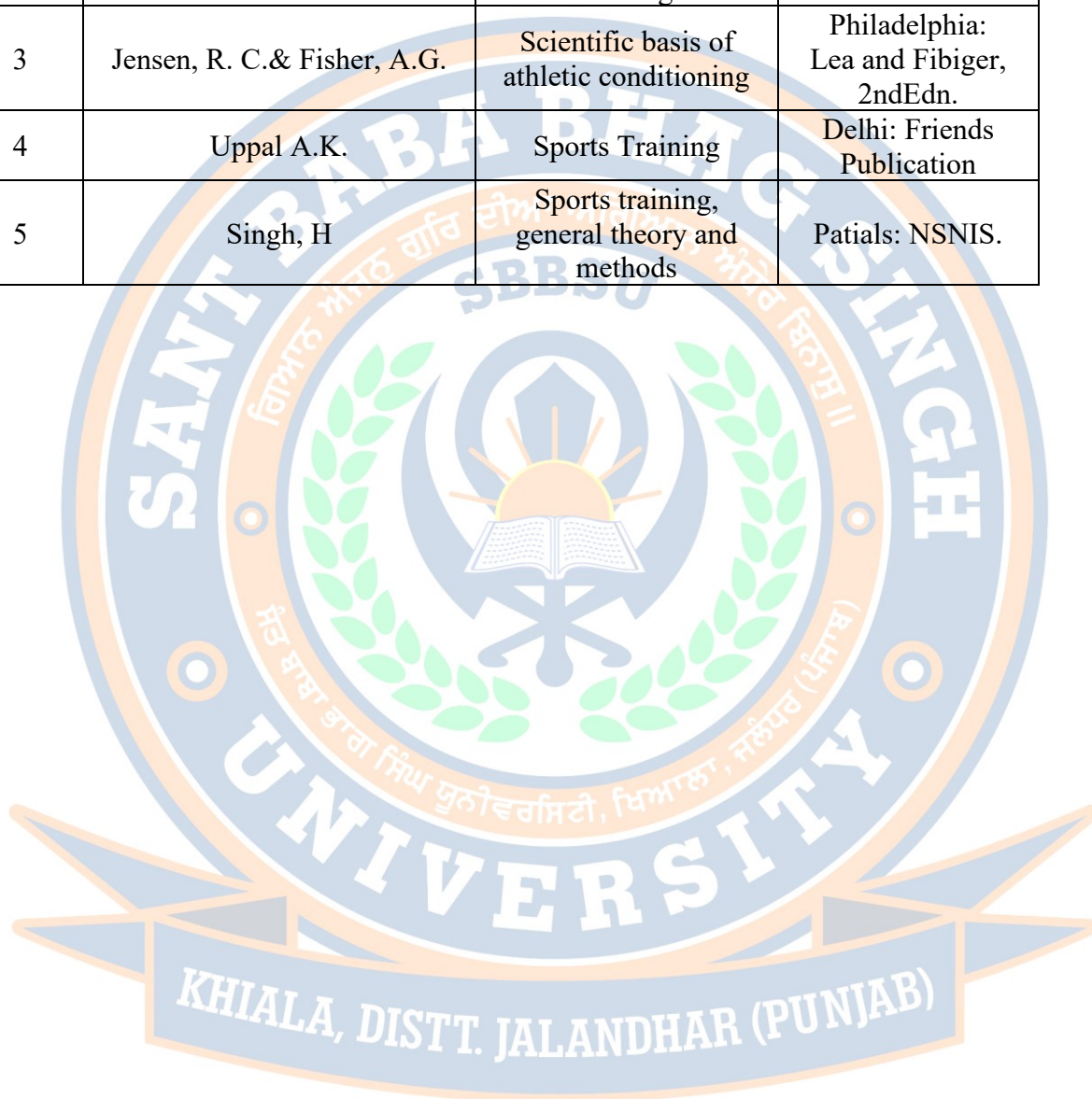
Development of Motor components: Speed, Strength, endurance, flexibility, agility, Co-ordination.

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.
3	Jensen, R. C.& Fisher, A.G.	Scientific basis of athletic conditioning	Philadelphia: Lea and Fibiger, 2ndEdn.
4	Uppal A.K.	Sports Training	Delhi: Friends Publication
5	Singh, H	Sports training, general theory and methods	Patials: NSNIS.



Programme Code UG043

Course Area	DSE-VI-A
Course Code	PED358
Course Title	Education Technology
L T P	0 0 4
Credits	2
Course pre-requisite	+2
Course Outcomes (CO)	<ol style="list-style-type: none">1. Identify, describe, and apply emerging technologies in teaching and learning environments2. Demonstrate knowledge, attitudes, and skills of digital age work and learning3. Plan, design, and assess effective learning environments and experiences4. Implement curriculum methods and strategies that use technology to maximize student learning5. Develop technology-enabled assessment and evaluation strategies
	SYLLABUS

UNIT- I

Education and Education Technology: Meaning and Definitions, Types of Education: Formal, Informal and Non- Formal education. Teaching: Meaning and Principles of teaching, Importance of technological devices used for imparting knowledge.

UNIT- II

Teaching Methods: Lecture method, Command method, Demonstration method, Imitation method, project method, Whole method, Factors affecting teaching methods. Presentation Techniques: Personal and technical preparation, Steps of presentation. Types of class formations and Methods of classification of students.

UNIT- III

Teaching Aids: Meaning, Importance, types of teaching aids, Criteria for selecting teaching aids. Team Teaching: Meaning, Principles and advantage of team teaching, Difference between Teaching Methods and Teaching Aid.

UNIT- IV

Lesson Planning: Meaning, Importance and Types, Principles of lesson plans. Micro Teaching: Meaning, steps advantages of micro teaching. Simulation Teaching: Meaning, types and steps of simulation teaching.

Programme Code UG043

Reference Books

S. No.	Author(S)	Title	Publisher
1	Bhardwaj (2003)	A New media of educational planning	New Delhi: Sarup of Sons.
2	Kochar, S.K. (2014)	Methods and techniques of teaching	New Delhi: Sterling Publishers
3	Walia, J.S. (1999)	Principles and methods of education	Jullandhar: Paul Publishers



Programme Code UG043

Course Area	DSE-VI-B
Course Code	PED360
Course title	Sports Psychology
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	+2
Course Outcomes(CO)	1. Understand the basic knowledge about Sports Psychology. 2. Explain the Nature of learning. 3. Understand the Social Science. 4. Gain knowledge about Socialization. 5. Understand the meaning and importance of Culture.
	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

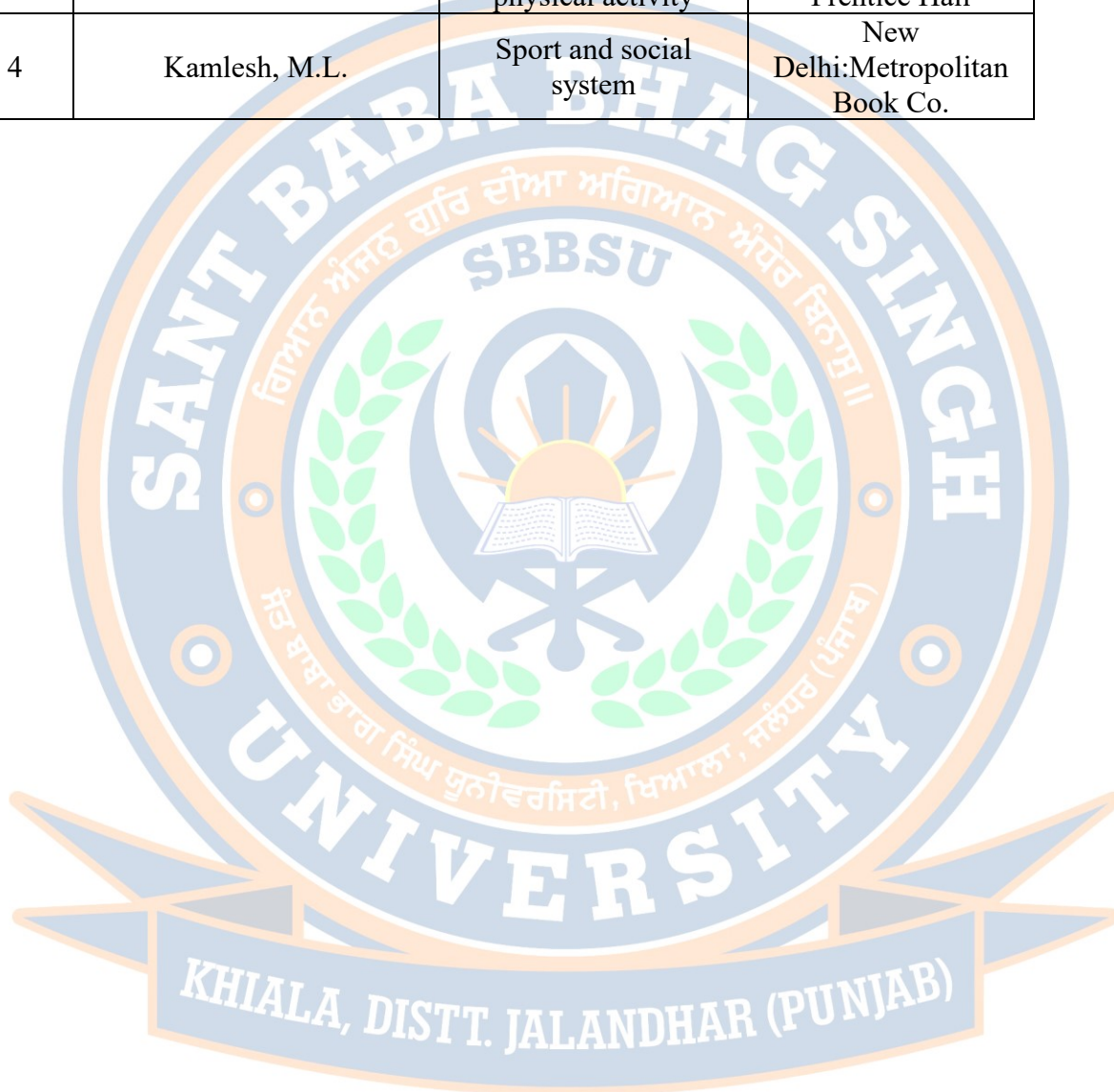
Psychological Factors Affecting Sports Performance: Stress, personality, and aggression and their measuring tools. Management of psychological factors for optimum performance.

KHIALA, DISTT. JALANDHAR (PUNJAB)

Programme Code UG043

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
4	Kamlesh, M.L.	Sport and social system	New Delhi:Metropolitan Book Co.



Programme Code UG043

Course Area	Practical
Course Code	PED362
Course Title	Practical (Athletics: Hurdles, Competitive Walk & Road Race)
L T P	0 0 4
Credits	2
Course pre-requisite	Graduation
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. To Know about rules and regulations of the events.
	SYLLABUS

UNIT-I

Hurdles

- 1) Types of Hurdles
- 2) Starts
- 3) Techniques of Hurdles

UNIT-II

1. Basic of walking and road race
2. Techniques of walking road race
3. Fundamental skills
4. Equipment
5. Officiating and organization of these races

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 Road Race Rules	NFHS
3	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

Programme Code UG043

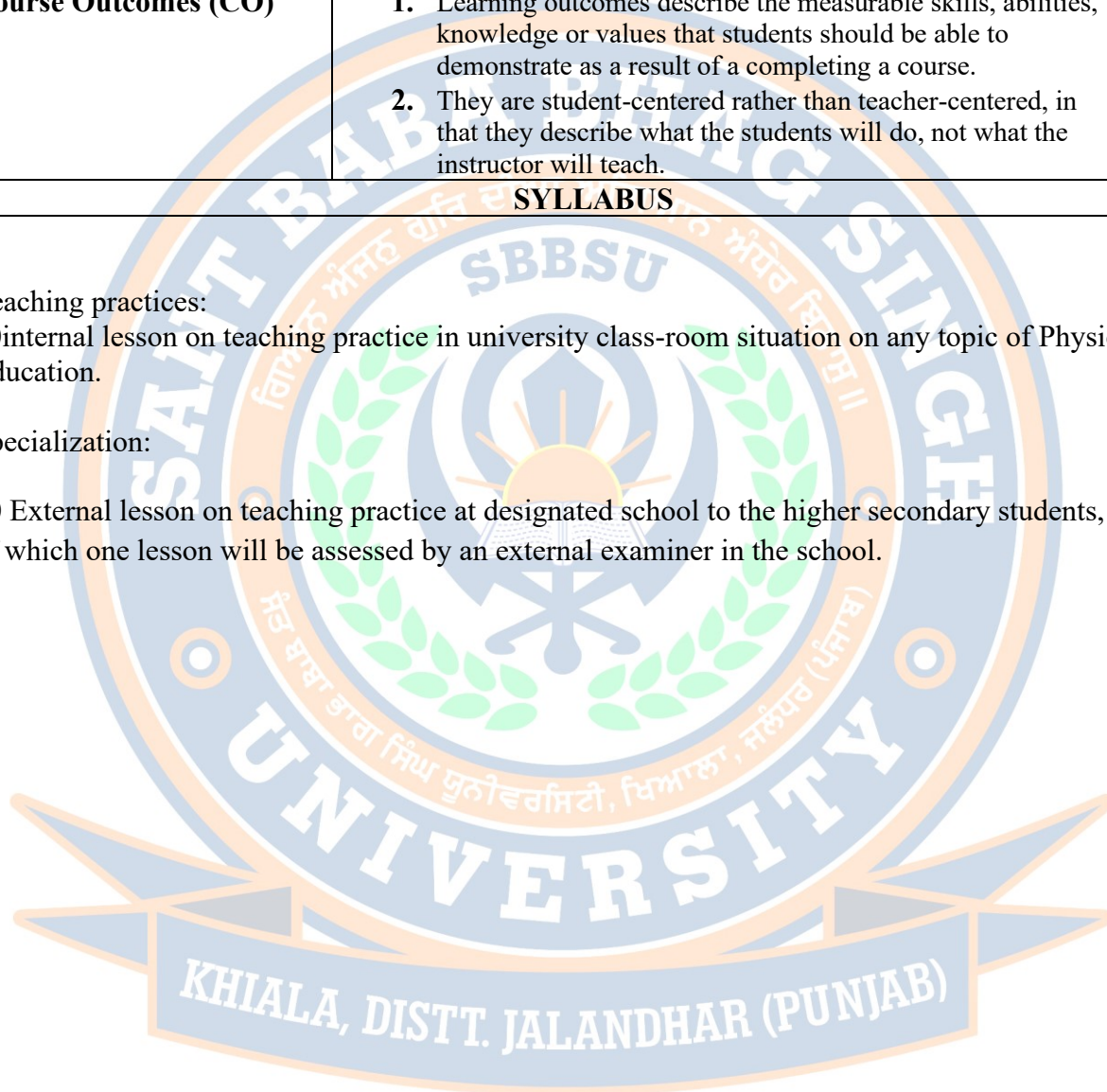
Course Area	Practical
Course Code	PED364
Course Title	Practical (Teaching Practice)
L T P	0 0 4
Credits	2
Course pre-requisite	+2
Course Outcomes (CO)	<ol style="list-style-type: none">1. Learning outcomes describe the measurable skills, abilities, knowledge or values that students should be able to demonstrate as a result of a completing a course.2. They are student-centered rather than teacher-centered, in that they describe what the students will do, not what the instructor will teach.
SYLLABUS	

Teaching practices:

10 internal lesson on teaching practice in university class-room situation on any topic of Physical Education.

Specialization:

10 External lesson on teaching practice at designated school to the higher secondary students, out of which one lesson will be assessed by an external examiner in the school.



Programme Code UG043

Course Area	Practical
Course Code	PED366
Course Title	Practical (Adventure Sports)
L T P	0 0 4
Credits	2
Course pre-requisite	+2
Course Outcomes (CO)	<ol style="list-style-type: none"> 1. It is the vital objective of adventure sport to provide amusement and excitement. 2. These sports allow and encourage the creativity of an individual. 3. Motivate to learn sportsmanship.
SYLLABUS	

Unit-I

1. Mountaineering
2. Trekking
3. Roop Clamping
4. Single Roop
5. Tyre Bound
6. Zumaring
7. Trust Fall
8. Obstacles
9. Para sailing

Reference Books—

S. No.	Author(S)	Year	Title	Publisher
1	Stanley L, Bradely		The Adventure	
2	Singh Hardyal		Science of sports Training	D.V.SPublication: New Delhi
3	Kalpana Swaminathan		Adventure Sports	

Programme Code UG043

BPES Fourth Year (Seventh Semester)

Theory Subject:

Course Area	DSC-VII-A
Course Code	PED405
Course title	Research Methodology in Physical Education
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. Identify the research problem in the field of physical Education and sports2. Know to Summarize the various research literature3. Understand and apply the basics of statistics in research.4. Organize the samples and sampling techniques which is relevant to the study.
	SYLLABUS

Unit-I

Meaning of Research and its characteristics, Classification of Research, Qualities of a Researcher ,Research Problem: Sources of Research Problem, Identifying a research problem ,Criteria in selecting a research problem ,Stating the problem ,Research Hypothesis: Nature and types of Hypothesis, Formation, Testing and evaluating and importance of Hypothesis.

Unit-II

Historical Research: Sources of historical materials , Evaluation of historical material , Pitfalls of historical writing.

Survey method: ,Meaning and importance of survey ,Types of survey ,Interview- structured and unstructured.

Experimental Research , Meaning of Experimental Research ,Experimental Validity – Threat to it and ways to reduce it , Types of Experimental Design

Unit- III

Concept of population and sampling Importance and characteristics of sampling
Sampling techniques: Probability and Non - Probability.

Unit-IV

Qualitative and Quantitative analysis , Data interpretation: Analyzing, organizing and presenting data, discussion of results.

Formulation of conclusions and recommendation Writing Research Report/ Research Paper/
Thematic Paper , Basic Writing Guidelines

Programme Code UG043

Text-Books—

S. No.	Author(S)	Year	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rashpal Singh Brar	2004	Physical Education for B.P.E, B.P.Ed. andM.P.Ed.	Kalyani Publishers Ludhiana

Reference Books—

S. No.	Author(S)	Year	Title	Publisher
1	Best, J.W.	1985	Research in education	Prentice Hall Inc.: Delhi-1982
2	Kamlesh, M.L	1986	Methodology of Research in Physical Education and Sports	Metropolitan Publication: New Delhi, 1986.



Programme Code UG043

Course Area	DSC-VII-B
Course Code	PED407
Course title	Basic Statistics in Physical Education
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	+2
Course Outcomes(CO)	1. Understand and apply the statistics in research. 2. Organize the samples and sampling techniques which is relevant to the study. 3. Apply the statistics in research thesis for evaluation.
	SYLLABUS

Unit-I

Meaning, Definition, Need and Importance of Statistics in Physical Education Types of Statistical Process: descriptive, comparative, inferential, predictive Attribute and variable, Frequency distribution, Raw scores, Single scores
Types of data, Population and sample , Parameters and statistics ,Discrete and continuous class intervals

Unit-II:

Measure of Central Tendency (MCT) - Mean, Median, Mode: Definition, Meaning, characteristics, uses and computation of Mean, Median, Mode.
Measure of Variability (Range, Quartile Deviation, Mean Deviation, Standard Deviation Definition, Meaning, characteristics, uses and computation

Unit-III :

Meaning and definition of normal curve , Properties of Normal Curve , Skewness and Kurtosis Non-Parametric Statistic , Uses and application of non-parametric statistic , Computation of chi-square, rank order correlation

Unit- IV

Principles of relationship , Coefficient of correlation , Product moment correlation , t-ratio – independent and paired , ANOVA – one way and two way

Reference Books—

S. No.	Author(S)	Year	Title	Publisher
1	Bompa, T. O. &Haff, G. G.	1963	Research in education	Champaign, IL: Human Kinetics.
2	Verma, J. P.	2009	A text book on sports statistics	Gwalior: Venus Publications
3	Thomas, J.R., Nelson, J.K. & Silverman	2005	Research method in physical activity	U.S.A: Champaign, IL: Human Kinetics Books.
4	Clark, H. H., & Clark, D. H.	1975	Research process in physical education	Englewood cliffs, New Jersey: Prentice Hall, Inc.



Programme Code UG043

Course Area	DSE-VII
Course Code	PED409
Course title	Fitness Instructor
Type of course	Theory
L T P	4:0:0
Credits	4:0:0
Course Prerequisite	+2
Course Outcomes(CO)	1. Design comprehensive strength, cardiovascular and flexibility programs. 2. Demonstrate proper lifting technique on basic machines and free weight exercises. 3. Discuss legal issues for the trainer. 4. Explain the various assessments used to measure fitness.
	SYLLABUS

Unit-I

Health goals, fitness goals, performance goals, components of physical fitness and performance, behaviours that support fitness and performance, taking control of personal health and fitness, factors to consider prior to physical activity, exercise requirement for prevention of premature health problems, how to promote physical activity promotion of physical activity adherence

Unit-II :

Energy cost of physical activity, measurement of energy expenditure, significance of cardiovascular fitness, risks of testing cardio respiratory fitness, components of health related and fitness related fitness

Unit-III

Measurement of body fat calculating target body weight, LBM and Body fat, Muscular strength and endurance:- health fitness requirements, assessment of strength and muscular endurance
Flexibility: Importance of flexibility in health and fitness, factors affecting range of movement (ROM) spine and hip joint, flexibility and low back function

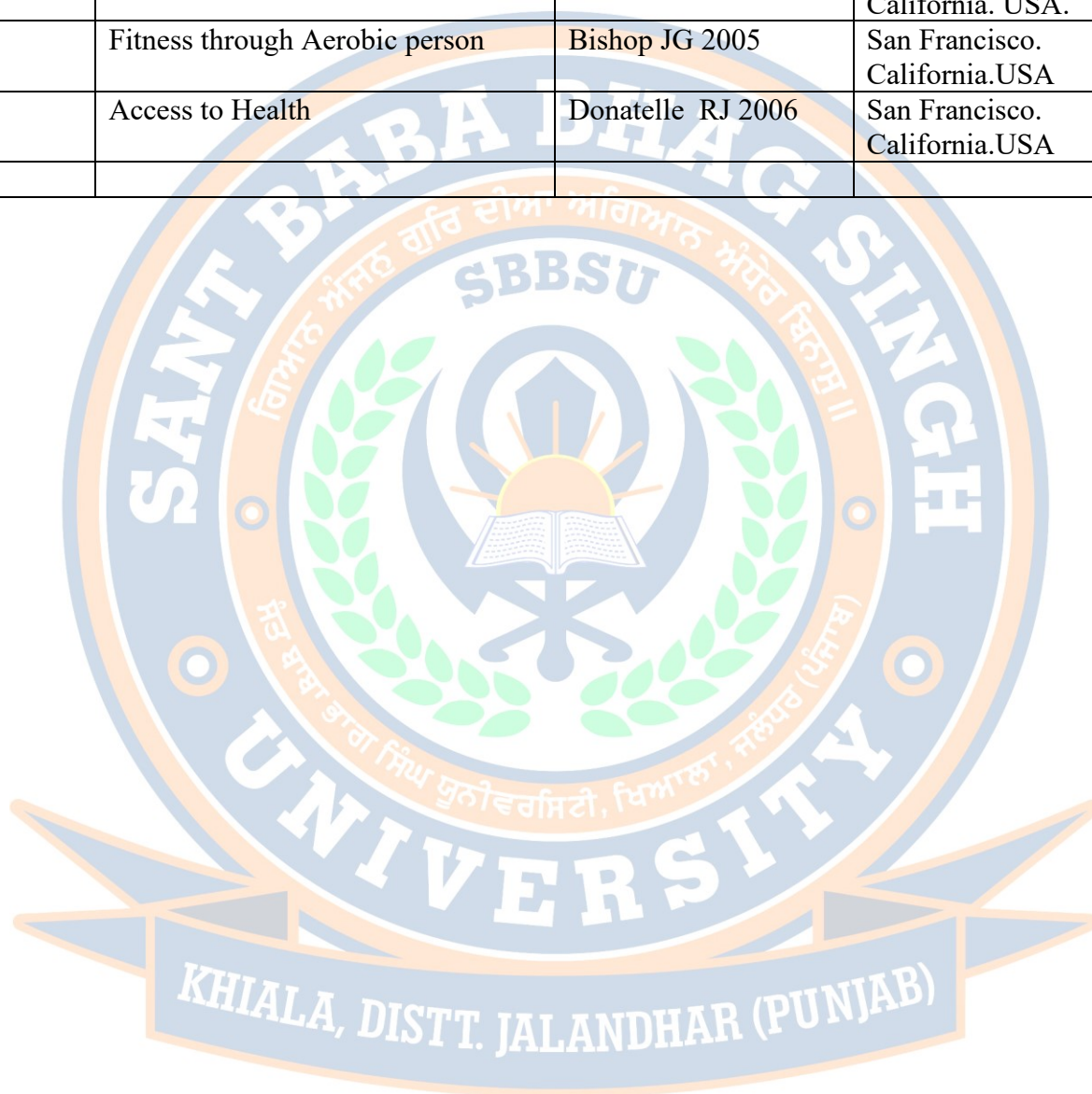
Unit-IV

Foundation of prescribing exercise, general guidelines for cardio-respiratory fitness programmes, determining intensity, general exercise testing, exercise programme selection, exercise prescription for body weight management

Muscular strength and endurance training: fundamental principles, types of strength training, muscular training modes, intensity and frequency. Overreaching and overtraining

Reference Books:

Sr. no.	Name	AUTHOR(S)	PUBLISHER
1	Fitness and wellness	Hoger 2007	Wadsworth Belmont, California. USA.
2	Fitness through Aerobic person	Bishop JG 2005	San Francisco. California.USA
3	Access to Health	Donatelle RJ 2006	San Francisco. California.USA



Programme Code UG043

Course Area	GE-VII-A
Course Code	PED411
Course title	Global Peace & sustainability development
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. Help acquire knowledge and develop theories for the dynamics and causes of different kinds of conflicts. 2. Offer opportunity to specialize in the study of regional conflicts 3. Provide wide-ranging inter pretations and encourage the development of analytical skills. 4.crucial problems faced at the global, national and regional levels.
	SYLLABUS

UNIT-I

Meaning nature and scope of Sustainable Development; concept of global peace, Physical Education for global peace.

Physical Education for Sustainable Development: approaches & strategies

Integration of global peace and environmental concerns in school curriculum. Role of Physical Education teacher in promoting sustainable development.

UNIT-II

Conservation of Natural Resources: Environmental conservation in the globalized world; Deforestation in the context of tribal life, Role of individual in conservation of natural resources: water, energy and food.

Culture of Peace and Human Rights: Ideas of thinkers like Mahatma Gandhi, Martin Luther King, Role of Physical Educational institutions and teachers in developing a culture of peace.

UNIT-III

Literacy, democracy, human rights and universal values- contribution to global peace and sustainable development

Role of individual, school and community for prevention of pollution, management of natural resources. Responsible Environment Behavior (REB).

Role of ICT, text books and media in creating awareness about human rights; environmental and peace values.

UNIT-IV

ESD model for competencies in teachers: Knowledge, system, thinking, emotions and values in teachers for Physical Educating students for sustainable development, Individual life style;

Carbon foot printing.

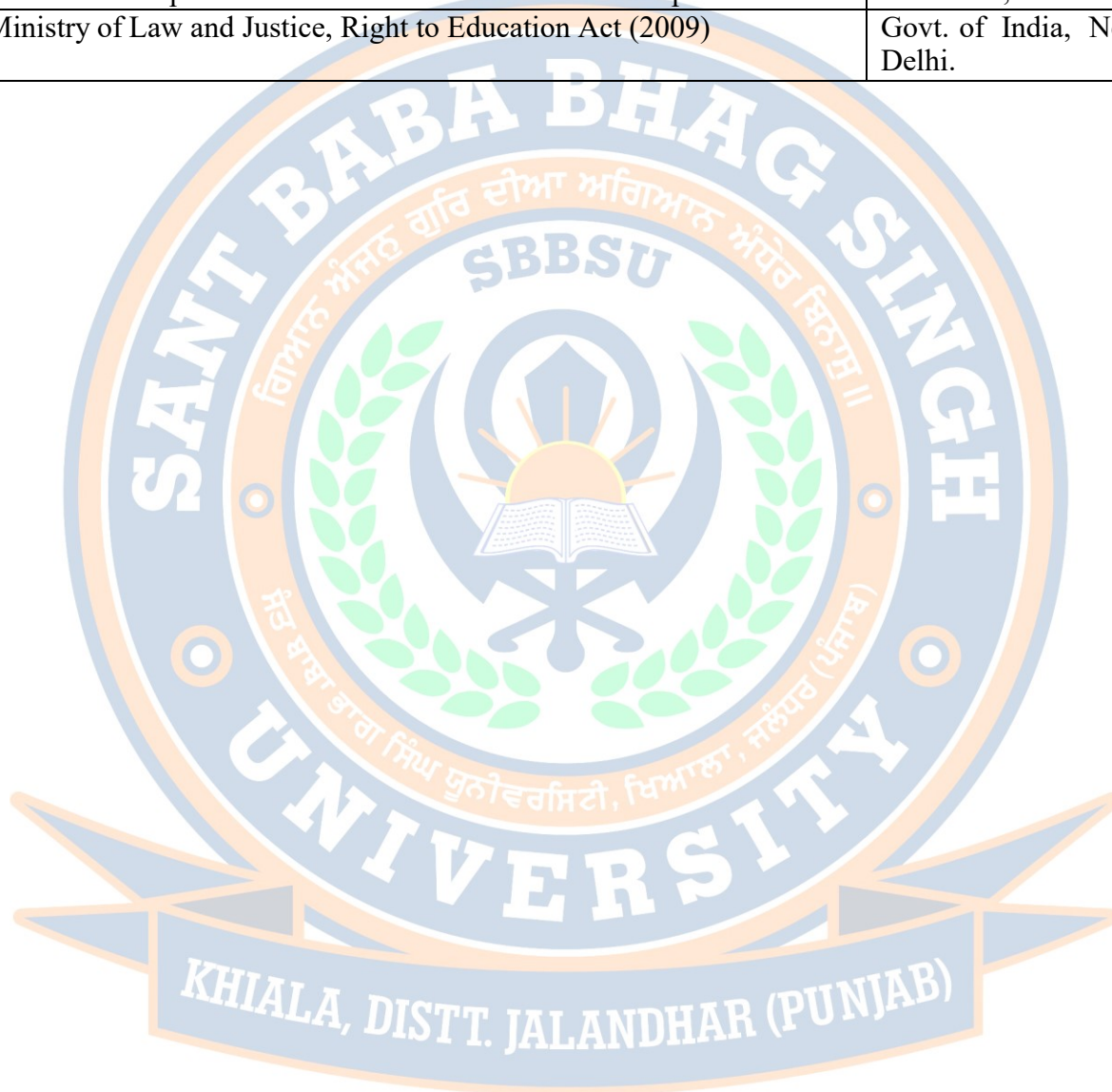
SESSIONAL WORK

Case study on children rights for education in context of Kailash Satyarthi , Malala Yousafazi.

Reference Books:

Programme Code UG043

Author	Year	Title	Publisher
Cortese, A.	2001	Education for a sustainable future: The next industrial revolution	Boston, MA: Second Nature, Inc.
Agarwal, A., Narain, S. and Sen, S.	1999	The Citizens Fifth Report. Part II- Sustainable Database	New Delhi, Centre for Science and Environment
UNESCO's Report on Education for Sustainable Development			UNESCO, Paris
Ministry of Law and Justice, Right to Education Act (2009)			Govt. of India, New Delhi.



Programme Code UG043

Course Area	GE-VII-B
Course Code	PED413
Course title	Officiating and Coaching
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 concept, Principles & Management of Officiating and Coaching. 2. Understand the duties of Coach. 3. To enable to understand the duties of Official. 4. Explain the Qualities and Qualification of a Coach.
	SYLLABUS

UNIT -I

Concept of officiating and coaching, importance and principles of officiating.
Relation of official and coach with management, players and spectators.
Measures of improving the standards of officiating and coaching

UNIT-II

Duties of coach in general, pre, during and post-game.
Philosophy of coaching, Responsibilities of a coach on and off the field
Psychology of competition and coaching

UNIT-III

Duties of official in general, pre, during and post-game.
Philosophy of officiating, Mechanics of officiating – position, singles and movement etc.
Ethics of officiating

UNIT-IV

Qualities and qualification of coach and official
General rules of games and sports
Eligibility rules of intercollegiate and inter-university tournaments
Integrity and values of sports

Reference Books—

S. No.	Author(S)	Year	Title	Publisher
1	Bunn, J. W	1968	The art of officiating sports	Englewood cliffs N.J. Prentice Hall
2	Bunn, J. W	1972	Scientific principles of coaching	Englewood cliffs N.J. Prentice Hall
3	Dyson, G. H	1963	The mechanics of Athletics	London: University of London Press Ltd.
4	Singer, R. N	1963	Coaching, athletic & psychology	New York: M.C. Graw Hill.

Programme Code UG043

Course Area	Practical
Course Code	PED415
Course Title	Practical
L T P	0 0 4
Credits	2
Course pre-requisite	Graduation
Course Outcomes(CO)	1.To know about fundamental positions. 2.To know about the dimensions and fundamentals of cricket. 3.To know about rules and regulations of softball and cricket.
Syllabus	

Unit-I

Cricket: Fundamental Skills

1. Batting-Forward and backward defensive stroke
2. Bowling-Simple bowling techniques
3. Fielding-Defensive and offensive fielding
4. Catching-High catching and Slip catching
5. Stopping and throwing techniques
6. Wicket keeping techniques

Unit-ii

Softball : Fundamental Skills

1. Batting- defensive stroke
2. Bowling-Simple bowling techniques
3. Fielding-Defensive and offensive fielding
4. Catching-High catching
5. Stopping and throwing techniques
6. Wicket keeping techniques

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	Practical
Course Code	PED417
Course Title	Practical (Research Proposal)
L T P	0 0 4
Credits	2
Course pre-requisite	Graduation
Course Outcomes(CO)	1. To know about research. 2. To know about research studies. 3. To learn the Review of Related Literature. 4. To learn the research proposal.
Syllabus	

UNIT-I

Identify research gaps on a selected research area. Summarize the findings of different research studies. Formulate objectives, different types of hypothesis and research questions. Select appropriate approach and design for different research topics

UNIT-II

Develop tools for research. Practice writing references using APA format. Prepare a research proposal on any emerging problem in physical education and sport

UNIT-III

Identification and Selection of Research Problem. Review of Related Literature. How to identify the gaps in research. Writing title of research problem. Formulation of Objectives, Hypotheses/ Research questions

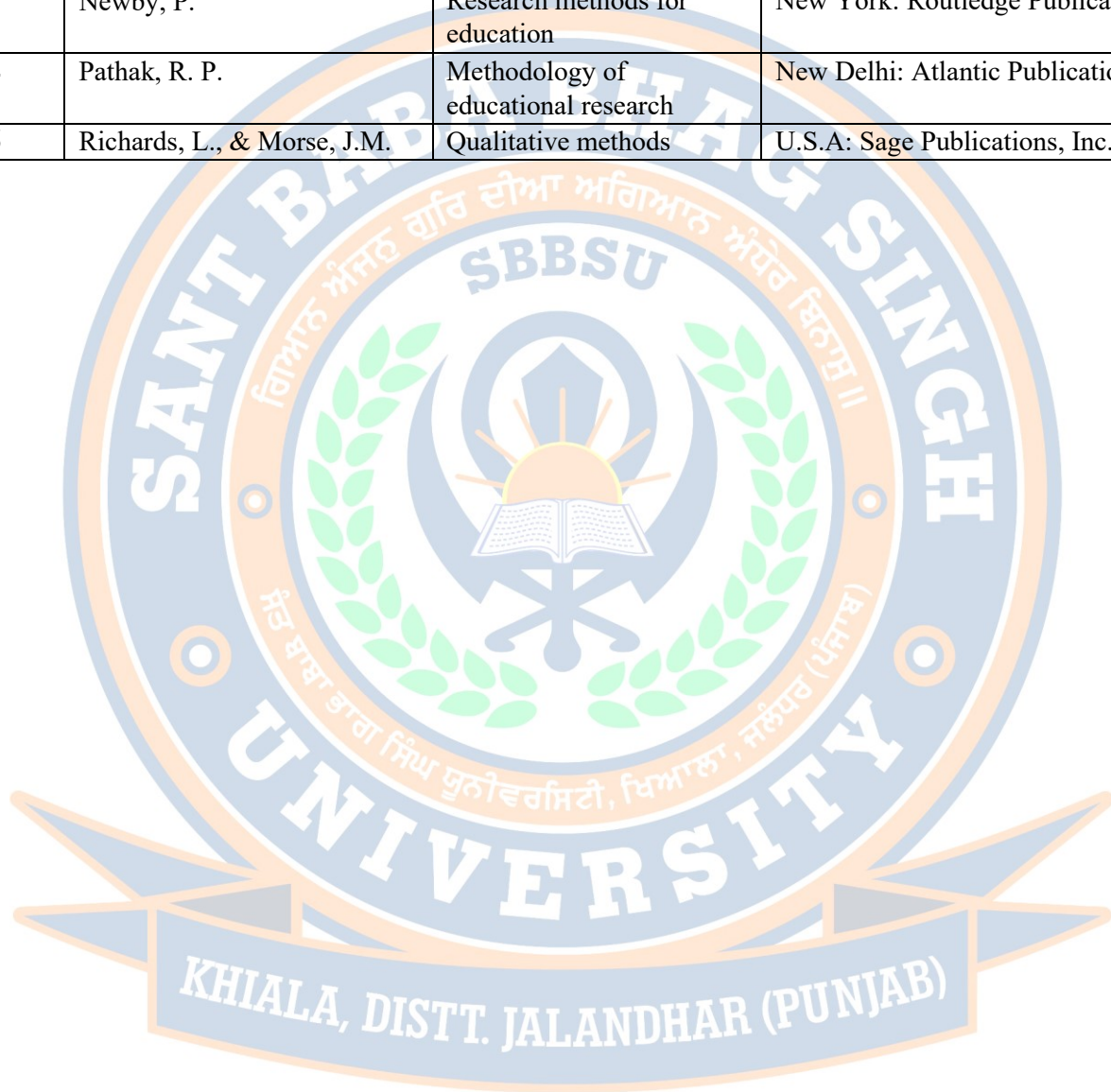
UNIT-IV

Writing Rationale of Study. Writing of a suitable design and approaches for the research proposal. Identify appropriate tools for their study. Writing of reference in APA 7th edition format

KHIALA, DISTT. JALANDHAR (PUNJAB)

Text and Reference Books

S.No	Authors	Title	Publisher
1	Kerlinger, F.N.	Foundations of behavioural research. Fort Worth TX:	Harcourt Bmce Jovanovich.
2	Kumar, R. (Research methodology	New Delhi:Sage Publications India Pvt. Ltd.
3	Newby, P.	Research methods for education	New York: Routledge Publications.
4	Pathak, R. P.	Methodology of educational research	New Delhi: Atlantic Publications.
5	Richards, L., & Morse, J.M.	Qualitative methods	U.S.A: Sage Publications, Inc.



Programme Code UG043

Course Area	DSC-VIII-A
Course Code	PED406
Course title	Research Ethics in Physical Education
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. Students will be familiar with the fundamental knowledge of basics of philosophy of science and ethics, research integrity, publication ethics. 2. Students will know about predatory journals/pseudo journals and fabrication of data 3. Understand the Subject specific ethical issues, FFP, authorship, Conflicts of interest, Complaints and appeals: examples and fraud from India and abroad
	SYLLABUS

Unit-I

Introduction to philosophy: definition, nature and scope, concept, branches, Ethics: definition, moral philosophy, nature of moral judgements and reactions, Ethics with respect to science and research, Intellectual honesty and research integrity, Scientific misconduct: Falsification, Fabrication, and Plagiarism (FFP), Redundant publication: duplicate and overlapping publications, salami slicing, Selective reporting and misrepresentation of data

Unit-II

Publication ethics: definition, introduction and importance, Best practices standards setting initiatives and guidelines: COPE, WAME, etc., Conflicts of interest, Publication misconduct: definition, concept, problems that lead to unethical behavior and vice versa, types, Violation of publication ethics, authorship and contributorship, Identification of publication misconduct, complaints and appeals, Predatory publishers and journals, Open access publications and initiatives, SHERPA/ROMEO online resource to check publisher copyright & self-archiving policies.

Unit-III

Software tool to identify predatory publications developed by SPPU, Journal finder/ Journal suggestion tools viz. JANE, Elsevier Journal Finder, Springer Suggester, etc., Subject specific ethical issues, FFP, authorship, Conflicts of interest, Complaints and appeals: examples and fraud from India and abroad, Use of plagiarism software like Turnitin, Urkund and other open source software tools

Unit-VI

Indexing databases; Citation databases: Web of Science, Scopus, Pubmed, ICI etc., Impact Factor of journal as per Journal Citation Reports. SNIP, SJR, IPP: Cite Score, Metrics: h- index, g index, i10 index, altmetrics.

Reference Books—

S. No.	Author(S)	Year	Title	Publisher
1	MacIntyre, Alasdair	1967)	Short History of Ethics	London
2	Bird, A.	2006)	Philosophy of Science	Routledge



Programme Code UG043

Course Area	DSC-VIII-B
Course Code	PED408
Course title	Sports Medicine and Rehabilitation
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 Medicine. 2. Explain the concept of Sports Medicine. 3. Understand the Rehabilitation.
	SYLLABUS

Unit-I

Sports Medicine: Meaning, definition, aims, objectives, modern concepts and importance.
Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.

Unit-II

Need and importance of the study of sports injuries in the field of Physical Education
Prevention of injuries in sports – Common sports injuries – Diagnosis – First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports

Unit-III

Introduction and demonstration of treatments of Cry therapy, Thermo therapy Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological effect of Massage.

Unit-IV

Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive -stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

Reference Books—

S. No.	Author(S)	Year	Title	Publisher
1	Christine, M. D.,	1999	Physiology of sports and exercise	USA: Human Kinetics
2	Conley, M	2000	Bioenergetics of exercise training	T.R. Baechle, & R.W. Earle
3	David, R. M	2005	Drugs in sports	Champaign, IL: Human Kinetics.

Programme Code UG043

Course Area	SEC-VIII
Course Code	PED410
Course title	Dissertation
Type of course	Theory
L T P	10:0:0
Credits	10:0:0
Course Prerequisite	NA
Course Outcomes(CO)	1. Understand the implications of research in generating new knowledge 2. Conduct research independently. 3.Prepare a chapter wise research report.
	SYLLABUS

Course Content

Under the supervision of their research guides, Students will undertake all steps of research. They will procure all relevant tools/ prepare tools, collect data, analyze it, interpret it and write the dissertation chapters. Students will submit dissertation at a specified date, in the month of May and appear for dissertation viva before an external examiner and supervisor.

S. No.	Author	Title	Publisher
1	Best, J.W. & Kahn J.V.	Research in Education	Prentice Hall of India Pvt. Ltd., New Delhi
2	Kaul, Lokesh	Methodology of Educational Research	Vikas Publications, New Delhi
3	Chandra, S.S., & Sharma, R.K.	Research in education	Atlantic Publications, New Delhi

Programme Code UG043

Course Area	Practical
Course Code	PED412
Course Title	Practical (Badminton, Table Tennis)
L T P	0 0 4
Credits	2
Course pre-requisite	Graduation
Course Outcomes(CO)	<ol style="list-style-type: none"> 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	

UNIT-I

Badminton: Fundamental Skills

1. Racket parts, Racket grips, Shuttle Grips.
2. The basic stances.
3. The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and Underarm
4. Drills and lead up games
5. Types of games-Singles, doubles, including mixed doubles.
6. Rules and their interpretations and duties of officials

UNIT-II

Table Tennis :Fundamental Skills

1. Basic skills, fundamentals
 - grip
 - swing
2. Stroke serve and smash
3. Advanced skills
 - offense and defense
4. Rules and manners

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	Practical
Course Code	PED414
Course Title	Practical (Athletics: High Jump Discus Throw, Kabaddi)
L T P	0 0 4
Credits	2
Course pre-requisite	Graduation
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. To know about rules and regulations of the events.
Syllabus	

UNIT-I

High Jump

1. Approach Run
2. Take Off
3. Technique of Jump
4. Clearance over the bar.
5. Landing

UNIT-II

Discus Throw

1. Discus 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

UNIT-III

Kabaddi: Fundamental Skills

1. Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, crossing of Bonus line, luring the opponent to catch, Pursuing.
2. Skills of Holding the Raider-Variou formations, catching from particular position, Different catches, luring the raider to take particular position so as to facilitate catching, Catching formations and techniques.
3. Additional skills in raiding-Bringing the antis in to particular position, escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
4. Ground Marking, Rules and Officiating.

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

