

S-30th May, 2015 AC after Circulars from Circular No.1 & onwards++ - 46 -

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**CIRCULAR NO.ACAD/SU/Physical Edu./B.P.Ed. Syll./42/2015**

It is hereby notified for information to all concerned that, on the recommendation of the Faculty of Physical Education, the Academic Council at its meeting held on 30-05-2015 has accepted the **revised curriculum of Choice Based Credit and Grading System of B.P.Ed. Two Years Degree Course, Ist to IVth Semester** as per the norms given by the N.C.T.E. as appended herewith.

This is effective from the Academic Year 2015-16 progressively & onwards as appended herewith.

All concerned are requested to note the contents of the circular and bring the notice to the students, teachers and staff for their information and necessary action.

University Campus,
Aurangabad-431 004.
REF.NO.ACAD/SU/PHYSICAL EDU./
B.P.Ed./2015/10442-91
Date:- 29-07-2015.

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Director,
Board of College and
University Development.

Copy forwarded with compliments to:-

- 1] The Principals, affiliated concerned colleges,
Dr. Babasaheb Ambedkar Marathwada University.**

Copy to :-

- 1] The Controller of Examinations,
- 2] The Director, [E-Suvidha Kendra], in-front of Registrar's Quarter,
Dr. Babasaheb Ambedkar Marathwada University,
- 3] The Superintendent, [Professional Unit],
- 4] The Programmer [Computer Unit-1] Examinations,
- 5] The Programmer [Computer Unit-2] Examinations,
- 6] The Record Keeper.

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Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

Two Years B. P. Ed. Curriculum

Semester I

| Part A: Theoretical course | | | | | | |
|-----------------------------------|---|-------------------|--------|----------------|----------------|-------------|
| Course code | Title of the paper | Total hours /week | credit | Internal marks | External marks | Total marks |
| Core course | | | | | | |
| CC - 101 | History, principles & foundation of physical education | 4 | 4 | 20 | 80 | 100 |
| CC - 102 | Anatomy and physiology | 4 | 4 | 20 | 80 | 100 |
| CC - 103 | Health education and Environmental studies | 4 | 4 | 20 | 80 | 100 |
| Elective Course (Anyone) | | | | | | |
| EC - 101 | Methodology in teaching school subject Marathi/Hindi/English /mathematics/ Science/Geography/History (Choose any one) | 4 | 4 | 20 | 80 | 100 |
| Part B: Practical course | | | | | | |
| PC-101 | Track and field :running events | 6 | 4 | 20 | 80 | 100 |
| PC-102 | Gymnastics | 6 | 4 | 20 | 80 | 100 |
| PC-103 | Indigenous sports: Mallkhamb and Football | 6 | 4 | 20 | 80 | 100 |
| PC-104 | Mass demonstration activities: March past (C) and calisthenics/dumbbells/wands/Hoops (E) | 6 | 4 | 20 | 80 | 100 |
| Total | | 40 | 32 | 160 | 640 | 800 |

Note: Total number of hours required to earn 04 credits for each theory course are 68 to 80 hours per semester whereas 102 to 120 hours for each practicum course.

(C) – Compulsory

(E) – Elective

References for All Games and Sports:

1. Sharirik Shikshan Hastapustika, Balbharti, Pune
2. NCERT Physical Education books 9th to 12th standard

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Semester II

| Part A: Theoretical course | | | | | | |
|----------------------------|---|-------------------|--------|----------------|----------------|-------------|
| Course code | Title of the paper | Total hours /week | credit | Internal marks | External marks | Total marks |
| Core course | | | | | | |
| CC - 201 | Yoga education | 4 | 4 | 20 | 80 | 100 |
| CC - 202 | Educational technology and Methods of teaching in physical education | 4 | 4 | 20 | 80 | 100 |
| CC - 203 | Organisation and administration | 4 | 4 | 20 | 80 | 100 |
| Elective Course (Anyone) | | | | | | |
| EC - 201 | Contemporary issues in physical education, fitness and wellness | 4 | 4 | 20 | 80 | 100 |
| EC - 202 | Computer applications in physical education | | | | | |
| Part B: Practical course | | | | | | |
| PC-201 | Track and field: Long jump and High jumps | 6 | 4 | 20 | 80 | 100 |
| PC-202 | Yoga and Aerobics | 6 | 4 | 20 | 80 | 100 |
| PC-203 | Volleyball and Kabaddi | 6 | 4 | 20 | 80 | 100 |
| Part C: Teaching practices | | | | | | |
| TP-201 | Teaching practices of school subject 05 lessons within campus and 05 lessons at school | 6 | 4 | 50 | 50 | 100 |
| Total | | 40 | 32 | 190 | 610 | 800 |

Note: Total number of hours required to earn 04 credits for each theory course are 68 to 80 hours per semester whereas 102 to 120 hours for each practicum course.

(C) – Compulsory

(E) – Elective

References for All Games and Sports:

3. Sharirik Shikshan Hastapustika, Balbharti, Pune
4. NCERT Physical Education books 9th to 12th standard

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Semester III

| Part A: Theoretical course | | | | | | |
|----------------------------|--|-------------------|--------|----------------|----------------|-------------|
| Course code | Title of the paper | Total hours /week | credit | Internal marks | External marks | Total marks |
| Core course | | | | | | |
| CC - 301 | Sports Training | 4 | 4 | 20 | 80 | 100 |
| CC - 302 | Officiating and coaching | 4 | 4 | 20 | 80 | 100 |
| CC - 303 | Principles of Education and Psychology | 4 | 4 | 20 | 80 | 100 |
| Elective Course (Anyone) | | | | | | |
| EC - 301 | Sports medicine, Physiotherapy and Rehabilitation | 4 | 4 | 20 | 80 | 100 |
| EC - 302 | Curriculum Design | | | | | |
| Part B: Practical course | | | | | | |
| PC-301 | Flag hoisting , sports day organization and Leziun (C) | 6 | 4 | 20 | 80 | 100 |
| PC-302 | Combat Sports: Wrestling (C) and Martial arts/ karate /Judo /Fencing /Boxing /Taekwondo (E) | 6 | 4 | 20 | 80 | 100 |
| PC-303 | Team games: Basketball (C) and Baseball/Softball/Handball (E) | 6 | 4 | 20 | 80 | 100 |
| Part C: Teaching practices | | | | | | |
| TP-301 | Teaching Practice: Lesson plan for sports-05 lessons Lesson plan for physical education classroom teaching-05 lessons | 6 | 4 | 50 | 50 | 100 |
| Total | | 40 | 32 | 190 | 610 | 800 |

Note: Total number of hours required to earn 04 credits for each theory course are 68 to 80 hours per semester whereas 102 to 120 hours for each practicum course.

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(E) – Elective

References for All Games and Sports:

1. Sharirik Shikshan Hastapustika, Balbharti, Pune
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Semester IV

| Part A: Theoretical course | | | | | | |
|-----------------------------------|---|-------------------|--------|----------------|----------------|-------------|
| Course code | Title of the paper | Total hours /week | credit | Internal marks | External marks | Total marks |
| Core course | | | | | | |
| CC - 401 | Test, Measurement and Evaluation in physical education | 4 | 4 | 20 | 80 | 100 |
| CC - 402 | Kinesiology and Biomechanics | 4 | 4 | 20 | 80 | 100 |
| CC - 403 | Research and Statistics in physical education | 4 | 4 | 20 | 80 | 100 |
| Elective Course (Anyone) | | | | | | |
| EC - 401 | Sports Nutrition and Weight Management | 4 | 4 | 20 | 80 | 100 |
| EC - 402 | Sports management | | | | | |
| Part B: Practical course | | | | | | |
| PC-401 | Track and Field : Discus throw/ Javelin Throw and shot-put and Gymnastics: parallel bars and High bar (Chose any one) | 6 | 4 | 20 | 80 | 100 |
| PC-402 | Cricket (C) and Badminton/ Table tennis/ Tennis/ Squash (E) | 6 | 4 | 20 | 80 | 100 |
| PC-403 | Hockey and Kho-Kho | 6 | 4 | 20 | 80 | 100 |
| Part C: Teaching practices | | | | | | |
| TP-401 | Sports and Games Specialization coaching lesson plan-10 lessons | 6 | 4 | 50 | 50 | 100 |
| Total | | 40 | 32 | 190 | 610 | 800 |

Note: Total number of hours required to earn 04 credits for each theory course are 68 to 80 hours per semester whereas 102 to 120 hours for each practicum course.

(C) – Compulsory

(E) – Elective

References for All Games and Sports:

1. Sharirik Shikshan Hastapustika, Balbharti, Pune
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Two Years B. P. Ed. Curriculum

Semester I

| Part A: Theoretical course | | | | | | |
|-----------------------------------|---|-------------------|--------|----------------|----------------|-------------|
| Course code | Title of the paper | Total hours /week | credit | Internal marks | External marks | Total marks |
| Core course | | | | | | |
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| Part B: Practical course | | | | | | |
| PC-101 | Track and field :running events | 6 | 4 | 20 | 80 | 100 |
| PC-102 | Gymnastics: | 6 | 4 | 20 | 80 | 100 |
| PC-103 | Indigenous sports: Mallkhamb and Football | 6 | 4 | 20 | 80 | 100 |
| PC-104 | Mass demonstration activities: March past (C) and calisthenics/dumbbells/wands/Hoops (E) | 6 | 4 | 20 | 80 | 100 |
| Total | | 40 | 32 | 160 | 640 | 800 |

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1. Sharirik Shikshan Hastapustika, Balbharti, Pune
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B. P. Ed. – Course Content

Semester – I:

PART –A: Theory Courses

COMPULSORY

CC-101: HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Unit – 1:

Introduction: Meaning, Definition and Scope of Physical Education; Aims and Objective of Physical Education; Importance of Physical Education in present era; History of Physical Education around the World: Greece, Rome, Denmark, Germany; U. S. A., USSR, Japan and China

Unit- 2:

Historical Development of Physical Education and Olympics: History of Physical Education in India: Ancient (Vedic, Epic, Buddhist, Mughal, Rajput, Britishers); Modern (Pre-Independence and Post-Independence); History of Physical Education in Maharashtra. Y.M.C.A. and its contributions; History OF Ancient and Modern Olympics: Asian Games: Revival, Charter, Aims, Objectives, Spirit, Motto, Torch, Flag, Opening and Closing Ceremonies etc.

Unit- 3:

Foundation of Physical Education: Philosophical foundation its meaning, definition and scope of philosophy; Sports for all and its role in the maintenance and promotion of fitness

Unit-4:

Principles of Physical Education: Concept of Physical Education – Introduction, meaning, definitions, scope, aim and objectives of Education and Physical Education; Different terms related to Physical Education- Physical Culture, Training, Drills, Sports, Games, Coaching, Conditioning, Fitness, Motor Educability, Health Education, Hygiene, Recreation etc.; Basis of Physical Education – Biological basis of Physical Education – Benefits of Exercise, Exercise and Well-Being, Phenomenon of Use, Disuse and Overuse; Sociological Basis of Physical Education – Play and Play Theories; Sociological Basis of Physical Education – Socialization Process, Social Nature of Men and Physical Activity, Sports as Cultural Heritage of Mankind, Customs, Traditions and Sports, Social Values

References:

1. Barow. R.M. Man and his Movement, Principles of Physical Education, Lea and
2. Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
3. Dalen, V. A World History of Physical Education Prentice Hall Inc
4. Deshpande, S. H. (2014). *Physical Education in Ancient India* Amravati: Degree College of
5. Febricea, Philadelphia, U.S.A.

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6. Kamlesh, M.L. Physical Education Facts and Foundations Faridabad: P.B. Publications.
7. Kamlesh, M.L. Principles and History of Physical Education and Sports, Friends Publications (India), New Delhi, 2004.
8. Khan E.A. History of Physical Education Scientific Book Co. Patna-4.
9. Makarand J., "Sharirik Shikshan Adhyayan Va Adhyapan" Nityanutan Prakashan, Pune
10. Mohan, V. M. (1969). *Principles of physical education* Delhi: Metropolitan Book Dep.
11. Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education* Philadelphia: W.B. Saunders Co.
12. Obertuffer, (1970) *Delbert physical education* New York: Harper & Brothers Publisher.
13. Physical education
14. Revenes, R.S. Foundations of Physical Education, Houghton Mifflin Co., Boston, U.S.A.
15. Sage, G.H. Introduction to Motor Behaviour Addison-Wesley Pb. Co., Inc.
16. Sharman, J. R. (1964). *Introduction to physical education* New York: A.S. Barnes & Co.
17. Wakharkar D. G., " Sharirik Shikshanache Adhuneek Swaroop and Adhyapan" Nilkanth Prakashan, Pune.
18. Wakharkar D. G., "Maharashtratil Sharirik Shikshanahe Watchal" M. S. M. Aurangabad
19. William, J. F. (1964). *The principles of physical education* Philadelphia: W.B. Saunders Co.
20. Zeigler, F.F., *Philosophical Foundation for Physical, Health and Recreation Education*, Prentice Hall Inc. Eaglewood Cliffs. 1964.

CC-102: ANATOMY AND PHYSIOLOGY**Unit-1:**

Brief Introduction of Anatomy and physiology in the field of Physical Education; Introduction of Cell and Tissue; Skeletal System: The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral Column; types of bones and the extremities – joints of the body and their types; Gender differences in the skeleton

Unit-2:

Cardiovascular system: Constituents of blood and their function – Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation; Cardiac output; types of circulation;

The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume; Role of oxygen- physical training, oxygen debt, second wind, vital capacity;

The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism

The Excretory system: Structure and functions of the kidneys and the skin.

The Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid, Adrenal, Pancreatic and the sex glands

Nervous systems: Function of the Autonomic nervous system and Central nervous system. Reflex Action,

Unit-3

Definition of physiology and its importance in the field of physical education and sports

Muscular System: Structure, Composition, Properties and functions of skeletal muscles; Types of muscles; Nerve control of muscular activity; Neuromuscular junction; Transmission of nerve impulse across it; Fuel for muscular activity

Unit-4

Effect of exercise and training on cardiovascular system; Effect of exercise and training on respiratory system; Effect of exercise and training on muscular system; Physiological concept of physical fitness, warming up, conditioning and fatigue; Basic concept of balanced diet – Diet before, during and after competition

References:

1. Dhananjay Shaw, Biomechanics and Kinesiology of Human Motion, Khel Sahitya Kendra, Delhi, 1998
2. Gupta, A. P. (2010). *Anatomy and physiology* Agra: Sumit Prakashan.
3. Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science* Delhi: Swaran Printing Press.
4. Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition Philadelphia: W.B. Saunders.
5. Karpovich, P. V. (n.d.). *Philosophy of muscular activity* London: W.B. Saunders Co.
- Lamb, G. S. (1982). *Essentials of exercise physiology* Delhi: Surjeet Publication.

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6. Moorthy, A. M. (2014). *Anatomy physiology and health education* Karaikudi: Madalayam Publications.
7. Morehouse, L. E. & Miller, J. (1967) *Physiology of exercise* St. Louis: The C.V. Mosby Co. Pearce, E. C. (1962). *Anatomy and physiology for nurses* London: Faber & Faber Ltd.
8. Park, J.E. and Park K. Text Book of Preventive and Social Medicine (Jabalpur: M/s Banarsadidas Banot, 1980, Edition, 8th.)
9. Pearce. E. *Anatomy and Physiology for Nurses*, Delhi, Oxford University Press, 1989.
10. Sharma, R. D. (1979). *Health and physical education* Gupta Prakashan.
11. Shatrunjay K., Dayanand K., Giri A. V., *Biomechanics, and Exercise Physiology*, Chhaya Publications, Aurangabad 2006.
12. Shatrunjay K., *Scientific Coaching Manual For Martial Arts*, Rana Graphics and Publications, Hyderabad, 1997
13. Singh, S. (1979). *Anatomy of physiology and health education* Ropar: Jeet Publications.
14. Wellgoose. *Health teaching in secondary Carl. E. Schools*. W.B. Saunders, 1977.
15. Wilson Kathleen J. W. *Anatomy and Physiology, Health and illness*. 6th Edition, Churchill Livingstone Edinburgh, 1987.

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CC-103: HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Unit – 1:

Health Education: Concept, Dimensions, Spectrum and Determinants of Health; Definition of Health, Health Education, Health Instruction, Health Supervision; Aim, objective and Principles of Health Education; Health Service and guidance instruction in personal hygiene

Unit – 2:

Health Problems in India: Health promotion programme at worksite; Communicable and Non Communicable Diseases; Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, Personal and Environmental Hygiene for schools; Objective of school health service, Role of health education in schools; Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit – 3:

Environmental Science: Definition, Scope, Need and Importance of environmental studies; Concept of environmental education, Historical background of environmental education; Celebration of various days in relation with environment; Plastic recycling & probation of plastic bag / cover; Role of school in environmental conservation and sustainable development

Unit – 4:

Natural Resources and related environmental issues: Water resources, food resources and Land resources; Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution; Management of environment and Govt. policies, Role of pollution control board.

References:

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.). *The school health education*. New York: Harber and Brothers.
4. Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.

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ELECTIVE
EC-101: METHODOLOGY OF TEACHING SCHOOL SUBJECT

SPECIAL (मराठी)

युनीट १:

मातृभाषेच्या अध्यापनाची उद्दिष्टे: माध्यमिक शालांतून मातृभाषेच्या अध्यापनाची सामान्य ध्येये व उद्दिष्टे व स्पष्टीकरण, शिक्षणाच्या राष्ट्रीय उद्दिष्टांची व माध्यमिक स्तरावरील उद्दिष्टांची त्यांचा संबंध. मराठीचे मातृभाषा म्हणून महत्व व स्थान : मातृभाषा व व्यक्तिविकास-मातृभाषा व सामाजिक विकास, मातृभाषा व इतर भाषा यांचा संबंध, इतर शालेय विषयांची संबंध, मातृभाषेचे वैयक्तिक सामाजिक, राष्ट्रीय व सांस्कृतिक जीवनातील स्थान, शिक्षणाचे माध्यम म्हणून मराठीचे महत्व. मातृभाषेच्या अभ्यासाची मूलतत्वे व विविध अंगे: भाषा व्यवहाराची विविध अंगे-श्रवण, कथन, वाचन, लेखन व पाठांतर त्यांचे महत्व अन्योन्य संबंध, भाषाद्वारे आकलन व अविष्काराचे विविधमार्ग, मूलतत्वे, शानगृहण, आत्मविष्कार, सार-समकलन.

युनीट २:

अध्यापन पध्दती व तंत्रे : गद्य, पद्य व लेखन व्याकरण यांचे उद्दिष्टांदिष्टित अध्यापन, अध्ययन, अनुभव प्रसंगाची निर्मिती त्यातील कृती व त्यांचे टप्पे, व्याख्यान, कथन, चर्चा, प्रश्नोत्तरे, समवाय, स्वाध्याय प्रकल्प, नियोजित अभ्यास या विद्येस अध्यापन तंत्राचा मातृभाषेसाठी उपयोग व्यक्तिगत व सामुहिक तंत्राचा समन्वय.

युनीट ३:

अध्यापन साहित्य-निर्मिती, संग्रह व उपयोग: अध्यापन साहित्याचे प्रकार, त्यांचा मातृभाषेच्या अध्यापनात उपयोग ग्रामोफोन, रेडीओ, टेपरेकॉर्डर, तक्ते आराखडे फलक इत्यादीचा उपयोग, मातृभाषेची क्रमिक पुस्तके-प्रचलित क्रमिक पुस्तकांचे परिक्षण पुरवणी वाचन पुस्तके. वर्ग ग्रंथालये व शालेय ग्रंथालय, शालेय वाचनालये, बस्तलिखिते व शालेय नियतकालिके, संग्रह पुस्तिका, आवांतर वाचन, साहित्य, विद्यार्थी वाङ्मय.

युनीट ४:

अभ्यासांतर्गत उपक्रम: अभ्यासांतर्गत उपक्रम व सर्वांगीण भाषा विकास माध्यमिक शालेत उपयुक्त असणारे भाषिक व वाङ्मयीन उपक्रम, विविध मंडले व त्यांचे वाङ्मयीन उपक्रम व प्रकल्प. व्यक्तिगत व सामुहिक अभ्यास सवयीसाठी उपक्रमाचे आयोजन. मातृभाषेच्या शिक्षकांचे व्यक्तिमत्व. प्रगतीचे मुख्यमापन:- मुख्यमापन तंत्रानुसार चाचण्या तयार करणे.

References:

1. Akolker, Marathiche Adhyapan
2. Dange C., Matrubhasheche Adhyapan, Chandraprabha Prakashan, Pune
3. Kunde M. D. Marathidhi Adhyapan, Shri Vidya Prakashan, Pune
4. Phatak M. V., Marathi Kavitenche Adhyapan, Modern Book Depot Prakashan, Pune

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SPECIAL (हिंदी)

यूनीट १:

हिन्दी शिक्षा के उद्देश्य: व्यापक उद्देश्य- सांस्कृतिक, साहित्यिक और व्यवहारिक उद्देश्य। विशिष्ट उद्देश्य। अपेक्षित स्तर- भाषण योग्यता, अभिव्यक्ति क्षमता, अनुवाद क्षमता और आकलन क्षमता-अभिरूचि का संवर्धन। भारतीय जिवनमें हिन्दी का स्थान: भारतीय संघराज्य की विविध भाषाएँ संविधानमें हिन्दी को दिया हुआ स्थान, हिन्दी बनाम अंग्रेजी-हिन्दी का सांस्कृतिक महत्व भाषा और संस्कृति।

यूनीट २:

शिक्षा प्रणालियाँ और उपागम: संभाषणात्मक प्रणाली, व्याकरण अनुवाद प्रणाली, संवाद प्रणाली, गठन प्रणाली, प्रणालियों का समन्वय। पाठ्य पुस्तकों का संपादन। भाषा शिक्षा का मनोविज्ञान: बालक भाषा कैसे सीकते हैं? श्रवण का महत्व अनुकरण और उच्चारण अभ्यास वातावरण का स्थान। शैक्षणिक साहित्य का उपयोग और प्रकार। नाट्य और पत्रलेखन। पाठ्यक्रम और पाठ्यपुस्तकें - पाठ्यक्रम का स्वरूप और शिक्षाके उद्देश्य पूर्ति, अच्छे पाठ्य पुस्तकों के लक्षण।

यूनीट ३:

पाठ प्रकार और पाठनियोजन: प्रारंभिक पाठ-बातचीतके पाठ साहित्यके (गद्य, पद्य) पाठ रचना पाठ और व्याकरण-रचना या आविष्कारोंके भिन्नप्रकार तथा उनसे संबंधित पाठ। सहाय्यक उपक्रम, संभाषण सभा, वक्तव्य सभा, हस्तलिखित पत्रिका, वाचनालय, नाटक, खेलना, पुस्तक प्रदर्शनी प्रवर्तन।

यूनीट ४:

हिन्दी शिक्षा में दृकश्राव्य साधनोंका स्थान और उपयोग। मूल्यमापन- मूल्यमापन तंत्र के अनुसार कसौटिया तयार करना। हिन्दी अध्यापक का व्यक्तित्व।

References:

1. Agarwal S. S., Hindi Rachana aur Prayog, Sneh Prakashan, Mumbai
2. Sathe G. N., Rashtra Bhashaka Adhyan, Maharashtra Rashtra Bhavan, Pune
3. Bobe B. S., Hindi Adhyapan Padathi, Nutan Prakashan, Pune
4. Pandit B. B., Hindi Adhyapan, Nutan Prakashan, Pune
5. Keni S. R., Hindi ki Adhyapan Padhati, Venus Prakashan, Pune

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SPECIAL (ENGLISH)

Unit-1:

Aims and objectives of Compulsory language, Importance and place of English in school curriculum, different aspects of teaching English (types of reading: oral, silent), Poetry, Composition, Grammar, Dictation and Translation

Unit – 2:

Methods of teaching English (Direct, Indirect, Comprehensive, Structural approach, Discussion, demonstration)

Unit – 3:

Lesson Planning, Teaching Aids and devices (picture, charts, model, film, strip, gramophone, radio, cinema, tape recorder, lingua phones, flash cards, use of dictionary, dramatics, debates storytelling, pen friendship, language games, blackboard works, dialogues, and celebrations of festivals)

Unit – 4:

Co-curricular activities: excursions, class magazines, phonetics, English speech, sounds, pronunciation, qualities and qualification of English teacher

References:

1. Allen and Campbell, Teaching English as a Second Language THM Edition, Tata McGraw-Hill Publishing Co. New Delhi, 1972
2. Better English Pronunciation – J. D. O'Conner Published by – the syndics of the Cambridge University Press
3. Pal H. R. and Pal R., Curriculum yesterday today and tomorrow, Shipra, New Delhi, 2006
4. Teachers of English as a second language, their training preparation – G. E. Person Published By – the syndics of the Cambridge university press
5. Techniques of Teaching English – A. L. Kohli Published by – Dhanpat Rai and Sons, 1962, Delhi – 6
6. The Best English – G. H. Vallins, Published by – Andre Deutsch Ltd.
7. The Teaching of Structural Words and Sentence Patterns – A. S. Horn by, published by Oxford University Press, Ely House London W. J.

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SPECIAL (SCIENCE)

Unit-1:

Aims objectives and specifications of teaching science, Importance of science in school curriculum, criteria of good syllabus and text books in science

Unit – 2:

Methods of teaching science (lecture, historical, demonstration, laboratory, heuristic, discussion, and problem solving methods), contribution of the Dalton plan and project method

Unit – 3:

Lesson planning in science, correlation of various branches of science with other school subjects, utilization in day-to-day life, Teaching Aids for science (charts, models, specimens, film projector, epidiascope, radio and tape recorder, overhead projector, LCD projector)

Unit – 4:

Co-curricular activities: visit to workshops, factories and other places of scientific interest, school museum, science club and science fairs, science projects, laboratory and its equipments, qualities and qualifications of science teacher

References:

1. Bhat B. D. and Sharma R. S., *Methods of Science Teaching*, Kanishka Publishing House, New Delhi, 1993
2. Gupta S. K., *Teaching of Science Education*, Vikas Publishers, New Delhi, 1993
3. Joyce B. and Will M., *Models of Teaching*, Prentice Hall inc. New Jersey, 1979
4. Rawat D. S., *Teaching of Science*, Vinod Pustak Mandir, Agra, 1981
5. Vidya N., *Science Teaching for the 21st Century*, Deep and Deep and Publication, New Delhi, 1996

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SPECIAL (MATHEMATICS)

Unit-1:

Aims, objectives and specifications of instructions in mathematics, Importance and place of Mathematics in school curriculum, different aspects of teaching Mathematics, criteria of good syllabus and text books in mathematics

Unit – 2:

Methods of teaching Mathematics (Inductive, deductive, analytical, synthetic, heuristic, and laboratory), specific problems and methods of teaching arithmetic, algebra, Geometry, Trigonometry

Unit – 3:

Lesson Planning, Teaching Aids and devices (charts, models, specimens, film projector, epidiastroscope, radio and tape recorder, overhead projector, LCD projector)

Unit – 4:

Oral work, class work, home work, drill work, correction of work, correlation of different branches of mathematics with other school subjects, qualities and qualifications of mathematics teacher

References:

1. Gani Swaroop, Adhayan, Adhyapan, A. V. Oak, Satyawati Rahul, Nutan Prakashan, Pune
2. Ganit Adhyapan Padathi, H. N. Jagtap, Nutan Prakashan, Pune
3. Ganit Shikshan, M. S. Rawat, M. B. Lal, Agarwal Vinod Pustak Mandir, Agra
4. Method: Teaching of Mathematics, B. C. Rai Prakashan Kendra Lucknow
5. Teaching of Mathematics (made easy), S. D. Khanna, V. K. Saxena, T. P. Lamba, V. Murthy

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SPECIAL (GEOGRAPHY)

Unit – 1:

Aims, objectives and specifications of Geography, Importance and place of Geography in school curriculum, criteria of good syllabus and text books in Geography

Unit – 2:

Different methods of teaching Geography (Observation, storytelling, journey, excursion, laboratory, regional, project method)

Unit – 3:

Lesson Planning, Teaching Aids and devices (Maps, Diagrams, Globe, charts, models, specimens, film projector, epidiascope, radio and tape recorder, overhead projector, LCD projector)

Unit – 4:

Correlation of Geography with other school subjects, qualities and qualifications of Geography teacher, Map reading and map marking, co-curricular activities (excursion, preparing albums, stamp collection, coin collections and Geography clubs)

References:

1. Bhugol Adhyayan ani Adhyapan, Bhalchand Gopal Bapat, Venus Prakashan, Pune
2. Bhugol Shikshan, P. N. Singh, Vinod Pustak Mandir, Agra
3. Bhugolche Adhyapan, N. V. Patankar, Modren Book Depot Prakashan
4. Geography Teaching, O. P. Verma Sterling Publishers (P), Ltd.
5. The teaching of Geography, Zoe A. Thralls, Eurasia Publishing House (Pvt) Ltd, New Delhi

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SPECIAL (HISTORY)

Unit-1:

Meaning, scope, Aims, objectives and specifications of History, Importance and place of History in school curriculum, criteria of good syllabus and text books in History

Unit – 2:

Different methods of teaching History (Storytelling, discussions, Lecture, Project, Dalton Plan, Source Method, Problem Solving method and biographical method)

Unit – 3:

Lesson Planning, Teaching Aids and devices (charts, models, specimens, film projector, epidiascope, radio and tape recorder, overhead projector, LCD projector, novels, discussion questions, historical documents and inscription, poems and time line)

Unit – 4:

Correlation of History with other school subjects, qualities and qualifications of History teacher, co-curricular activities (visit of historical places, note making, dramatization, note taking, coin collections, etc.)

References:

1. Ithihas Adhyapan Padhati, C. M. Tiwari, Nutan Prakashan, Pune
2. Ithihasache Adhyapan Padthti va Tantra, M. Patki, Milind Prakashan, Aurangabad
3. Ithihasache Adhyapan, G. B. Nirantar, Modern Book Depot publication
4. Teaching of History with Lesson Plans Made Easy, S. D. Khanna, T. P. Lambe, V. K. Saxena, V. Murphy Doaba House, Booksellers Publishers, Delhi
5. Teaching of History, S. K. Kochhar, Sterling Publishers Private Limited, New Delhi

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PART – B: Practical Courses

Semester – I

**PC - 101
Track and Field**

Running Event:

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

Hurdles:

Fundamental Skills- Starting, Clearance and Landing Techniques; Types of Hurdles; Ground Marking and Officiating

Relays: Fundamental Skills

Various patterns of Baton Exchange, acceleration zone; Understanding of Relay Zones
Ground Marking; Interpretation of Rules and Officiating

**PC 102
Gymnastics**

Floor Exercise:

Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap, Hand stand, Cart-wheel, Flexibility and stretching exercises

Vaulting Horse:

Approach Run, Take off from the beat board, Cat Vault, Squat Vault, straddle vault

**PC – 103
Malkhamb and Rope Mallakhamb**

Malkhamb:

Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Suidora, Phirki, Padmasana, T.Balance, Pataka, Landing, Bajrang Pakad

Rope Malkhamb:

Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing

**PC – 103
Football**

Fundamental Skills:

Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick; Trapping-trapping rolling the ball, trapping bouncing ball with sole, on thigh, on chest etc; Dribbling-With instep, inside and outer instep of the foot; Heading-From standing, running and jumping; Throw in; Feinting-With the lower limb and upper part of the body; Tackling-Simple tackling, Slide tackling; Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting

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PC 104

Drill and Marching:

Attention, stand at ease, left turn, right turn, baye ghum, dhahine ghum, khuli line chal, nikat line chal, kadam taal, daudke kadam taal, dhahine saaj, piche mudh, aage mudh

Mass P.T. Exercises-Two count, four count and eight count exercises

Dumbbells/ Wands/ Hoop: Fundamentals skills

Apparatus/ Light apparatus Grip; Attention with apparatus/ Light apparatus; Stand – at – ease with apparatus/ light apparatus; Exercise with verbal command, drum, whistle and music – Two counts, four counts, Eight count and Sixteen count; Standing Exercise; Jumping Exercise; Moving Exercise; Combination of above all

References for All Games and Sports:

1. Sharirik Shikshan Hastapustika, Balbharti, Pune
2. NCERT Physical Education books 9th to 12th standard

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Semester II

| Part A: Theoretical course | | | | | | |
|-----------------------------------|---|-------------------|--------|----------------|----------------|-------------|
| Course code | Title of the paper | Total hours /week | credit | Internal marks | External marks | Total marks |
| Core course | | | | | | |
| CC - 201 | Yoga education | 4 | 4 | 20 | 80 | 100 |
| CC - 202 | Educational technology and Methods of teaching in physical education | 4 | 4 | 20 | 80 | 100 |
| CC - 203 | Organisation and administration | 4 | 4 | 20 | 80 | 100 |
| Elective Course (Anyone) | | | | | | |
| EC - 201 | Contemporary issues in physical education, fitness and wellness | 4 | 4 | 20 | 80 | 100 |
| EC - 202 | Computer applications in physical education | | | | | |
| Part B: Practical course | | | | | | |
| PC-201 | Track and field: Long jump and High jump | 6 | 4 | 20 | 80 | 100 |
| PC-202 | Yoga and Aerobics | 6 | 4 | 20 | 80 | 100 |
| PC-203 | Volleyball and Kabaddi | 6 | 4 | 20 | 80 | 100 |
| Part C: Teaching practices | | | | | | |
| TP-201 | Teaching practices of school subject 05 lessons within campus and 05 lessons at school | 6 | 4 | 50 | 50 | 100 |
| Total | | 40 | 32 | 190 | 610 | 800 |

Note: Total number of hours required to earn 04 credits for each theory course are 68 to 80 hours per semester whereas 102 to 120 hours for each practicum course.

(C) – Compulsory

(E) – Elective

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Semester – II

PART – A: Theory Courses

COMPULSORY

CC-201: YOGA EDUCATION

Unit – 1:

Introduction: Meaning and Definition of Yoga; Aims and Objectives of Yoga; Yoga in Early Upanishads; The Yoga Sutra: General Consideration; Need and Importance of Yoga in Physical Education and Sports

Unit - 2:

Foundation of Yoga: The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi; Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

Unit – 3:

Asanas: Types, methods of asanas; Effect of Asanas and Pranayama on various system of the body; Classification of asanas with special reference to physical education and sports; Influences of relaxative, meditative posture on various system of the body; Types of Bandhas and mudras; Type of kriyas

Unit – 4:

Yoga Education: Basic, applied and action research in Yoga; Difference between yogic practices and physical exercises; Yoga education centers in India and abroad; Competitions in Yogasanas

References:

1. B. K. S. Iyengar, *Light on Yoga*,
2. Brown, F. Y. (2000). *How to use yoga* Delhi: Sports Publication.
3. Gharote, M. L. &Ganguly, H. (1988) *Teaching methods for yogic practices* Lonawala: Kaixydahmoe.
4. Rajjan, S. M. (1985). *Yoga strengthening of relaxation for sports man* New Delhi: Allied Publishers.
5. Shankar, G. (1998) *Holistic approach of yoga* New Delhi: Aditya Publishers.
6. Shekar, K. C. (2003) *Yoga for health* Delhi: Khel Sahitya Kendra.

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CC-202: EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

Unit – 1:

Introduction: Education and Education Technology- Meaning and Definitions; Types of Education- Formal, Informal and Non- Formal education; Educative Process; Importance of Devices and Methods of Teaching

Unit – 2:

Teaching Technique: Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc Teaching Procedure – Whole method, whole – part – whole method, part – whole method; Presentation Technique – Personal and technical preparation; Command- Meaning, Types and its uses in different situations.

Unit – 3:

Teaching Aids: Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids; Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc; Improving Teaching skill through approaches; Stages of skill development in teaching

Unit – 4:

Lesson Planning and Teaching Innovations: Lesson Planning – Meaning, Type and principles of lesson plan; General and specific lesson plan; Micro Teaching – Meaning, Types and steps of micro teaching; Simulation Teaching - Meaning, Types and steps of simulation teaching; Understanding and improving teaching effectiveness – stage 1 to 5

References:

1. Bhardwaj, A. (2003). *New media of educational planning* New Delhi: Sarup of Sons.
2. Bhatia, & Bhatia,(1959). *The principles and methods of teaching* New Delhi: Doaba House.
3. Dary Siedontop, *Developing Teaching Skills in Physical Education* Mayfield Publishing Compan, Mountain View, London (1991)
4. Joshi Makarand (2010) *Sharirik Shikshan Adhyapan Va Adhyayan*, Nitya Nutan Prakashan, Pune
5. Kochar, S.K. (1982). *Methods and techniques of teaching* New Delhi: Sterling Publishers Pvt. Ltd.
6. Sampath, K.,Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology* New Delhi: Sterling Publishers Pvt. Ltd.
7. Walia, J.S. (1999). *Principles and methods of education* Jullandhar: Paul Publishers.

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CC-203: ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Unit – 1:

Organization and administration: Meaning and importance, need, qualities of a good organizer, Organization and Administration in physical education; Qualification and Responsibilities of Physical Education teacher and pupil leader; Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating; Administration scope, need, principles of administration qualities of good administrator

Unit- 2:

Office Management, Record, Register & Budget: Office Management: Meaning, definition, functions and kinds of office management; Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.; Budget: Meaning, Importance of Budget making,; Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget

Unit-3:

Facilities, & Time-Table Management: Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.; Care of school building, Gymnasium, swimming pool, Play fields, Play grounds; Equipment: Need, importance, purchase, care and maintenance; Time Table Management: Meaning, Need, Importance and Factor affecting time table; Planning and their basic principles; Program planning: Meaning, Importance, Principles of program planning in physical education; Meaning, importance of planning characteristics of planning, types of planning

Unit-4:

Competition Organization: Importance of Tournament; Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament; Organization structure of Athletic Meet; Sports Event Intramurals & Extramural Tournament planning; Supervision, nature, quality of good supervisor, methods of supervision

References:

1. Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
2. Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Lolis: The C.V. Hosby Co.
3. Butter, George D. *Introduction to Community Recreation*, McGraw Hill Book Co., N. York, 1959.
4. Chakraborty S and Pahava G., *Sports Management*, LESWS, New Delhi, Sports Publication, 1999.
5. Charles A. Bucher, *Management of Physical Education and Athletic Programmes*, Louis C.B. Mosby. Co. 1987.
6. Charles E. Forsy, *Administration of High School Athletic*, Sixth Edition, Prentice Hall, Inc. Englewood, New Jersey, 1979.
7. Chubb, Michael and Chubb, Holly, *one Third of Our Time: An Introduction to Recreation Behaviour and Resources*, John Wiley and Sons, New York, 1981.

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8. D. S. Dheer and Radhika Kamal, Organisation and Administration of Physical Education. N. Delhi Friends Publication, 1991.
9. Dheer S. and Radhika Kamal "Organization and Administration of Physical Education" Friends Publication, New Delhi, 1991
10. Ellis, M. J., Why people play, Prentice Hall Inc. Eaglewood Cliffs, 1973.
11. Karmakar va Abhaykumar shrivastav (1993), Sharirik Shikshan Sanghatan, Prashasan, Paryavekshan avam Shibir
12. Kazmar, H.C. and Cassidy, Methods in Physical Education, W. B. Saunder Co., Philadelphia, London, 1958.
13. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
14. M.L. Kamlesh and M.S. Sangral, Methods in Physical Education, Prakash Brothers, 516, Book Market Ludhiana (19865).
15. Pandy, L.K. (1977). *Methods in Physical Education*. Delhe: Metropolitan Book Depo.
16. Sachdeva M. S., " A Modern Appraach to School Organization and Administration, Prakash Brothers Educational Publisher, Ludhianan, 1983
17. Shanker Tiwari, (1986) Sharirik Shikshanache sanghatan aani prashaasan, sharad pprakashan, Vajirabad, Nanded
18. Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
19. Thomas, J. P.(1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.
20. Tirunarayan and Hariharan, Methods in Physical education M.SC.T. & S. H. Allagappa College of Physical Education, Karaikuddi U. (1985).
21. Tirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.
22. Torkildsen, George, Leisure and Recreation Management, E. and F. N. Spon., London, 1992.
23. Valtmer Edward F, Arthur A., Esslinger, Betty Foster Mccule and Kenneth G. Tillman " The Organization and Administration of Physical Education" Printice Hall, Inc, New Jersey 1979
24. Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

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(ELECTIVE)

EC-201: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS

Unit – 1:

Concept of Physical Education and Fitness: Definition, Aims and Objectives of Physical Education, fitness and Wellness; Importance and Scope of fitness and wellness; Modern concept of Physical fitness and Wellness; Physical Education and its Relevance in Inter Disciplinary Context.

Unit – 2:

Fitness, Wellness and Lifestyle: Fitness – Types of Fitness and Components of Fitness

Understanding of Wellness; Modern Lifestyle and Hypokinetic Diseases – Prevention and Management; Physical Activity and Health Benefits;

Unit – 3:

Principles of Exercise Program; Means of Fitness development – aerobic and anaerobic exercises; Exercises and Heart rate Zones for various aerobic exercise intensities; Concept of free weight Vs Machine, Sets and Repetition etc; Concept of designing different fitness training program for different age group

Unit – 4:

Safety Education and Fitness Promotion: Health and Safety in Daily Life; First Aid and Emergency Care; Common Injuries and their Management; Modern Life Style and Hypo-kinetic Disease –Prevention and Management

References:

1. Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black,.
2. Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
3. McGlynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
4. Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

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(ELECTIVE)

EC-202: COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit – 1:

Introduction to Computer: Meaning, need and importance of information and communication technology (ICT); Application of Computers in Physical Education; Components of computer, input and output device; Application software used in Physical Education and sports

Unit – 2:

MS Word: Introduction to MS Word; Creating, saving and opening a document; Formatting Editing features Drawing table; Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

Unit – 3:

MS Excel: Introduction to MS Excel; Creating, saving and opening spreadsheet; Creating formulas; Format and editing features adjusting columns width and row height understanding; Charts

Unit – 4:

MS Power Point: Introduction to MS Power Point; Creating, saving and opening a ppt. file; Format and editing features slide show, design , inserting slide number; Picture, graph, table; Preparation of Power point presentations

References:

1. Irtegov, D. (2004). *Operating system fundamentals* Firewall Media
2. Marilyn, M.& Roberta, B.(n.d.).*Computers in your future*. 2nd edition, India: Prentice Hall.
3. Meenakshi Barve, Sanganak Prashikshan
4. Milke, M.(2007). *Absolute beginner's guide to computer basics* Pearson Education Asia
5. Sinha, P. K. & Sinha, P. (n.d.) *Computer fundamentals* 4th edition, BPB Publication

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PART -B: Practical Course

PC – 201

Track and Field

Athletics: Jumping Events

High Jump (Straddle Roll); Approach Run, Take off, Clearance over the bar, Landing

Long Jump: Approach Run; Check Mark; Take Off; Position in Air; Landing

PC – 202

Yoga:

Surya Namaskara, Pranayams, Corrective Asanas, Kriyas, Asanas, Sitting, Standing, Laying Prone Position, Laying Spine Position

PC – 202

Aerobics:

Introduction of Aerobics: Rhythmic Aerobics – dance; Basic 7 steps and its variations, Low impact aerobics; High impact; aerobics; Step aerobics; Postures – Warm up and cool down; THR Zone – Being successful in exercise and adaptation to aerobic workout.

PC 203

Volleyball

Fundamental Skills

Players Stance-Receiving the ball and passing to the team mates, The Volley (Over head pass), The Dig(Under hand pass); Service-Under Arm Service, Tennis Service, Round Arm Service, floating service, spin service, Jump service; Block – single, double, triple; Attack – Single; Rotations- 6-0, 4-2, 5-1; Offensive and Defensive formations; Rules and their interpretations and duties of officials

PC – 203

Kabaddi:

Fundamental Skills

Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing, touching with toe; Skills of Holding the Raider-Variations formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques; 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; Ground Marking, Rules and Officiating

References for All Games and Sports:

3. Sharirik Shikshan Hastapustika, Balbharti, Pune
4. NCERT Physical Education books 9th to 12th standard

TP – 201

Teaching practices:

10 teaching practice lessons out of which 5 lessons in class-room of school subject within campus on the students of B. P. Ed course and 5 lessons in class-room of school subject at school on school children.

References:

1. Sharirik Shikshanchi Tatve, Shripal Jarade
2. Sharirik Shikshana Adhyapan Padhati
3. Sharirik Shikshan, Swati Gadgil
4. Sharirik Shikshan Adhyapan Adhyapan, Joshi M. S.

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Semester III

| Part A: Theoretical course | | | | | | |
|-----------------------------------|--|-------------------|--------|----------------|----------------|-------------|
| Course code | Title of the paper | Total hours /week | credit | Internal marks | External marks | Total marks |
| Core course | | | | | | |
| CC – 301 | Sports Training | 4 | 4 | 20 | 80 | 100 |
| CC – 302 | Officiating and coaching | 4 | 4 | 20 | 80 | 100 |
| CC – 303 | Principles of Education and Psychology | 4 | 4 | 20 | 80 | 100 |
| Elective Course (Anyone) | | | | | | |
| EC - 301 | Sports medicine, Physiotherapy and Rehabilitation | 4 | 4 | 20 | 80 | 100 |
| EC - 302 | Curriculum Design | | | | | |
| Part B: Practical course | | | | | | |
| PC-301 | Flag hoisting, sports day organization and Lezium | 6 | 4 | 20 | 80 | 100 |
| PC-302 | Combat Sports: Wrestling (C) and Martial arts/ karate /Judo /Fencing /Boxing /Taekwondo (E) | 6 | 4 | 20 | 80 | 100 |
| PC-303 | Team games: Basketball (C) and Baseball/Softball/Handball (E) | 6 | 4 | 20 | 80 | 100 |
| Part C: Teaching practices | | | | | | |
| TP-301 | Teaching Practice: Lesson plan for sports-05 lessons Lesson plan for physical education classroom teaching-05 lessons | 6 | 4 | 50 | 50 | 100 |
| Total | | 40 | 32 | 190 | 610 | 800 |

Note: Total number of hours required to earn 04 credits for each theory course are 68 to 80 hours per semester whereas 102 to 120 hours for each practicum course.

(C) – Compulsory

(E) – Elective

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Semester – III

PART – A: Theory Courses
COMPULSORY

CC-301: SPORTS TRAINING

Unit – 1:

Introduction to Sports Training: Meaning and Definition of Sports Training; Aim and Objective of Sports Training; Characteristics and Principles of Sports Training; System of Sports Training – Basic Performance, Good Performance and High Performance Training

Unit – 2:

Training Components: Strength – Types, Mean and Methods of Strength Development; Speed – Types, Mean and Methods of Speed Development; Endurance – Types, Mean and Methods of Endurance Development; Coordination – Types, Mean and Methods of coordination Development; Flexibility – Types, Mean and Methods of Flexibility Development

Unit – 3:

Training Process: Training Load- Definition and Types of Training Load;; Over load – causes, symptoms and tackling of overload; Recovery – means and methods, factors affecting recovery, phases of recovery; Adaptation Process – Super-compensation; Principles of Intensity and Volume of stimulus; Technical Training – Meaning and Methods of Technique Training; Tactical Training – Meaning and Methods of Tactical Training

Unit – 4:

Periodization and planning: Periodization – Meaning and types of Periodization; Aim and Content of Periods – Preparatory, Competition, Transitional etc; Planning – Principle of planning, Systems of planning, Training session; Talent Identification and Development

References:

1. Dick, W. F. (1980). *Sports training principles* London: Lepus Books.
2. Harre, D. (1982). *Principles of sports training* Berlin: Speculated.
3. Jensen, R. C. & Fisher, A.G. (1979) *scientific basis of athletic conditioning* Philadelphia: Lea and Fibiger, 2ndEdn.
4. Matvyew, L.P. (1981). *Fundamental of sports training* Moscow: Progress Publishers.
5. Singh, H. (1984). *Sports training, general theory and methods* Patials: NSNIS.
6. Uppal, A.K., (1999). *Sports Training* New Delhi: Friends Publication.

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CC-302: OFFICIATING AND COACHING**Unit- 1:**

Introduction of Officiating and coaching: Concept of officiating; 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- 2:

Coach as a Mentor: Concept of Coaching; Duties of coach in general, pre, during and post game; Warm-up, cooling-down; Qualities and Responsibilities of a coach on and off the field; Psychology of competition and coaching

Unit- 3:

Duties of Official: Duties of official in general, pre, during and post game; Ground and equipment, maintenance, ground preparation of marking; Mechanics of officiating – position, singles and movement etc; Official Back Stage – medical official, observers, jury of appeal, competition director, athletics

Unit- 4:

Qualities and Qualifications of Coach and Official: Qualities and qualification of coach and official; Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills; Integrity and values of sports

References:

1. A.A.F.I., Officiating in Athletic, 1988.
2. Brar. T. S. Officiating techniques in Track and Field, Gwalior. Bhargava Press. 20002.
3. Brundle, Fred, Teach Yourself Badminton. The English University Press Ltd., London.
4. Buck, H. W., Rules of Games & Sports. Y.M.C.A. Pub. House, Delhi (Latest Edition)
5. Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall
6. Bunn, J. W. (1972). *Scientific principles of coaching* Englewood cliffs N. J. Prentice Hall
7. Bunn, J.W., Art of Officiating Sports, Prentice Hall, Englewood 1968.
8. Bunn. J. W., Basketball techniques and team play, Prentice Hall, Englewood Cliffs.
9. De Souza A. J. Track Geography and Field Sites. Chennai. DBAC Sports Envisions. 1999.5.
10. Doherty, J. Kenneth, Modern track & field, Prentice Hall Inc. Englewood Cliffs, 1963.
11. Dyson, G. H. (1963). *The mechanics of athletics* London: University of London Press Ltd.
12. Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd.
13. Emery, Curtis Ray, Modern Volleyball, The MacMilan Co., New York.
14. Englewood Cliffs, 1963.
15. Football, Modern Soccer, Educational Production Ltd., London Association.
16. Gian Singh, How to play Hockey, New Delhi-1966.
17. Lawther, J.D. (1965). *Psychology of coaching* New York: Pre. Hall
18. M.C.C , Cricket Coaching Book, Naddret Press, London-1955.
19. Mortensen, Jand, Track & Field for coach & athlete, Cooper J. M. Prentice Hall Inc.,

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20. Shatrunjay K. and Makarand J., Scientific Principles of Sports Training, Chhaya Publications, Aurangabad 2003
21. Shatrunjay M., Scientific Coaching Manual For Martial Arts, Rana Graphics and Publications, Hyderabad, 1997
22. Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.
23. Singh, H. Science of sports training. New, Delhi. D, V.S. Publications, 1991.
24. Tripathi, Officiating and Coaching
25. Zuzhar Singh, Vitthal Parihar, Officiating and Coaching

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CC-303: PRINCIPLES OF EDUCATION AND PSYCHOLOGY

Unit 1:

Introduction of Education: Meaning, definition, aims and objectives of education; Meaning and scope of philosophy; Idealism, pragmatism, naturalism, realism, humanism, existentialism and Indian philosophy and culture; Contribution of biology, psychology and sociology to education

Unit 2: Nature of the educative process

Bi-polar, triangular contribution of thinkers: Rabindranath Tagore, Mahatma Gandhi, Rousseau, John Dewey

Unit -3:

Introduction: Introduction of psychology, Meaning, definition, scope and Importance Educational psychology; General characteristics of Various Stages of growth and development; Types and nature of individual differences; Factors responsible –Heredity And environment; Meaning and process of learning; Nature of learning, theories of learning, Laws of learning; Plateau in Learning; & transfer of training

Unit-4:

Educational Psychology: Meaning and definition of personality, characteristics of personality; Dimension of personality, Assessment of personality; Nature of motivation: types of motivation Factors influencing motivation; Emotion- its nature and dimensions; need, drive and urge; Intelligence and Memory; test of intelligence and types and factors of memory

References:

1. Alderman A. b. (1974), 'Psychological Behaviour in Sports' W. B. Saunders, Co. Philadelphia
2. Alegaonkar, Kreedha Manasshtra
3. Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport* London: Addison Wesley Publishing Co., Inc.
4. Blair, J. & Simpson, R. (1962) *Educational psychology*, New York: McMillan Co.
5. Blair, Jones and Simpson, *Educational Psychology*, McMillan Co., New York, 1962.
6. Cratty, B. J. (1968). *Psychology and physical activity* Eaglewood Cliffs Prentice Hall
7. Cratty, B. J., *Psychology and Physical activity*. Eaglewood Cliffs. Prentice Hall, 1968.
8. Crow and Crow, *Educational Psychology*. Eurasia Publishing House, N. Delhi, 1979.
9. Dandekar, Shaikshanik Manasshtra
10. Jone A. J. *Principles of guidance*, New York: McGraw hills book Co.
11. Kamlesh, M.L. (1998). *Psychology in physical education and sport* New Delhi: Metropolitan Book Co.
12. Kamlesh, M.L. *Psychology in Physical Education and Sport*. Metropolitan Book Co., N. Delhi. 1998.
13. Kharat A., *Pragat Shaikshanik Manasshastra*
14. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978) *Sport and social system*. London: Addison Wesley Publishing Company Inc.
15. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea & Febiger.
16. Mathur, S.S., (1962). *Educational psychology* Agra Vinod Pustak Mandir

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17. Shatrunjay K., Scientific Coaching Manual For Martial Arts, Rana Graphics and Publications, Hyderabad, 1997
18. Skinner, Charles. E., Education Psychology, Prentice Hall of India, N. Delhi, 1984.
19. Walia, J.S. Foundation of Educational Psychology. Paul Publishers, Jalandhar city, 1992.
20. William, F. O.& Meyer, F. N. (1979). A handbook of sociology New Delhi: Eurasia Publishing House Pvt. Ltd.
21. Jagtap H. N. Shaikshanik Avem Prayogic Manashastra

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ELECTIVE

EC-301: SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Unit-1:

Sports Medicine: Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance; Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches; 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-2:

Physiotherapy: Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

Unit-3:

Hydrotherapy: 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-4:

Therapeutic Exercise: 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

References:

1. Christine, M. D., (1999). *Physiology of sports and exercise*. USA: Human Kinetics.
2. Conley, M. (2000) *Bioenergetics of exercise training* In T.R. Baechle, & R.W. Earle, (Eds.),
3. *Essentials of Strength Training and Conditioning* (pp. 73-90) Champaign, IL: Human Kinetics.
4. David, R. M. (2005). *Drugs in sports*, (4th Ed) Routledge Taylor and Francis Group
5. Hunter, M. D. (1979). *A dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), *A Practical approach to measurement in Physical Education* (pp. 573-74). Philadelphia: Lea & Febiger
6. Jeyaprakash, C. S., *Sports Medicine*, J.P. Brothers Pub., New Delhi, 2003.
7. Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi: Lucky Enterprises.
8. Mathew, D.K. & Fox, E.L, (1971) *Physiological basis of physical education and athletics* Philadelphia:W.B. Saunders Co.
9. Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub.
10. Williams, J. G. P. (1962). *Sports medicine* London: Edward Arnold Ltd.

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EC-302: CURRICULUM DESIGN

Unit-1:

Modern concept of the curriculum: Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development; Factors affecting curriculum - Social factors - Personnel qualifications – Climatic consideration - Equipment and facilities -Time suitability of hours; National and Professional policies, Research finding

Unit-2:

Basic Guideline for curriculum construction; contest (selection and expansion): Focalization; Socialization; Individualization; Sequence and operation; Steps in curriculum construction

Unit-3:

Curriculum-Old and new concepts, Mechanics of curriculum planning: Basic principles of curriculum construction; Curriculum Design, Meaning, Importance and factors affecting curriculum design; Principles of Curriculum design according to the needs of the students and state and national level policies; Role of Teachers

Unit-4:

Under-graduate preparation of professional preparation: Areas of Health education, Physical education and Recreation; Curriculum design-Experience of Education, Field and Laboratory; Teaching practice; Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Reference:

1. Barrow, H. M. (1983). *Man and movement: principles of physical education*. Philadelphia: Lea and Febiger.
2. Bucher, C. A. (1986). *Foundation of physical education*: St. Louis: The C. V. Mosby & Company.
3. Cassidy, R. (1986). *Curriculum development in physical education* New York: Harper & Company.
4. Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum designs in physical education*. Englewood Cliffs: N.J. prentice Hall Inc.
5. Larson, L.A. (n.d.). *Curriculum foundation in physical education* Englewood Cliffs: N.J. Prentice Hall Inc.
6. Underwood, G. L. (1983). *The physical education curriculum in secondary school: planning and implementation*. England: Taylor and Francis Ltd.
7. Willgoose, C.E. (1979). *Curriculum in physical education* 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.

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PART -B: Practical Courses**PC 301****Lezium**

GhatiLezuim-AathAawaaz, Bethahaath, AagePaon, Aagekadam, Kadamtaal, Pavitra, Doublepavitra, Kadampavitra, single pavitra, zukkar adanga, Khada adanga, Baithe Charawas, Baithe Ath Awaz, Dahina Baya Hath, Kittarkat, agepiche hathki, firkat and various formations.

PC 301**Flag Hoisting**

Code of Flag Hoisting and Sports Day Organization

PC - 302**Wrestling (compulsory)****Fundamental Skills**

Take downs, Leg tackles, Arm drag; Counters for take downs, Cross face, Whizzer series; Escapes from under-sit-out turn in tripped; Counters for escapes from under-Basic control back drop, Counters for stand up; Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift; series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson; Escapes from pinning: Wing lock series, Double arm lock roll, Cridge; Standing Wrestling-Head under arm series, whizzer series; Referees positions, rules and regulations

PC - 302**Boxing (Elective)****Fundamental Skills**

Player stance; Stance - Right hand stance, left hand stance; Footwork - Attack, defense;

Punches - Jab, cross, hook, upper cut, combinations; Defense slip - bob and weave, parry/block, cover up, clinch, and counter attack; Tactics - Toe to toe, counter attack, fighting in close, feinting; Rules and their interpretations and duties of officials

PC - 302**Martial Arts/Karate (Elective)****Fundamental Skills**

Player Stances - walking, hand positions, front-leaning, side-fighting; Hand Techniques - Punches (form of a punch, straight punch, and reverse punch), Blocks (eight basic); Leg Techniques - Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house. Forms - The first cause Katas; Self Defense - against punches, grabs and strikes, against basic weapons (knife, club sticks); Sparring - One step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks); Rules and their interpretations and duties of officials

PC - 302**Taekwondo (Elective)****Fundamental Skills**

Player Stances - walking, extending walking, L stance, cat stance; Fundamental Skills - Sitting stance punch, single punch, double punch, triple punch; Punching Skill from sparring position - front-fist punch, rear fist punch, double punch, and four combination punch; Foot Techniques (Balgisul) - standing kick (soseochagi), Front kick (AP chagi), Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaeDollyoChagi),

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Jump kick (TwimyoChagi); Poomsae (Forms) – Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement – eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques); Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks), Free Sparring; Board Breaking (Kyokpa) – eye control, balance, power control, speed, point of attack; Rules and their interpretations and duties of officials

PC – 302
Judo (Elective)

Fundamental skills

Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting; position); Kumi kata (Methods of holding judo costume); Shisei (Posture in Judo); Kuzushi (Act of disturbing the opponent posture); Tsukuri and kake (Preparatory action for attack); Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall); Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps; Tai Sabaki (Management of the body); NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi; (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw).; Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

PC – 302
Fencing (Elective)

Fundamental Skill

Basic Stance - on-guard position (feet and legs); Footwork – advance, retire, lunge, Step-lunge; Grip – hold a foil correctly, Etiquette – salute and handshake to coaches and partners; Hit a target (glove, mask, person) at riposte distance; Lunge from an on-guard position; Attack - simple attacks from six – direct, disengage, double attack, compound attacks; high line – one-two and cut-over disengage, Cut-over attack, Low line attacks; Semi circular parries – octave and septime; Understand the layout of a piste; Compound or successive parries; Lateral parry and direct riposte; Fence a bout – judges etc. salutes and handshakes; Rules and their interpretations and duties of officials

PC – 303
Basketball (compulsory)

Fundamental Skills

Player stance and ball handling; Passing-Two Hand chest pass, two hands Bounce Pass, One Hand Base ball pass, Side Arm Pas; Over Head pass, Hook Pass; Receiving-Two Hand receiving, one hand receiving, receiving in stationary position, receiving while jumping, receiving while running; Dribbling-How to start dribble, how to drop dribble, High dribble, Low dribble, Reverse dribble, rolling dribble; Shooting-Layup shot and its variations, one hand set shot, one hand jump shot, Hook shot, and Free throw; Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization; Individual Defensive-Guarding the man with the ball and without the ball; Pivoting; Rules and their interpretations and duties of the officials

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**PC – 303
Baseball (Elective)**

Fundamental Skills

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

**PC – 303
Softball (Elective)**

Fundamental Skills

Catching: one handed, two handed, with feet grounded, in flight; Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce); Footwork: landing on one foot; landing on two feet; pivot; running pass; Shooting: one hand; two hands; forward step shot; backward step shot; Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed; Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in) ;Intercepting: pass; shot; The toss-up; Role of individual players; Rules and their interpretations and duties of officials

**PC – 303
Handball (Elective)**

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

References for All Games and Sports:

1. Sharirik Shikshan Hastapustika, Balbharti, Pune
2. NCERT Physical Education books 9th to 12th standard

**TP – 301
Teaching practices**

Physical education classroom teaching 10 lessons out of which 05 lessons within college campus and 05 lessons at school on school children

References:

5. Sharirik Shikshanchi Tatve, Shripal Jarade
6. Sharirik Shikshana Adhyapan Padhati
7. Sharirik Shikshan, Swati Gadgil
8. Sharirik Shikshan Adhyapan, Joshi M. S.

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Semester IV

| Part A: Theoretical course | | | | | | |
|-----------------------------------|---|-------------------|--------|----------------|----------------|-------------|
| Course code | Title of the paper | Total hours /week | credit | Internal marks | External marks | Total marks |
| Core course | | | | | | |
| CC – 401 | Test, Measurement and Evaluation in physical education | 4 | 4 | 20 | 80 | 100 |
| CC – 402 | Kinesiology and Biomechanics | 4 | 4 | 20 | 80 | 100 |
| CC – 403 | Research and Statistics in physical education | 4 | 4 | 20 | 80 | 100 |
| Elective Course (Anyone) | | | | | | |
| EC - 401 | Sports Nutrition and Weight Management | 4 | 4 | 20 | 80 | 100 |
| EC - 402 | Sports management | | | | | |
| Part B: Practical course | | | | | | |
| PC-401 | Track and Field : Shot-put and Discus throw/ Javelin Throw (and) Gymnastics: parallel bars/ Balancing Beam and High bar/ Uneven Bars | 6 | 4 | 20 | 80 | 100 |
| PC-402 | Cricket (C) and Badminton/ Table tennis/ Tennis/ Squash (E) | 6 | 4 | 20 | 80 | 100 |
| PC-403 | Hockey and Kho-Kho | 6 | 4 | 20 | 80 | 100 |
| Part C: Teaching practices | | | | | | |
| TP-401 | Sports and Games Specialization coaching lesson plan-10 lessons | 6 | 4 | 50 | 50 | 100 |
| Total | | 40 | 32 | 190 | 610 | 800 |

Note: Total number of hours required to earn 04 credits for each theory course are 68 to 80 hours per semester whereas 102 to 120 hours for each practicum course.

(C) – Compulsory

(E) – Elective

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Semester – IV
PART-A: Theory Courses

COMPULSORY

CC-401: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit- 1:

Introduction to Test, Measurement & Evaluation: Meaning of Test, Measurement & Evaluation in Physical Education; Need & Importance of Test, Measurement & Evaluation in Physical Education; Principles of Evaluation

Unit- 2:

Criteria; Classification and Administration of test: Criteria of good Test; Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms); Type and classification of Test; Administration of test, advance preparation – Duties during testing – Duties after testing

Unit- 3:

Physical Fitness Tests: AAHPER youth fitness test; National physical Fitness Test; Indiana Motor Fitness Test; JCR test; U.S Army Physical Fitness Test

Unit- 4:

Sports Skill Tests: Lockhart and McPherson badminton test; Johnson basketball test; McDonald soccer test; S.A.I volleyball test; S.A.I Hockey test

References:

1. Bangsbo, J. (1994) *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho+Storm.
2. Barron, H. M. & Mchee, R. (1997) *A Practical approach to measurement in physical education* Philadelphia: Lea and Febiger.
3. Barron, H. M., & Mchee, R. (1997) *A practical approach to measurement in physical education*
4. Kansal, D. K. (1996) *Test and measurement in sports and physical education* New Delhi: D.V.S. Publications.
5. Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W. B. Saunders Company.
6. Patiala: Punjab Publishing House.
7. Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.
8. Philadelphia: Lea and Febiger.
9. Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education* New
10. Sodhi, H. S., & Sidhu, L.S. (1984) *Physique and selection of sports- a kinanthropometric study*.
11. York: John Willey and Sons.

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CC-402: KINESIOLOGY AND BIOMECHANICS

Unit – 1:

Introduction to Kinesiology and Sports Biomechanics: Meaning and Definition of Kinesiology and Sports Biomechanics; Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches; Terminology of Fundamental Movements; Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

Unit – 2:

Fundamental Concept of Anatomy and Physiology: Classification of Joints and Muscles; Types of Muscle Contractions; Posture – Meaning, Types and Importance of good posture; Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation

Unit – 3:

Mechanical Concepts: Force - Meaning, definition, types and its application to sports activities; Lever - Meaning, definition, types and its application to human body; Newton's Laws of Motion – Meaning, definition and its application to sports activities; Projectile – Factors influencing projectile trajectory.

Unit – 4:

Kinematics and Kinetics of Human Movement: Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration; Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration; Linear Kinetics – Inertia, Mass, Momentum, Friction; Angular Kinetics – Moment of inertia, Couple, Stability.

Reference:

1. Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
2. Dhananjay Shaw, *Biomechanics and Kinesiology of Human Motion*, Khel Sahitya Kendra, Delhi, 1998
3. Hay, J. G. & Reid, J. G. (1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
4. Hay, J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
5. Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
6. Park, J.E. and Park K. *Text Book of Preventive and Social Medicine* (Jabalpur: M/s Banarsadidas Banot, 1980, Edition, 8th.)
7. Pearce. E. *Anatomy and Physiology for Nurses*, Delhi, Oxford University Press, 1989.
8. Shatrunjay K., Dayanand K., Giri A. V., *Biomechanics, and Exercise Physiology*, Chhaya Publications, Aurangabad 2006.
9. Shatrunjay K., *Scientific- Coaching Manual For Martial Arts*, Rana Graphics and Publications, Hyderabad, 1997
10. Simonian, C. (1911). *Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.
11. Wellgoose, *Health teaching in secondary Carl. E. Schools*, W.B. Saunders, 1977.
12. Wilson Kathleen J. W. *Anatomy and Physiology, Health and illness*. 6th Edition, Churchill Livingstone Edinburgh, 1987.

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CC-403: RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Unit-1:

Introduction to Research: Definition of Research; Need and importance of Research in Physical Education and Sports; Scope of Research in Physical Education & Sports; Types and Methods of Research; Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations, Hypothesis

Unit-2:

Survey of Related Literature: Need for surveying related literature; Literature Sources, Library Reading; Research Proposal, Meaning and Significance of Research Proposal; Preparation of Research proposal / project; Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

Unit-3:

Basics of Statistical Analysis: Statistics: Meaning, Definition, Nature and Importance; Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables; Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, and Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit-4:

Statistical Models in Physical Education and Sports: Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data; Measures of Variability: Meaning, importance, computing from group and ungroup data; Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

1. Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.
2. Bompa, T. O. & Haff, G. G. (2009). *Periodization: theory and methodology of training, 5th ed.* Champaign, IL: Human Kinetics.
3. Brown, L. E., & Ferrigno, V. A. (2005). *Training for speed, agility and quickness, 2nd ed.* Champaign, IL: Human Kinetics.
4. Brown, L.E. & Miller, J., (2005). *How the training work*. In: Training Speed, Agility, and
5. Carl, E. K., & Daniel, D. A. (1969). *Modern principles of athletes training*. St. Louis: St. Louis's
6. Clark, H. H., & Clark, D. H. (1975). *Research process in physical education*. Englewood cliffs,
7. Garrett, H.E. (1981). *Statistics in psychology and education*. New York: Vakils Feffer and Simon
8. *health science professional*. Landon: J.B. Lippincott Company.
9. IL: Human Kinetics Books.
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11. Mosby Company.
12. New Jersey: Prentice Hall, Inc.
13. Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). *Introduction to research: A guide for the*
14. Quickness. Brown, L.E. & Ferrigno, V.A & Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.
15. Thomas, J.R., & Nelson J.K. (2005). *Research method in physical activity*. U.S.A: Champaign,
16. Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.
17. Uppal, A. K. (1990). *Physical fitness: how to develop*. New Delhi: Friends Publication.
18. Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.

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ELECTIVE
EC-401: SPORTS NUTRITION AND WEIGHT MANAGEMENT

Unit – 1:

Introduction to Sports Nutrition: Meaning and Definition of Sports Nutrition
Basic Nutrition guidelines; Role of nutrition in sports; Factor to consider for developing nutrition plan

Unit – 2:

Nutrients: Ingestion to energy metabolism: Balanced Diet, Carbohydrates, Protein, Fat – Meaning, classification and its function; Role of carbohydrates, Fat and protein during exercise; Vitamins, Minerals, Water – Meaning, classification and its function; Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure

Unit – 3:

Nutrition and Weight Management: Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management; Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss; Obesity – Definition, meaning and types of obesity; Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

Unit – 4:

Steps of planning of Weight Management: Nutrition – Daily caloric intake and expenditure, Determination of desirable body weight; Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle; Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss

References:

1. Bessesen, D. H. (2008). Update on obesity. *J Clin Endocrinol Metab.* 93(6), 2027-2034.
2. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091- 3096.
3. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.
4. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
5. Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

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EC-402: SPORTS MANAGEMENT

Unit-1:

Nature and Concept of Sports Management; Progressive concept of Sports management

The purpose and scope of Sports Management; Essential skills of Sports Management; Qualities and competencies required for the Sports Manager; Event Management in physical education and sports

Unit-2:

Meaning and Definition of leadership: Leadership style and method; Elements of leadership; Forms of Leadership; · Autocratic; · Laissez-faire; · Democratic; · Benevolent Dictator; Qualities of administrative leader

Unit-3:

Sports Management in Schools, colleges and Universities; Factors affecting planning
Planning a school or college sports programme; Directing of school or college sports programme; Controlling a school, college and university sports programme; · Developing performance standard; · Establishing a reporting system; · Evaluation; · The reward/punishment system

Unit-4:

Financial management in Physical Education & sports in schools, Colleges and Universities; Budget – Importance, Criteria of good budget; Steps of Budget making; Principles of budgeting

References:

1. Ashton, D. (1968). *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. (1976). *Physical education and intramural programmes, organisation and administration*. Philadelphia U.S.A. : W.B. Saunders Cp.
4. Barl, F. Z, & Gary, W. B. (1963). *Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.

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PART – B: Practical Courses

Semester – IV

PC – 401 (Elective)

Track and Field:

Throwing Events – Discus Throw / Javelin Throw and Shot-put

Javelin Throw: Holding, types of grips, runway, check mark, cross step, releasing, reverse step

Discus Throw: Holding, throwing, rotation, follow through

Shot-Put: Holding, throwing, rotation, follow through; Ground Marking, rules and regulations

PC – 401 (Elective)

Gymnastics: Parallel Bars, High Bar

Parallel Bars

Support Swing, In bar Swing, Shoulder Swing, Forward walking, backward walking, forward hopping, backward hopping, 180 degrees shifting, monkey roll, forward riding, backward riding, simple dips, triceps dips, pushups, swing dips, forward up-rise, backward up-rise, upstart, shoulder stand, hand stand, apparatus dimension and rules

Balancing Beam:

Walking on toes, forward leg raising, backward leg raising, sideways leg raising, simple jump, tuck jump, split jump, T scale, Z scale, Knee Scale, various dismounts,

Horizontal Bar:

Various types of grips, pull ups with various grips, simple swing, upstart, back turn over, single leg circle, double leg circle, 180 degrees turn, inverted hang, knee hang, apparatus dimension and rules

Uneven Bars:

Various types of grips, pull ups with various grips, simple swing, upstart, back turn over, single leg circle, double leg circle, 180 degrees turn, inverted hang, knee hang, apparatus dimension and rules

References:

1. Men's Gymnastics Coaching Manual, Iloyd Readhead
2. Biomechanics of Women's gymnastics Gerald S. George
3. Gymnastics, Rathod A. S. And Joshi M. S., Kreedra Prakashan, Aurangabad (2013)

PC – 402

Cricket (Compulsory)

Fundamental Skills

Batting-Forward and backward defensive stroke; Bowling-Simple bowling techniques
Fielding-Defensive and offensive fielding; Catching-High catching and Slip catching
Stopping and throwing techniques; Wicket keeping techniques

PC - 402

Badminton (Elective)

Fundamental Skills

Racket parts, Racket grips, Shuttle Grips; The basic stances; the basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm; Drills and lead up games; Types of games-Singles, doubles, including mixed doubles; Rules and their interpretations and duties of officials

PC - 402

Table Tennis (Elective)

Fundamental Skills

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The Grip-The Tennis Grip, Pen Holder Grip; Service-Forehand, Backhand, Side Spin, High Toss.; Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive; Stance and Ready position and foot work; Rules and their interpretations and duties of officials

PC – 402

Squash (Elective)**Fundamental Skills**

Service- Under hand and over hand; Service Reception; Shot- Down the line, Cross Court; Drop; Half Volley; Tactics – Defensive, attacking in game; Rules and their interpretations and duties of officials

PC – 402

Tennis (Elective)**Fundamental Skills**

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

PC – 403

Hockey (Compulsory)**Fundamental Skills**

Player stance & Grip; Rolling the ball; Dribbling; Push; Stopping; Hit; Flick; Scoop; Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass, Reverse hit; Dodging; Goal keeping – Hand defense, foot defense; Positional play in attack and defense.; Rules and their interpretations and duties of officials.; Rules and their interpretations and duties of officials.; Ground Marking; rules and regulations

PC -403

Kho-Kho (Compulsory)**General skills of the game:**

Running, chasing, Dodging, Faking etc; Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgment in giving Kho, Rectification of Foul; Skills in Running-Zig-Zag running, Single and double chain (3, 6, 9), Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills; Ground Marking; Rules and their interpretations and duties of officials.

References for All Games and Sports:

5. Sharirik Shikshan Hastapustika, Balbharti, Pune
6. NCERT Physical Education books 9th to 12th standard

TP – 401: Sports Specialization: Track and field / Gymnastics / Swimming

(4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)

Games Specialization: Kabaddi, Kho-Kho, Base ball, cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis

(4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.)

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Note: Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities.

References:

1. Sharirik Shikshanchi Tatve, Shripal Jarade
2. Sharirik Shikshana Adhyapan Padhati
3. Sharirik Shikshan, Swati Gadgil
4. Sharirik Shikshan Adhyapan, Joshi M. S.

Table 1: Semester wise distribution hours per week:

| Semester | Theory | Practicum | Teaching Practice | Total |
|----------|--------|-----------|-------------------|-------|
| I | 16 | 24 | 00 | 40 |
| II | 16 | 18 | 06 | 40 |
| III | 16 | 18 | 06 | 40 |
| IV | 16 | 12 | 12 | 40 |
| Total | 64 | 72 | 24 | 160 |

Minimum of 36 teaching hours per week is required in five or six days in a week

Table 2: Number of Credit per semester:

| Semester | Theory | Practicum | Teaching Practice | Total |
|----------|--------|-----------|-------------------|-------|
| I | 16 | 16 | 00 | 32 |
| II | 16 | 12 | 04 | 32 |
| III | 16 | 12 | 04 | 32 |
| IV | 16 | 08 | 08 | 32 |
| Total | 64 | 48 | 16 | 128 |

Minimum of 36 teaching hours per week is required in five or six days in a week

Semester I

| Course code | Title of the paper | Internal marks | External marks | Total marks |
|---|---|----------------|----------------|-------------|
| Part A: Theoretical course (400 Marks) | | | | |
| CC - 101 | History, principles & foundation of physical education | 20 | 80 | 100 |
| CC - 102 | Anatomy and physiology | 20 | 80 | 100 |
| CC - 103 | Health education and Environmental studies | 20 | 80 | 100 |
| EC - 101 | Methodology in teaching school subject: Marathi/ Hindi/ English / mathematics/ Science/ Geography/History- (Choose any one) | 20 | 80 | 100 |
| Part B: Practical course (400 Marks) | | | | |
| PC-101 | Track and field :running events | 20 | 80 | 100 |
| PC-102 | Gymnastics | 20 | 80 | 100 |
| PC-103 | Indigenous sports: Mallkhamb and Football | 20 | 80 | 100 |
| PC-104 | Mass demonstration activities: March past (C) and calisthenics/dumbbells/wands/Hoops (E) | 20 | 80 | 100 |
| Total | | 160 | 640 | 800 |

Semester II

| Course code | Title of the paper | Internal marks | External marks | Total marks |
|---|---|----------------|----------------|-------------|
| Part A: Theoretical course (400 Marks) | | | | |
| CC - 201 | Yoga education | 20 | 80 | 100 |
| CC - 202 | Educational technology and Methods of teaching in physical education | 20 | 80 | 100 |
| CC - 203 | Organisation and administration | 20 | 80 | 100 |
| EC - 201 | Contemporary issues in physical education, fitness and wellness | 20 | 80 | 100 |
| EC - 202 | Computer applications in physical education | | | |
| Part B: Practical course (300 Marks) | | | | |
| PC-201 | Track and field: Long jump and High jumps | 20 | 80 | 100 |
| PC-202 | Yoga and Aerobics | 20 | 80 | 100 |
| PC-203 | Volleyball and Kabaddi | 20 | 80 | 100 |
| Part C: Teaching practices (100 Marks) | | | | |
| TP-201 | Teaching practices of school subject 05 lessons within campus and 05 lessons at school | 50 | 50 | 100 |
| Total | | 190 | 610 | 800 |

Semester III

| Course code | Title of the paper | Internal marks | External marks | Total marks |
|---|--|----------------|----------------|-------------|
| Part A: Core course (400 Marks) | | | | |
| CC – 301 | Sports Training | 20 | 80 | 100 |
| CC – 302 | Officiating and coaching | 20 | 80 | 100 |
| CC – 303 | Principal of Education and Psychology | 20 | 80 | 100 |
| EC - 301 | Sports medicine, Physiotherapy and Rehabilitation | 20 | 80 | 100 |
| EC - 302 | Curriculum Design | | | |
| Part B: Practical course (300 Marks) | | | | |
| PC-301 | Flag hoisting , sports day organization and Lezium (C) | 20 | 80 | 100 |
| PC-302 | Combat Sports: Wrestling (C) and Martial arts/ karate /Judo /Fencing /Boxing /Taekwondo (E) | 20 | 80 | 100 |
| PC-303 | Team games: Basketball (C) and aseball/Softball/Handball (E) | 20 | 80 | 100 |
| Part C: Teaching practices (100 Marks) | | | | |
| TP-301 | Teaching Practice: Lesson plan for sports-05 lessons Lesson plan for physical education classroom teaching-05 lessons | 50 | 50 | 100 |
| Total | | 190 | 610 | 800 |

Semester IV

| Course code | Title of the paper | Internal marks | External marks | Total marks |
|---|---|----------------|----------------|-------------|
| Part A: Theoretical course (400 Marks) | | | | |
| CC – 401 | Test, Measurement and Evaluation in physical education | 20 | 80 | 100 |
| CC – 402 | Kinesiology and Biomechanics | 20 | 80 | 100 |
| CC – 403 | Research and Statistics in physical education | 20 | 80 | 100 |
| EC - 401 | Sports Nutrition and Weight Management | 20 | 80 | 100 |
| EC - 402 | Sports management | | | |
| Part B: Practical course (300 Marks) | | | | |
| PC-401 | Track and Field : Discus throw/ Javelin Throw and shot-put and Gymnastics: parallel bars and High bar (Chose any one) | 20 | 80 | 100 |
| PC-402 | Cricket (C) and Badminton/ Table tennis/ Tennis/ Squash (E) | 20 | 80 | 100 |
| PC-403 | Hockey and Kho-Kho | 20 | 80 | 100 |
| Part C: Teaching practices (100 Marks) | | | | |
| TP-401 | Sports and Games Specialization coaching lesson plan-10 lessons | 50 | 50 | 100 |
| Total | | 190 | 610 | 800 |