

# Syllabus for B.P.Ed course (2-years) of CBPBU

## Semester - I

<b>Part A: Theoretical Course</b>				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
<b>Core Course</b>				
<b>CC-101</b>	History, Principle and Foundation of Physical Education & Olympic Movement	30	70	100
<b>CC-102</b>	Anatomy and Physiology	30	70	100
<b>CC-103</b>	Health Education and Environmental Studies	30	70	100
<b>Elective Course (Anyone)</b>				
<b>EC-101</b>	Physical Literacy through Movement Education	30	70	100
<b>EC-102</b>	Officiating and Coaching			
<b>Part-B Practical Course</b>				
<b>PC-101</b>	Track and Field: All Running Events - 60 Running Broad Jump & Triple Jump- 40	30	70	100
<b>PC-102</b>	Swimming or Gymnastics	30	70	100
<b>PC-103</b>	March Past - 20 Mass Demonstration Activities: Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri/Bratachari/ Malkhamb/Lezium/Callisthenics (Any two)- 10+10=20 Indigenous Sports: Kabaddi and Kho-kho 30+30= 60	30	70	100
<b>PC-104</b>	Yoga- 40, Weight training- 30 Aerobics- 30	30	70	100
<b>Total</b>		240	560	800

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## THEORY COURSES

### Semester-I

#### CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION & OLYMPIC MOVEMENT

##### UNIT-1: Introduction to the Concept of Physical Education

Meaning, Definition, Misconceptions and Scope of Physical Education.

Aims and Objective of Physical Education.

Relationship of Physical Education with General Education, Need for Physical Education in Modern society.

Physical Education as an Art and Science.

##### UNIT-2: History of Development of Physical Education

History of the development of Physical Education during pre-independence period.

Post-Independence Period - Physical Education in India with reference to development of Physical education in West Bengal.

Contribution of Akhras, Vyayamshalas & YMCA.

Contribution of Eminent Physical Educationists: J.B. Basedow, J.F. Gustmuth, F.L.Jahn, Franz Natchteggall, Niles Bukh, P.H.Ling. H.C.Buck, James Buchanan, P.M. Joshep, Rabindranath Tagore, Swami Vivekananda, Rishi Aurobindo.

##### UNIT-3: Foundation & Principles of Physical Education

###### *Philosophical foundation:*

Idealism, Realism, Pragmatism and Naturalism in Physical Education.

###### *Biological Principles:*

Change of locomotion from Biped to Quadruped position – Advantages and Disadvantages. - Age & Gender Characteristics, Body type, Fitness and wellness movement in the contemporary perspectives.

###### *Psychological principles:*

Psychological factors affecting sports performance, Growth and Development – meaning, difference and principles.

###### *Sociological principles:*

Socialization through Physical Education, social integration and cohesiveness, National & International integration through sports.

##### UNIT-4: Olympic Movement

The history of ancient Olympic movement.

The significant stages in the development of the modern Olympic movement, Philosophy of Olympic movement

Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic Oath.

International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Types of Olympic Games.

##### References:

1. **Bucher, C. A. (n.d.)** Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. **Mohan, V. M. (1969)**, Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
3. **Obertuffer, (1970)**. Delbert physical education. New York: Harper & Brothers Publisher. Sharman, J. R. (1964). Introduction to physical education. New York: A.S. Barnes & Co.
4. **William, J. F. (1964)**. The principles of physical education. Philadelphia: W.B. Saunders Co.

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## CC-102: ANATOMY AND PHYSIOLOGY

### UNIT-1: Introduction of the Human Body

Organization of the human body and Brief introduction of Anatomy Physiology in the field of Physical Education and Sports

Cell-structure and functions of cells

Tissue- Types of tissue and their functions

Skeletal System- Bones of the human body-axial and appendicular skeleton. Classification and functions of bone Anatomical sex difference. Brief description of Joints.

### UNIT-2: System I

Muscular system- Types of muscle and functions-Structure of skeletal muscle, Major muscles of shoulder, hip and knee joint

Digestive system: The alimentary canal /G.I.tract, Accessory glands and digestive juices – Brief outline of process of carbohydrate, fat and protein digestion

Energy metabolism : Brief discussion on energy metabolism , Fuel for muscular work

Circulatory System: Function of circulatory system. Composition and function of blood, Heart- location and structure, pulmonary circulation, Systemic circulation. Cardiac cycle, Blood pressure, Blood group, Blood coagulation. Blood and immunity.

### UNIT-3: System II

Respiratory system: Organs of respiration, meaning internal and external respiration. mechanism of respiration,

Excretory system: Structure and function of kidney, urine formation

Endocrine system: Location, secretion and functions of different endocrine glands

Nervous system: organization, central nervous system- Brain, spinal cord, autonomic nervous system.

Concept of nerve- muscle physiology: Neuromuscular junction and transmission.

### UNIT-4: Effect of Exercise on Different System

Exercise-Concept and type

Types of muscular contraction. Effect of exercise on muscular system

Effect of exercise on circulatory system- Heart rate, stroke volume, cardiac output, athletic heart

Effect of exercise on respiratory system- Tidal volume, respiratory rate, pulmonary ventilation, oxygen uptake, oxygen debt or EPOC (Excess Post exercise oxygen consumption.)

### References:

1. Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
2. Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
3. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.
4. 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.
5. Moorthy, A.M. (2014). Anatomy physiology and health education.Karaikudi: MadalayamPub.
6. Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co. Pearce,
7. E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
8. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
9. Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.

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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, Aims, objectives and principles of Health Education  
Personal Hygiene: Care of eye, ear, skin and hair.  
School Health Program: Health service, Health instruction, Health supervision, health appraisal and Health record.

### UNIT-2: Health Problems in India- Prevention and Control

Communicable diseases: Malaria, Dengue, Dysentery, Cough and cold, chicken pox.  
Non-Communicable diseases: Obesity, Diabetes, Hyper Tension, Cancer.  
Nutritional Disorder: Mother-child Health Care, Explosive Population, Food Adulteration, First-Aid and emergency care.  
Postural Deformities

### UNIT- 3: Environmental Studies

Historical Background and concept of Environmental Studies  
Definition, scope, need and importance of Environmental Studies  
Recycling of wastes, plastic recycling and prohibition 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 and thermal pollution.  
Management of environment and Govt. Policies- role of Pollution Control Board  
Celebration of various days in relation with environment.

### 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. Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.

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## EC-101: PHYSICAL LITERACY THROUGH MOVEMENT EDUCATION (ELECTIVE)

### UNIT-1: Introduction to Movement Education and Physical Literacy

Definition, Meaning & Importance of Movement Education.  
Definition, Meaning & Importance of Physical Literacy.  
Concept of developmentally Appropriate Physical Activities.  
Standards based Physical Education Curriculum (NASPE Standards).

### UNIT-2: Motor Skill & Movement Pattern

Classification of Motor Skills: Fundamental (Locomotor, Nonlocomotor, Body Management Skill), Specialized (Manipulative, Rhythmic Movement, Game & Sport Skills).  
Skill Themes Approach and Development of Skill Themes: Traveling, Chasing, fleeing, dodging, jumping, landing, transferring body weight, striking, kicking, throwing and catching.  
Introduction to Movement Concepts, Development of Movement Concepts: Space Awareness, Effort Concepts, Relationships.  
Long Term Athlete Development (LTAD)

### UNIT- 3: Participation in Physical Activity and Personal & Social Development

Personal Development: Self-concept, Cognitive Functioning and Motivational outcomes  
Social Development: Altruism, Controlling Aggression, Cooperation, Group development.  
United Nations and other organizations using Sport and Traditional Sports for Social Development  
Sport for Development: Sport for Education, Economic, Gender, Health and Peace.

### UNIT- 4: Pedagogical Models for Physical Literacy & Movement Education

Need for child centered teaching models.  
Teaching Games for Understanding (TGFU) model: Invasion Games, Net/Wall Games, Striking/  
Fielding Games, Target Games  
Education through Movement (ETM) program  
Coaching life skills through sport

### References:

1. **Abels, K. & Bridges, J. M. (2010)** Teaching Movement Education: Foundations for active lifestyles. Human Kinetics
2. **Graham, G., Holt, Shirley & Parker, Melissa (1993)** Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3<sup>rd</sup> Edition, Mayfield Publishing Company.
3. **Lund, J & Tannehill & Lund, Jacalyn (2010)** Standards-Based Physical Education Curriculum Development, 2nd Edition. Jones & Barlett Learning.
4. **Frank, A. M (2003)** Sports and Education: A Reference Handbook (Contemporary Education Issues), ABC-CLIO.
5. Ciccomascolo, L. E. & Sullivan, E. C. (2013) The Dimensions of Physical Education. Jones & Barlett Learning.
6. **Pangrazi, R. P. (1998)** Dynamic Physical Education for Elementary School Children, 12th Edition. Allyn & Bacon.
7. **Griffin, L. & Butler, J. (2005)** Teaching Games for Understanding: Theory, Research, and Practice. Human Kinetics
8. **Coalter, F. (2013)** Sport for Development: What game are we playing?. Routledge.

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## EC 102: OFFICIATING AND COACHING (ELECTIVE)

### UNIT – 1: Introduction of Officiating and Coaching

Concept of Officiating and Coaching  
Importance and principles of Officiating  
Relation of official and coach with management, players and spectators  
Measures of improving the standards of Officiating and Coaching

### UNIT – 2: Coach as a Mentor

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

### UNIT – 3: Duties of Official

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

### UNIT – 4: Qualities and Qualification of Coach and Official

Qualities and Qualification of coach and official  
General rules of game and sports  
Eligibility rules of inter-collegiate and inter-university tournaments, preparation of TA,DA bills  
Integrity and values of sports

### Reference Books:

1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice
3. Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London
4. Press Ltd. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
5. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
6. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

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## Part – B PRACTICAL COURSES Semester – I

Course Code	PAPER TITLE	Marks	
		Internal	External
<b>PC-101</b>	<b>Track and Field (100)</b>		
1.1	<b>Running Events (20):</b> Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques : Run Through, Forward lunging, Shoulder Shrug Marking, Rules and Officiating	<b>30</b>	<b>70</b>
1.2	<b>Hurdles (20):</b> Fundamental Skills- Starting, Clearance and Landing Techniques. Types of Hurdles, Marking and Officiating.		
1.3	<b>Relay (20):</b> Baton Exchange for different distances, Understanding of Relay Zones, Marking and interpretation of rules and officiating		
1.4	<b>Jumping (20+20):</b> Running Broad Jump and Triple Jump Approach Run, Take-off, Flight and Landing		
<b>PC-102</b>	<b>Gymnastics or Swimming (100)</b>	<b>30</b>	<b>70</b>
2.1	<b>Gymnastics:</b> Floor Exercise, Forward Roll, Backward Roll, Hand stand, Cart Wheel, Leg Split, Different dancing steps (Combination) Table Vault: Approach Run, Take off from the beat board, Cat Vault, Squat Vault. Men: Parallel bar, Horizontal bar/Roman rings, Rhythmic Gymnastics, Pyramid (Pair, Trio, Quadrates, Penthats) Women: Uneven bars, Balance Beam, Rhythmic Gymnastics, Pyramid (Pair, Trio, Quadrates, Penthats)		
2.2	<b>Swimming:</b> Floating, Gliding, Leg Action, Arm action, Breathing technique Introduction of various strokes : Front crawl, Back crawl, Butterfly, Brest Stroke: Starting Technique and entry into water		

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	Medley, Life Savings		
<b>PC-103</b>	<b>March Past, Mass Demonstration Activities and Indigenous Sports (100)</b>		
3.1	<b>March Past (20) and Mass Demonstration Activities (10+10)</b>	<b>30</b>	<b>70</b>
3.2	Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri/ Bratachhari/Malkhamb/Lezium/Callisthenics (Any two of nine) <b>Indigenous Sports (30+30):</b> Kabaddi and Kho-Kho:		
<b>PC-104</b>	<b>Yoga, Weight Training and Aerobics (100):</b>		
4.1	<b>Yoga (40):</b> Surya Namaskar and Pranayam Sitting Position: Paschimottanasana, Gomukhasana, Ustrasana, Arda-maschandrasan Halasana, Salvasana, Sarvangasana, Chakrasana Vrikshasana, Padahastanasana, Trikonasana, Utkatasana	<b>30</b>	<b>70</b>
4.2	<b>Weight Training (30):</b> Crouch Sitting Position, Different types of grip, Standing with weight, Dead lift Curling: Two arm dumbbell curling, Barbell curling, Front Curling, Reverse Curling Dumbbell and Barbell press, Front and back press, Bench press (Incline & Decline) Squat: Front and back squat		
4.3	<b>Aerobics (30):</b> Low impact core moves - 1. March, 2. Side to side, 3. Double side to side, 4. grapevine, 5. Knee up, 6. Leg curl, 7. Toe touch, 8. Side lunge, 9. Back lunge, 10. Kick front, 11. Kick side, 12. Heel to raft, 13. 'E' shape, 14. 'v' shape 15. Introduction of Bench Exercise		



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## Semester - III

<b>Part A: Theoretical Course</b>				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
<b>Core Course</b>				
<b>CC-301</b>	Sports Training	30	70	100
<b>CC-302</b>	Computer Applications in Physical Education and Sports Science	30	70	100
<b>CC-303</b>	Sports Psychology and Sociology in Physical Education and Sports	30	70	100
<b>Elective Course (Anyone)</b>				
<b>EC-301</b>	Sports Medicine, Physiotherapy and Rehabilitation	30	70	100
<b>EC-302</b>	Curriculum Design			
<b>Part-B Practical Course</b>				
<b>PC-301</b>	Combative Sports: Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling/Lathi (Any two out of these) (50+50)	30	70	100
<b>TP-302</b>	Teaching Practice:	30	70	100
<b>TP-303</b>	Sports Specialization-I: Coaching lesson plan	30	70	100
<b>TP-304</b>	Teaching Practice: Yoga/Weight Training or Aerobics	30	70	100
<b>Total</b>		240	560	800

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## Semester – III

### Theory Courses

#### CC – 301: SPORTS TRAINING

##### UNIT – 1: Introduction to Sports Training

Meaning and Definition of Sports Training and Sports Coaching  
Aim and Objectives of Sports Training  
Principles of Sports Training and qualification and duties of sports trainer  
Components of games and sports training (Motor fitness components Technique, Tactics and Strategic approach, Psychological components facilities and infrastructure)

##### UNIT – 1: Process of development of motor fitness component

Strength- Means and method of Strength development  
Speed - Means and method of Speed development  
Endurance- Means and method of Endurance development  
Power and Balance - Means and method of Power and Balance development

##### UNIT – 1: Training load, load dynamics and Training processes

Concept definition and types of training load  
Components of training load  
Concept of load dynamics and its principles  
Technical and Tactical training- Meaning, Importance and methods.

##### UNIT – 1: Programme, planning and system of sports training

Periodization- Meaning, definition and types. Aims, Objectives and Content of different periods- Preparatory, Competition and Transition.  
Planning- Training session for Micro, Meso and Macro cycles.  
Systems of Sports Training- Basic Performance, Good Performance and High Performance.  
Talent identification. Meaning of Flexibility and coordinative ability and their role in High Performance

#### Reference:

1. Dick, W. F. (1980). Sports training principles. London: Lepus Books.
2. Harre, D. (1982). Principles of sports training. Berlin: Sporulated.
3. Jensen, R. C. & Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2nd Edn.
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: COMPUTER APPLICATIONS IN PHYSICAL EDUCATION AND SPORTS SCIENCE

### UNIT - 1: Introduction to Computer Application

Components of computer-input and output unit, storage unit, CPU, ALU, control unit.  
Starting & quitting windows, setting display, time & date, managing files and folders.  
Meaning, need and importance of information and communication technology (ICT).  
Application of computer and computer software in Physical Education and Sports

### UNIT - 2: Word

Introduction to word  
Creating, saving and opening a document  
Formatting & editing features, drawing table and graphs, page setup, paragraph alignment, spelling and grammar check, bullets and numbering, page number, header and footer, footnote and endnotes, mail merge, printing option and hyperlink.  
Preparation of word document

### UNIT - 3: Excel

Introduction to Excel  
Creating, saving and opening spreadsheet  
Format and editing features, adjusting columns width and row height, Creating formulas, short and filter, inserting graph and pictures, printing option  
Preparation of Excel worksheet

### UNIT - 4: Power Point

Introduction to Power Point  
Creating, saving and opening a ppt file  
Format and editing features, slide show, design, inserting slide number, picture, graph, table, hyperlink and graphics.  
Preparation of Power Point Presentation

### 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. Milke, M.(2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.
4. Sinha, P. K. &Sinha, P. (n.d.).*Computer fundamentals*. 4th edition, BPB Publication.

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## CC – 303: PSYCHOLOGY AND SOCIOLOGY IN PHYSICAL EDUCATION AND SPORTS

### UNIT – 1: Introduction to Psychology and Sociology

Meaning, Importance and scope of Sports Psychology and Sociology.  
Biological Basis of Human Behaviour  
Individual Differences – Heredity and Environment  
Psycho-social aspects of Human behavior in relation to Physical Education and Sports

### UNIT – 2: Learning, Maturity and Growth & Development

Learning-Definition, Types and Laws of Learning. Theories of Learning. Factors affecting Learning, Transfer of Learning. Learning Curve – Stagnation in learning.  
Growth and Development – Stages of Development, need of Physical Activity  
Personality - Meaning and definition of personality, characteristics of personality,  
Dimension of personality, Personality and Sports performance.  
Mental Aspects – Attention, Interest, Motivation, Aggression, Emotion, Anxiety.

### UNIT – 3: Social Science and Physical Education

Orthodoxy, customs, Tradition and Physical Education.  
Importance of Festivals in physical Education.  
Theories of Play, Socialization through Physical Education.  
Social Group life Social conglomeration– Social group, Primary group and Remote group.

### UNIT – 4: Culture and Physical Education

Features of culture, Importance of culture  
Importance of sports in modern society  
Effects of culture on people lifestyle.  
Different methods of studying (Observation/Inspection method  
Questionnaire method, Interview method.)

### Suggested Readings

1. B. J. Cratty. Psychology of Contemporary sports Champaign: Human Kinetics Publishers,
2. John M. Silva & Roberts. Psychological Foundations of Sport. Champaign: Human Kinetics Publishers.
3. Diane Gills, Psychological Dynamics of sports. Champaign: Human Kinetics Publishers.
4. Cox, Sports Psychology. Champaign: Human Kinetics Publishers.
5. Richard M. Sumin, "Psychology in Sports, Methods & Application. New Delhi: Surjeet Publication.

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## EC-301: SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)

### UNIT-1: Sports Medicine

Meaning and concept of sports medicine, Aim and objectives of sports medicine.  
Development of sports medicine as discipline –aspect of sports medicine  
Common regional injuries and their management- shoulder, elbow, wrist knee and ankle –signs, symptoms and diagnosis of injuries  
Concept of doping and doping agents banded by WADA

### UNIT-2: Physiotherapy

Brief introduction of Physiotherapy  
Need and importance of Physiotherapy  
Different types of therapeutic modalities (cryotherapy, superficial thermo therapy, penetrating thermotherapy, Electrical stimulation)  
Guiding principles of therapeutic modalities

### UNIT-3: Athletic Care and Massage

Prevention of athletic injuries – steps of prevention –pre-participation evaluation –Warm up and conditioning.  
Emergency care in athletics and First aid – Meaning and principles – First aid care for I) Loss of consciousness II) control of building III) Drowning and basic life support.  
Protective and supportive equipment: Taping, Bandaging, padding and orthotics.  
Massage: Classification – general principles, indication and contraindication.

### UNIT -4: Rehabilitations

Concept and goal of rehabilitation  
Principle of therapeutic exercises –Classification, uses of  
Passive movement and active movement  
Mobility exercise

### 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.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
3. David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
4. 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.

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## EC-302: CURRICULUM DESIGN (ELECTIVE)

### 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,

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## SEMESTER – III

Course Code	COURSE TITLE	Marks	
		Internal	External
PC-301	<b>Combative Sports (50+50):</b> Combative Sports: Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling, Lathi (Any two out of these) (50+50 marks)	30	70
TP-302	<b>Teaching Practice: Racket sports and Team games (50+50)</b> <b>Teaching Practice: Racket sports</b> -4 lessons- Best of 3 will be internally evaluated and 1 final lesson will be externally evaluated  <b>Team games</b> -4 lessons- Best of 3 will be internally evaluated and 1 final lesson will be externally evaluated (50+50 marks)	30	70
TP-303	<b>Sports Specialization-I: Coaching lesson plan (100)</b>  Sports Specialization-I: Coaching lesson plan: (Any one activity from Track & Field/Gymnastics/Swimming)  Note book (Internal), 1 lesson internal & 1 lesson external (60 for lesson and 10 for viva), Internal- 20 for lesson and 10 for Note book)	30	70
TP-304	<b>Teaching Practice on Yoga/Weight Training or Aerobics (50+50)</b>  Teaching Practice: Yoga and Weight Training or Aerobics  <b>Yoga-4 lessons</b> in School Situation- Best of 3 will be internally evaluated and 1 final lesson will be externally evaluated.  <b>Weight Training or Aerobics- 4 lessons</b> in School Situation- Best of 3 will be internally evaluated and 1 final lesson will be externally evaluated (50+50 marks)	30	70