

Final for
SEM

D.P.E.d.

Employability

Practical Courses

Semester - I

1.1-3

PC - 101

Track and Field (Running Event)

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

Hurdles- Fundamental Skills- Starting, Clearance and Landing Techniques.
Ground Marking and Officiating.

Relays: Fundamental Skills

- Various patterns of Baton Exchange
- Understanding of Relay Zones
- Ground Marking
- Interpretation of Rules and Officiating.

1.13

PC - 102

Swimming: Fundamental Skills

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

PC - 102

Aerobics: Introduction of Aerobics

- Rhythmic Aerobics - dance
- Low impact aerobics
- High impact aerobics

1.1,3

- Aerobics kick boxing
 - Postures – Warm up and cool down
- THR Zone – Being successful in exercise and adaptation to aerobic workout

PC – 102

Yoga:

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

PC-102

Shooting

- Shooting position.
- Aiming.
- Pulling the trigger.
- Breathing.
- Near-Middle-Far.
- Crossing Birds.
- The Double Tap.

PC 103

Kho Kho:

- 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, Judgement in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, 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.

PC 103

Throwball

- Throwing, Spin
- Receiving
- Service – High Service, Spin Service- Vertical and Horizontal spin, Net Service.
- Ground Marking, Rules and Officiating

PC – 103

Malkhambh and Light Apparatus:

- Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.
- Lezuim NFC-NDS Ghati –each series 10 exercises.AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.
- Mass P.T. Exercises-Two count, four count and eight count exercises.
- Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.
- Drill and Marching
- Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.
- 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 – 104

Dumbbells/ Wands/ Hoop/ Kanjras/Indian Clubs/Flag: 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 count, Four count, Eight count and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

Rhythmic Activities: Lazims- NDS Series, NFC Series, Ghati Series.

Drill and Marching: Sport Command (Attention, Stand-at-ease, Right Turn, Left Turn, About Turn), Marching -Daine Salute, Samne Salute.

Ceremonial Parade: Flag hoisting and Flag De-hoisting.

Semester-II

PC – 201

Track and FieldJumping Events

- High Jump (Straddle Roll)
- Approach Run.
- Take off
- Clearance over the bar.
- Landing
- Triple jump
- High jump

PC - 202

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.
- Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- 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

PC – 202

Gymnastics: Floor Exercise

- Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge,

Dancing steps, Head stand, Jumps-leap, scissors leap.

- Vaulting Horse

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

- Parallel Bar:
- Mount from one bar
- Straddle walking on parallel bars.
- Single and double step walk
- Perfect swing
- Shoulder stand on one bar and roll forward.
- Roll side
- Shoulder stand
- Front on back vault to the side(dismount)
- Horizontal /Single Bar:
- Grip
- Swings

- Fundamental Elements
- Dismount
- Uneven Parallal Bar:
- Grip
- Swings
- Fundamental Elements
- Dismount

PC – 202

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, Side Arm Service, Tennis Service, Round Arm Service.

Rules and their interpretations and duties of officials.\

PC- 202

Futsal:

- Controlling the ball
- Running with the ball
- Passing the ball
- Shooting
- Special techniques
- Goalkeeping techniques
- Technical preparation for goalkeepers
- Rules and their interpretations and duties of officials.

PC - 203

Badminton: Fundamental Skills

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

PC 203

Hockey: Fundamental Skills

- Player stance & Grip
- Rolling the ball
- Dribbling

- Push
- Stopping
- Hit, Flick and Scoop
- Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass.
- Reverse hit
- Dodging
- Goal keeping – Hand defiance, 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.

PC – 203

Tennis: 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 – 203

Squash 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.

Skill Development and Employability

Semester II - Theory Courses

1.13

CC-202 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Objectives:

- To familiarize the students with meaning and definition of organization and administration.
- To understand the steps of planning process.
- To know the methods of maintaining various records and registers related to physical education and sports.
- To understand the methods of maintenance of infrastructures.
- To understand the process of making time table.
- To understand the organizational procedure of various types tournaments.

Unit – I: Organization and Administration

- Meaning, Definition and importance of Organization and Administration in physical education
- Qualification and Responsibilities of Physical Education teacher and pupil leader
- Planning and their basic principles.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, Controlling, evaluating and innovating.

Unit- II: Office Management

- 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.
- Program planning: Meaning, Importance, Principles of program planning in physical Education.
- Organization and administration set up of sports at various level- School, College, University, Taluk, District, State and National.

Unit-III: Facilities and 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.

Unit-IV: 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

References:

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- Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
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- Charles, E. Foxythe and Irm A. Keuer, "Administration of High School Athletics", Prentice Hall Inc. Englewood, N.J. 1979.
- Vollmer & Esslinger: Organisation and Administration
- Joseph R : Organization of Physical Education.
- Hughes and French: Administration Physical education.

CC-203 SPORTS NUTRITION AND WEIGHT MANAGEMENT**Objectives:**

- To familiarize the students with meaning and definition of sports nutrition.
- To understand the role of nutrition in sports.
- To know the components of nutrition and their functions.
- To know the relationship between exercises and weight management.
- To acquire the knowledge regarding healthy lifestyle approach.
- To gain the knowledge to design diet plan for different sport.

Unit – I 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 – II Nutrients: Ingestion to energy metabolism

- 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.

Unit – III Weight Management

- Meaning of weight management, Concept of weight management in modern era, Factor affecting weight management and values.
- Concept of BMI, Myth of Spot reduction. Dieting versus exercise for weight control
- Obesity –Meaning, types of obesity.
- Health Risks Associated with Obesity, Causes and Solutions for Overcoming Obesity.

Unit – IV Steps of planning of Weight Management

- Nutrition – Daily calorie intake and expenditure.
- Balanced diet for Indian School Children, Healthy Lifestyle Management.
- Weight management program for sporty child.
- Design diet plan and exercise schedule for weight gain and loss.

References:

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- 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.
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- R J Maughan Burke Maughan Coyle, *Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition*, Taylor & Francis Ltd Hal Higdon, Marathon, Sports & Recreation

EC-201 YOGA, FITNESS AND WELLNESS (ELECTIVE)

Objectives:

- To familiarize the students with meaning and definition of yoga.
- To understand the difference between yogic practice and physical exercise.
- To understand the Astanga yoga and their principles.
- To enable the students to differentiate the bandhas, kriyas and mudras.
- To understand the relationship between fitness and wellness.
- To gain knowledge regarding various aspects and its practical implications fitness lifestyle management.

Unit – I: Introduction

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Yoga in Early Upanisads
- Need and Importance of Yoga in Physical Education and Sports
- Difference between yogic practices and physical exercises

Unit - II: Foundations of Yoga

- The Astanga Yoga
- Effect of Asanas, Pranayama and Meditations on various system of the body
- Classification of asanas with special reference to physical education and sports
- Types of Bandhas, kriyas and mudras
- The Yoga Sutras general consideration.

Unit - III Concept of Fitness and Wellness

- Definition, Aims and Objectives of fitness and Wellness
- Importance and scope of Fitness and Wellness
- Types and Components of Fitness and Wellness
- Health benefits of Physical activity

Unit – IV Fitness Promotion

- Means of Fitness Development – Aerobic and Anaerobic Exercises
- Concept of designing different Fitness Training Programme for Different age groups.
- Reaching wellness through lifestyle management.
- Relationship of wellness with yoga, pranayama and meditation.

References:

- Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.

- Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaixydamoe.
- Rajjan, S. M. (1985). Yoga strenthening of frelexation for sports man. New Delhi: Allied Publishers.
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- Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.
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- Asanas: & Pranayam—Swami Kavalayanand.
- Yoga Personal Hygiene—Sri Yogendra.
- Yogic Exercises by the Fit and the Ailing- S. Mazumdar.
- Yoga by Dr. Anil Karwande
- Yogic Asanas for Health and Vigour - Dr. Role.
- Hatha Yoga—Go swami, S. S.
- Practical Yoga : Ancient and Modern Wood, E.

PC – 301

Track and Field (Throwing Events)

- Discus Throw, Javelin, Hammer throw, shot-put
- Basic Skills and techniques of the Throwing events
- Ground Marking / Sector Marking
- Interpretation of Rules and Officiating.
- Grip
- Stance
- Release
- Reserve/ (Follow through action)
- Rules and their interpretations and duties of officials

PC – 302

Cricket: 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 – 302

Karate: 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

Judo: Fundamental skills

- Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position)
- Kumi kata (Methods of holding judo costume)

Employability

- 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), MaeUkemi (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 loimn), SeoiNage (Shoulder throw).

PC - 302

Wrestling: 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, Dopuble arm lock roll, Cridge.
- Standing Wrestling-Head under arm series, whizzer series
- Referees positions.

PC - 303

Hand Ball:

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

PC - 303

Softball 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

Tennikoit

- Throwing
- Catching
- Service
- Rules and their interpretations and duties of officials

PC 303

Base Ball Fundamental Skills

- Player Stances – walking, extending walking, L stance, cat stance.
- Grip – standard grip, choke grip,
- Batting – swing and bunt.
- Pitching –
- Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screwball,
- 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 - 401 Track and Field (Combined Events)

- Decathlon
- Heptathlon
- Project
- Rules and their interpretations and duties of the officials.

PC - 402

Basket ball: Fundamental Skills

- Player stance and ball handling
- Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, 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, 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.

PC 402

Football: Fundamental Skills

- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
- Trapping-trapping rolling the ball, trapping bouncing ball with sole
- 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.

PC 402

Cycling

- Braking
- Balance
- Shifting
- Pedaling
- Descending
- Rules and their interpretations and duties of the officials.

PC 402

Rugby

- Passing

- Receiving
- Move with ball
- Movement without ball
- Tackling
- Side stepping
- Travel
- Kicking
- Field position
- Ruck and maul
- Rules and their interpretations and duties of the officials.

PC 403

Ball Badminton

- Service – Easy, Spin or Chop
- Receiving- Forehand, Backhand, Underhand and Overhead
- Smash
- Footwork
- Rules and their interpretations and duties of the officials.

PC - 403

Table Tennis: Fundamental Skills

- 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 – 403

Chess:

- Familiarize students with pawns and chess board: teaching them how to move there pawns and capture those of their opponent.
- Castling, En Passant, Checkmate, Stalemate

PC – 403

Speedball:

- Serve.
- Receive.
- Alternate rally.
- Aim at record of strokes with 4 kinds of right hand, left hand, two hand forehand, two hands backhand.

Skill Development

A-1-3

TP – 201 Teaching practices:

10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.Ed course.

TP – 301 Teaching practices:

10 teaching lesson plans for Racket Sport/ Team Games/ Indigeneous Sports out of which 5 lessons internal and 5 lessons external at school.

TP – 401 Sports Specialization: Coaching lessons Plans (One for Sports 5 lessons).

Games Specialization: Coaching lessons Plans (One for Games 5 lessons).

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

Table – 1: Semester wise distribution of hours per 12 weeks

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 credits 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	72	24	128

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

Objectives:

- To work as physical education teachers and coaches with greater efficiency.
- To apply the acquired and in-depth knowledge as well as their methodical competences in practical sports training under different conditions.
- To choose appropriate and more effective training measures for the preparation of athletes for national and international competitions
- To act as multipliers in the selected sports discipline, e.g. by organizing training and further education courses for sports instructors in their home country.
- To promote further development of sports structures and acquisition of new target groups in the field of sport.

Unit – I Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- System of Sports Training – Basic Performance, Good Performance and High Performance Training

Unit – II Training Components

- Strength – Means and Methods of Strength Development
- Speed – Means and Methods of Speed Development
- Endurance - Means and Methods of Endurance Development
- Coordination – Means and Methods of coordination Development
- Flexibility – Means and Methods of Flexibility Development

Unit – III Training Process

- Training Load- Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technical Training – Meaning and Methods of Technique Training
- Tactical Training – Meaning and Methods of Tactical Training

Unit – IV Training programming and planning

- Periodization – Meaning and types of Periodization
- Aim and Content of Periods – Preparatory, Competition, Transitional etc.
- Planning – Training session
- Talent Identification and Development

Reference:

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- Tudor Bompa, Carlo Buzzichelli (2018),Periodization: Theory and Methodology of Training, Human Kinetics.

Skill Development and Employability

Semester III - Theory Courses

CC-302 OFFICIATING AND COACHING

1.1.3

Objectives:

- To work as physical education teachers, coaches and referees with greater efficiency.
- To understand the philosophy and duties of a coach.
- To know the different methods of officiating.
- To apply the acquired and in-depth knowledge as well as their methodical competences in practical sports training under different conditions.

Unit- I: 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- II: Coach as a Mentor

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

Unit- III: Duties of Official

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

Unit- IV: Qualities and Qualifications of Coach and Official

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

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EC-302 RECREATION AND CAMP (ELECTIVE)**Objectives:**

- To orient the students about meaning, scope, importance and principles of recreation.
- To familiarize the students to make planning of recreational programmes.
- To gain knowledge about availability of various recreational facilities.
- To understand the meaning and definition of camping.
- To understand the method of selecting camping site.
- To understand the role and responsibility of a camp leader..

Unit-I Introduction

- Orientation to recreation- Meaning, scope and importance of recreation, Principles of Recreations
- Types of recreation, characteristics and common misconceptions of recreation.
- Recreational agencies- government and private agencies.
- Areas and facilities: Planning for recreation programmes, value of recreational planning.

Unit- II Recreational Programmes and Facilities

- Outdoor, indoor recreation programmes - Equipment and facilities.
- Programme planning- the principles of programme planning and values.
- Conducting rural, urban and community recreational programmes and values.
- Theories of recreation, conducting recreational activities for special children.

Unit- III Camp

- Introduction, Meaning, Definition, Need, scope and importance of camp.
- Aims and Objectives of Camp, Types of Camp
- Selection of Camp Site.
- Organizational method of camp, Time Table, Equipments, Evaluation of Camp programme.

Unit – IV Leadership

- Meaning, Definition of Leader, Concept of Leadership, Objectives, Responsibilities and Functions of Leadership for camp.
- Qualities and Qualifications of Recreational Leaders.
- Volunteer service in Recreation.
- Importance of Leadership in Children and Youths.

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CC-303 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Objectives:

- To understand the meaning, definition and importance of sports medicine in physical education.
- To familiarize with the method and procedure of first aid and types of bandage.
- To gain knowledge about therapeutic modalities as well as their practical application.
- To familiarize the students with various types of massage.
- To enable the students to gain the knowledge about free mobility exercises of various joints of human body.

Unit-I: - Sports Medicine:

- Sports Medicine: Meaning, Definition, Aims, Objectives and Importance.
- Need and Importance of the study of sports injuries in the field of Physical Education
- Common sports injuries, Causes and Prevention of injuries in sports
- First Aid – Principles of First Aid, First Aid Kit, Bandages – Types of Bandages.

Unit-II: Physiotherapy

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

Unit-III: Hydrotherapy and Massage

- Introduction and demonstration of treatments - Thermo therapy
- Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation
- Massage: History of Massage – Classification of Massage
- Physiological Effects of Massage.

Unit-IV: Therapeutic Exercise:

- Meaning, Definition and Scope of Therapeutic Exercise
- Principles of Therapeutic Exercise
- Classification of Therapeutic exercise and its effects
- Free Mobility Exercise –Neck, Shoulder, Elbow, Wrist and Finger Joints, Hips, Knee, ankle and Foot joints.

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CC-402 KINESIOLOGY AND BIOMECHANICS**Objectives:**

- To understand the meaning and scope of Kinesiology and Biomechanics in Physical Education and sports
- To familiarize the students with movements at different joints.
- To understand different movement of muscles.
- To know the principles of physics as applied to sports skills
- Application of laws of biomechanics in various skills and athletic events.

Unit – I Introduction to Kinesiology and Biomechanics

- Meaning and Definition of Kinesiology and Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education and Sports.
- Movements in different joints
- Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

Unit – II Fundamental Concept of Anatomy and Physiology

- Classification of Joints.
- 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 – III 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 – IV 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, Force.
- Angular Kinetics – Moment of inertia, Couple, Stability, Force.

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- Kinesiology and the Anatomy Motion by E. N. Dural
- Efficiency of Human Movements by N. B. Jauneler
- Physiology of Exercises & Kinesiology by Dr. Maya S. Madiwale (Amit Brothers Publications, Nagpur)
- Kinesiology and the Anatomy Motion by E. N. Dural.
- Kinesiology and Applied Anatomy by Rasch, Burke Lee and Febiger.

Skill Development and Employability

Semester IV - Theory Courses

CC-403 SPORTS MANAGEMENT

1.1.4

Objectives:

- To understand the meaning and scope of sports management.
- To understand the procedure of event management in physical education and sports.
- To understand the meaning of leadership and different styles of leadership.
- To familiarize the student with the procedure of program planning.
- To understand the steps in making a good sports budget.

Unit-I Introduction

- Meaning, Definition, Scope, Importance, Nature and Concept of Sports Management.
- Progressive concept of Sports management.
- Essential skills of sports Management.
- Qualities and competencies required for the Sports Manager.
- Event Management in physical education and sports.

Unit-II Leadership

- Meaning and Definition of leadership
- Leadership style and method.
- Elements of leadership.
- Forms of Leadership – Autocratic, Laissez-fair, Democratic, Benevolent Dictator
- Qualities and Qualifications of administrative leader.
- Leadership and Organizational performance.

Unit-III Programme Planning

- Meaning, Need and Importance of programme planning,
- Factors affecting planning.
- Planning, Directing and Controlling a school or college sports programme.
- Developing performance standard, Establishing a reporting system, Evaluation, The reward/punishment system

Unit-IV Budget

- Budget – Importance, Criteria of good budget
- Principles of sports budgeting
- Steps of preparing sports Budget.
- Financial management of Physical Education and sports in schools, Colleges and Universities.

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EC-401 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION (ELECTIVE)**Objectives:**

- To familiarise the student with the dimensions and methods of research.
- To orient the student to make an informed choice from the large number of alternative methods and experimental designs available.
- To analyse an event or process or phenomenon to identify the cause and effect relationship
- To enable the student to present a good research proposal.
- To familiarise the student with the nature of research and scientific writing.

Unit-I Introduction to Research

- Meaning and Definition of Research
- Need and importance of Research in Physical Education and Sports.
- Scope of Research in Physical Education & Sports.
- Types of Research

Unit-II Survey of Related Literature

- Need for surveying related literature.
- Meaning and Types of Hypothesis.
- Meaning and Types of Sampling.
- Research Proposal, Meaning and Significance of Research Proposal.

Unit-III 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, Frequency Curve.

Unit- IV Statistical Models in Physical Education and Sports

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition
- Importance, Advantages, Disadvantages of Mean, Median and Mode
- Calculation of Mean, Median and Mode from Group and Ungrouped data
- Calculation of Standard deviation and coefficient of correlation

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EC-402 SPORTS JOURNALISM AND SOCIOLOGY (ELECTIVE)**Objectives:**

- Meaning, scope and changing trends of journalism in sports.
- Role of journalism in sports promotion and vice-versa and Media.
- To develop professional competencies, skills and knowledge regarding sports journalism.
- To acquire the writing skills in the field of sports.
- To understand the socialization process through physical education.
- To understand the status of women sports in India.
- To understand the importance of women participation in sports.

Unit I Introduction

- Meaning and Definition of Journalism.
- Role of Journalism in the Field of Physical Education and sports.
- Reporting Sports Events.
- National and International Sports News Agencies.

Unit II Sports Bulletin

- Concept of Sports Bulletin: Journalism and sports education
- Structure of sports bulletin – Compiling a bulletin – Types of bulletin
- Canons of journalism- Sports Ethics and Sportsmanship
- Mass media – Importance of mass media in the field of Physical Education and sports

Unit-III: Relation between Social Science and Physical Education.

- Culture, Customs, Tradition and Physical Education.
- Festivals and Physical Education.
- Socialization through Physical Education.
- Social Group life, Social conglomeration and Social group, Primary group and Remote group.
- The audience – Sports and aggression, collective violence in sports

Unit-IV Women in sports

- Women in sports – Need and Importance of Participation of Women in Sports
- The sports women in our society, participation and patterns among women.
- Status of women in sports in India.
- Gender in equation issues and future of women sports.

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