



Where talent meets opportunity

SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES

**VISION, MISSION, PROGRAMME
OUTCOMES, PROGRAMME SPECIFIC
OUTCOMES & COURSE OUTCOMES**

www.sssutms.co.in

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**SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
SCHOOL OF PHYSICAL EDUCATION**

**Outcome based Curriculum for
Undergraduate Degree Courses in Physical Education
Department of Physical Education**

Vision:- To develop globally recognized world class professionals and educators in the field of sports sciences to have sustained impact on social progress and betterment.

Mission:-

1. To innovatively and strategically enhancing the department as leading role in the field of physical education and provides teacher education and education plus program.
2. To nurture quality physical education teachers as well as sports and health professionals as self-reliant life-long learners capable for integrating theory and practice to serve as role models.
3. To develop professionals to encourage personal and professionally healthy behaviours of the individuals.

Programme Educational Objectives:-

- PEO1: Students will understand the importance of sound health and fitness principles as they Related to better health .
- PEO2: Students will define the various health components of fitness.
- PEO3: They will recognize the physical and mental benefits of increased activity.
- PEO4: Understand anatomy, basic bio-mechanical principles and terminology.
- PEO5: Determine factors involved with development, fitness level and training strategies.


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School of Physical Education
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POs of the Programme:

- POs-1: Develop self-learning skills, problem solving, critical thinking abilities and the ability to retrieve, evaluate and manage information in the literature
- POs-2: To engage student teacher with self, Child, community and school to establish close connection between different physical education curricular areas.
- POs-3: To identifying the challenging and overcoming gender inequalities in ground, Play field, class room, curriculum, text book, social institutions etc.
- POs-4: To be able to use learner centred teaching methods as such and with modification in future.
- POs-5: To develop an understanding of the contemporary Indian society with special reference to physical education.
- POs-6: To be able to interact with sports persons from diverse socio economic and diverse background.
- POs-7: Be able to actively participate in the processes of planning, budgeting, financial management, assessing outcomes, coordinating campus and community relations.
- POs-8: To provide firsthand experience of all the physical activities.

PROGRAM SPECIFIC OUTCOMES (PSOs) OF THE PROGRAMME

These outcomes are specific to a program defined POs Physical Education:

- PSO 1: To prepare success in technical or professional careers in various sports centre through excellent real time exposure to rigorous education.
- PSO 2: To streams a lifelong career of personal and practicing professional growth with ethical codes and self esteem.


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New Scheme of B.P.Ed
1st Semester (CBCS)
Part -A Theory Course

Code	Title of Papers	Total Hours	Credits	Internal Marks	External Marks	Total Marks
PET101	History Principles and Foundation of Physical Education	4	4	40	60	100
PET102	Anatomy & Physiology	4	4	40	60	100
PET103	Health Education and Environmental Studies	4	4	40	60	100


Elective Course (Any one)

PET106	Olympic Movement	4	4	40	60	100
PET107	Officiating and Coaching					

Part -B Practical Course

PEP101	Track and Field (Running events)	6	4	40	60	100
PEP102	Swimming/Gymnastic/Shooting	6	4	40	60	100
PEP103	Indigenous Sports: Kabaddi/Malkhamb/Lezium/March Past	6	4	40	60	100
PEP104	Mass Demonstration activities Kho-Kho/Dumbbells/Tipri/Wands/Hoops/Umbrella	6	4	40	60	100
Total		40	32	320	480	800

Note - Total no. hours required to earn 4 credits for each Theory Course are 68-80 hours per semester where as 102-120 hours for each Practicum Course.


Dr. Minakshi Pathak


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IInd Semester
Part -A Theory Course (CBCS)

Code	Title of Papers	Total Hours	Credits	Internal Marks	External Marks	Total Marks
PET201	Yoga Education	4	4	40	60	100
PET202	Educational Technology and Methods of Teaching in Physical Education	4	4	40	60	100
PET203	Organization & Administration	4	4	40	60	100

Elective Course (Any One)

PET204	Contemporary issues in physical education, fitness and Wellness	4	4	40	60	100
PET205	Sports Nutrition and Weight Management					

Part -B Practical Course

PEP201	Track and Field (Jumping Events)	6	4	40	60	100
PEP202	Yoga/Aerobics/Gymnastics/Swimming	6	4	40	60	100
PEP203	Racquet Sports: Badminton/Table Tennis/Squash/Tennis	6	4	40	60	100

Part-C Teaching Practices

PETP201	Teaching Practices(05 lessons in class room teaching and 05 lessons in outdoor activities)	6	4	40	60	100
Total		40	32	320	480	800

Note :- Total no. hours required to earn 4 credits for each Theory Course are 68-80 hours per semester where as 102-120 hours for each Practicum Course.

Dr. Minakshi Patil

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IIIrd Semester
Part -A Theory Course

(CBCS)

Code	Title of Papers	Total Hours	Credits	Internal Marks	External Marks	Total Marks
PET301	Sports Training	4	4	40	60	100
PET302	Computer Applications in Physical Education	4	4	40	60	100
PET303	Sports Psychology and Sociology	4	4	40	60	100
Elective Course (Any One)						
PET304	Sports Medicine, Physiotherapy, and Rehabilitation	4	4	40	60	100
PET305	Curriculum Design					
Part -B Practical Course						
PEP301	Track and Field (Throwing Events)	6	4	40	60	100
PEP302	Combative Sports: Martial Art/Karate/Judo/ Fencing/Boxing Taekwondo/Wrestling(any two out of these)	6	4	40	60	100
PEP303	Team Games: Baseball/Cricket/Football/Hockey/Softball/Volleyball Handball/Basketball/Netball(Any Two)	6	4	40	60	100
Part-C Teaching Practices						
PETP301	Teaching Practices(Teaching Lesson Plans for Racquet Sport/Team Games/ Indigenous Sports) (out of 10 lessons 5 internal and 5 external at practicing School)	6	4	40	60	100
Total		40	32	320	480	800

Note: - Total no. hours required to earn 4 credits for each Theory Course are 68-80 hours per semester where as 102-120 hours for each Practicum Course.

Dr. Minakshi Patil

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IVth Semester
Part -A Theory Course

(CBCS)

Code	Title of Papers	Total Hours	Credits	Internal Marks	External Marks	Total Marks
PET401	Measurement and Evaluation in Physical Education	4	4	40	60	100
PET402	Kinesiology and Biomechanics	4	4	40	60	100
PET403	Research and Statistics in Physical Education	4	4	40	60	100

Elective Course (Any one)

PET404	Theory of Sports and Game	4	4	40	60	100
PET405	Sports Management					

Part -B Practical Course

PEP401	Track and Field/Swimming/Gymnastics (Any One)	6	4	40	60	100
PEP402	Kabaddi/KhoKho/ Baseball/ Cricket/ Football/ Hockey/ Softball/Volleyball/Handball/Basketball/Netball/ Badminton/Table-Tennis/Squash/Tennis(any three of these)	6	4	40	60	100

Part-C Teaching Practices

PETP401	Sports Specialization: Coaching lessons plans (one of sports 5 lessons)	6	4	40	60	100
PETP402	Games Specialization: Coaching lessons plans (one for games 5 lessons)	6	4	40	60	100
Total		40	32	320	480	800
G. Total		160	128	1280	1920	3200

Note: - Total no. hours required to earn 4 credits for each Theory Course are 68-80 hours per semester where as 102-120 hours for each Practicum Course.

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D. Minaka

Structure of Programme:

To full fill the need of development of all the POs/ GAs, as per above mapping, university decided to have following semester wise programme structure.

Course Outcomes			OUTCOME
Year/ Semester	SUBJECT CODE	SUBJECT	
	PET-101	History , Principles and Foundation of Physical Education	Cos1: To understand the history of Physical Education through ages and define principle.
	PET-102	Anatomy & Physiology	Cos2: Compounds, structuralisomerism, intermediates to understand the major components of the human body system and describe their functions.
	PET-103	Health Education and Environmental; Studies	Cos3: The knowledge of physical education helps in attainment of further information on physical fitness and as well as .
	PET-106	Olympic Movement	Cos4: The students will learn and gain the knowledge about various games and sports events. And in the practical performance they get hands on knowledge on qualitative and quantitative estimation of these. This knowledge is helpful for them in learning about high level achievements.
First/ I sem.	PET-107	Officiating and Coaching	Cos5: The subject provide the knowledge to develop the quality of being a qualified official (Referees) as well qualified Coach.
	PEP-101	Track and Field (Running events)	Cos6: To enhance the Practical and theoretical knowledge related to skills of track and field events. Mainly the running events.
	PEP-102	Swimming/ Gymnastic/Shooting	Cos7: Gain perfectness in the skills of the relevant events during the course study.
	PEP-103	Indigenous Sports: Kabaddi/ Malkhamb/ Lezium/ March Past	Cos8: The introduction of the National Indian Curriculum has the potential to make significant impact on indigenous sports education.
	PEP-104	Mass Demonstration activities Kho-Kho/ Dumbbells/ Tipri/ Wands/Hoops/ Umbrella	Cos9: This course deals majorly with the different professional aspects of Physical Education. It helps the students to develop a keen inquisitive mind that is needed by practicing sports teacher.

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Year/ Semester	SUBJECT CODE	SUBJECT	OUTCOME
	PET-201	Yoga Education	Cos10: Students will practice and focus on yoga for strength, flexibility, and relaxation. The subject also cover techniques for increasing concentration and decreasing anxiety which leads to Stronger academic performance. Breathing exercises and healthy fitness activities will also be taught.
	PET-202	Educational Technology and Methods of Teaching in Physical Education	Cos11: This subject deals with general and specific methods of physical education are introduced to the Being a physical education teacher.
	PET-203	Organization & Administration	Cos12: The different laws that govern their fundamental knowledge on the ethics associated with the Students. This builds up their physical education.
	PET-204	Contemporary issues in physical education, fitness and Wellness	Cos13: Knowledge and information of modern technology and sources provided to the students . Cos14: Habitually taken food and drink and their absorption to built living tissues could be the Simplest Definition for diet and nutrition. "What we eat is what we become" is the best quote Which is more Evidently visible now a days. Pursue the identification of prescriptions and process of complete Fineness.
	PET-205	Sports Nutrition and Weight Management	Cos15: To enhance the Practical and theoretical knowledge related to skills of track and field events. Mainly the jumping events.
	PEP-201	Track and Field (Jumping Events)	Cos16: Students will practice and focus on yoga for strength, flexibility, and relaxation. The subject also cover techniques for increasing concentration and decreasing anxiety which less to Stronger academic performance. Breathing exercises and healthy fitness activities will also be taught.
	PEP-202	Yoga/Aerobics/ Gymnastics/Swimming	Cos17: The purpose of this course is to introduce students to the basic skills and knowledge associated with playing a variety of racquet sports such as tennis, badminton, table tennis, handball, pickle ball, etc. And identify the major muscle groups and their application to racquet sports.
	PEP-203	Racquet Sports: Badminton/ Table Tennis/ Squash/Tennis	Cos18: Teaching Practices describe the measurable skills, abilities, knowledge or values that students- teacher should be able to demonstrate as a result of a completing a course.
	PETP-201	Teaching Practices (05) lessons in class room teaching and (05) lessons in out door activities	

**Second/
II Sem.**

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Puttaparthi, Andhra Pradesh

Year/ Semister	SUBJECT CODE	SUBJECT	OUTCOME
Third/ III Sem.	PET-301	Sports Training	Cos19: Can distinguish between various games and the different skills of the every games .
	PET-302	Computer Applications in Physical Education	Cos20: Apply the knowledge of mathematics and computing fundamentals to various real life applications for any given requirement.
	PET-303	Sports Psychology and Sociology	Cos21: Sports psychologists and sociology teach skills to help athletes enhance their learning process and motor skills, cope with competitive pressures, fine-tune the level of awareness needed for optimal performance, and stay focused amid the many distractions of team travel and in the competitive environment.
	PET-304	Sports Medicine, Physiotherapy, and Rehabilitation	Cos22: To understand different professional aspects of medicine and therapy. It helps the athlete to develop a keen inquisitive mind that is needed by a practicing athlete.
	PET-305	Curriculum Design	Cos23: learning to design a curriculum for the further courses which is going to be implemented in the educational system of the institute.
	PEP-301	Track and Field (Throwing Events)	Cos24: To enhance the Practical and theoretical knowledge related to skills of track and field events. Mainly the Throwing events.
	PEP-302	Combative Sports: Martial Art/ Karate/ Judo/Fencing/ Boxing/Taekwondo/Wrestling (any two out of these)	Cos25: To develop the quality of self defense and the various techniques to protect our self.
	PEP-303	Team Games: Baseball/ Cricket/Football/ Hockey/Softball/ Volleyball Handball/ Basketball/Netball (Any Two)	Cos26: This course deals majorly with the different professional aspects of Physical Education. It helps the students to develop a keen inquisitive mind that is needed by practicing sports teacher.
	PETP-301	Teaching Practices(Teaching Lesson Plans for Racquet Sport/Team Games/ Indigenous Sports) (out of 10 lessons 5 internal and 5 external at practicing School)	Cos27: To develop the quality of pre preparation for the subject which contain the relevant topic in the class.

Year/ Semister	SUBJECT CODE	SUBJECT	OUTCOME
Fourth/ IV Sem.	PET-401	Measurement and Evaluation in Physical Education	Cos28: This subject deals with general and specific methods of measurements which is being done on the field to mark the ground of particular game/events.
	PET-402	Kinesiology and Biomechanics	Cos29: The students studies the mechanics and anatomy in relation to human body parts movement.
	PET-403	Research and Statistics in Physical Education	Cos30: To describe what factors farmers take into account in making such decisions as whether to Adopt a new technology or what technologies to develop performance.
	PET-404	Theory of Sports and Game	Cos31: The study aimed to develop a relationship for Game theory, Physical Education and Sports.
	PET-405	Sports Management	Cos32: students will learn how to manage and maintain the various aspects related to the sports Management in play field.
	PEP-401	Track and Field/ Swimming/ Gymnastics (Any One)	Cos33: To enhance the Practical and theoretical knowledge related to skills of track and field events. As well skills of Swimming and Gymnastics.
	PET-402	Kabaddi / KhoKho/ Baseball/ Cricket/ Football/Hockey/ Softball/Volleyball/Handball/Basketball/Netball/ Badminton/Table-Tennis/Squash/Tennis(any three of these)	Cos34: in this course the practical/theoretical knowledge of various skills of different games are given to the students to develop their knowledge.
	PEP-403	Sports Specialization: Coaching lessons plans(one of sports 5 lessons)	Cos35: Practicing and developing the quality of being a coach of particular game or sports event.
	PEP-404	Games Specialization: Coaching lessons plans(one for games 5 lessons)	Cos36: to develop the quality of providing information and proper training to the player by a student teacher after becoming a specialized coach

b

B.P.Ed.	Program Outcomes										Course Outcomes											
	Specific Program outcomes																					
	POs-1	POs-2	POs-3	POs-4	POs-5	POs-6	POs-7	POs-8	SPO-1	SPO-2												
Core Subject I Semester																						
History, Principles and Foundation of Physical Education	*	*			*				*			*					*					Cos1
Anatomy & Physiology	*		*	*										*				*				Cos2
Health Education and Environmental, Studies	*	*	*		*									*				*				Cos3
Olympic Movement	*			*								*										Cos4
Officiating and Coaching	*	*	*	*								*		*				*				Cos5
Track and Field (Running events)	*		*									*		*				*				Cos6
Swimming/ Gymnastics/Shooting	*		*									*		*				*				Cos7
Indigenous Sports -Kabaddi/ Malkhamb/ Lezium/ March Past	*			*								*		*				*				Cos8
Mass Demonstration activities Kho-Kho/ Dumbbells/ Tipu/ Wands/Hoops/ Umbrella	*	*		*								*		*				*				Cos9
Core Subject II Semester																						
Yoga Education	*		*	*								*		*				*				Cos10
Educational Technology and Methods of Teaching in Physical Education	*	*	*	*	*				*			*		*				*				Cos11
Organization & Administration	*		*	*					*			*		*				*				Cos12
Contemporary issues in physical education, fitness and Wellness	*	*	*	*	*				*			*		*				*				Cos13
Sports Nutrition and Weight Management	*		*	*	*				*			*		*				*				Cos14
Track and Field (Jumping Events)	*		*	*	*				*			*		*				*				Cos15
Yoga/Aerobics/ Gymnastics/Swimming	*		*	*	*				*			*		*				*				Cos16
Racquet Sports: Badminton/ Table Tennis/ Squash/Tennis	*		*	*	*				*			*		*				*				Cos17
Teaching Practices (05) lessons in class room teaching and (05) lessons in out door activities	*		*	*	*				*			*		*				*				Cos18

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Core Subject	III Semester	Program Outcomes										Specific Program outcomes	Course Outcomes		
		POs-1	POs-2	POs-3	POs-4	POs-5	POs-6	POs-7	POs-8	SPO-1	SPO-2				
		COS													
Sports Training		*		*	*	*	*	*	*	*	*	*	*	*	Cos19
Computer Applications in Physical Education		*		*	*	*	*	*	*	*	*	*	*	*	Cos20
Sports Psychology and Sociology		*		*	*	*	*	*	*	*	*	*	*	*	Cos21
Sports Medicine, Physiotherapy, and Rehabilitation		*		*	*	*	*	*	*	*	*	*	*	*	Cos22
Curriculum Design		*	*	*	*	*	*	*	*	*	*	*	*	*	Cos23
Track and Field (Throwing Events)		*		*	*	*	*	*	*	*	*	*	*	*	Cos24
Combative Sports: Martial Art/ Karate/ Judo/Fencing/ Boxing/Taekwondo/Wrestling (any two out of these)		*		*	*	*	*	*	*	*	*	*	*	*	Cos25
Team Games: Baseball/ Cricket/Football/ Hockey/Softball/ Volleyball Handball/ Basketball/Netball (Any Two)		*	*	*	*	*	*	*	*	*	*	*	*	*	Cos26
Teaching Practices(Teaching Lesson Plans for Racquet Sport/Team Games/ Indigenous Sports) (out of10 lessons 5 internal and5 external at practicing School)		*		*	*	*	*	*	*	*	*	*	*	*	Cos27



 School of Physical Education
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 School of Physical Education
 JSSUTMS, Mysore
 Professor
 Sri Sree Siddaganga University of Technology
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B.P.Ed.	Program Outcomes											Specific Program outcomes	Course Outcomes				
	POs-1	POs-2	POs-3	POs-4	POs-5	POs-6	POs-7	POs-8	SPO-1	SPO-2	COS						
	POs-1	POs-2	POs-3	POs-4	POs-5	POs-6	POs-7	POs-8	SPO-1	SPO-2							
Core Subject IV Semester																	
Measurement and Evaluation in Physical Education	*			*								*					Cos28
Kinesiology and Biomechanics	*		*										*				Cos29
Research and Statistics in Physical Education	*		*	*	*									*			Cos30
Theory of Sports and Game	*			*													Cos31
Sports Management	*			*								*		*			Cos32
Track and Field/ Swimming/ Gymnastics (Any One)	*		*										*	*			Cos33
Kabaddi / KhoKho/ Baseball/ Cricket/ Football/Hockey/ Softball/Volleyball/Handball/Basketball/Netball/Badminton/ Table-Tennis/Squash/Tennis(any three of these)	*		*										*	*			Cos34
Sports Specialization: Coaching lessons plans(one of sports 5 lessons)	*		*	*	*								*	*			Cos35
Games Specialization: Coaching lessons plans(one for games 5 lessons)	*		*	*	*								*	*			Cos36



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Sri Satya Sai University of Technology School of Physical Education
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 SSSUTMS, Srisaithal

➤ Scheme of Examination Academic Year 2019-20

(I SEMESTER)

S.No.	Subject Code	Subject Name	Maximum Marks (Theory Slot)				Maximum Marks (Practical Slot)				Total Marks			Periods/ hour/ week			Credits
			End Sem. Exam.	End Sem. Exam.	Internal Exam & Internal Record	Internal Exam & Internal Record	End Sem. Exam.	Practical & Viva (External)	Practical Record (Internal)	End Sem. Exam.	Practical & Viva (External)	Practical Record (Internal)	L	T	P		
Group A : Core Course			Max	Mini	Max	Mini	Max	Mini	Max	Mini	Max	Mini					
1	PET-101	History , Principles and Foundation of Physical Education	60	22	40	14	40	14	---	---	---	---	4			4	
2	PET-102	Anatomy & Physiology	60	22	40	14	40	14	---	---	---	---	4			4	
3	PET-103	Health Education and Environmental; Studies	60	22	40	14	40	14	---	---	---	---	4			4	
Group B : Elective Course																	
4	PET-106	Olympic Movement	60	22	40	14	40	14	---	---	---	---	4			4	
5	PET-107	Officiating and Coaching	60	22	40	14	40	14	---	---	---	---	4			4	
Group C : Practical Course																	
6	PEP-101	Track and Field (Running events)	---	---	---	---	---	---	60	22	40	14	100		6	4	
7	PEP-102	Swimming/ Gymnastic/Shooting	---	---	---	---	---	---	60	22	40	14	100		6	4	
8	PEP-103	Indigenous Sports-Kabaddi/ Malkhamb/Lezium/ MarchPast	---	---	---	---	---	---	60	22	40	14	100		6	4	
9	PEP-104	Mass Demonstration activities Khoo-Kho/ Dumbbells/Tipri/ Wambis/Hoops/ Umbrella	---	---	---	---	---	---	60	22	40	14	100		6	4	
Total			240	88	160	56	160	56	240	88	160	56	800	16	24	32	

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Director
Faculty of Technology
Sri Satya Sai University of Technology
& Health Sciences Sarana (SHP)

(II SEMESTER)

S.No.	Subject Code	Subject Name	Maximum Marks (Theory Slot)				Maximum Marks (Practical Slot)				Total Marks			Periods/ hour/ week			Credits
			End Sem. Exam.	End Sem. Exam.	Internal Exam & Internal Record	Internal Exam & Internal Record	End Sem.	Practical & Viva (External)	Max	Mini	Max	Mini	L	T	P		
Group A : Core Course			Max	Mini	Max	Mini	Max	Mini	Max	Mini							
1	PET-201	Yoga Education	60	22	40	14	---	---	---	---	100	4	4	4	4		
2	PET-202	Educational Technology and Methods of Teaching in Physical Education	60	22	40	14	---	---	---	---	100	4	4	4	4		
3	PET-203	Organization & Administration	60	22	40	14	---	---	---	---	100	4	4	4	4		
Group B : Elective Course																	
4	PET-204	Contemporary issues in physical education, fitness and Wellness	60	22	40	14	---	---	---	---	100	4	4	4	4		
5	PET-205	Sports Nutrition and Weight Management	60	22	40	14	---	---	---	---	100	4	4	4	4		
Group C : Practical Course																	
6	PEP-201	Track and Field (Jumping Events)	---	---	---	---	60	22	40	14	100	6	6	4	4		
7	PEP-202	Yoga/Aerobics/ Gymnastics/Swimming	---	---	---	---	60	22	40	14	100	6	6	4	4		
8	PEP-203	Racquet Sports	---	---	---	---	60	22	40	14	100	6	6	4	4		
9	PETP-201	Teaching Practices	---	---	---	---	60	22	40	14	100	6	6	4	4		
Total			240	88	160	56	240	88	160	56	800	16	24	32			

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SCHOOL OF PHYSICAL EDUCATION
SSSUTMS, Solapur

Deputy Registrar

(III SEMESTER)

S.No.	Subject Code	Subject Name	Maximum Marks (Theory Slot)				Maximum Marks (Practical Slot)				Periods/ hour/ week			Credits	
			End Sem. Exam.	End Sem. Exam.	Internal Exam & Internal Record	Internal Exam & Internal Record	End Sem.	Practical & Viva (External)	Practical Record (Internal)	L	T	P			
		Course/ Paper	Max	Mini	Max	Mini	Max	Mini	Max	Mini					
Group A : Core Course															
1	PET-301	Sports Training	60	22	40	14	---	---	---	---	4			4	
2	PET-302	Computer Applications in Physical Education	60	22	40	14	---	---	---	---	4			4	
3	PET-303	Sports Psychology and Sociology	60	22	40	14	---	---	---	---	4			4	
Group B : Elective Course															
4	PET-304	Sports Medicine, Physiotherapy, and Rehabilitation	60	22	40	14	---	---	---	---	4			4	
5	PET-305	Curriculum Design													
Group C : Practical Course															
6	PEP-301	Track and Field (Throwing Events)	---	---	---	---	60	22	40	14	---	---	---	6	4
7	PEP-302	Combative Sports	---	---	---	---	60	22	40	14	---	---	---	6	4
8	PEP-303	Team Games	---	---	---	---	60	22	40	14	---	---	---	6	4
9	PETP-301	Teaching Practices	---	---	---	---	60	22	40	14	---	---	---	6	4
Total			240	88	160	56	240	88	160	56	160	56	16	24	32

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 SSSUTMS, Solapur

I SEM.

Table 1:- Course of study for Year I

Course Code	Course Title	CONTENT TREATMENT MODE						MARKS
		Lectures/Week	Assignment & Seminar Presentations	ICT enabled Learning	Practicals	Workshops		
PET-101	History, Principles and Foundation of Physical Education	3	1	2	4	NA	100	
PET-102	Anatomy & Physiology	3	1	2	4	NA	100	
PET-103	Health Education and Environmental Studies	3	1	2	4	NA	100	
PET-106	Olympic Movement	3	1	1	4	NA	100	
PET-107	Officiating and Coaching	3	1	1	2	NA	100	
PEP-101	Track and Field (Running events)	2	4	2	2	NA	100	
PEP-102	Swimming/ Gymnastic/Shooting		4	1	4	NA	100	
PEP-103	Indigenous Sports: Kabaddi/ Malkhamb/Lezium/ March Past		4	1	4	NA	100	
PEP-104	Mass Demonstration activities Kho-Kho/ Dumbbells/Tipni/ Wands/Hoops/Umbrella		4	1	4	NA	100	
Total							800	

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III Sem.

Course Code	Course Title	CONTENT TREATMENT MODE						MARKS
		Lectures/Week	Assignment & Seminar Presentations	ICT enabled Learning	Practicals	Workshops		
PET-301	Sports Training	3	1	2	4	NA	100	
PET-302	Computer Applications in Physical Education	3	1	2	4	NA	100	
PET-303	Sports Psychology and Sociology	3	1	1	4	NA	100	
PET-304	Sports Medicine, Physiotherapy, and Rehabilitation	3	1	1	4	NA	100	
PET-305	Curriculum Design	2	1	2	2	NA	100	
PEP-301	Track and Field (Throwing Events)	2	4	2	2	NA	100	
PEP-302	Combative Sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling (any two out of these)		4	2	4	NA	100	
PEP-303	Team Games: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any Two)		4	2	4	NA	100	
PETP-301	Teaching Practices/ Teaching Lesson Plans for Racquet Sport/ Team Games/ Indigenous Sports (out of 10 lessons 5 internal and 5 external at practicing School)		4	2	4	NA	100	
Total							800	

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II Sem.

Course Code	Course Title	CONTENT TREATMENT MODE						MARKS
		Lectures/Week	Assignment & Seminar Presentations	ICT enabled Learning	Practicals	Works-hops		
PET-201	Yoga Education	3	1	2	4	NA	100	
PET-202	Educational Technology and Methods of Teaching in Physical Education	3	1	2	4	NA	100	
PET-203	Organization & Administration	3	1	1	4	NA	100	
PET-204	Contemporary issues in physical education, fitness and Wellness	3	1	2	4	NA	100	
PET-205	Sports Nutrition and Weight Management	2	1	2	2	NA	100	
PEP-201	Track and Field (Jumping Events)	2	4	2	2	NA	100	
PEP-202	Yoga/Aerobics/ Gymnastics/Swimming		4	2	4	NA	100	
PEP-203	Racquet Sports: Badminton/ Table Tennis/ Squash/Tennis		4	2	4	NA	100	
PETP-201	Teaching Practices (05) lessons in class room teaching and (05) lessons in outdoor activities		4	2	4	NA	100	
Total							800	


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IV Sem.

Course Code	Course Title	CONTENT TREATMENT MODE						MARKS
		Lectures/Week	Assignment & Seminar Presentations	ICT enabled Learning	Practicals	Works-hops		
PET-401	Measurement and Evaluation in Physical Education	3	1	1	4	NA	100	
PET-402	Kinesiology and Biomechanics	3	1	2	4	NA	100	
PET-403	Research and Statistics in Physical Education	3	1	2	4	NA	100	
PET-404	Theory of Sports and Game	3	1	2	4	NA	100	
PET-405	Sports Management	2	1	1	2	NA	100	
PEP-401	Track and Field/ Swimming/ Gymnastics (Any One)	2	4	2	2	NA	100	
PET-402	Kabaddi /KhoKho/ Baseball/ Cricket/ Football/Hockey/ Softball/Volleyball/Handball/Basketball/Netball/Badminton/Table-Tennis/Squash/Tennis(any three of these)		4	2	4	NA	100	
PETP-401	Sports Specialization: Coaching lessons plans(one of sports 5 lessons)		4	1	4	NA	100	
PETP-402	Games Specialization: Coaching lessons plans(one of games 5 lessons)		4	2	4	NA	100	
Total							800	

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Course Content:-

SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester- I)

PET – 101	HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: To understand the history of Physical Education through ages and define principle.

Unit 1: 16 hrs

Introduction, Meaning, Definition and Scope of Physical Education. Aims and Objective of Physical Education Importance of Physical Education in present era. Misconceptions about Physical Education. Relationship of Physical Education with General Education.
Physical Education as an Art and Science.

Unit- 2: 16 hrs

Principles of Physical Education- Definition of Education and Physical Education, Principles, Sources of Principles of Physical Education- Related Subjects- Aims and Objectives of Education and Physical Education- Relationship of Physical Education to General Education – Difference between Physical Culture ,Physical training and Physical Education.

Unit- 3 16 hrs

Historical Development of Physical Education in India Indus Valley Civilization Period. (3250 BC 2500 BC), Vedic Period (2500 BC – 600 BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD), Medieval Period (1000 AD – 1757 AD), British Period (Before 1947) Physical Education in India (After 1947), Contribution of Akhadas and Vyayamshals Y.M.C.A. and its contributions.

Unit- 4 16 hrs

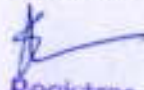
Foundation of Physical Education Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian. Philosophy and Culture. Fitness and wellness movement in the contemporary perspectives. Sports for all and its role in the maintenance and promotion of fitness.


Unit-5-16 hrs

Principles of Physical Education Biological: Growth and development, Age and gender characteristics, Body Anthropometric differences, Psychological, Learning types, learning curve, Laws and principles of learning, Attitude, interest, cognition, emotions and sentiments,
Sociological: Society and culture, Social acceptance and recognition, Leadership Social integration and cohesiveness.

References:

Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.


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Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education. 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. Obertuffer, (1970). Delbert physical education. New York: Harper & Brothers Publisher. Sharman, J. R. (1964). Introduction to physical education. New York: A.S. Barnes & Co. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.



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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION

B.P.Ed (Semester- I)

PET – 102	Anatomy & Physiology	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: Compounds, structural isomerism, intermediates to understand the major components of the human body system and describe their functions..

UNIT-I 16 hrs

Brief Introduction of Anatomy and physiology in the field of Physical Education. Introduction of Cell and Tissue. The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities – joints of the body and their types Gender differences in the skeleton. Types of muscles.

UNIT-II 18 hrs

Blood and circulatory 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.

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.

UNIT-III 17 hrs

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,

Sense organs: A brief account of the structure and functions of the Eye and Ear.

UNIT-IV 15 hrs

Definition of physiology and its importance in the field of physical education and sports. Structure, Composition, Properties and functions of skeletal muscles. Nerve control of muscular activity: Neuromuscular junction Transmission of nerve impulse across it. Fuel for muscular activity Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

UNIT-V 16 hrs

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:

Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.

Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press. Guyton,


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A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders. 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. Moorthy, A.M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.

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.

Sharma, R.D. (1979). Health and physical education, Gupta Prakashan. Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications



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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester- I)

PET – 103	Health Education, Environmental Studies	SL:0T:0P	4 Credits	5Hrs/Week
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Out Comes: The knowledge of physical education helps in attainment of further information on physical fitness and as well as .

Unit – I 16 hrs

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 – II 15 hrs

Health Problems in India

Communicable and Non Communicable Diseases Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,

Unit – III 17 hrs

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-IV 18 hrs

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 -V 17 hrs

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:

Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
 Frank, H. & Walter, H., (1976). Turners school health education.


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Saint Louis: The C.V. Mosby Company.

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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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester- I)

PET – 106	Olympic Movements	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: The students will learn and gain the knowledge about various games and sports events. And in the practical performance they get hands on knowledge on qualitative and quantitative estimation of these. This knowledge is helpful for them in learning about high level achievements.

Unit - I 16 hrs

Origin of Olympic Movement:- Philosophy of Olympic movement. The early history of the Olympic movement The significant stages in the development of the modern Olympic movement Educational and cultural values of Olympic movement

Unit - II 16 hrs

Modern Olympic Games:- Significance of Olympic Ideals, Olympic Rings, Olympic Flag. Olympic Protocol for member countries. Olympic Code of Ethics Olympism in action Sports for All

Unit - III 17 hrs

Different Olympic Games

Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games

Unit - IV 16 hrs

Committees of Olympic Games:- International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Olympic commission and their functions, Olympic medal winners of India

Unit - V 18 hrs

Contribution to the growth of physical education by different leaders of various countries; a) Germany: John Basedow, Guts Muths, Turnverein Movement, b) Sweden: Per Henric Ling, Swedish Medical Gymnastics, c) Denmark: Frank Nachtegal, Neils Burke d) British games and sports e) USA: Y.M.C.A and its contributions f) U.S.S.R: Physical Education in schools and on spartakiad g) India: Shri H.C.Buck, Pt Jawahar Lal Nehru, Prof. G.D Sodhi, Rajkumari Amrit Kaur, Dr.P.M.Joeph, Prof.D.G.Wakharka

Reference:

Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: The impact of mega-events on local politics: Lynne Rienner

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FACULTY OF EDUCATION
B.P.Ed (Semester- I)

PET – 107	Officiating and Coaching	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: The subject provide the knowledge to develop the quality of being a qualified official (Referees) as well qualified Coach.

Unit- I: 17 hrs

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: 17 hrs

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- III: 16 hrs

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- IV: 16 hrs

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, preparation of TA, DA bills, Integrity and values of sports

UNIT – V 18 hrs

Training – Warming up – Types – Conditioning Exercise – Principles of Sports
 Training - Training for Motor Components, Strength, Endurance, Speed, Flexibility , Coordinative abilities
 Training Load – Intensity - Density – Duration, Frequency - Types of Training – Weight Training – Circuit Training – Fartlek Training – Interval Training.
 Periodisation-Preseason-Competitive season – off season

Reference Books:

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


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FACULTY OF EDUCATION
B.P.Ed (Semester- I)

PEP – 101	Track & Field (Running Events)	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: To enhance the Practical and theoretical knowledge related to skills of track and field events.
Mainly the running events.

16 hrs

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
Types of Hurdles Ground Marking and Officiating.

Relays: Fundamental Skills

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



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FACULTY OF EDUCATION
B.P.Ed (Semester- I)

PEP – 102	Swimming/ Gymnastic / Shooting	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: Gain perfectness in the skills of the relevant events during the course study.

16 hrs

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.

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.

Shooting Fundamental Skills

Basic stance, grip, Holding rifle/ Pistol, aiming target, Safety issues related to rifle shooting, Rules and their interpretations and duties of officials


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FACULTY OF EDUCATION
B.P.Ed (Semester- I)

PEP – 103	Indigenous Sports	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: The introduction of the National Indian Curriculum has the potential to make significant impact on indigenous sports education.

16 hrs

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- Various 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

Malkhambh and Light Apparatus:

Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises. GhatiLezuim-AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadambaal, 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, Katibandh 1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing.


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FACULTY OF EDUCATION
B.P.Ed (Semester- I)

PEP – 104	Mass Demonstration activities	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: This course deals majorly with the different professional aspects of Physical Education. It helps the students to develop a keen inquisitive mind that is needed by practicing sports teacher.

16 hrs

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.

Dumbbells/ Wands/Hoop/ Umbrella/ Tipri:

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


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FACULTY OF EDUCATION
B.P.Ed (Semester- II)

PET – 201	Yoga Education	SL:0T:0P	4 Credits	5Hrs/Week
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Out Comes: Students will practice and focus on yoga for strength, flexibility, and relaxation. The subject also cover techniques for increasing concentration and decreasing anxiety which leads to Stronger academic performance. Breathing exercises and healthy fitness activities will also be taught

Unit I: 17 hrs

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 - II: 14 hrs

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 - III: 16 hrs

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 relaxtive, meditative posture on various system of the body, Types of Bandhas and mudras Type of kriyas

Unit - IV 14 hrs

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.

Unit - V 16 hrs

1. Special Techniques: Asthama, Nasal allergy, Diabetes, Low backache, Hypertension, IIHD, IBS/GID, Tension/Migraine, Headache
2. Advance Techniques: a. Self Management of Excessive Tension b. Pranic Energisation Technique
3. Meditation: a. Omkara Dhyana, b.Cyc1ic 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: Kaixydahmoe. Rajjan, S. M. (1985). Yoga strenthening of relaxation for sports man. New Delhi:AlliedPublishers.Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers. Shekar,K. C. (2003).Yoga for health. Delhi: Khel Sahitya Kendra.

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FACULTY OF EDUCATION
B.P.Ed (Semester- II)

PET – 202	Educational Technology and Methods of Teaching in Physical Education	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: This subject deals with general and specific methods of physical education for preparation of Being a physical education teacher.

Unit I 16 hrs

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 – II 18 hrs

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 – II 16 hrs

Introduction to teaching styles : Choosing & combining appropriate styles- factors to be considered Spectrum of teaching styles Reproduction/Direct- command style, practice style, reciprocal style, self check style, inclusion style Production/Indirect- Guided discovery, Convergent discovery, divergent discovery, task style. Modified sport & lead up games

Unit – IV 18 hrs

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. Team Teaching – Meaning, Principles and advantage of team teaching. Difference between Teaching Methods and Teaching Aid.

Unit – V 17 hrs

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.

Reference:

Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons. Bhatia, & Bhatia, (1959). The

principles and methods of teaching. New Delhi: Doaba House.

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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester- II)

PET – 204	CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: Knowledge and information of modern technology and sources provided to the students.

Unit – I 16 hrs

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 – II 16 hrs

Fitness, Wellness and Lifestyle

Fitness – Types of Fitness and Components of Fitness, Understanding of Wellness Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management Physical Activity and Health Benefits.

Unit – III 17 hrs

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 – IV 14 hrs

Methods of Improving Physical Fitness , Principles of Physical fitness improvement, Methods of training- Continues & Interval, Muscles contraction & Circuit training Fartlek & Plyometric training

Unit – V 16 hrs

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:

- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,
 Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
 Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester- II)

PET – 205	SPORTS NUTRITION AND WEIGHT MANAGEMENT	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: Habitually taken food and drink and their absorption to built living tissues could be the Simplest Definition for diet and nutrition. "What we eat is what we become" is the best quote Which is more Evidently visible now a days. Pursue the identification of prescriptions and process of complete Fineness.

Unit – I 16 hrs

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 16 hrs

Nutrients: Ingestion to energy metabolism

Carbohydrates, Protein, Fat – Meaning, classification and its function, Role o 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 – III 16 hrs

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 – IV 16 hrs

Steps of planning of Weight Management

Nutrition – Daily calorie 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


Unit – V 16 hrs

Disordered Eating

Prevention and Detection of AN, BN, and BE RiskFactors Socio-cultural issues Female Athlete Triad BodyImage.

References:

Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.*93(6), 2027-2034.


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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester- II)

PET – 203	Organization & Administration	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: The different laws that govern that different aspect of physical education are introduced to the Students. This builds up their fundamental knowledge on the ethics associated with the Profession of physical education

Unit – I: 16 hrs

Organization and administration

Meaning and importance of Organization and Administration in physical education Qualification and Responsibilities of Physical Education teacher and pupil leader, Meaning & scope of management in the field of Phy.Edu. Modern concept & principles of management Functions & Importance of management Manager - qualities, duties & responsibilities.

Unit – II: 18 hrs

Planning and their basic principles,

Program planning: Meaning, Importance, Principles of program planning in physical education. Functions of Planning, organizing, staffing, directing, communicating, co- ordination, controlling, evaluating and innovating.

Unit- III: 16 hrs

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-IV: 17 hrs

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.

Unit-V: 16hrs

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


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DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.

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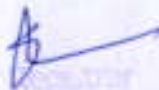
SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-II) Part 'B' Practical


PEP-201	Track and Field (Jumping Events)	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: To enhance the Practical and theoretical knowledge related to skills of track and field events.
Mainly the jumping events.

16 hrs

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


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FACULTY OF EDUCATION
B.P.Ed (Semester-II) Part 'B' Practical

PEP-202	Yoga	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: Students will practice and focus on yoga for strength, flexibility, and relaxation. The subject also cover techniques for increasing concentration and decreasing anxiety which less to Stronger academic performance. Breathing exercises and healthy fitness activities will also be taught
20 hrs

Yoga: Surya Namaskara, Pranayams Corrective Asanas Kriyas

- Asanas
- Sitting
- Standing
- Laying Prone Position,
- Laying Spine Position


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B.P.Ed (Semester-II) Part 'B' Practical

PEP-203	Racquet Sports:	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: The purpose of this course is to introduce students to the basic skills and knowledge associated with playing a variety of racquet sports such as tennis, badminton, table tennis, handball, pickle ball, etc. And identify the major muscle groups and their application to racquet sports.

16 hrs

Badminton: Fundamental Skills

Racquet parts, Racquet 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.

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.


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.

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.


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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-II) Part 'C' Practical

PETP – 201	Teaching practices	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: Teaching Practices describe the measurable skills, abilities, knowledge or values that students- teacher should be able to demonstrate as a result of a completing a course.

16 hrs

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


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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-III)

PET-301	SPORTS TRAINING	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: Can distinguish between various games and the different skills of the every games.

Unit – I 18 hrs

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 16 hrs

Training Components

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

Unit – III 17 hrs

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 16 hrs

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

Unit – V 16 hrs

Forms of Motion-Kinematics-Kinetics-Guiding Principles of the above Mechanical Concepts-Hydrodynamic Concepts and Application of Mechanics in Sports- Aerodynamic Concepts and Application of Mechanics in Sports Analysis of Sports Techniques by Cinematographic and Video Analysis.

Reference:

Dick, W. F. (1980).Sports training principles.London: Lepus Books. Harre, D.(1982).Principles of sports


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Uppal, A.K., (1999). Sports Training. New Delhi: Friends Publication


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FACULTY OF EDUCATION
B.P.Ed (Semester-III)

PET-302	COMPUTER APPLICATIONS IN PHYSICAL EDUCATION	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: Apply the knowledge of mathematics and computing fundamentals to various real life applications for any given requirement.

Unit – I: 16 hrs

Introduction to Computer

Meaning, need and importance of information and communication technology (ICT).
 Application of Computers in Physical Education, define and functions of Hardware, Software

Unit II 16 hrs

Components of computer, input and output device, Application software used in Physical Education and sports

Unit – III: 17 hrs

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 – IV: 16 hrs

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 – V: 16 hrs

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

Referances:

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


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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-III)

PET-303	SPORTS PSYCHOLOGY AND SOCIOLOGY	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: Sports psychologists and sociology teach skills to help athletes enhance their learning process and motor skills, cope with competitive pressures, fine-tune the level of awareness needed for optimal performance, and stay focused amid the many distractions of team travel and in the competitive environment.

Unit -I: Introduction 17 hrs

Meaning, Importance and scope of Educational and Sports Psychology, General characteristics of Various Stages of growth and development, Types and nature of individual differences; Factors responsible –Heredity And environment, Psycho- sociological aspects of Human behavior in relation to physical education and sports

Unit-II: 18 hrs

Sports Psychology

Nature of learning, theories of learning, Laws of learning, Plateau in Learning; & transfer of training, Meaning and definition of personality, characteristics of personality, Dimension of personality, Personality and Sports performance, Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance. Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary. Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety. Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

Unit-III 16 hrs

Sociology , Meaning of Sociology • Scope of Sociology • Sociology of Physical Education & Sports • Social Significance of Sports

Unit-IV: 16 hrs


Relation between Social Science and Physical Education.

Orthodoxy, 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.

Unit-V 16 hrs

Culture : Meaning and Importance.

Features of culture, Importance of culture. Effects of culture on people life style. Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method


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References:

- Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.
- Blair, J. & Simpson, R. (1962). Educational psychology, New York: McMillan Co.
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- Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.
- Loy, J.W. Kenyo G.S. & Mc Pherson, B.D. (1981). Sports culture and society. Philadelphia: Lea & Febiger.
- Mathur, S.S., (1962). Educational psychology. Agra. Vinod Pustak Mandir.
- Skinner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India.
- William, F. O. & Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing House Pvt Ltd.


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FACULTY OF EDUCATION
B.P.Ed (Semester-III)

PET-304	SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: To understand different professional aspects of medicine and therapy. It helps the athlete to develop a keen inquisitive mind that is needed by a practicing athlete.

Unit-I: -16 hrs

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

Unit II 16 hrs

Prevention of injuries in sports – Common sports injuries – Diagnosis – First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

Unit-III: 16 hrs

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-IV: 16 hrs

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-V: 19 hrs

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:

Christine, M. D., (1999). Physiology of sports and exercise.USA: Human Kinetics. Conley, M. (2000).

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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-III)

PET-305	CURRICULUM DESIGN	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: learning to design a curriculum for the further courses which is going to be implemented in the educational system of the institute.

UNIT-I 16 hrs

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-II 18 hrs

Basic Guide line for curriculum construction; contest (selection and expansion).

Focalization, Socialization, Individualization, Sequence and operation, Steps in curriculum construction. Selecting material for instruction. Classification of activities in physical education, suitability of activities for different age groups and sexes. Cultural influence in the choice of activities, flexibility of program material, Committee Recommendations- NCERT, CBSE, UGC recommendations on curriculum for school and colleges, curriculum followed in colleges of Physical Education B.P.Ed, B.P.E, M.P.E, and M.Phil

UNIT-III 16 hrs

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-IV 18 hrs

Under-graduate preparation of professional preparation.

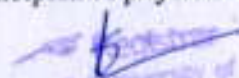
Areas of Health education, Physical education and Recreation. Curriculum design- Experience of Education, Field and Laboratory. Teaching practice. Professional Competencies to be developed- Facilities and special resources for library, laboratory and other facilities.

UNIT-V 16 hrs

Curriculum Description Accuracy Analysis. Acceptability Analysis.. Feasibility Analysis Affordability Analysis.

Reference:

Barrow, H. M. (1983). Man and movement: principles of physical education. Philadelphia: Lea and


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 SSSUTMS, Srikalahasti

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


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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-III) PART - B (P)


PEP-301	PRACTICAL COURSES	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: To enhance the Practical and theoretical knowledge related to skills of track and field events.
Mainly the Throwing events.

16 hrs

Track and field's (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


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FACULTY OF EDUCATION
B.P.Ed (Semester-III) PART - B (P)

PEP-302	Combative Sports	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: To develop the quality of self defense and the various techniques to protect our self.

16 hrs

Boxing: 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, counter attack Tactics – Toe to toe, counter attack, fighting in close, feinting, Rules and their interpretations and duties of officials.

Martial Arts/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 punches and groin punch. (Defended by appropriate block from eight basic blocks). Rules and their interpretations and duties of officials.

Taekwondo Fundamental Skills

Player Stances – walking, extending walking, L stance, cat stance. Fundamental Skills

Sitting stance punch, single punch, double punch, triples punch. Punching Skill from sparring position – front-fist punch, rear fist punch, double punch, and four combination punches. 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), 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.

PEP-302


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Judo: 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 loinn), SeoNage (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.


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

Fencing: 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 sixte - direct, disengage, doublé 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.


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SSSUT, Sahare

SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-III) PART - B (P)

PEP-303	Team Games	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: This course deals majorly with the different professional aspects of Physical Education. It helps the students to develop a keen inquisitive mind that is needed by practicing sports teacher.

16 hrs

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, 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.

Netball: 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.


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

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.

Hockey: Fundamental Skills


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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.

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.

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.

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.

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, 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.


SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-III) PART - C (P)


PETP – 301	Teaching practices	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: To develop the quality of pre preparation for the subject which contain the relevant topic in the class

16 hrs

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


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SSSUTMS, Sehara


School of Professional Education
SSSUTMS, Sehara

SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-IV)

PET-401	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: This subject deals with general and specific methods of measurements which is being done on the field to mark the ground of particular game/events.

Unit- I 16 hrs

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- II 16 hrs

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- III 16 hrs

Physical Fitness Tests

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

Unit- IV 16 hrs

Sports Skill Tests

Lockhart and McPherson badminton test, Johnson basketball test, McDonald soccer test, S.A.I volleyball test, S.A.I Hockey test.

Unit- V 16 hrs

Measures of Posture: IOWA posture test, measures of anthropometric measurements, Girth Measurements, Bi-acromial chest illio-crestal, bi-epicondylar (femur and humerus), height, sports competition anxiety test (SCAT), Eysenck's Personality Inventory (EPI)

References:

- Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: Ho+Storm. Barron, H. M., & Mcchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger. Barron, H.M. & Mcchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications. Mathews, D.K.,(1973). Measurement in physical education, Philadelphia:

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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-IV)

PET-403	RESEARCH AND STATISTICS IN PHYSICAL EDUCATION	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: To describe what factors farmers take into account in making such decisions as whether to Adopt a new technology or what technologies to develop performance.

Unit-I 16 hrs

Introduction to Research

Definition of Research, Need and importance of Research in Physical Education and Sports. Scope of Research in Physical Education & Sports. Classification of Research Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-II 16 hrs

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-III 16 hrs

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. Cumulative Frequency Polygon, Ogive, Pie Diagram. Sampling, Types of Sampling

Unit- IV 16 hrs

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

Unit- V 16 hrs

Meaning of Normal Probability Curve, characteristics and properties of Normal Curve. Application of N.P.C, Meaning of Skewness and kurtosis. Calculation of various combination of Heads and Tails. Meaning and Types of Linear Correlation. Computation of Correlation Coefficient with Product Movement Method and Rank Difference Method.

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SSSUT, Tumkur, Karnataka

References:

- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
- Bompa, T. O. & Haff, G. G. (2009). Periodization: theory and methodology of training, 5th ed. Champaign, IL: Human Kinetics.
- Brown, L. E., & Ferrigno, V. A. (2005). Training for speed, agility and quickness, 2nd ed. Champaign, IL: Human Kinetics.
- Brown, L.E. & Miller, J., (2005). How the training work. In: Training Speed, Agility, and Quickness. Brown, L.E. & Ferrigno, V.A & Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.
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- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). Statistics in psychology and education. New York: VakilsFeffer and Simon Ltd.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
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- Verma, J. P. (2000). A text book



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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-IV)

PET-404	THEORY OF SPORTS AND GAMES	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: The study aimed to develop a relationship for Game theory, Physical Education and Sports.

UNIT-I INTRODUCTION 16 hrs

General Introduction of specialized games and sports–

Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga. **Each game or sports to be dealt under the following heads** History and development of the Game and Sports, Ground preparation, dimensions and marking, Standard equipment and their specifications, Ethics of sports and sportsmanship

UNIT-II 16 hrs

Scientific Principles of coaching: (particular sports and game specific)

Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions. Force – Friction, Centripetal and Centrifugal force, Principles of force. Equilibrium and its types, Lever and its types, Sports Training – Aims, Principles and characteristics. Training load – Components, Principles of load, Over Load (causes and symptoms).

UNIT-III 16 hrs

Physical fitness components: (particular sports and game specific)

Speed and its types, Strength and its types, Endurance and its types, Flexibility and its types, Coordinative ability and its types, Training methods: - Development of components of physical fitness and motor fitness, through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training)


UNIT-IV 16 hrs


Conditioning exercises and warming up.

Concept of Conditioning and warming up. Role of weight training in games and sports. Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition). Recreational and lead up games Strategy – Offence and defense, Principles of offence and defense.

References:

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-IV)

PET-405	SPORTS MANAGEMENT	5L:0T:0P	4 Credits	5Hrs/Week
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Out Comes: students will learn how to manage and maintain the various aspects related to the sports Management in play field

Unit-I 16 hrs

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-II 16 hrs

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. Preparation of administrative leader. Leadership and Organizational performance.

Unit-III 16 hrs



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. Thereward /punishment system

Unit-IV 16 hrs

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:

- Ashton, D. (1968).Administration of physical education for women.New York: The Ronal Press
 Cl. Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The C.V. Mosby Co.
 Daughtrey, G. & Woods, J.B. (1976). Physical education and intramural programmes, organisation and administration. Philadelphia U.S.A. : W.B. Saunders Cp.
 Earl, F. Z,& Gary, W. B. (1963).Management competency development in sports and Physical education.Philadelphia: W. Leaand Febiger.


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SRI SATYA SAI UNIVERSITY OF TECHNOLOGY AND MEDICAL SCIENCES
FACULTY OF EDUCATION
B.P.Ed (Semester-IV) (P)

PEP – 401	Track and field / Gymnastics / Swimming	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: students will learn how to manage and maintain the various aspects related to the sports Management in play field.

16 hrs

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


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FACULTY OF EDUCATION
B.P.Ed (Semester-IV) (P)

PEP – 402	Games Specialization	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: To enhance the Practical and theoretical knowledge related to skills of track and field events. As well skills of Swimming and Gymnastics.

16 hrs

Kabaddi, Kho-kho, Base ball, cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis (4 internal lessons 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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FACULTY OF EDUCATION
B.P.Ed (Semester-IV) (P)


PEP – 403	Sports Specialization	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: Practicing and developing the quality of being a coach of particular game or sports event.

16 hrs

Coaching Lesson plan (one of sports 5 lesson)


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FACULTY OF EDUCATION
B.P.Ed (Semester-IV) (P)

PEP – 404	Games Specialization	0L:0T:5P	4 Credits	5Hrs/Week
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Out Comes: to develop the quality of providing information and proper training to the player by a student teacher after becoming a specialized coach

Coaching Lesson plan (one of sports 5 lesson)

16 hrs

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


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S.S.U.T. Seclore (M.P.)