

BPE–I
PAPER-I
ANATOMY AND FIRST AID
Code- BPE 101

UNIT –I

1. Introduction and Level of Organization:

1.1 Introduction:

- 1.1.1 Meaning and Concept of Anatomy.
- 1.1.2 Need and Importance of the knowledge of Anatomy in the Field of Physical Education.

1.2 Levels of Organization of Human Body:

- 1.2.1 Definition of Cell, Tissue, Organ and System.
- 1.2.2 Microscopic Structure, Composition and Function of Cell.
- 1.2.3 Essential Properties of living Organism.

1.3 Classification, Structure and Function of Tissues:

- 1.3.1 Epithelial tissue
- 1.3.2 Connective Tissue
- 1.3.3 Muscular Tissue
- 1.3.4 Nervous Tissue

UNIT-II

2. Skeletal System:

2.1 Skeleton

- 2.1.1 Different Parts of Human Skeleton.
- 2.1.2 Types of Bones.
- 2.1.3 Gross and Microscopic Structure and Function of Bones.

2.2 Joints

- 2.2.1 Joint's Nomenclature and Classification.
- 2.2.2 Names of the Movements around Joints.
- 2.2.3 Structure of the Typical Synovial Joint.

2.3 Muscles

- 2.3.1 Structure and Function of Skeletal Muscles.
- 2.3.2 Names of Major Muscles of Different parts of Body.

UNIT-III

Energetic, Transport & Excretion: 3.1 Cardio-Respiratory System:

- 3.1.1 Anatomical Position and Gross Structure of the Heart
- 3.1.2 Systemic and Pulmonary Circulation.

3.1.3 Blood Vessels- Artery, Vein and Capillaries

3.2 Respiratory System:

3.2.1 Meaning of External and Internal Respiration

3.2.2 Organs of Respiration

3.2.3 Structure of Lungs

3.2.4 Introduction to Mechanism of Respiration

3.4 Digestive System:

3.4.1 Parts of Digestive Tract, Structure and Function in brief

3.4.2 Steps of Digestion

3.4.3 Digestive Glands- Structure and Function

3.5 Excretory System:

3.5.1 Routes of Excretion from Human Body.

3.5.2 Organs of Urinary System.

3.5.3 Structure and Function of Kidney.

UNIT –IV

Neuro-Humoral & Reproductive System:

4.1 Nervous System:

4.1.1 Structural Division-Central Nervous System and Peripheral Nervous System.

4.1.2 Functional Division-Autonomic Nervous System and Sensory Motor Nervous System.

4.1.3 Parts of Brain.

4.1.4 Structure and Functions of Spinal Cord.

4.2 Endocrine System:

4.2.1 Names, Location and Functions of-

4.2.1.1 Pituitary Gland

4.2.1.2 Thyroid gland

4.2.1.3 Adrenal Gland

4.2.1.4 Pancreas

4.3 Reproductive System:

4.3.1 Primary and Secondary Male and Female Reproductive System.

4.3.2 Testes and Ovary.

UNIT-V

5. First-Aid:

5.1 Injuries:

5.1.1 Types of Wounds

5.1.2 Pressure Points

5.1.3 Role of Ice

5.1.4 Dressing and Bandages

5.2 Shock:

- 5.2.1 Common Causes
- 5.2.2 Signs and Symptoms
- 5.2.3 Immediate Management

5.3 Transportation of Severely Injured Patients.

5.4 Snake Bite and Insect Bite.

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BPE –I
HISTORY OF PHYSICAL EDUCATION
PAPER – II
CODE – BPE 102

UNIT – I

- 1 Physical Education in ancient India Vedic epic and Buddhist periods
- 2 Physical education in the city states of Greece

UNIT – II

- 3 Survey of modern physical education in India Pre and post Independence period.
 - 3.1 Physical education and sports training institution in India
 - 3.2 Indian Olympic association of India
 - 3.3 National sports federation /associations
 - 3.4 Sports authority of India
 - 3.5 State sports councils

UNIT – III

- 4 Ancient Olympic Games – Historical Background, Significance of Ancient Games, Conduct of Ancient Games, Decline and termination of Olympic Games.

UNIT – IV

- 5 Modern Olympic Games – Revival of Modern Olympic Games, International Olympic Committee (IOC), Functions of IOC, Organization and conduct of Games and ceremonies (opening and closing ceremonies)

UNIT – V

- 6 Contribution of Leaders and Movements for the Growth of Physical Education in The world
 - 6.1 Germany (Johan Basedow, Guts muths, Turnverein Movement)
 - 6.2 Sweden (Per Henric Ling), Swedish Medical Gymnastics.
 - 6.3 Denmark (Franz Nachtegal, Neils Burke)
 - 6.4 Great Britain (Archiblad Maclaren,)
 - 6.5 U.S.A. (Dr. Dudley Alen Sargent)
 - 6.6 U.S.S.R. (Russia)

Contribution of Leaders to the Indian Sports and Physical Education India G.D.Sondhi, Padam Shree Dr. P. M. Joseph, Rajkumari Amrit Kaur, Pt Jawaharlal Nehru, Prof. Karan, Shri H.C.Buck Dr. J.P.Thomas, D.G.Wakharkar.

BPE –I
PAPER- III
METHODS IN PHYSICAL EDUCATION
Code-BPE 103

UNIT-I

1. Presentation Techniques-Meaning Importance and step of presentation.
 - 1.1 Preparation-Personal and Technical Preparation.
 - 1.2 Command-Its types, command used in different situations.
 - 1.3 Formation-Its types, and situations for using different formations.
 - 1.4 Class Management-Meaning and Principles.

UNIT-II

- 2.1 Teaching Techniques in Physical education
 - 2.1.1 Lecture Method.
 - 2.1.2 Command Method.
 - 2.1.3 Demonstration Method.
 - 2.1.4 Imitation Method.
 - 2.1.5 Project Method.
 - 2.1.6 Discussion Method.
 - 2.1.7 Group Directed Practice Method.
- 2.2 Teaching Procedures in Physical Education
 - 2.2.1 Whole Method.
 - 2.2.2 Whole-Part-Whole Method
 - 2.2.3 Part-Whole Method
 - 2.2.4 Stage-Whole Method.

UNIT-III

- 3.1 Lesson Planning
 - 3.1.1 Meaning and objectives of lesson plan.
 - 3.1.2 Values of lessons plan
 - 3.1.3 Types of lesson plan
 - 3.1.4 Principles of Lesson plan.
- 3.2 Lessons and its parts along with their significance.
 - 3.2.1 General and Specific Lesson Plan.
 - 3.2.2 Coaching Lesson (A Brief Introduction).
 - 3.2.3 Improvisation-Need, Ways & Means.

UNIT-IV

- 4.1 Tournaments-Meaning and Types of Tournaments
 - 4.1.1 Knockout or elimination Tournaments.
 - 4.1.2 League or Round-Robin tournaments.
 - 4.1.3 League cum knockout Tournament.

4.1.4 Challenge Tournament.

4.2 Test and Measurement

4.2.1 Meaning and Importance.

4.2.2 Types and formation

4.3 Steps for Preparation of Demonstration, Sports Day, Sport Exhibition.

4.4 Public Relation and effect of teaching Aids.

UNIT-V

5.1 Construction and Marking of Track and Play field.

5.2 Award, Letter, Crest, Honors board, Trophies and Certificate.

BPE –I
PAPER-IV
ENGLISH
Code-BPE 104

UNIT-I

1. Vocabulary
 - 1.1 Homonyms
 - 1.2 Foreign words & phrases commonly used
 - 1.3 Proverbs
 - 1.4 Idioms
 - 1.5 One word substitution

UNIT-II

2. Grammar
 - 2.1 Tenses
 - 2.2 Direct Indirect
 - 2.3 Active Passive
 - 2.4 Simple, Compound, Complex
 - 2.5 Punctuation

UNIT-III

3. Correspondence
 - 3.1 Business letters
 - 3.2 Application for job
 - 3.3 Resume, Curriculum Vitae, Bio-data
 - 3.4 Report writing on completion of events
 - 3.5 Agenda
 - 3.6 Minutes

UNIT-IV

4. Comprehension of unseen & seen passages.
 - 4.1 Essay writing (500 words)
 - 4.2 Précis Writing
 - 4.3 Critical appreciation based on various articles.

UNIT-V

5. Text
 - 5.1 Stories from home and abroad – Edited by Dr. A.N.Kapur
 - 5.1.1 The Doctor's Word – R.K.Narayan
 - 5.1.2 Elias – Leo Tolstoy
 - 5.1.3 Luncheon – Somerset Maughm
 - 5.2 Poetry
 - 5.2.1 Where the mind is without fear – Rabindranath Tagore

5.2.2 All' the worlds a stage – W. Shakespears

5.2.3 G.K. in sports awareness : current G.K about sports and competition
(National, International Asian, Olympic games) sports players, sports associations
Awards & Honors

REFERENCES

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Wilfred D. Best

The technique of comprehension & Precis writing – R.N. Singh –Upkar Prakashan Model Precis writing-H.S.
Bhatia-Book Place Delhi

English Vocabulary in use-Michael Mccarthy FelicityO'Dell –Cambridge University Press.

Tales from Shakespeare-Charles & Mary Lamb Stories froml Home & Abroad-ed.by.

Dr..N. Kapoor Gitanjali-Rabindra Nath Tagore.

BPE –I
PAPER-V
ENVIRONMENTAL STUDIES
Code-BPE 105

UNIT-I

1. Introduction:
 - 1.1 Multi-Disciplinary nature of environmental studies.
 - 1.2 Definition, Scope and Importance of environmental studies.
 - 1.3 Concept of environmental education.
 - 1.4 Historical Background of environmental education.
2. Needs of Environmental Education for public Awareness.
3. Management of environment and Govt. Policies.
4. Important Day and National Awards.

UNIT-II

2. Natural Resources and related environmental issues:
 - 2.1 Forest Resources:
 - 2.1.1 Use and over exploitation, deforestation
 - 2.1.2 Timber extraction, mining, dams and their effects on forests and tribal people.
 - 2.2 Water Resources
 - 2.2.1 Use and over utilization of surface and ground water, floods, drought.
 - 2.2.2 Dams-benefits and problems
 - 2.3 Flood Resources:
 - 2.3.1 World food problems
 - 2.3.2 Changes caused by agriculture and overgrazing
 - 2.3.3 Effects of modern agriculture
 - 2.3.4 Fertilizer-pesticide problems.
 - 2.4 Energy Resources:
 - 2.4.1 Growing energy needs
 - 2.4.2 Renewable and non-renewable energy sources
 - 2.4.3 Use of alternate energy sources.
 - 2.5 Land Resources:
 - 2.5.1 Land as a resource
 - 2.5.2 Land degradation
 - 2.5.3 Man induced Land slides
 - 2.5.4 Soil erosion and desertification
 - 2.6 Role of an individual in conservation of Natural Resources

UNIT-III

- 3.1 Ecosystem:
 - 3.1.1 Concept, structure and function of an Ecosystem
 - 3.1.2 Producers, consumers and decomposers.
 - 3.1.3 Energy flow in the ecosystem

3.1.4 Food chains, food Webs and ecological pyramids.

3.2 Introduction, types, characteristics features, structure and functions of:

- 3.2.1 Forest ecosystem
- 3.2.2 Grassland ecosystem
- 3.2.3 Desert ecosystem
- 3.2.4 Aquatic ecosystem

3.3 Biodiversity and its conservation

- 3.3.1 Definitions of genetic, species and ecosystem diversity.
- 3.3.2 Biogeographically classification of India
- 3.3.3 Values of biodiversity: consumptive use, productive use, social values, ethical values, aesthetic values and option values.
- 3.3.4 Hot-spots and threats to biodiversity
- 3.3.5 Endangered and endemic species of India
- 3.3.6 Conservation biodiversity.

UNIT-IV

4.1 Environmental Pollution:

- 4.1.1 Definition, effects and control measures of:
 - 4.1.1.1 Air Pollution
 - 4.1.1.2 Water Pollution
 - 4.1.1.3 Soil Pollution
 - 4.1.1.4 Marine Pollution
 - 4.1.1.5 Noise pollution
 - 4.1.1.6 Thermal Pollution
 - 4.1.1.7 Nuclear Hazards
- 4.1.2 Solid Waste Management: causes, effects and control measures of urban and industrial wastes.
- 4.1.3 Role Disaster Management: floods, earthquake, cyclone and Land slides.

UNIT-V

5. Social Issues and the Environment:

- 5.1 From Unsustainable to sustainable development.
- 5.2 Water conservation, rain water harvesting, water shed management.
- 5.3 Climate changes, global warning, acid rain, ozone layer depletion and holocaust.
- 5.4 Environmental ethics: Issues and possible solutions.
- 5.5 Protection/Conservation Acts: Environment, Air, Water, Wild life, Forest.
- 5.6 Human population and the environment:
- 5.7 Population growth, variation among nations.
- 5.8 Population explosion- Family Welfare Programme.
- 5.9 Environment and Human Health.

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