

# **BPE III**

## **PAPER-I**

### **FOUNDATION OF PHYSICAL EDUCATION**

**Code-BPE 301**

#### **UNIT I**

Sociological Foundation:

- 1 Need for studying principles- meaning and sources.
- 2 Heredity, environment in its importance & stages of growth and development.
- 3 Biological basis of life and biological weakness.
- 4 Principles governing physical and motor growth and development.
- 5 Chronological, anatomical. Physiological and mental ages of individuals their implications in developing and implementing Programme of physical education.

#### **UNIT II**

Psychological Foundation

- 1 Importance & implication of psychological element in physical education.
- 2 Notions about mind and body and psycho-physical unity of men.
- 3 Learning curve.
- 4 Condition and factors affecting learning.

#### **UNIT III**

Philosophical Foundation:

- 1 idealism and physical education
- 2 pragmatism and physical education
- 3 naturalism and physical education

#### **UNIT IV**

- 1 General benefits of exercise.
- 2 Benefits of exercise to the various systems.
- 3 Basic principle of exercise and physical education Programme.
- 4 Kinesthetic sense and performance

#### **UNIT V**

- 1 Physical education and sports as a need of the society.
- 2 Sociological implication of physical education and sports
- 3 Physical activities and sports as amen cultural heritage
- 4 Physical activates and sports as a social institution and their influence on society.

**BPE III  
PAPER-II**

**CORRECTIVES AND REHABILITATION IN PHYSICAL EDUCATION**

**Code-BPE 302**

**UNIT-I**

1.1 Meaning of Correctives Physical Education, its objectives and scope.

1.2 Posture & concept

1.2.1 Definition, values of good posture, causes and drawbacks of bad posture.

1.2.2 Common postural deviations, their causes and remedial exercises.

1.2.2.1 Kyphosis

1.2.2.2 Scoliosis

1.2.2.3 Lordosis

1.2.2.4 Knock knees and Bow legs

1.2.2.5 Flat feet.

1.3 Organization of a Corrective Gymnastic class (Group therapy) and its advantages.

**UNIT-II**

2.1 Sports Injuries

2.1.1 Introduction to Sports injuries

2.1.2 Role of trained personnel in the management of the sports Injuries.

2.2. Prevention of Injuries:

2.2.1 Factors causing sports injuries.

2.2.2 Factors sports injuries.

2.2.3 Complications of incomplete treatment

2.3 Common sport injuries and their immediate treatment.

2.3.1 Sprain

2.3.2 Strain

2.3.3 Contusion and haematoma

2.3.4 Dislocation

2.3.5 Fracture

**UNIT-III**

3.1 Rehabilitation:

3.1.1 Definition, objectives and scope.

3.1.2 Effects and uses of the therapeutic modalities in

3.1.2.1 Cold Therapy

3.1.2.1 Hot moist

3.1.2.3 Infra Red

3.1.2.4 Contrast Bath

3.1.2.5 Wax Bath Therapy

#### UNIT-IV

##### 4.1 Therapeutic Exercises:

- 4.1.1 Definition and scope of therapeutic exercises
- 4.1.2 Classification, therapeutic effects and uses of the following:-4.1.2.1  
Active Exercises (Free, Assisted and Resisted exercises)
  - 4.1.2.2 Passive Exercises (relaxed and forced exercises).

##### 4.2 Muscle strength and its maintenance

- 4.2.1 Causes of muscle weakness and its prevention
- 4.2.2 General principles of muscle strengthening.

##### 4.3 Joint mobility and its maintenance

- 4.3.1 Factors causing limitation of joint mobility
- 4.3.2 Methods of increasing joint mobility

#### UNIT-V

##### 5.1 Therapeutic AND Sports Massage:

- 5.1.1 Definition and brief history of message
- 5.1.2 General approach to massage manipulation.
- 5.1.3 Common Physiological effects of massage.
- 5.1.4 Classification of massage technique

##### 5.2 Common massage technique and their therapeutic uses:

- 5.2.1 Effleurage
- 5.2.2 Kneading
- 5.2.3 Petri sage
- 5.2.4 Friction
- 5.2.5 Stroking
- 5.2.6 Percussion Manipulations
- 5.2.7 Shaking Manipulations.

##### 5.3 Contraindications of Massage in general

##### 5.4 Techniques of Massage for the limbs back and neck

##### 5.5 Role of Massage in Competitive Sports.

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**BPEIII**  
**PAPER-III**  
**PROFESSIONAL PREPARATION**  
**Code-BPE 303**

**UNIT-I**

1. Foundation OF Professional Preparation
  - 1.1 Meaning of Professional
  - 1.2 Components of Professional Preparation.
  - 1.3 Contribution of physical education in attaining ideals of Indian democracy.
  - 1.4 Forces and factors affecting educational policies and Programme.

**UNIT-II**

2. Historical Perspective
  - 2.1 Historical review of Professional Preparation in India.
  - 2.2 Professional courses being offered in professional preparation colleges in India.
  - 2.3 Professional Preparation in Physical Education in USA, USSR and UK.
  - 2.4 Beginning of Professional Preparation in the world.

**UNIT-III**

- 3.1 Under-Graduate preparation of professional personnel.
  - 3.1.1 Purposes, Admission Requirements of Undergraduate preparation.
  - 3.1.2 Theory, Teaching practice and practical.
  - 3.1.3 Professional competencies to be developed.
- 3.2. Post-Graduate Preparation.
  - 3.2.1 Purposes & Admission requirements.
  - 3.2.2 Methods of instruction.
  - 3.2.3 Professional relations.

**UNIT-IV**

4. Teacher and Teaching
  - 4.1 Teaching as a career.
  - 4.2 Basic Qualities of a successful teacher.
  - 4.3 Preparation of the specialized physical education teacher.
  - 4.4 Types of teaching jobs.
  - 4.5 Types of non-teaching jobs.

**UNIT-V**

- 5.1. In-Service Education.
  - 5.1.1 Nature and Scope.
  - 5.1.2 Role of teacher education institutions in in-service education.
  - 5.1.3 Role of Profession in in-service education.
  - 5.1.4 Course and Formal education experience.

- 5.2 Evaluation.

- 5.2.1 Trends in evaluating professional preparation.
- 5.2.2 Evaluating the Programme of professional preparation.
- 5.2.3 Relation of evaluation to administration & Personal program.

### 5.3 Modern Trends in professional preparation

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**BPE-III**  
**PAPER-IV**  
**TESTS AND MEASUREMENTS**  
**Code-BPE 304**

**UNIT-I**

- 1.1 Introduction
  - 1.1.1 Meaning of Test, Measurement and Evaluation.
  - 1.1.2 Formative and summative Evaluation.
- 1.2 Needs and Importance of Tests, Measurements and Evaluation in Physical Education.
- 1.3 Introduction to Statistics
  - 1.3.1 Meaning and Definitions of Statistics
  - 1.3.2 Meaning and kinds of Data
  - 1.3.3 Needs and Importance of Statistics
- 1.4 Frequency Table
  - 1.4.1 Meaning, Importance and uses of F.T.
  - 1.4.2 Construction of F.T.
- 1.5 Measures of Central Tendency
  - 1.5.1 Meaning, uses and calculation of mean from Ungrouped and grouped Data.
  - 1.5.2 Meaning, uses and calculation of Median from ungrouped and grouped Data.
  - 1.5.3 Meaning, uses and calculation of Mode from ungrouped and grouped Data.

**UNIT-II**

- 2.1 Measures of Variability
  - 2.1.1 Meaning, uses and calculation of quartile Deviation from ungrouped and grouped Data.
  - 2.1.2 Meaning, uses and calculation of standard Deviation from ungrouped and grouped Data.
- 2.2 Percentiles and Deciles
  - 2.2.1 Meaning and calculation of percentiles from ungrouped and grouped data.
  - 2.2.2 Meaning and calculation of Deciles from ungrouped and grouped data.
- 2.3 Graphical Representation of Data.
  - 2.3.1 Meaning and uses.
  - 2.3.2 Construction of Frequency Polygon.
  - 2.3.3 Construction of Cumulative Frequency curve.
  - 2.3.4 Construction of smooth Frequency curve.
  - 2.3.5 Construction of Histogram/Bar Diagram.
- 2.4 Correlation
  - 2.4.1 Meaning and uses of correlation
  - 2.4.2 Magnitude of correlation
  - 2.4.3 Calculation of correlation by Rank Difference Method.
  - 2.4.4 Calculation of correlation by Product Moment Method.

### UNIT-III

#### 3.1 Population and sample

- 3.1.1 Meaning of population and sample
- 3.1.2 Importance of sampling
- 3.1.3 Principles of sampling.
- 3.1.4 Sampling Techniques.
  - 3.1.4.1 Systematic sampling
  - 3.1.4.2 Random sampling
  - 3.1.4.3 Stratified sampling
  - 3.1.4.4 Cluster sampling
  - 3.1.4.5 Sequential sampling

#### 3.2 Knowledge Test

- 3.2.1 Importance of knowledge Test
- 3.2.2 Types of Knowledge Tests
  - 3.2.2.1 Characteristics of objective Knowledge Test
  - 3.2.2.2 Characteristics of subjective Knowledge Test
  - 3.2.2.3 Items to be included in objective Knowledge Test
  - 3.2.2.4 Items to be included in subjective Knowledge Test

#### 3.3 Technical standards of a test

- 3.3.1 Reliability
- 3.3.2 Validity
- 3.3.3 Objectivity
- 3.3.4 Norms

#### 3.4 Criteria of Tests Selection

#### 3.5 Administration of Testing Programme.

- 3.5.1 Advance Preparation
- 3.5.2 Duties during Testing
- 3.5.3 Duties After testing.

### UNIT-IV

#### 4.1 Somatotyping

- 4.1.1 Meaning of Somatotyping
- 4.1.2 Brief Account of Kretchmer's body type
- 4.1.3 Brief Account of Sheldon's body type

#### 4.2. Strength Test

- 4.2.1 Maximum strength (Arms & Legs)
- 4.2.2 Explosive strength (Arms & Legs)
- 4.2.3 Strength endurance (Arms & Abdomen)

#### 4.3 Cardio- Respiratory Endurance Tests

- 4.3.1 Cooper's Run/Walk Test.
- 4.3.2 Harvard Step Test.

#### 4.4 Balance Tests.

- 4.4.1 Stock stands for static balance.
- 4.4.2 Modified Bass Test for Dynamic Balance.



4.5 Flexibility Tests

- 4.5.1 Bridge up test for spine flexibility.
- 4.5.2 Shoulder Rotation test for shoulder flexibility.

**UNIT-V**

5.1 Fitness Tests

- 5.1.1 Rogers's PFI.
- 5.1.2 AAHPER youth fitness test.
- 5.1.3 National Physical Fitness Programme.
- 5.1.4 FYT Health Related fitness tests battery.
- 5.1.5 JCR Test.
- 5.1.6 Barrow Motor Ability Test (Three Items).

5.2 Sports Skill Tests

- 5.2.1 Johnson Basketball Ability Tests.
- 5.2.2 Lock Hart and McPherson Badminton Tests.
- 5.2.3 McDonald Soccer Test
- 5.2.4 Brady Volleyball Test.
- 5.2.5 Harban's Hockey Test.

5.3 Social Efficiency

- 5.3.1 Meaning of Social Efficiency.
- 5.3.2 Mc Clay's Behavior Rating Scale.
- 5.3.3 Cowell Social behavior Trend Index.

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**BPE - III**  
**PAPER-V**  
**MANAGEMENT IN PHYSICAL EDUCATION**  
**Code-BPE 305**

**UNIT-I**

1. Management and Organizational Structure:
  - 1.1 Meaning and Definition of the Terms – Administration and Management.
  - 1.2 Elements/Phases of Management (Planning; Organizing; staffing; Directing and Coordination; Supervision and Control/Evaluation; Re-adjustments and Improvement/Follow-up)
  - 1.3 Importance/Significance of the Subject- Management in Physical Education and Sports.
  - 1.4 Principles of Management.
  - 1.5 Schemes of Organization- Meaning.
  - 1.6 Procedure for Working-out an effective Scheme of Organization.
  - 1.7 Organizational Structure in Schools, Colleges and Universities.
  - 1.8 Organizational Structure in District and State Education Departments.

**UNIT-II**

2. Facilities and Equipments:
  - 2.1 The Need for Out-door Facilities: Principles for their Location and the Recommended Area.
  - 2.2 Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking.
  - 2.3 Guidelines/Principles for the Lay-out of Out-door Facilities.
  - 2.4 Care and Maintenance of Out-door Facilities.
  - 2.5 Gymnasium: The need, Location, Dimensions, Sample Floor Plans.
  - 2.6 Swimming Pool: The Need, Construction, Maintenance and Supervision.
  - 2.7 The Need for Equipments and their Types.
  - 2.8 Procedure for the Purchase of Equipments
  - 2.9 Principles to be followed for the Purchase.
  - 2.10 Store Room Management: Need, Location, Fixtures, Handing of equipments, Issuing Procedure and Periodical Stock-Checking.
  - 2.11 Stocking of Leather Equipments, Rubber Equipments, Wooden Equipments, Cloth Uniform Shuttle Cocks, Mattresses, Swimming and Track Equipments.
  - 2.12 Repairs and Disposal of Damaged Equipments.

**UNIT-III**

3. Staff and Leadership
  - 3.1 Head of the Institute/Department and his Role in Imbibing the Spirit of Discipline among his Staff and Students.
  - 3.2 Qualifications of Physical Educators for Different Level Assignments.
  - 3.3 Qualities of a Good Physical Education Teacher.
  - 3.4 Staff Co-operation and its Significance.
  
  - 3.5 Involvement/Development of Voluntary Services of Other Teachers for physical Education

Programs.

3.6 Student Leadership: Meaning, Elements, and Values/Significance.

3.7 Selection, Training and Recognition of Student Leaders.

#### UNIT-IV

##### 4. Intramurals, Extramural and Public Relations

4.1 Meaning and Values of Intramural Program.

4.2 Units, Events and Points System for Competition.

4.3 Sample Rules to be followed for Intramurals.

4.4 Rewards and Incentives for Winners.

4.5 Meaning and Educational Outcomes of Extramural.

4.6 Evil Practices in Extramural.

4.7 Limitations on Participation.

4.8 Team Management: Selection & Training (Coaching Camps etc.)

4.9 Tour Management (Physical Education Teacher as manager of the Team)

4.10 Tournament Management, Opening and Closing Ceremonies; various Committees and their Responsibilities.

4.11 Definition and meaning of Public Relations.

4.12 Need for a Public Relation Program in Physical Education.

4.13 Principles to be followed for a good Public relation Program.

4.14 Techniques of Public Relation.

4.15 Relation of the physical Education Teacher with the Students, Parents, Colleagues, Principal and Supervisor etc.

#### UNIT-V

##### 5. Class management, Office Management and Physical Education Budget.

5.1 Teacher's Preparation before Class (Lesson Plan, Markings of the Necessary Equipments Suitable Uniform). Courts,

5.2 Students Preparation.

5.3 Handling and Controlling the Class.

5.4 Attendance System.

5.5 Grading the Student.

5.6 Preparing Reports.

5.7 The Need for Office, its Location and Set-up.

5.8 Office Function and Practices.

5.9 Meaning and Importance of `Budget` in Physical Education.

5.10 Budget Making (Steps, Areas of Income and Expenditure).

5.11 Account Keeping.

5.12 Petty Cash Fund/Imp rest.

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**BPE-III**  
**PAPER-VI**  
**SPORTS SPECILIZATION**  
**(Practical)**

**UNIT I**

- 1 History: Historical Development of the game/Sports at National and International Levels
- 2 Organization:
  - 1 National Bodies controlling sports and their affiliated units.
  - 2 International Bodies controlling sports and affiliated Unites
  - 3 Major national and International competition.

**UNIT II**

Officiating and Lay – Out of Play Field:

- 1 Rules and Regulation
- 2 Officiating
- 3 Lay out

**UNIT III**

- 1 Techniques/ Skill
  - a. Classification
  - b. Skill training
- c. Recreation and Lead Up Activities 2                      Tactics and Strategy
  - a. Selection of players
  - b. Game tactics/situation tactics
  - c. Tactical training

**UNIT IV**

Training:

- 1 Systematizations and training process for a beginners, intermediate and high performance sportsperson.
- 2 Training methods and means for the development of motor abilities
- 3 Load dynamics
- 4 Basic concept of preparation of training schedules.

**NOTE**

Sports Specialization must for Only BPE III year Students.

The obtained marks of the Specialization theory Internal Paper will automatically                      included in practical parts of overall BPE III result.