

Devi Ahilya Vishwavidyalaya, Indore
Faculty of Physical Education

B.P.Ed. Two Year (Four Semesters) Programme
General Guidelines, Scheme of Examination and Syllabus
(REVISED From Session ²⁰²²⁻²⁰²³ Onwards)

For
Affiliated Colleges of DAVV, Indore

Registrar
Devi Ahilya Vishwavidyalaya
Indore 452001 (M.P.)

General Guidelines, Scheme, Syllabus of BPED. for Affiliated Colleges of DAVV Indore.

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DEVI AHILYA VISHWAVIDYALAYA, INDORE

As per
Ordinance No. 48 (Revised as per NCTE Regulation – 14, notification dated 28th Nov - 14)
Related to the Examination for the Degree of Bachelor of Physical Education
(Two years– Four Semesters; CBCS programme) and DAVV Ordinance No. 163

REVISED From Session 2022–2023 Onwards

Preamble: Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII.

1. Eligibility:

Intake, Eligibility and Admission Procedure as per the NCTE norms and standards

2. Duration:

The B.P.Ed programme shall be of duration of two academic years, i.e., four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of four years from the date of admission to the programme, or as per the State Govt. University rules.

3. The CBCS System:

All Programmes shall run partially on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

4. Course:

The term course usually referred to, as “papers” is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures / tutorials / laboratory work / field work / outreach activities / project work / vocational training / viva / seminars / term papers / assignments / presentations / self-study etc. or a combination of some of these.

5. Courses of Programme:

The B.P.Ed. Programme consists of a number of courses, the term “Course” applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the

General Guidelines, Scheme, Syllabus of BPED. for Affiliated Colleges of DAVV Indore.

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subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed. Programme.

1. Theory
 - Core Course
 - Elective Course
2. Practicum
 - Core Course
 - Teaching Practices:

6. Semesters:

- a. An academic year is divided into two semesters.
- b. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days.
- c. The odd semester may be scheduled from May / June to November / December and even semester from November / December to May / June.
- d. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

7. Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc. 100 days for each semester. (For any reason if the semester duration is to be reduced it should not be less than 90 working days)

8. Examinations:

- a. There shall be examinations at the end of each semester, for odd semester in the month of November / December, and for even semester in the month of May / June.
- b. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November / December or May / June.
- c. A candidate has to fill the examination form for each semester examination.
- d. If enrollment / registration for exam is not possible due to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to appear in the examination and not proceed to the next semester.
- e. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student shall be admitted in the next semester, if he/she has successfully kept the term in earlier semester or cleared the eligibility of ATKT.
- f. If any student fails in any course, he / she will be treated to have failed in that course. He / She has to reappear in the End Semester Exam of that failed course as and when it is offered. The Continuous Internal Assessment (CIA) of the students will be carried over for the preparation of the results.
- g. The student should not carry more than 2 (Two) courses (combining theory and practical) at a time for promotion to the next semester as ATKT.

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- h. If He / She is declared Fail / Absent in more than 2 (Two) courses He / She has to repeat the course as and when it is offered and he / she will not be promoted in the next semester unless he/she clears the condition of ATKT.
- i. His/ Her 4th Semester (Last Semester) result will be kept **"WITHHELD"** until He / She clears all the courses of 1st, 2nd, and 3rd Semester examination.
- j. Repetition of a theory / practical course is allowed only to those candidates who get Fail or Absent remark in the course. The student has to pay the prescribed fee for repeating the course.
- k. No separate ATKT examination will be conducted. Students have to appear in his course with the main examination as and when it is offered.

9. Condonation:

- a. Student must have 75% of attendance in each course for appearing the examination.
- b. Students who have 74% to 65% of attendance and shall have a valid reason for condonation shall apply for condonation in the prescribed form to the Principle / Head of the Institution.
- c. Students who have 64% to 50% of attendance due to medical problem shall apply for condonation in prescribed form with the Medical Certificate duly forwarded by the Principal / Head of the Institution to the Vice-Chancellor.
- d. Students who have below 50% of attendance are not eligible to appear for the examination.

10. Pattern of Question Papers:

Question Papers shall have five questions corresponding to four units of each theory course.

Format of Question Paper for B.P.Ed.

Each paper shall have five questions. The pattern will be as follows:

Question No.	Description	Marks
1 (Form Unit 1)	Answer in detail (Long Question) Or Answer in detail (Long Question)	15
2 (Form Unit 2)	Answer in detail (Long Question) Or Answer in detail (Long Question)	15
3 (Form Unit 3)	Answer in detail (Long Question) Or Answer in detail (Long Question)	15
4 (Form Unit 4)	Answer in detail (Long Question) Or Answer in detail (Long Question)	15
5 (1 Questions. from each unit)	Write short notes: any two out of four	10
Total		70

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11. Evaluation:

- The performance of a student in each course is evaluated in terms of marks and percentage.
- Evaluation for each course shall be done by Continuous Internal Assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of the course.
- The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks*
Total	30 Marks

*76% to 80% = 1, 81% to 85% = 2, 86% to 90% = 3, 91% to 95% = 4, 96% to 100% = 5

- Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course.
- In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation.
- The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70.
- The evaluation of practical work, wherever applicable, will also be based on Continuous Internal Assessment (CIA) and on an end semester practical examination.

12. Minimum Passing Standard:

- The minimum passing percentage for End Semester Examinations shall be 40%, i.e. 28 marks out of 70 marks respectively for theory and practical courses. (No pass percentage is required for Continuous Internal Assessment (CIA)).
- The overall pass percentage combining Continuous Internal Assessment (CIA) and the End Semester Examination is also 40% i.e. 40Marks out of 100 Marks.

Note: This is equivalent to the pass percentage in UTDs in the equivalent courses.

13. Declaration of the Results:

- If a student passes in all the courses offered in any semester then He / She will be declared pass in that semester and will be promoted to the higher semester.
- For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second class / Pass class or First class with Distinction, the marks scored by the candidate in all the courses will be added.

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14. Break in the Course:

- a. On account of valid reasons, a student may withdraw himself / herself from a semester. In such case the semester will be treated as zero semester.
- b. In case of zero semester, the student will not be promoted to the next semester till He / She clears that semester.
- c. The College / Institute may allow such a student to register in that semester again, whenever it is offered by the College / Institute. The student has to pay semester fee again in such cases.

16. Award of the B.P.Ed. Degree:

A candidate shall be eligible for the award of the degree of the B.P.Ed, only if He / She has clears all the courses of the program successfully.

17. Revision of Syllabi:

- a. Syllabi of every course should be revised according to the NCTE.
- b. Revised Syllabi of each semester should be implemented in a sequential way.
- c. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Board of Studies / Academic Council.
- d. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
- e. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
- f. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

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Semester - II

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-201	Yoga Education	4	4	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
CC-203	Organization and Administration	4	4	30	70	100
Elective Course (Anyone)						
EC-201	Contemporary issues in physical education, fitness and wellness	4	4	30	70	100
EC-202	Sports Nutrition and Weight Management					
Part-B Practical Course						
PC-201	Track and Field (Jumping Events)	6	4	30	70	100
PC-202	Yoga/Aerobics/ Gymnastics/ Swimming	6	4	30	70	100
PC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis	6	4	30	70	100
Part – C Teaching Practices						
TP - 201	Teaching Practices (05lessons in class room teaching and 05 lessons in outdoor activities)	6	4	30	70	100
Total		40	32	240	560	800

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

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Semester – II

Theory Courses

CC-201 YOGA EDUCATION

Unit – I: Introduction

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Yoga in Early Upanisads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

Unit - II: 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 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 relaxative, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

Unit – IV 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

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: Allied Publishers.
- Shankar, G. (1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.
- Shekar, K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.

Semester – II

Theory Courses

CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING N PHYSICAL EDUCATION

Unit – I 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 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 – III 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 – IV 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.
- Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
- Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.
- Walia, J.S. (1999). *Principles and methods of education*. Jullandhar: Paul Publishers.

Semester – II

Theory Courses

CC-203 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Unit – I: Organization and administration

- Meaning and importance of Organization and Administration in physical education
- Qualification and Responsibilities of Physical Education teacher and pupil leader
- 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- II: 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-III: 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-IV: Competition Organization

- Importance of Tournament,
- Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramurals & Extramural Tournament planning

References:

- Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
- Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Louis: The C.V. Mosby Co.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
- Pandy, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depot.

- Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
- Thomas, J. P.(1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.
- Tirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.
- Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

Semester – II

Theory Courses

EC-201 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS (ELECTIVE)

Unit – I 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 Fitness, Wellness and Lifestyle

- Fitness – Types of Fitness and Components of Fitness
- Understanding of Wellness
- Modern Lifestyle and Hypokinetic Diseases – Prevention and Management
- Physical Activity and Health Benefits

Unit – III 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 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 Hypokinetic 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.
- Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

Semester II
Theory courses

EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT

(ELECTIVE) Unit – I Introduction to Sports Nutrition

- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan

Unit – II Nutrients: Ingestion to energy metabolism

- Carbohydrates, Protein, Fat – Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water – Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

Unit – III 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 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

References:

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

Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12), 3091-3096.

Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.

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

Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

PC - 104

Kho Kho:

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Ground Marking
- Rules and their interpretations and duties of officials.

PC – 104

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

Semester – II

PC – 201

Track and Field

Athletics: Jumping Events

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

PC – 202

Gymnastics:

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

PC – 202

Yoga:

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

PC – 202

Swimming:

Introduction of water polo game

- Fundamental skills
- Swimm with the ball
- Passing
- Catching
- Shooting
- Goal keeping
- Rules of the games and responsibility of officials

Introduction of Diving sports.

- Basic Diving Skills from spring boards
- Basic Diving Skills from platform

PC – 202

Aerobics: Introduction of Aerobics ○
Rhythmic Aerobics - dance

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

PC - 203

Badminton: Fundamental Skills

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

PC - 203

Table Tennis: Fundamental Skills

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- Stance and Ready position and foot work.
- Rules and their interpretations and duties of officials.

PC – 203

Squash Fundamental Skills

- Service- Under hand and Over hand
- Service Reception
- Shot- Down the line, Cross Court
- Drop
- Half Volley
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

PC – 203

Tennis: Fundamental Skills.

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- Stance and Footwork.
- Basic Ground strokes-Forehand drive, Backhand drive.
- Basic service.
- Basic Volley.
- Over-head Volley.
- Chop
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.