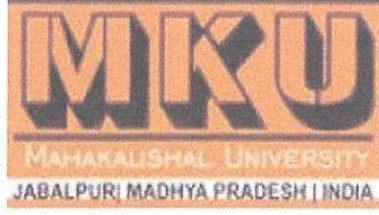


MAHAKAUSHAL UNIVERSITY, JABALPUR M.P.



कला एवं समाज विज्ञान संकाय

Syllabus

Faculty of Art & Social Science

Syllabus & Prescribed Books

Subject- Physical Education

B.A. Yearly Examination

MAHAKAUSHAL UNIVERSITY, JABALPUR

**As per model syllabus of U.G.C. New Delhi, drafted
by Central Board of Studies and Approved by Higher
Education and the Governor M.P.**

1st Year

BPED101-T. Principles of Education

Unit I: Introduction to Education

- Meaning, definition, nature and scope of Education
- Aims and functions of Education
- Role of education in individual and social development
- Factors of education: learner, teacher, curriculum, environment

Unit II: Philosophical Foundations

- Idealism, Naturalism, Pragmatism: concepts & impact on education
- Modern philosophies: Existentialism, Realism, Humanism
- Indian philosophers: Gandhi, Tagore, Aurobindo, Vivekananda

Unit III: Sociological Foundations

- Education and society
- Socialization, social change, acculturation
- Education and national integration
- Culture and education

Unit IV: Psychological Foundations

- Growth and development
- Learning theories: Thorndike, Pavlov, Skinner, Gestalt
- Motivation and emotion

Unit V: Principles of Curriculum Construction

- Meaning and principles of curriculum
- Types of curriculum
- Co-curricular activities
- Evaluation of curriculum

References

- Aggarwal, J.C. – *Theory and Principles of Education*
 - Taneja, V.R. – *Foundation of Education*
 - Kneller – *Introduction to the Philosophy of Education*
-

BPED102-T. History & Development of Indian Education

Unit I: Ancient and Medieval Education

- Vedic, Buddhist, Brahmanic systems
- Gurukul system
- Medieval education: Islamic institutions, Madrasas

Unit II: British Period

- Charter Act 1813
- Macaulay's Minute 1835
- Wood's Dispatch 1854
- Hunter Commission 1882
- Indian universities act 1904

Unit III: Modern Period (Pre-Independence)

- Sadler Commission 1917
- Hartog Committee 1929
- Wardha Scheme of Basic Education (1937)

Unit IV: Post-Independence Development

- University Education Commission (1948)
- Secondary Education Commission (1952–53)
- Kothari Commission (1964–66)

Unit V: Contemporary Education

- NPE 1968, 1986, POA 1992
- NEP 2020 recommendations
- Educational issues: access, equity, quality

References

- Aggarwal, J.C. – *Development of Education in India*
 - Nurullah & Naik – *History of Education in India*
 - Ministry of Education – *Reports of Education Commissions*
-

BPED103-T. Educational Psychology

Unit I: Nature of Educational Psychology

- Meaning, scope, and methods
- Stages of human development
- Heredity & environment

Unit II: Learning

- Theories of learning
- Transfer of learning
- Factors affecting learning

Unit III: Motivation & Emotion

- Types of motivation
- Maslow's hierarchy
- Emotional intelligence

Unit IV: Intelligence & Personality

- Theories of intelligence
- Measurement: IQ tests
- Personality theories: Freud, Jung, Allport

Unit V: Mental Health

- Adjustment & maladjustment
- Stress, conflict, mental hygiene
- Guidance & counseling

References

- Skinner, C.E. – *Educational Psychology*
- Mangal, S.K. – *Educational Psychology*
- Hilgard – *Theories of Learning*

BPED104-T. Thoughts and Practices in Education

Unit I: Indian Thinkers

- Gandhi, Tagore, Aurobindo, Vivekananda
- Their educational principles

Unit II: Western Thinkers

- Rousseau, Froebel, Montessori, Dewey
- Progressive education

Unit III: Contemporary Educational Practices

- Constructivism
- Problem-solving and inquiry-based learning
- Reflective teaching

Unit IV: Teacher Roles & Professionalism

- Qualities of teachers
- Teacher ethics
- Teacher as facilitator

Unit V: Curriculum & Pedagogical Practices

- Activity-based learning
- Competency-based education
- Inclusive practices

References

- Brubacher – *Modern Philosophies of Education*
- Dewey, J. – *Democracy and Education*
- Gandhi – *Basic Education*

BPED105-T New Trends & Innovations in Education

Unit I: ICT in Education

- Smart classrooms
- E-learning, blended learning
- MOOCs, virtual labs

Unit II: Educational Technology

- AV aids
- Artificial intelligence in education
- Gamification

Unit III: Inclusive Education

- Concept and need
- Education for CWSN
- Universal Design for Learning

Unit IV: Skill-Based Education

- Vocationalization
- Life skills & soft skills training
- NEP 2020 skill reforms

Unit V: Quality Assurance

- NAAC, NBA
- Outcome-based education
- New assessment methodologies

References

- NCERT – *Educational Technology*
 - UNESCO – *ICT in Education*
 - Mohanty – *Educational Technology*
-

BPED106-T. Measurement & Evaluation in Education

Unit I: Foundations

- Meaning, need, scope
- Difference between measurement, assessment & evaluation

Unit II: Tools & Techniques

- Tests: oral, written, practical
- Checklist, rating scale, questionnaire

Unit III: Standardized Tests

- Characteristics
- Reliability & validity
- Norm-referenced and criterion-referenced tests

Unit IV: Statistics in Education

- Measures of central tendency
- Correlation
- Normal probability curve

Unit V: Educational Evaluation

- CCE, formative & summative evaluation
- Rubrics, portfolios
- Modern assessment techniques

References

- Ebel & Frisbie – *Essentials of Educational Measurement*
- Thorndike – *Measurement & Evaluation in Psychology*

BPED107-P — Games (Practical): Volleyball, Judo, Cricket

Unit I: Fundamentals & Rules

- Basic rules and regulations of Volleyball, Judo, Cricket
- Ground/court layout and equipment
- Safety measures

Unit II: Volleyball Skills

- Serving, passing, setting, spiking, blocking
- Team formations and rotations
- Match practice

Unit III: Judo Skills

- Ukemi (falling techniques)
- Throws and holds
- Basic combat rules

Unit IV: Cricket Skills

- Batting, bowling, fielding
- Match formats
- Umpiring basics

Unit V: Officiating & Tournament Play

- Scoring systems
- Refereeing signals
- Conducting practice matches

References:

- NCERT Physical Education Textbook
 - B.P.E.S. Practical Manual
 - International Federation Rules (FIVB, ICC, IJF)
-

BPED108-P — Athletics (Practical): Shot Put, 100m, Sprint Race

Unit I: Track & Field Basics

Unit II: Shot Put Techniques (Grip, Glide, Release)

Unit III: Sprint Start & Finish Techniques

Unit IV: Training & Conditioning

Unit V: Officiating & Measurement

References:

- A.K. Uppal — *Physical Education and Sports*
 - IAAF Competition Rules
 - Athletics Coaching Manual
-

BPED109-P — Games (Practical): Lawn Tennis, Weightlifting, Swimming

Unit I: Rules & Safety

Unit II: Lawn Tennis Skills & Match Play

Unit III: Weightlifting Techniques & Safety

Unit IV: Swimming Strokes & Breathing

Unit V: Fitness & Injury Prevention

References:

- YMCA Coaching Manuals
 - International Tennis Federation Rules
 - FINA Swimming Guidelines
-

2nd Year

BPED201-T- Anatomy & Exercise Physiology

Unit I: Introduction

- Cell, tissue, organ system
- Anatomical terms

Unit II: Skeletal System

- Bones classification
- Joints & movements
- Posture & alignment

Unit III: Muscular System

- Muscle types
- Muscle contraction & energy systems

Unit IV: Cardiovascular & Respiratory System

- Blood circulation
- Heart function
- Lung capacity & VO_2 max

Unit V: Exercise Physiology

- Effects of exercise on body systems
- Fatigue, recovery
- Training principles

References

- Guyton – *Physiology*
- Fox & Mathews – *Physiology of Sport & Exercise*

BPED202-T Sports Psychology & Recreational Activities

Unit I: Introduction

- Meaning, scope
- Role of psychology in sports

Unit II: Psychological Factors

- Motivation, emotion
- Anxiety, stress, arousal

Unit III: Personality & Sports Performance

- Traits & types
- Athlete personality

Unit IV: Group Dynamics

- Team cohesion
- Leadership in sports

Unit V: Recreation

- Meaning & importance
- Types: indoor, outdoor, adventure
- Recreational programme planning

References

- Cox – *Sports Psychology*
 - Kamlesh – *Psychology in Physical Education & Sports*
-

BPED203-T Sports Psychology

Unit I: Foundations

- Psychological skills in sport
- Mental training

Unit II: Cognitive Processes

- Attention, concentration
- Decision-making

Unit III: Mental Skills Training

- Goal-setting
- Relaxation techniques
- Imagery

Unit IV: Motivation in Sports

- Achievement motivation
- Self-efficacy

Unit V: Athlete Behavior & Counseling

- Burnout
- Aggression
- Counseling techniques

References

- Weinberg & Gould – *Foundations of Sport and Exercise Psychology*
- Cox – *Sports Psychology*

BPED204-T. Health & Physiology

Unit I: Health Concepts

- WHO definition
- Dimensions of health

Unit II: Nutrition

- Balanced diet
- Macronutrients & micronutrients

Unit III: Diseases & Immunity

- Communicable & non-communicable diseases
- Vaccination

Unit IV: Physiology of Body Systems

- Digestive system
- Endocrine system
- Renal physiology

Unit V: Preventive Health

- Hygiene
- Lifestyle diseases
- First aid basics

References

- Park – *Preventive and Social Medicine*
- Guyton – *Human Physiology*

BPED205-T. Management of Sports & Physical Education

Unit I: Introduction

- Meaning, nature, scope
- Principles of management

Unit II: Organization

- Planning, organizing, directing
- Budgeting

Unit III: Sports Event Management

- Tournament types
- Scheduling, officiating
- Facilities management

Unit IV: Human Resource Management

- Leadership
- Staff training
- Communication skills

Unit V: Sports Marketing & Administration

- Sponsorship
- Promotion
- Sports policies of India

References

- Bucher – *Administration of Physical Education & Athletics*
- Kotler – *Marketing Management*

BPED206-T. Health Education & Safety Education

Unit I: Health Education

- Meaning, need
- Principles of health education

Unit II: School Health Programme

- Health appraisal
- Health services
- Health instruction

Unit III: Safety Education

- Road safety
- Fire safety
- Safety in sports

Unit IV: First Aid

- CPR, wounds, fractures
- Emergency care

Unit V: Environmental Health

- Pollution
- Sanitation
- Disaster management

References

- Mangal – *Health Education*
- WHO Manuals on Health & Safety

BPED 207-P — Games (Practical): Basketball, Boxing, Gymnastics

Unit I: Game Rules & Equipment

Unit II: Basketball Skills & Tactics

Unit III: Boxing Basics & Safety

Unit IV: Gymnastics Floor Exercises

Unit V: Judging & Scoring

References:

- FIBA Rule Book
 - Amateur Boxing Association Manual
 - Gymnastics Coaching Guide
-

BPED 208-P — Athletics (Practical): Discus, 110m Hurdles, 100m

Unit I: Throwing & Track Basics

Unit II: Discus Grip & Throw

Unit III: Hurdle Technique

Unit IV: Sprint Training

Unit V: Officiating

References:

- World Athletics Rule Book
 - Track & Field Coaching — USA Track & Field
-

BPED209-P — Games (Practical): Hockey, Kabaddi, Table Tennis

Unit I: Rules & Ground Setup

Unit II: Hockey Skills

Unit III: Kabaddi Techniques

Unit IV: Table Tennis Skills

Unit V: Match Officiating

References:

- Hockey India Rule Book
 - Amateur Kabaddi Federation Rules
 - ITTF Handbook
-

3rd Year

BPED301-T. ATHLETIC INJURIES AND PHYSIOTHERAPY

Unit I: Introduction to Sports Injuries

- Definition, nature and classification of sports injuries
- Acute vs chronic injuries
- Intrinsic & extrinsic causes
- Mechanism of injury: overuse, impact, friction
- Principles of prevention of injuries

Unit II: Common Athletic Injuries

- Soft-tissue injuries: sprain, strain, contusion, abrasion, laceration
- Dislocations, fractures (types, signs, immediate care)
- Head and spinal injuries
- Overuse injuries: shin splint, tennis elbow, jumper's knee

Unit III: Injury Assessment & Management

- Primary and secondary survey
- R.I.C.E / P.R.I.C.E / P.O.L.I.C.E principles
- On-field and off-field injury evaluation
- Taping, bandaging and protective equipment

Unit IV: Physiotherapy in Rehabilitation

- Role of physiotherapist
- Phases of rehabilitation (acute, sub-acute, advanced)
- Therapeutic modalities: heat, cold, ultrasound, TENS, SWD
- Stretching & strengthening programmes

Unit V: Return-to-Play Guidelines

- Criteria for RTP
- Functional tests
- Psychological readiness
- Injury documentation & follow-up

References

- Arnheim & Prentice – *Principles of Athletic Training*
 - Brukner & Khan – *Clinical Sports Medicine*
 - Malanga – *Sports Medicine and Rehabilitation*
-

BPED302-T. KINESIOLOGY AND BIOMECHANICS IN SPORTS

Unit I: Introduction to Kinesiology

- Meaning, scope, importance
- Anatomical planes & axes
- Types of movements
- Role of kinesiology in physical education

Unit II: Musculoskeletal Analysis

- Bones & joints: classification & functions
- Origin, insertion & action of major muscles
- Kinesiological analysis of fundamental movements (walking, running, jumping, throwing)

Unit III: Biomechanical Principles

- Newton's laws of motion
- Levers in the human body
- Force, work, power, torque
- Center of gravity, base of support, stability

Unit IV: Biomechanics in Sports Techniques

- Projectile motion
- Spin, drag, lift
- Biomechanics of skills: sprinting, long jump, high jump, swimming strokes, cricket bowling

Unit V: Application in Training & Injury Prevention

- Biomechanical assessment tools
- Movement analysis for improving performance
- Equipment design & safety
- Role of technology (video analysis, force plates, wearable sensors)

References

- Hall, S. – *Basic Biomechanics*
- Hay, J. – *Biomechanics of Sports Techniques*
- Krehbaum & Barthels – *Biomechanics: A Qualitative Approach*

BPED303-T. PHYSIOTHERAPY AND SPORTS

Unit I: Foundations of Physiotherapy

- Meaning, aims, scope
- Role of physiotherapy in sports performance
- Types of physiotherapy: orthopedic, neurological, cardiopulmonary

Unit II: Therapeutic Exercises

- Stretching (static, dynamic, PNF)
- Strengthening: isometric, isotonic, isokinetic
- Proprioception & balance training
- Aerobic & anaerobic training principles

Unit III: Electrotherapy & Manual Therapy

- Hot & cold therapy
- Electrical modalities: TENS, IFT, NMES
- Ultrasound & LASER therapy
- Massage therapy: types & techniques

Unit IV: Rehabilitation of Sports Injuries

- Rehabilitation protocols for ankle sprain, ACL injuries, shoulder injuries, back injuries
- Physiotherapy for overuse injuries
- Rehabilitation planning (short-term & long-term)

Unit V: Preventive Physiotherapy & Performance Enhancement

- Screening & fitness testing
- Corrective exercises
- Posture analysis
- Ergonomics in sports

References

- Kisner & Colby – *Therapeutic Exercise*
- Bellew, Michlovitz – *Modalities for Therapeutic Intervention*
- Prentice – *Rehabilitation Techniques in Sports Medicine*

BPED304-T. RESEARCH METHODS

Unit I: Introduction to Research

- Meaning, need, types of research (qualitative & quantitative)
- Research problem: identification & formulation
- Hypothesis: types, characteristics

Unit II: Research Design

- Experimental, descriptive, analytical & survey research
- Variables: independent, dependent, extraneous
- Sampling: probability & non-probability methods

Unit III: Tools & Techniques of Data Collection

- Observation
- Questionnaire & interview
- Physical fitness tests
- Reliability & validity of tools

Unit IV: Data Analysis

- Measures of central tendency & variability
- Correlation (product moment, rank)
- Normal probability curve
- Use of computer applications in research (SPSS/Excel basics)

Unit V: Research Reporting

- Structure of thesis & dissertation
- Citation styles (APA)
- Ethical issues in research
- Plagiarism

References

- Best & Kahn – *Research in Education*
- Clarke & Clarke – *Research Processes in Physical Education*
- Thomas & Nelson – *Research Methods in Physical Activity*

BPED305-T. PHYSICAL EDUCATION FOR DIVYANG (SPECIAL NEEDS LEARNERS)

Unit I: Foundations of Adapted Physical Education

- Meaning, aims, objectives & importance
- Legal provisions (RPwD Act 2016)
- Inclusion vs integration
- Classification of disabilities

Unit II: Adaptations for Physical Disabilities

- Locomotor disability
- Cerebral palsy
- Spina bifida
- Adapted equipment & activities

Unit III: Adaptations for Sensory Disabilities

- Visual impairment: orientation & mobility
- Hearing impairment: communication methods
- Teaching strategies & safety considerations

Unit IV: Intellectual & Developmental Disabilities

- Autism spectrum disorders
- Intellectual disability
- ADHD
- Motor skill development and special training programmes

Unit V: Organization of Adapted Physical Education Programme

- Assessment & individualized education plan (IEP)
- Adapted sports (Goalball, Boccia, Wheelchair basketball, Para athletics)
- Role of teacher, parents & community
- Paralympic movement

References

- Winnick, J. – *Adapted Physical Education and Sport*
- Gupta, S. – *Adapted Physical Education*
- Porretta – *Physical Education for Special Needs*

BPED306-T. FIRST AID AND PERSONAL HYGIENE

Unit I: Introduction to First Aid

- Meaning, objectives, principles
- First aider duties & responsibilities
- Primary & secondary survey
- Emergency action plan

Unit II: First Aid for Common Injuries

- Cuts, bruises, burns, fractures
- Shock, fainting, choking
- Heat stroke, hypothermia
- Poisoning & allergies

Unit III: CPR & Emergency Care

- CPR for adults and children
- AED usage
- Handling unconscious athlete
- Transporting injured persons

Unit IV: Personal Hygiene

- Skin, hair, dental & nail care
- Menstrual hygiene
- Hygiene in sports environment
- Prevention of communicable diseases

Unit V: Nutrition & Healthy Lifestyle

- Balanced diet
- Hydration management
- Sleep & stress management
- Avoiding substance abuse (tobacco, alcohol, drugs)

References

- American Red Cross – *First Aid/CPR/AED Manual*
- Park – *Preventive and Social Medicine*
- WHO – *Health & Hygiene Manuals*

BPED 307-P — Games (Practical): Handball, Baseball, Wrestling, Badminton

Unit I: Rules Overview

Unit II: Handball Skills

Unit III: Baseball Skills

Unit IV: Wrestling Techniques

Unit V: Badminton Match Play

References:

- International Handball Federation Rules
 - Baseball Coaching Manual
 - BWF Badminton Rules
-

BPED 308-P — Athletics (Practical): Javelin, Long Jump, 4×100 Relay

Unit I: Event Rules & Safety

Unit II: Javelin Throw Technique

Unit III: Long Jump Phases

Unit IV: Relay Baton Exchange

Unit V: Performance Measurement

References:

- World Athletics Competition Rules
 - Athletics Field Event Coaching Manual
-

BPED309-P — Games (Practical): Football, Kho-Kho

Unit I: Rules & Layout

Unit II: Football Skills & Tactics

Unit III: Kho-Kho Techniques

Unit IV: Fitness & Team Strategy

Unit V: Officiating & Tournament Play

References:

- FIFA Laws of the Game
- Kho-Kho Federation of India Rules
- A.K. Uppal — *Foundations of Physical Education*