

# GULBARGA UNIVERSITY GULBARGA

## SYLLABUS OF B.P.Ed. DEGREE COURSE SEMESTER SCHEME

### FIRST SEMESTER

#### PAPER – 1.1 HISTORY OF PHYSICAL EDUCATION

- I. Physical Education in Ancient Greece, Sparta and Athens, Origin and Development of Ancient and Modern Olympics.
- II. Physical Education in other European countries Sweden, Denmark Contribution of,BaseDow, Gutmah, F.L.John,Spless, Nechtegall, Per Henrick Ling.
- III. Physical Education in Ancient India, Influence of Great Britan, U.S.A., U.S.S.R.and undivided Germany.
- IV
  - a) Teachers training institutions in physical education
  - b) Y.M.C.A
  - c) N F C
  - d) Sports Authority of India
  - e) National Discipline scheme
  - g) Sports Authority of Karnataka
- V. Asian Games, Commonwealth Games, National School Games Federation, All India Inter-University sports Board, National Sports Federation, Rejeevgandhi Khel Ratna award, Arjun award, Ekalaya Award, Dronacharya award., World championship in various games (Davis cup. Thomas cup, Test matches etc.)

#### REFERENCE :

1. Kamlesh,M L. Principles and History of Physical Education. Baroda: Friends Publications 1994.
2. C.Tirunarayanan, S.Haricharan, An Analytical History of Physical Education.
3. Sataynesan R.C. A Hand book of Principles and History of Physical Education.

## **PAPER - 1.2 PHILOSOPHICAL FOUNDATION OF PHYSICAL EDUCATION**

I Meaning and Definition of Education and Physical Education Aims and Objectives of Physical Education.  
Relationship and Contribution of Physical Education to General Education.  
Traditional schools of Philosophy-Idealism, Naturalism, Pragmatism and Realism.

II BIOLOGICAL FOUNDATION OF PHYSICAL EDUCATION:  
Growth and Development-Effect of a Heredity and Environment

III Difference between Male and Female: Structural, Functional, Psychological, Sociocultural, Body types and classification-Relation of body type and Athletic. Performance-Principles of use, disuse, and over use-Chronological, Physiological, and anatomical ages-Reciprocal innervations and muscle tone.

IV SOCIOLOGICAL FOUNDATION OF PHYSICAL EDUCATION :

Social Nature and behaviour of man-Traditions and their influence on behaviors patterns-social inheritance-Social values and development of different traits and ideas-Group dynamics-Mechanics of adaptation of decision-influence of the group on the individual and vice-versa, Competition and co-operation : Meaning; Need; Types; Advantages Disadvantages and effects of both on interpersonal relationship and performance, Social recognition, The process of socialization and physical education as a socializing agency, Sports as man's cultural heritage

V PSYCHOLOGY FOUNDATION OF PHYSICAL EDUCATION:

Psychology as a science, it's meaning, its bearing on Education and Physical Education, Theories of learning, laws of learning, types of learning and learning curve. Personality theories, Freud, Jung and Alder Personality traits, motivation-individual differences motives and theories of play.

### REFERENCES:

1. William, J.F. The Principles of Physical Education. Meerut : College Book House 1994. et al.
2. Howell. Foundation of Physical Education. Baroda, Friends Publications 1994.
3. Kamlesh, M L. Principles and History of Physical Education, Ludhiana:Prakash Brothers.
4. Jain Deepak. Principles of Physical Education:Delhi: Khel Shahitya Kendra.

## PAPER - 1.3 METHODS OF PHYSICAL EDUCATION

- I. Introduction : Meaning and Values of Methods. Arts and Science of Teaching, factors that influence teaching style and Techniques.
- II. Methods on Teaching:
- a). General method, lecture method-project methods-Discussion method, Group directed practice method.
  - b). Methods of Teaching physical activities : Command Method : Oral Method: Demonstration method : instruction method Dramatization method part method; Whole-part whole method; part progressive method.
- III. a) Specific methods of Teaching:
- i) Games of high & low organization-individual and team.
  - ii) Track and field marking
  - iii) Aquatics/Gymnastics/Rhythmic/ Combatives /Formal
- b) i) Intramural  
ii) Extramural
- IV. Presentation Techniques and Class Management/Incentives, Types of Classification-Test-Measurement & Evaluation Teaching aids, Publicity and Media.
- V. a) Lesson Planning:
- Values of planning a lesson
  - Principles of planning a lesson
  - Types of lessons-General and specific.
- b) Tournaments:
- Knock-out-league-combination-challenge.

### REFERENCE:

- 01. Thirunaryan C and S.Harihara Sharma. Methods in Physical Education Karaikudi: C.T. and SH 1989.
- 02. Kamallesh M.L.Scientific Art of teaching Physical EducationNew Delhi: Metropolitan, 1994.
- 03. Joseph P.M. Organization and Administration in Physical Education. Gwalior:
- 04. Basavaraj Vastrad. Methods of Physical Education & Test & Measurement. Bagalkot: Karnataka
- 05. K.G.Nadgir. Methods of physical Education. Dharwad: Karnataka
- 06. Kamlesh-Sangral. Methods in Physical Education. Prakash Brothers:Ludhinaya
- 07. N.S.Patil, : Methods of Physical Education & Test & Measurement. Lakshmeshwar Appu Prakashan. Lakshmeshwar.

## PAPER – 1.4 ANATOMY AND PHYSIOLOGY

- I. Origin and Evolution of Life.
- II Cell as structural and functional unit of life. Diversity in cell structure and Function. Tissues-organs and Systems.
- III Movement and Support: Skeletal system-axial and apendicular skeleton, Skull and Vertebral column-Cervical-thoracic and lumber overtrade-Pectoral and pelvic Girdles-Limbs bones and joints muscular system: types of muscle-Muscle Contraction-Major muscles of the body and limbs. Postural and postural problems and corrective measure.
- IV Cardiovascular System: Heart structure and function. Arteries-veins and Capillaries-Pulmonary and systemic circulation-Constituents-Constituents of Blood- Functions of blood-Blood coagulation blood groups.  
  
Respiratory system : Respiratory organs-Mechanism of respiration regulation of respiration.  
  
Degestive System : Organs of digestive system-gastrointestinal tract, Liver pancereas-The process of digestion and absorption.  
  
Excretory System : Excretory organs-Structure of kidney-Urine formation-Sweet gland and their functions.
- V Neuroendocrine System : Central and peripheral nervous system-Nervous coordination of physiological functions. Endocrine glands and their functions- Hormonal regulation of behaviour-Sense organs-eyes, nose, ears and tongue.

### REFERENCES:

1. Sawant.K.C. Human Physiology.
2. Elaine,N.Marieb. Human Anatomy and Physiology.
3. Gyorge Feher. Human Anatomy
4. Chattersy C.C. Human Physiology.

## SECOND SEMESTER

### PAPER –2.1 HEALTH EDUCATION

I Meaning of Health-Definitions, Need for Health Education of an individual World Health Organisation and its importance-National and State Level Health Organisation, Voluntary Health Organisation-Need for Health Personnel and facilities.

#### II. SCHOOL HEALTH PROGRAMME:

School Health Service-Health Appraisal, Health Counseling and follow through Healthful school living, buildingm light-ventilation canteen and sanitation in school-Health instruction-Health attitudes and habits-Dental health, diet, posture activity-rest, recreation, characteristics of good health maintenance of good health.

#### III ENVIRONMENTAL HEALTH:

Protected drinking-water sewage-garbage and refusal disposal infection-common communicable diseases and their control-allergy-immunity communicable diseases-small pox-Malaria-Filarial-Cholera-Typhoid-T.B., Aids, Sexually transmitted diseases.

#### IV. NUTRITION AND HEALTH:

Element of good Nutrition-Constitution Balanced Diet-precautions for food handling, food poisoning-causes of overweight-effects of overweight, normal weight-leaning weight-effects diet exercise-medicine and massage on weight reduction.

#### V HEALTH PROBLEM:

Personal effects of alcohol-smooking narcotics and drugs-family planning-over population health problems of advancing years-Accidents in home industry.

Mental Health:Meaning of mental and emotional health problems of mental health-adolescent mental problems prevention of mental illness.

First Aid :Topics covered in the first manual of St.John's Ambulance Association.

#### REFERENCE:

1. J.E, Park and K Park.Text Book of Preventive and Social Medicine. Jabalpur: Banasicals Bhanot Publishers. 1985.
2. J.E.Park, and K.Park. Text Book of Community Health for Nurses. Jabalpur: Asrani Publisher.1982.

## **PAPER -2.2 PRINCIPLES OF OFFICIATING AND COACHING**

- I a) Meaning of Teaching, Training and Coaching-Brief introduction to coaching. Principles of coaching.
- I b) Qualities of a coach. Job of coach-Setting the environment for teaching-learning practice sessions-feed back improvement.
  
- II a) Training Methods  
Strategies for improving Athletic Fitness-Principles of training-Physical Properties of exercise-Intensity, duration-frequency, type of exercise-volume, concept-And types of load-components of athletic fitness.
- II b) Designing conditioning programs-strength training-Endurance training, anaerobic power and speed training-cardio respiratory endurance training-flexibility training-Designing training session.
  
- III a) Selection and placement of players-tryouts, mastery over skills, game qualities, Zeal-desire to excel, role of the player-team work-warming up: meaning types -advantage and procedure of doing warming up. Limbering down (warm down).
- III b) Observation and analysis of sports skills-Analyzing individual skill performance, analyzing team performance.
  
- IV a) Sports Officiating : Officiating as an art. The Job, the potential of presence of official-official-player-good public relations, basic philosophy of officiating.
- IV b) General principles of officiating-qualities and qualification of an official.- Duties of officials-suggestions to improve the standard of officiating.
  
- V a) Officiating Mechanics, Positioning, movement and control. System of officiating: Diagonal system-trail and lead system-parallel system.
- V b) Administration and interpretation of rules in sports/games : knowledge of rules of game/sports- Principles of application of rules-formulation of the rules and interpretation of rules-Hand signals.

### **REFERENCE:**

1. Philip A.and J.D.Wikerson. Teaching Team Sports, Champaign Illinois:Human Kinetics Books, 1998.
2. Bunn, John, W.The Art of Officiating. New Jersey: Printice Hall Innc.1974.
3. Bunn, John, W.Scientific principles of coaching. New Jersey: Printice Hall Inc.1974.
4. Sharma P.D Officiating and Coaching.Jalhender: A.P.Publishers.
5. Lawther, John.D. Sports Psychology New Jersey:Printice Hall Inc.1970.
6. Clegg, R.and William A Thomson, Modern Sports Officiating, Iowa:WMC.Brown Publishers.1970.

## **PAPER - 2.3 ORGANISATION AND ADMINISTRATION OF PHYSICAL EDUCATION**

- I Meaning and Definition of terms of Organisation Administration Importance, objectives and guiding principles of Organisation and Administration.
- II. Schemes of Organisation of Physical Education and Sports in School, College, University-State and National Level, NCC.
- III Play field-Location, Preparation, Layout and Maintenance of Gymnasium-swimming pool and other play grounds.
- IV Equipment – Need and importance, list of equipments, criteria of selection, procedure of purchases-Care and maintenance.
- V Organisation and Administration of competitions in School-College and University level.

### REFERENCE:

1. Sharms, Sita Ram. The Organisation and Administration of Games and Sports Jaipur:
2. Thomas,J.P. Organisation of Physical Education.
3. Joseph P.M. Organisation of Physical Education
4. D.G.Wakharkar. Manual of Physical Education.

## **PAPER - 2.4 SUPERVISION AND RECREATION IN PHYSICAL EDUCATION**

- I. Supervision-Origin and Development-Meaning, purposes and Scope.
- II. The Physical Education Supervisor-Qualifications duties and responsibilities-relationship-with other teachers-Administrative officers and the public.
- III. Supervisor of Physical Education at various levels supervisory setup for physical education at the state level.
- IV. a) Techniques of Supervision-Visitation-Demonstration Individual and Group Conference-Projects-bulletins in service education workshops.  
b) Maintenance of Records and Reports.
- V. a) Recreation:
  - i) Meaning, Characteristics types of recreation agencies promoting recreation-Home, Local bodies voluntary, private and commercial agencies.
  - ii) Principles of Programme Planning.b)
  - i) Scope and Significance of Camping, Selection and Layout of campsites, organization and Administration of Picnic, Camp, Tour
  - ii) Programme of camp-tour-picnic-hiking- quiz. project meet.

### **REFERENCE:**

01. L.W.Irwin. Curriculum in Health and Physical Education.
02. C.C. Curriculum designs in Physical Education
03. H.P.Adams and F.G.Dickey Basic Principles of Supervision.
04. Edward F.Voltmer and A.A.Eslinger.Organisation and Administration of Physical Education.
05. by HuPhrey and Irwing.Principles and Techniques of Supervision