

Prof. Rajendra Singh (Rajju Bhaiya) University, Prayagraj

B.P.Ed. Syllabus as per Credit & Grading System

(Session: 2024-2025 Onwards)

B.P.Ed. Semester-1

Course Code	Course Name	Evaluation (MM=100)			Credits (MM=24)
		Internal		External	
		CIE	Practical	ETE	
E080101T	History, Principles and Foundation of Physical Education	25	-	75	4 Credits
E080102T	Anatomy and Physiology	25	-	75	4 Credits
E080103T	Management of Physical Education and Sports and Games	25	-	75	4 Credits
E080104T	Sports sociology and Environmental studies	25	-	75	4 Credits
E080105T	Or Olympic Movement				
E080106P	Track and Field (Running Events)/Yoga/Gymnastic /Aerobics	-	100	-	4 Credits
E080107R	Extension Work	Grade A to E			

Marks Distribution for Practical Work and Extension

Course	Course code	Marks Distribution (MM-100)	
		Particulars	Marks Allotted
Practical	E080106P	Track and field (Running Events)	40
		Yoga	20
		Gymnastics	20
		Aerobics	20
Extension work	E080107R	GENERAL LESSON PLAN \ SPECIFIC LESSON PLAN ON MAJOR GAMES & SPORTS	Grade A to E

There is:

CIE: continuous Internal Evaluation.

ETE: End term examination (University Exam)

Note: Continuous Internal Evaluation (CIE) will be three time as Test-I, Test-II and Test-III as per schedule decided by University and Best of Two test marks will be included in final marks.

Each test will be of 12.50 marks. please refer to examination's guideline.

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B.P.Ed. Semester-II

Course Code	Course Name	Evaluation (MM=100)			Credits (MM=24)
		Internal		External	
		CIE	Practical	ETE	
E080201T	Yoga Education	25	-	75	4 Credits
E080202T	Educational Technology and Methods of Teaching in Physical Education	25	-	75	4 Credits
E080203T	Methodology of Teaching Special subject: Sports Coaching	25	-	75	4 Credits
E080204T	Contemporary Issues in Physical Education, Fitness and Wellness Or	25	-	75	4 Credits
E080205T	Sports Nutrition and Weight Management				
E080206P	Track and Fields (Jumping Events), Swimming, Racket Sports, Indigenous Sports	-	100	-	4 Credits
E080207R	Extension Work	Grade A to E			

Marks Distribution for Practical Work and Extension

Course	Course code	Marks Distribution (MM-100)	
		Particulars	Marks Allotted
Practical	E080206P	Track and Fields (Jumping Events)	40
		Swimming	20
		Racket Sports	20
		Indigenous Sports	20
Extension work	E080207R	Educational Tour and Internship	Grade A to E

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B.P.Ed. Semester-III

Course Code	Course Name	Evaluation (MM=100)			Credits (MM=24)
		Internal		External	
		CIE	Practical	ETE	
E080301T	Sports Training	25	-	75	4 Credits
E080302T	Computer Application in Physical Education	25	-	75	4 Credits
E080303T	Sports Psychology and Sociology	25	-	75	4 Credits
E080304T	Sports Medicine, Physiotherapy and Rehabilitation	25	-	75	4 Credits
E080305T	Or Curriculum Design				
E080306P	Track And Field, Team Games, Combative Sports, Martial Arts	-	100	-	4 Credits
E080307R	Extension Work	Grade A to E			

marks Distribution for practical work and extension

Course	Course code	Marks Distribution (MM-100)	
		Particulars	Marks Allotted
Practical	E080306P	Track And Field (Throwing Events)	40
		Team Games (Hockey\Football\Cricket\Basketball\Volly ball\Handball)	20
		Combative Sports (Judo\Wrestling\Boxing)	20
		Martial Arts (Wushu\Taekwondo\Karate)	20
Extension work	E080307R	Theory Lesson Plan	Grade A to E

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B.P.Ed. Semester-IV

Course Code	Course Name	Evaluation (MM=100)			Credits (MM=20)
		Internal		External	
		CIE	Practical	ETE	
E080401T	Measurement and Evaluation in Physical Education	25	-	75	4 Credits
E080402T	Kinesiology And Biomechanics	25	-	75	4 Credits
E080403T	Research and Statistics in Physical Education	25	-	75	4 Credits
E080404T	Theory of Sports and Games	25	-	75	4 Credits
E080405T	Or Health Education				
E080406P	Fitness Test, Sports Skill Test, Project File/Project Model	-	100	-	4 Credits
E080407R	Extension Work	-	Grade A To E		

Marks Distribution for Practical Work and Extension

Course	Course code	Marks Distribution (MM-100)	
		Particulars	Marks Allotted
Practical	E080406P	Sports Specialization- Practical, Specific Fitness Test, Sports Skill Test, Project File or Project Model	100
Extension Work	E080407R	Coaching Lesson Plan on Sports Specialization (5 Sports Theory Lesson & Strategy of Sports Specialization)	Grade A To E

There is:

CIE: continuous Internal Evaluation.

ETE: End term examination (University Exam)

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SYLLABUS PRESCRIBED FOR B.P.ED Two Year Programme (Four Semester) Based on Credit System E080101T

Name of Paper: History, Principal and Foundation of Physical Education

COURSE CONTENTS:

Unit - I Introduction:

1. Physical Education: Meaning, Definition and Scope.
2. Physical Education: Aims and Objective
3. Importance of Physical Education in present era.
4. Physical Education as an Art and Science.
5. Relationship of Physical Education with Gender Education

Unit - II Historical Perspectives of Physical Education in India:

1. Indus Valley Civilization Period. (3250 BC - 2500 BC)
2. Vedic Period (2500 BC - 600 BC)
3. Early Hindu Period (600 BC - 320 AD) and Later Hindu Period (320 AD - 1000 AD) |
4. Medieval Period (1000 AD - 1757 AD)
5. British Period (Before 1947)
6. Physical Education in India (After 1947)
7. Contributions of Y.M.C.A; Akhadas and Vyayamshalas

Unit-III Principles of Physical Education:

A) Biological -

- a) Growth and development
- b) Age and gender characteristics
- c) Body Types
- d) Anthropometric

B) Psychological -

- a) Learning types, learning curve
- b) Laws and principles of learning
- c) Attitude, interest, cognition, emotions and sentiments

C) Sociological -

- a) Society and culture
- b) Social acceptance and recognition
- c) Leadership
- d) Social integration and cohesiveness

Unit- IV Foundation of Physical Education

1. Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism.
2. Philosophical Foundation as an Indian Culture.
3. Fitness and wellness movement in the contemporary perspectives.
4. Sports for all and its role in the maintenance and promotion of fitness.

TEACHING LEARNING STRATEGIES -

The class shall be taught by using lectures, seminars, educational videos, charts and

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assignment method.

The teacher shall cover the ways to think innovatively liberally using thinking techniques.

ACTIVITIES -

Lectures/Library Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRICS-

Classroom Test, Project Work, Assignments, Presentations

References/Suggested Readings:

- Adams, William. C. Foundation of Physical Education Exercises and Sports Sciences. Philadelphia: Lea and Febigor, 1991.
- Bhatia, K. K., & Narang, C. L. Philosophical & Sociological Bases of Education. Ludhiana: Prakash Bros., 1984.
- Bokil, V. P. Foundation of Education, Pune: Pune University, 1970.
- Bucher, C. A. & West, D. A. Foundations of physical education & sports. st. Louis: Times mirror Mosby college publishing, 10* ed., 1987.
- Dash, B. N. Principles of Education. Hyderabad: Neelkamal publication, 2003.
- Deshpande, S. H. (2014), Physical Education in Ancient India Amravati: Degree college of Physical education.
- Kamlesh M. L... Physical Education facts and foundations., Haryana: P. B. Publication (Pvt.), 1988.
- Kamlesh M. L., Principles and History of Physical Education and Sports., Delhi: Friends Publication (India) New, 2004.
- Kamlesh, M. L., Sociological Foundation of Physical Education.. Delhi: Metropolitan Book co. Pvt. Ltd., 2002.
- Mohan, V. M. (1969), Principles of physical education., Delhi: Metropolitan Book Depo
- . Pandey, R. S., Philosophical & Sociological Foundation of Education., Agra: Vinod Pustak Mandir, 1991.
- Wellman and Cowell., Philosophy and Principles of Physical Education.. Amravati: Suyog Prakashan,
- William, J. F. (1964), The principles of physical education., Philadelphia: W. B. Saunders Co.
- Elements of physical education, Dr. Pawan Kumar Pachori (First author), Dr. Geetanjali Maurya, Insignia Publications New Delhi, 2022.
- अहेर, हिरा, उदयोन्मुख भारतीय समाजातील शिक्षण व शिक्षक, नागपुर: विद्या प्रकाशन, 1968,
- गाजरे, महंत उदयोन्मुख भारतीय समाजातील शिक्षण भाग-1.व 2. पुणे: नुतन प्रकाशन, 1992.
- वाखारकर, दि. गो. महाराष्ट्रातील शारीरिक शिक्षणाची वाटचाल मुंबई: आंतरभारतीय मुद्रणालय,

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- 1973.
- वीरकर, प्रभारक व प्रतिभा वीरकर, उदयोन्मुख भारतीय समाजातील शिक्षण व शिक्षक, पुणे
- द्वारका प्रकाशन, 1985
- शारीरिक शिक्षा के मूल सिद्धान्त, प्रो० पवन कुमार पचौरी एवं प्रो० दीप्ति शुक्ला, बिलवेडियर प्रेस प्रयागराज, 2018
- शारीरिक शिक्षा का मनोवैज्ञानिक आधार, प्रो० पवन कुमार पचौरी, इन्सिगनिया पब्लिकेशन्स, न्यू दिल्ली, 2022
- शारीरिक शिक्षा एवं खेल का समाजशास्त्र, प्रो० पवन कुमार पचौरी एवं प्रो० दीप्ति शुक्ला, आद्या पब्लिकेशन, शारदा नगर सहारनपुर उ०प्र०, 2015–16

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Semester I

Theory Courses (Part I) : B.P.Ed.

Paper Name : ANATOMY AND PHYSIOLOGY E080102T

COURSE CONTENTS

Unit - 1 Introduction :

1. Brief Introduction of Anatomy. Physiology and Exercise Physiology.
2. Need and Importance of Anatomy & Physiology in the field of physical education.
3. Cell: Structure, Function & Histology of Tissue (Epithelial. Connective, muscular, nervous).
4. Blood-Constituent. Functions and Blood Groups.

Unit - II Muscular-Skeletal, Cardiovascular and Respiratory Systems:

1. *Bones:* Classification, Structure and function.
2. *Joints:* Types / Basic movements at Joint
3. *The Muscular System:* Types, structure and function of the Muscles.
4. *The Circulatory System:* Structure of Heart, Properties of Heart muscle, Blood Circulation, cardiac cycle, Blood-Pressure, Lymph & Lymphatic circulation, Cardiac output.
5. *The Respiratory System:* Structure of Lung, Exchange of Gases in the lungs. Respiration Mechanism. Lung Capacity, Tidal Volume.

Unit - III Nervous System, Renal Excretory System and Endocrine Glands:

1. *The Nervous System* (Central & Peripheral): Structure and Functions of Automatic Nervous System, nerve Control Activities (Neuromuscular Junction, Transmission of nerve Impulses).
2. *The Digestive System:* Structure & Function Digestive Organs; Absorption & Assimilation of food Metabolism (Metabolic Rate and Body Temperature Regulation).
3. *The Excretory System:* Structure and Function of Kidney and Skin.
4. *Endocrine/Ductless Gland* -Classification and functions of hormones (Pituitary, pineal, Thyroid, Parathyroid, Adrenal, Pancreas & Sex).

Unit - IV Integration and control systems for better performance:

1. Sensory System: Structure and functions of Eye and Ear.
2. Role of Oxygen during Physical exercise/Training: Oxygen Debt, Second Wind & Yitai Capacity
3. Warming up, Conditioning Exercises and Fatigue.
4. Effect of Exercise and Training on Cardiovascular, Respiratory and Muscular system.

TEACHING LEARNING STRATEGIES -

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method.

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ACTIVITIES -

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ASSESSMENT RUBRICS-

Classroom Test, Project Work, Assignment , Presentations

References/Suggested Readings:

- Christine, M. O., *Physiology of Sports and faercise*. USA: Human Kinetics, 1999.
- Conley, M. Bioenergetics of Exercise Training. In T. R. Baechle, & R.W. Earle, (Eds.), *Essentials of Strength Training and Conditioning*. (pp. 73-90). Champaign, I L: Hwnan Kinetics, 2000.
- David, R. M. *Drugs in Sports*, Routledge Taylor and Francis Group, 4^{1h} ed.. 2005.
- Gupta, M. and M. C Gupta. *Body and Anatomical Science*. Delhi: Swama Printin Press, 1980.
- Guyton, A. C. *Textbook of Medical Physiology*. Philadelphia: W. B. Saunders. 9¹ ed., 1996.]
- Hunter. M. *dictiona,y for physical educators*. In H. M. Borrow & R. McGee, (ed), *A Practical approach to measurement in Physical Education.*, (pp. 573-74). Philadelphia: Lea & Fcbigr.
- Karpovich, P. V. (n.d.). *Physiology of Muscular Ac1ivity*. London: W. B. Saunders Co.
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- Moorthy, & A. M. *Anatomy, Physiology and Health Education*. Karaikudi: Malayalam Publications, 2014.
- Morehouse, L. E. & J. Miller, *Physiology of Exercise*. St. Louis: The C.V. Mosby Co., 1967.
- Pearce, E. C. *Natomy and Physiology for Nurses*. London: Faber & Faber Ltd., 1962.
- Seeley, & Tate *Anatomy & Physiology*. St. Louis: Mosby, 1992.
- Sharma, R. D. *Health and Physical Education*, Gupta Prakashan, 1979.
- Singh, S. *Anatomy and Physiology and Health Education*. Ropar: Jeet Publications 1979.
- Tortora, G. J. *Introduction to Human Body*. California: Addison Wesley, 4th ed. 1996.
- मंजू गुप्त, महेशचंद्र गुप्त (अनुवादक) शरीर और शारीरिक क्रिया दिल्ली विज्ञान ऑक्सफोर्ड यूनिवर्सिटी प्रेस, 1980
- खेल मे चोटे सामान्य अंग विन्यास लक्षण व उपचार मसाज थेरेपी एवं संतुलित आहार, प्रो0 पवन कुमार पचौरी, इन्सिगनिया पब्लिकेशन, नई दिल्ली, 2022
- जोशी विजया व्यायामाचे शारीरिक क्रिया शास्त्र नागपुर अमित ब्रदर्स, 1995 लेकावले शरीर शास्त्र रचना के कार्य, बार्शी 1994

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- वर्मा, के०के० शरीर रचना तथा शरीर क्रिया विज्ञान लुधियाना : प्रकाश ब्रदर्स, 1983 वाखारकर, दि गो० शरीर विज्ञान व आरोग्य शास्त्रपुणे क्रीडातंत्र, 1992
- साठे, विवेक, गतिशास्त्र आणि आरोग्य शिक्षण, नागपुर नर्मदा प्रकाशन, 1995 साठे, विवेक शरीर रचना वे कार्य नागपुर नर्मदाप्रकाशन, 1995
- साठे, विवेक शरीर रचना, क्रिया व त्यावर आधारित रां० गनागपूर नर्मदाप्रकाशन, 1998, श्रीवास्तव, अभयकुमार शरीर व्यायाम क्रियात्मक विज्ञान एवं चिकित्सा सुयोग, अमरावती, 1994, हिलेकरी।
- श्रपू मानव शरीर रचना एवं क्रिया विज्ञान, श्री हनुमान व्यायामप्रसारक मण्डल, अमरावी।

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Semester I

Theory Courses (Part I) : B.P.Ed.

MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS & GAMES E080103T

COURSE CONTENTS:

Unit - I Introduction

1. Nature and Concept of Sports Management.
2. Progressive concept of Sports management.
3. The purpose and scope of Sports Management.
4. Essential skills of Sports Management.
5. Qualities and competencies required for the Sports Manager.
6. Event Management in physical education and sports.

Unit- II Leadership

1. Leadership: Meaning, Definition, and The Elements.
2. Leadership: style and methods.
3. Forms of Leadership: Autocratic, Laissez-faire, Democratic, and Benevolent Dictator
4. Qualities of administrative leader.
5. Preparation of administrative leader.
6. Leadership and Organizational performance.

Unit-III Programme Management

1. Sports Management in Schools, Colleges & Universities and Factors affecting Programme Management.
2. Planning and Directing the School/College Sports Programme.
Time-Table Management: Importance and Factor affecting Time- Table, Preparation of Time-Table, Principles for preparing Time-Table.
3. Organization of Sports Competition & Games Tournaments: Designing and Evaluating the Event-
 - (a) Athletics Meet, Extramural and Intramural.
 - (b) Fixing the Preliminary and Final Hits of Track and field events
 - (c) Fixtures of Tournaments: Advantage & Disadvantage of Knock out, League/Round Robin, Combination and Challenge Tournament.
4. Controlling the sport programme for -

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- (a) Developing performance standard of a school, college and university
- (b) Establishing a reporting system of a school, college and university
- (c) Evaluation of a school, college and university
- (d) The reward/punishment system in a school, college and university

Unit-IV Budgetary Provisions, Purchase of Equipment, Audit Management and Records & Registers.

1. SWOT analysis
2. Preparation of the Financial Proposal for Physical Education & Sports in Schools/ Colleges/ Universities.
3. *Budget Drafting*: Importance and Criteria of good Budget, Steps of Budget making, Principles of Budgeting
Purchase of Equipment and Materials: Need, Importance, Purchase. Care and Maintenance.
4. Audit Management of any sports schemes, sports school , sports colleges. sports department, clubs etc.
Records and Registers: Type of Record and Registers, Maintenance of attendance register stock register etc.

TEACHING LEARNING STRATEGIES-

The class shall be taught by using lectures, seminars, educational videos, charts and assignment method.

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ACTIVITIES-

Lectures/Library Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/ Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRICS -

Classroom Test, Project Work, Assignments, Presentations

References/Suggested Readings:

- Broyles, F. J. & H. D. Rober (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. London.
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- Chakraborti. S. (2007). Sports Management. cw Delhi: Friends Publication.
- Earl. F.Z. & Gary, W.B. (1963). Management competency development in sports and physical education. Philadelphia: W. Lea and Febiger.
- Govindrajulu, N. (2005). Management of Physical Education and Sports Programme. New Delhi: Friends Publication.
- Horin. Lory. Administration of Physical Education and Sports Programme, Philadelphia: Sounders College publication, 1985
- Kamlesh, M. L. Management Concept of Physical Education and Sports, Delhi: Metropolitan Book Depot.
- Kozman, 11. C., R. Cassidy, C. Jackson. **Methods in Physical Education**. London: 1960.
- tLuthans, and Martinko. The practice of Supervision and Management. Japan: Dryden Press, 1983.
- Roy, S. S. (2002). Sports Management. New Delhi: Friends publication.
- Voltmer, E. F. & A. A. Esslinger {1979}. The organization and administration of Physical Education. New York: Prentice Hall Inc.
- Zeigler, E. F., G.W. Bowie. Management Competency Development in Sports and Physical Education. Philadelphia: 1983.
- अरोड़ा, पी0के0 खेल संचालन एवं प्रशिक्षण लुधियाना प्रकाशब्रदर्स, 1976
- करमरकर अ0के0 अभय कुमार श्रीवास्तव शारीरिक शिक्षा संघटन प्रशासन पर्यवेक्षण एवं सिहीर अमरावती, सुयोग प्रकाशन।
- पसरीजा, मीनू शारीरिक शिक्षा संगठन एवं प्रशासन नई दिल्ली स्पोर्ट्स पब्लिकेशन्स, 2004 पसरीजा, मीनू, शारीरिक शिक्षा की विधियां नई दिल्ली स्पोर्ट्स पब्लिकेशन्स, 2004
- पाण्डेय लक्ष्मीकांत शारीरिक शिक्षा एवं संघटन प्रशासन ग्वालियर प्रभात बुक, तिसरी आवृत्ति, 1986
- श्रीवास्तव, अभय कुमार शारीरिक शिक्षा और खेल संगठन, प्रशासन और पर्यवेक्षण दिल्ली बी0आर0 इण्टरनेशनल
- शर्मा, करमरकर तिवारी शारीरिक शिक्षा प्रबंध एवं प्रशासन अमरावती ह0 व्या0 प्र0मं0 प्रकाशन
- शारीरिक शिक्षण आणि आरोग्य शिक्षक हस्तपुस्तिका, 5 वी0ई0 ते 9वीं पूणे महाराष्ट्र राज्य पाइय पुस्तिका निर्मिती मंडल सुखिया, एस0पी0 विद्यालय प्रशासन एवं संगठन आग्रा0 विनोद बुक, 1992

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Semester I

Theory Courses (Part I) : B.P.Ed.

Name of Subject : SPORTS SOCIOLOGY AND ENVIRONMENTAL STUDIES E080104T

COURSE CONTENTS

Unit-I SOCIOLOGICAL FOUNDATIO

- a. Meaning, Nature and Scope of Sociology in the field of Physical Education and Sport.
- b. Orthodoxy, Customs, Traditions and Physical Education.
- c. Factors affecting Social change through Physical Education.
- d. Festivals and Physical Education.
- e. Social Group Life: Social conglomeration and social group. Primary group and Remote group.

Unit - II ROLE OF TEACHING IN SOCIETY

- (a) *Professional ethics*: Ethics and values related to spo1ts, Sportsman Spirit.
- (b) Role of teachers in changing society through Physical Education and Sports.
- (c) *Culture* : Features, Importance and Effect of culture on people life-style.
- (d) Relationship of Culture with Sports.
- (e) *Different methods of study*: Observation/Inspection. Questionnaire, and Interview.

Unit - III BASIC OF ENVIRONMENTAL STUDIES:

- a. Meaning, Scope, Need and importance of Environmental Studies.
- b. Celebration of various days in relation with environment.
- c. Role of school environmental conservation and sustainable development.
- d. Social issues and the Environment.
- e. Meaning of occupational hazards and its Measures.

Unit-IV Natural Resources and related Environmental issues:

- a. Resources of Water, Food and Land.
- b. *Control Measures*: Meaning/Definition and Effects of Air Pollution. Water Pollution, noise Pollution. Thermal Pollution.
- c. Management of Environment.
- d. Governmental policies regarding Environmental management.
- e. Back ground and Role of Pollution Control Board.

References/Suggested Readings:

For Sports Sociology-

- Ball D. W. & Loy, J. W. {1975}. *Sports and social order; Contribution to the sociology of sports.*

Prof. Rajendra Singh (Rajju Bhaiya) University, Prayagraj

London: Addison Wesley Publishing Co., Inc.

- Bhatia, K. K. & Narang, C. L., *Philosophical & Sociological Bases of Education.*, Ludhiana: Prakash Bros., 1984.
- Kamlesh, M. L., *Sociological Foundation of Physical Education.*, Delhi: Metropolitan Book co. Pvt. Ltd., , 2002
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*, Philadelphia: Lea & Fcbiger.
- William F. O. & Meyer, (1979). *A handbook of sociology.*, New Delhi: Eurasia Publishing House Pvt. Ltd.
- मद्रे, गीता व मद्रे लरा शिक्षणाचा इतिहास भाग-1, व 2, पुणे नूतन प्रकाशन, 1976
- जर्दे, श्रीपाल, व सुनीता जर्दे, शारीरिक शिक्षणाचे स्वरूप, कोल्हापुर, चंद्रमा प्रकाशन, 1991
- वाखारकर दि गो, शारीरिक शिक्षणाचे आधुनिक स्वरूप व अध्यापन, पुणे, निलकंठ प्रकाशन, 1969
- प्रभाकर वीरकर व प्रतिभा वीरकर, उदयोन्मुख भारतीय समाजातील शिक्षण व शिक्षक, पुणे द्वारका प्रकाशन, 1985
- शारीरिक शिक्षा एवं खेल का समाजशास्त्र, प्रो० पवन कुमार पचौरी एवं प्रो० दीप्ति शुक्ला, आद्या पब्लिकेशन, शारदा नगर सहारनपुर उ०प्र०, 2015-16

For Environmental Studies-

- Agrawal, K.C. (2001), *Environmental Biology*, Bikaner : Nidhi publishers Ltd.
- Odum, E.P. (1971), *Fundamental of Ecology*, U.S.A. : W.B. Saunders Co.

Prof. Rajendra Singh (Rajju Bhaiya) University, Prayagraj

Semester I

Theory Courses : B.P.Ed.

Name of Paper : OLYMPIC MOVEMENT E080105T

COURSE CONTENTS

Unit - I Origin of Olympic Movement:

1. Philosophy of Olympic Movement.
2. Early history of Olympic Movement.
3. Significant stages in the development of the modern Olympic Movement.
4. Educational and cultural values of Olympic Movement.

Unit- II Modern Olympic Games

1. Significance of Olympic Ideals, Olympic Rings, Olympic Flag.
2. Olympic Protocol for member countries.
3. Olympic Code of Ethics.
4. Olympus in action.
5. Sports for All.

Unit - III Different Olympic Games

1. Para Olympic Games.
2. Summer Olympics.
3. Winter Olympics.
4. Youth Olympic Games.

Unit-IV Committees of Olympic Games

1. International Olympic Committee - Structure and Functions.
2. National Olympic committees and their role in Olympic Movement.
3. Olympic Commissions and their functions.
4. Olympic medal winners of India.

References/Suggested Readings:

- Burbank, J. M., Andranovich, G. D. & Heying Boulder. C. H. (2001). Olympic dreams: the impact of mega- events on local politics: Lynne Rienner Usborne, M. P. (2004), *Magic tree house fact tracker: ancient Greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.
- शारीरिक शिक्षा, नेट, टीजीटी, पीजीटी, डीएसएसएसबी, यूपीपीएससी, यूपीएचईएससी, एमपीपीसीएस, केवीएस, एनवीएस और अन्य परीक्षाओं हेतु महत्वपूर्ण पुस्तक, प्रो० पवन कुमार पचौरी, डॉ० संजीव मिश्रा, डॉ० बृजेश यादव, मनीषा पब्लिकेशन, नई दिल्ली, 2021
- शारीरिक शिक्षा एवं योग का इतिहास, विकासक्रम, प्रो० पवन कुमार पचौरी, प्रो० दीप्ति शुक्ला, बिलवेडियर प्रेस प्रयागराज, 2018

Prof. Rajendra Singh (Rajju Bhaiya) University, Prayagraj

SYLLABUS OF PRACTICAL ACTIVITIES

PART-B-SPORT PRACTICUM COURSES E080106P

SEMESTER-I

Name of Paper : TRACK & FIELD (RUNNING EVENTS)/YOGA/GYMNASTIC /AEROBICS

NOTE- Select as per feasibility.

Theory-

- A brief historical survey of sports/games and also elementary knowledge of international and national development, important competitions, achievements, tables of India, Asia and World level leading nations and outstanding personalities, specially of India.
- Rules of sports and games.
- Conditioning and warming-up exercises.
- Officiating.
- Test and evaluation-specific fitness and skill test.

Practical-

- Conditioning and warming-up exercises.
- Teaching and Training of fundamental skill and drills.
- Brief introduction of tactics and strategies (if applicable)
- Officiating.
- Test and measurement.