

B.P.E.S.(4th Semester)

Part–A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total marks
		External	Internal	
B.P.E.S.TC - 401	Fundamental of Computer and its use in Physical & Sport	40	20	60
B.P.E.S.TC– 402	Basic principles of Sports Training	40	20	60
B.P.E.S.TC –403	Recreation	40	20	60
B.P.E.S.TC - 404	Adapted Physical Education	40	20	60
	TOTAL	160	80	240
Part–B Practical Course				
Course Code	Activities	Marks [Practical]		Total marks
		External	Internal	
B.P.E.S.PC – 401	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	40	20	60
B.P.E.S.PC – 402	Athletics:- Officiating of Throwing events. (any two events)	40	20	60
B.P.E.S.PC – 403	Racket Sports: Badminton/ Table Tennis/Squash/ Lawn Tennis. (Any one)	40	20	60
B.P.E.S.PC – 404	Swimming/Gymnastics(One Apparatus)/Shooting (Any one)	40	20	60
Part – C Teaching Practices				
B.P.E.S.TC – 401	Teaching Lesson A)Lessons in Racket Sports (05lessons) B) Lessons in Throwing events(05lessons)	50	10	60
	TOTAL	200	100	300

B.P.E.S SEMESTER –IV
PAPER – I
FUNDAMENTAL OF COMPUTER AND ITS USE IN PHYSICAL EDUCATION

Max. Marks: 60
External Marks: 40
Internal Marks: 20
Time: 3 hours

UNIT-I

1. Introduction to Computers

Brief history of development of computers
Generations of computers
Types of components of a computer system
Basic components of a computer system
Memory RAM – ROM, and other types of memory.
Operating system
Need of software, types of software
Types of virus, virus detection and prevention
Binary number system

UNIT-II

2. Introduction to Windows

Using mouse and moving icons on the screen.
My computer, recycle bin, status bar.
Start menu selection, running an application
Window explorer to view files, folders and directories, creating and renaming of files and folders. Operating and closing of different windows, minimize, restore and maximize forms of windows.
Basic components of a window : Desktop, frame, Title bar, menu bar, status bar, scroll bars, using right button of the mouse.
Creating shortcut, basic windows accessories: power point presentation, notepad, paint, calculator, word pad, using clipboard.

UNIT-III

3. Introduction to Ms-office and word processor

Types of word processor
Creating and saving a documents, editing and formatting document including changing colour, size font, alignment of text.
Formatting paragraphs with line or paragraph spacing adding headers and footers, numbering pages.

Using grammar and spell check utilities, etc. printing document.
Inserting word art, clipart and pictures.
Page setting, bullet and numbering, borders, shading format painter
Find and replace.
Inserting tables, mail merge.

UNIT-IV

4. Introduction to information and communication technology

Concept, importance, meaning and nature of information and communication technology.
Need of information and communication technology in physical education
Scope of ICT in education and physical education Teaching learning process, publication, evaluation, research
administration. Paradigm shift in education due to ICT content with special reference to curriculum.
Role to teacher, methods of teaching, classroom environment, evaluation procedure. POP and WEB based E-mail,
Merits address, Basics of sending and receiving, E-mail, protocols, Mailing
list free e-mails services.

REFERENCES :

- ITL Education solution ltd. Introduction to information technology research and development wing-2006.
- Simmons lan, computer dictionary BPB publications-2005.
- Pradeep K. Sinha and Prit; Sinha foundations computing BFB publications-2006.
- Douglas E. Comer, The internet Book, Purdue University, West Lafayette in 2005.
- V. Rajarman, fundamentals of computers, prentice hall of India, New Delhi-2000.
- B. Ram, Computer fundamentals, New age international publishers 2006.

B.P.E.S SEMESTER –IV

PAPER – II

BASIC PRINCIPLES OF SPORTS TRAINING

Max. Marks: 60
External Marks: 40
Internal Marks: 20
Time: 3 hours

UNIT-I

1.1. Introduction

- 1.1.1 Meaning and Definitions of sports training.
- 1.1.2 Meaning of terms : coaching, teaching, conditioning and training.
- 1.2 Aims and Tasks of sports training.
- 1.3 Systematization of sports training
 - 1.3.1 Basic Training
 - 1.3.2 Intermediate Training
 - 1.3.3 High performance training

UNIT-II

2.1 Training Load :

- 2.1.1 Definition and Types of training load.
- 2.1.2 Features/Factors of Training Load.
- 2.2 Over Load

2.2.1 Meaning and types of over load

2.2.2 Causes of over load.

2.2.3 Symptoms of over load.

UNIT-III

3.1 Strength

3.1.1 Concept and types of strength

3.1.2 Methods of strength training.

3.2 Endurance

3.2.1 Concept and types of endurance.

3.2.2 Methods of endurance training

3.2.3

3.3 Speed

3.3.1 Concepts and classification of speed

3.3.2 Methods of developing speed abilities

3.3.3.1 Reaction speed

3.3.3.2 Speed of movement

3.3.3.3 Acceleration speed

3.3.3.4 Sprinting speed

3.3.3.5 Speed endurance

UNIT-IV

4.1 Technical Training

4.1.1 Definition of Technique and skill

4.1.2 Importance of Technique

4.2 Tactical Training

4.2.1 Concept of Tactics and Strategy

4.2.2 Methods of Tactical Training.

5.1. Planning

5.1.1 Concept of Training Plan.

5.1.2 Types of Training plan.

5.2 Periodization

5.2.1 Meaning and Importance of Periodization

5.2.2 Aim and Contents of Periods

5.2.3 Types of Periodization

REFERENCES :

Dick W. Frank, Sports Training Principles 4th Ed: (London : A & C Black Ltd.),2002.

Harre, D. Principles of Sports Training (Berlin : Sport Veulag), 1982.

Matveyev, L.P. Fundamentals of Sports Training (Moscow : Progress Publishers),1977.

Singh, Hardayal, Science of Sports Training (New Delhi : DVS Publications),1991.

Uppal, A.K. Principles of Sports Training (Delhi : Friends Publication),2001.

Tuder B. Bompa & Mihai C. Carera, Periodization Training for Sports, Human Kinetics, 2005 (IInd Edition)

Yograj Thani, Sports Training, Sports publication 2003.

K. Chandra Shekar, Sports training, Khel Sahitya Kendra,2004.

B.P.E.S SEMESTER –IV
PAPER-III
RECREATION

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

UNIT- I

1. Introduction

Meaning, Definitions and characteristics of recreation

Importance of Recreation.

Misconceptions about Recreation

Scope of Recreation

UNIT- II

2. Influence of recreation in social institutions

family

Education institutions

Community/Cultural

Religious organization

UNIT- III

3. Planning for recreation

Planning criteria and objectives of recreation facilities.

Different types of indoor and outdoor recreation for urban and rural population.

Operation and maintenance of different recreation area and facilities.

Sources of funding of recreational activities.

UNIT- IV

4. Programmes in recreation

Classification of Recreational Activities

Indoor and outdoor activities

water activities

Cultural activities

Literary activities

Nature and outing

Social events

Adventure activities

Hobbies-Introduction to hobbies and types of hobbies

Agencies providing Recreation.

5. Camping and leadership

Aim, objectives and importance of camping.

Organization and types of camp.

Selection and layout of camp site.

Camping leadership

Types and functions of recreation leaders

Qualification, qualities and training and recreation leaders.

REFERENCES :

Bright Charles K. and Herold C. Meyer. Recreational test and readings, Eaglewood cliff, New Jersey Prentice Hall, 1953.

Ness wed, M.H. and New Meyer E.s. Leisure and Recreation, New Yourk, Ronald Press.

Vannier Maryhalen, Methods and Material in Recreation leadership Philadelphia, W.B. Sounders company, 1959

Planning Facilities for Health Physical Education and recreation, Chicago, the Athletic institute, 1936.

Recreation areas : Their Design and equipments, New York : Ronal Press 1958,

Kran, R.G. Recreation and the schools : New York : Mac melon company.

Shivers J.S., Principles and practices of recreational services, London : Mac Melon Company 1964.

Kledienst V. K. & Weston A the recreational sports programme prentice hall international Ic. London 1978.

Butler George introduction to community recreation (Mc Gram Hill Book Company 1976)

Debey and Nayak Recreation Reston AP publishers, Jalandhar. Marrow GS Therapuetic Recreation Reston Publish company 1976.

Kelly JR Leisure Prentice Hall Inc. Englwood Cliffs N.J. (1982).

B.P.E.S SEMESTER – IV ADAPTED PHYSICAL EDUCATION PAPER- IV

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

UNIT- I

1. Introduction to Adapted Physical Education

Meaning and definitions

Aims, goals, & objectives

Need & importance of adapted physical education

UNIT - II

2. Classification of Disability

Physical disabilities

Causes

Functional Limitations

Characteristics

Mental Retardation

Causes

Characteristics

Functional Limitations

Visual Impairment

Causes

Characteristics

Functional Limitations

Hearing Impairment

Causes

Characteristics

Functional Limitations

Behavioral Disorders

Adjustment problems

Personality disorder

Modifications for teaching and programming in physical education

and sports

UNIT- III

3. Adapted physical education programme

Guiding principles for adapted physical education programme

(AAPHER Principles)

Physical Education program for disabled for

Elementary school

42 44

Middle school

High School

College & University level

UNIT-IV

4. Co-curricular Activities for disabled

outdoor programme for the disabled

Adventure based outdoor programme

Rhythm and dance activities

5.1 Rehabilitation

5.1.1 Aims and objectives of rehabilitation council of India.

5.1.2 Meaning of functional and occupational rehabilitation

5.2 Governmental Welfare Programme

5.2.1.1 Provision of Special rights and privilege for disabled through legislations.

5.2.1.2 Social welfare programme for disabled

5.2.1.3 Mass public education /Awareness programme

5.2.1.4 Education approach

5.2.1.5 Service approach

5.2.1.6 Legislative approach

REFERENCES :

Auxter,Byler, Howtting, Adapted Physical Education and Reactions,

Morbey-St. Louis Mirrauri. Arthur G. Miller and James, Teaching Physical Activities to Impaired Youth, John W & Sons Inc. Canada.

Ronal W. French, & Paul J. , Special Physical Education,

Charles E. Merrics Publishing Co. Edinburgh, Ohio. Arthur S.Daniles and Euily, Adapted Physical Education, Hai & R.W. Publisher-New York.

Anoop Jain, Adapted physical Education, sports publications, Ashok Vihar, Delhi-52.