

Part A

Faculty: Physical Education

Programme: BPES I

POs:

1. To enable the trainee-learners to understand the nature, purpose and philosophy of education and physical education at the secondary stage.
2. To prepare teachers of Physical Education with broader educational perspective.
3. To develop personnel, Professionals and Social competencies required in teaching profession of physical education.
4. To develop potential for planning and organizing Physical Education programmes and other play-activities.
5. To empower trainee-learners to inspire their students to actively participate in Physical and Yogic Exercises, Games and Sports.
6. To enable teachers to develop personality, character, will power, democratic values and positives attitude towards life among their students through Physical Education.
7. To make teachers capable of imparting basic knowledge about health, hygiene, nutrition and physical fitness.
8. To develop skills and competencies to organize school and community games and sports.
9. To cultivate the spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.
10. To promote mental health, power of self-decision and self-control, correct judgment and action, emotional stability, respect for other and acceptance of the authority and rules.
11. To promote appreciation and interest for indigenous games, sports and yogic practices among trainee-learner.
12. To create awareness about health and hygiene in the community.

PSOs:

1. Make a unique contribution to balanced development and living; fostering a pedagogy based around critical thought and action;
2. Movement being essential to be a human;
3. Learning focused on movement and students need to be engaged in it;
4. A medium for developing skills across diverse areas of endeavour;

Employability Potential of the Programme:

BPES graduates have a lot of opportunities. For a graduate with a BPES degree, the typical BPES income scale will be around The following is a list of sectors where one can work after completing a BPES course:

- Sports and Business Marketing
- Fitness Centre
- Colleges
- Private Schools
- Hotel Industries
- Sports Team

List of jobs one can get after completion of B.P.E.S course is given below:

- Trainer/Instructor /Coach
- Sports Goods Manufacture Marketing Executive
- Commentator
- Physical Education Instructors
- Umpire/Referee
- Professional Players
- Sport and Leisure Club Managers
- Administrative and Sports Duties
- Sports Administration

Part B**Syllabus Prescribed for 2022 Year UG Programme****Programme: BPES****Semester 1**

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
1TP01	ENGLISH	60

COs:

The students would be able to:

1. Explain the importance of language as a subject in life.
2. Apply the methods and techniques of teaching, various aspects of language teaching.
3. Apply current directions in English language teaching.
4. Identify and be sensitive to the proficiency, interests and needs of trainee-learners.
5. Apply the technology to enrich language teaching.

Unit	Content
Unit I	PROSE – 1. Education Provides a Solid Foundation - A.P.J Abdul Kalam 2. Love Story - Maneka Gandhi 15-(periods)
Unit II	POETRY – 3. In the Bazaar of Hyderabad - Sarojini Naidu 4. She Walks in Beauty - Lord Byron 15-(periods)
Unit III	GRAMMAR – 5. Parts of Speech 6. Tenses 15-(periods)
Unit IV	COMMUNICATION SKILLS – 7. Unseen Passage 8. Letter Writing (Personal & Business Letters) 15-(periods)
	**Activities 1. Debate on physical Education 2. Publish Article 3. To Attend communication Skill program

References:

Text books:

1. Spoken English : A Foundation Course Part 1 (With Audio CD) by Kamlesh Sadanand & Susheela Punitha (Revised Edition) Published by Orient Blackswan.
2. Spoken English : A Foundation Course Part 2 (With Audio CD) by Kamlesh Sadanand & Susheela Punitha (Revised Edition) Published by Orient Blacks

Semester 1

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
1TP01	हिन्दी	60

COs:

The students would be able to:

1. Explain the importance of language as a subject in life.
2. Apply the methods and techniques in various aspects of language teaching.
3. Apply current directions in Hindi language teaching.
4. Develop proficiency, interests and needs of trainee-learners.
5. Apply technology to enrich language teaching.

Unit	Contents
Unit I	प्रथमइकाई --गद्यविभाग(१से६पाठ) 30-(periods)
Unit II	द्वितीयइकाई--पद्यविभाग(१से६कविताये) 30-(periods)
	**Activities` 1.Debit 2 Publish Article 3.To Attend communication Skill program

References:

Text books:

- आस्थाराघव पब्लिशर एंड डिस्ट्रीब्यूटर नागपुर

Semester 1

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
1TP01	मराठी	60

COs:

The students would be able to:

- Explain the importance of language as a subject in life.
- Apply the methods and techniques of teaching in various aspects of language teaching.
- Apply current directions in Marathi language teaching.
- Develop proficiency, interests and needs of trainee-learners.
- Apply technology to enrich language teaching.

Unit	Contents
Unit I	विभागअवैचारिक 1) जीवनआणिशिक्षण -विनोबाभावे 2) धेयाचिपराकाष्ठा -- सानेगुरुजी 15-(periods)
Unit II	विभाग -बललित 3) आंगण --मधुकरकेचे 4) अन्वरशाफक्रीर-- डॉ. मधुकरवाकोडे 15-(periods)
Unit III	विभागक - कविता 5) स्फूर्ति -केशवसुत 6) याज्ञोपडीतमाझ्या - राष्ट्रसंततुकडोजीमहाराज 7) शेतकरीराजा –शंकरबडे 15-(periods)
Unit IV	विभागडव्यवहारिकमराठी लेखनविषयकनियम 15-(periods)
	**Activities 1. Debate 2 Publish Article 3. To Attend communication Skill program

References:

Text books:

उपयोजितमराठी - सपा, केतकी मोडक व इतर, पद्मगंधा प्रकाशन पुणे

Semester 1

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
1 TP02	FOUNDATION OF PHYSICAL EDUCATION	60

COs:

The students would be able to:

1. Apply knowledge about foundation of physical education.
2. Identify historical perspectives of physical education in India.
3. Apply the ideology of Indian philosophy.
4. Apply the ideas of Fitness Promotion.

Unit	Content
Unit I	<p>1 Introduction</p> <p>Concept and definition of education and physical education. Terminologies related to physical education. Need and importance of physical education. Place of physical education in Tagore's scheme of education. Modern concept and scope of physical education. Aim and objectives of physical education.</p> <p style="text-align: right;">15 - (periods)</p>
Unit II	<p>2 Biological Foundation</p> <p>Biological basis of physical education and biological weakness of human in relation to physical activities. Growth and development – Principles, Stages and Affecting factors. Age and Sex difference and physical activities. Concepts and components of physical fitness wellness and active life style. Somatotypes</p> <p style="text-align: right;">15 - (periods)</p>
Unit III	<p>Philosophical Foundation Meaning of philosophy Different schools of philosophy applied to physical education</p> <p>Psychological Foundation Concept of Learning and motor learning Laws of learning Learning curve</p> <p>Sociological Foundation Concept of social institutions and socialization</p> <p style="text-align: right;">15 - (periods)</p>
Unit IV	<p>Historical foundation</p> <p>Historical development of physical education and sports in India. Ancient period Preindependence period Post independence period The Olympic movement Ideal motto, oath and goals of Olympic Ancient Olympic games Modern Olympic games</p> <p>Brief historical background of the National, Asian, Commonwealth and SAF Games</p> <p style="text-align: right;">15 - (periods)</p>
	<p>**Activities</p> <ol style="list-style-type: none"> 1. Project on Olympic, Asian, Games 2. Organise Health and Social awareness program 3. Program on Fitness And Wellness

Reference Books

1. Bucher, C.A., (1979) Foundation of Physical Education (5th ed.). Missouri: C.V. Mosbyco.
2. Barrow, H.M. (1983) Man and Movement: Principles and Physical Education. Phi: Lea and Febiger
3. Bucher & Wuest. (1987) Foundations of Phy. Edu. & Sports. Missouri: C.V. Mosbyco.
4. Ziegler, E.F. (2007). An Introduction to Sports & Phy. Edu. Philosophy. Delhi: Sp. Educational Tehno.
5. William, J.E. (1964). Principles of Physical Education: Com. Philadelphia: W.B. Saunders
6. Kretchmar, R.S. (1994). Practical Philosophy of Sport. IL: Human Kinetics.
7. Young, D.C. (2004). A Brief History of Olympic Games. UK: Blackwell Publishing.
8. History of Physical Education by Eraj Ahmed Khan
9. Kamlesh, M.L. (2006). Educational Sport Psychology. New Delhi: Friend's publication
10. गद्रे, गीता, व गद्रे ल.रा. शिक्षणाचा इतिहास भाग १ वर पुणे : नूतन प्रकाशन १९७६
11. वाखारकर, दि. गो. शारीरिक शिक्षणाचे आधुनिक स्वरूप व अध्ययन, पुणे, निलकंठ प्रकाशन १९६९

Semester 1

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
1TP03	ANATOMY	60

COs:

The students would be able to:

- Apply knowledge about the functions of the human body and its regulation.
- Correlate the human body and its function.
- Analyze the structural aspect of systems of the body.
- Explain the fundamental of human body organs.

Unit	Unit
Unit I	<p>Introduction and structural organization of human body: Introduction Meaning and concept of anatomy Need and importance of the knowledge of anatomy in the field of physical education Levels of Organization of Human Body : Definition of Cell, Tissue, Organ and System Microscopic structure, composition and function of cell. Essential properties of living organism</p> <p style="text-align: right;">15 (periods)</p>
Unit II	<p>Muscle & Skeletal System: Skeleton Different parts of Human skeleton. Types of Bones Joints, Joint's Nomenclature and classification, Names of the Movements around joints. Muscles Structure and function of skeletal muscles, Names of Major muscles of different parts of Body</p> <p style="text-align: right;">15 (periods)</p>
Unit III	<p>Cardio-respiratory, Digestive and Excretory system: A)Circulatory system: Anatomical position and gross structure of the heart Systemic and pulmonary circulation Blood vessels – Artery, Vein and Capillaries Respiratory System : Meaning of External and internal respiration Organs of respiration Structure of Lungs B)Digestive System: Parts of Digestive Tract, structure and function in brief. Steps of digestion Digestive glands structure and function C) Excretory system: Routes of excretion from human body Organs of Urinary system Structure and function of Kidney</p> <p style="text-align: right;">15 (periods)</p>
Unit V	<p>Neuro Humoral and Reproductive System : A)Nervous system : Structural and functional divisions of nervous system.Sensory motor nervous system Parts of Brain Structure and functions of spinal cord/ Sense organs eyes, ears and skin. B)Endocrine system: Names,location and functions of Pituitary Gland,Thyroid gland, Adrenal Gland,Pancreas C)Reproductive system : Primary and secondary male and female reproductive system Testes and Ovary.</p> <p style="text-align: right;">15 (periods)</p>
	<p>**Activities 1.Organise Health Program 2.Survey about health literacy</p>

Reference Books:

1. Tokyo : McGraw-Hill Kogakusha Ltd.
2. Bourne, Geoffery H. The structure and function of muscles, London Academic Press (1973)
3. Chaurasia B.D. Human Anatomy Regional and applied (CBS publisher and Z distributors, 1979)
4. Guyton, Arthur C. Text book of medical physiology (Philadelphia W.B. Saunders Company, 1976)
5. James C. Clough, fundamental Human anatomy (Lea and Febiger Philadelphia, 1971)
6. Caprovich, P.V. and Sinning. Wayne E. Physiology of Muscular Activity (Philadelphia : W.B. Saunders, 1976), 7th Edition.
7. Mathew, D.K. and Fox E.L. Physiological Basis of Physical education and Athletics (Philadelphia. W.B. Saunders Company, 1976)
8. Morehouse, I.E. Miller, A.T. Physiology of Exercise (St. Louis The C.V. Mosby Company, 1976) 7th Edition.
9. Pears evelyr C. Anatomy and Physiology for Nurses (London Faber & Faber Ltd. 1929)
10. Perrot J.W. Anatomy for students and physical education, London Adward Arnold and Co. 1967).
11. Waruida, Roger and Williams, Peter L. Gray's Anatomy (London : Longmans Group Ltd. 1973)
12. साठे, विवेक. शरीर रचना व कार्य नागपूर : नर्मदा प्रकाशन १९९५
13. श्रीवास्तव, अभय कुमार. शरीर व्यायाम क्रियात्मक विज्ञान एवं चिकित्सा, सुयोग अमरावती १९९४
14. जोशी विजया. व्यायामाचे शरीर क्रिया शास्त्र, नागपूर: अमित ब्रदर्स १९९५

Semester 1

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
1TP04	Fundamental of Computer use in physical education	60

COs:

The students would be able to:

1. Application of computer in Physical education
2. Explain the components of computer
3. Applications of MS World and MS Excel and MS power Point

Unit	Content
Unit I	<p>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</p> <p style="text-align: right;">15 (periods)</p>
Unit II	<p>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 off files and folders. Operating and closing of different windows, minimize, restore and maximize form sof windows. Basic components of a window: Desktop, frame, Titlebar, menu bar, status bar, scroll bars, using right button of themouse. Creating shortcut, basic windows accessories: power point presentation, notepad, paint, calculator, wordpad, usingclipboard.</p> <p style="text-align: right;">15 (periods)</p>
Unit III	<p>Introduction to Ms-office and word processor Types of word processor Creating and saving a documents, editing and form atting document including changing colour, sizefont, 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 for mat painter find and replace.</p> <p style="text-align: right;">15 (periods)</p>
Unit- IV	<p>Introduction to Internet Browsing Internet: Evolution, Protocols, inter lace concepts. Internet Vsintranet, Growth of internet, ISP Connectivity dialup, leasedline, VSA Tetc. URLs’ Do mains names. Application, E-mail, concepts, POP and WEB based E-mail, merits address, Basics of sending and receiving, E-mail, protocols, Mailing list freee-mails services.</p> <p style="text-align: right;">15 (periods)</p>
	<p>**Activities 1 prepare of various ground using computer 2.perpare various dimension of equipment in computer</p>

Reference Books:

1. ITL Education solution ltd. Introduction to information technology research and development wing-2006.
2. Simmons Ian, computer dictionary BPB publications-2005.
3. Pradeep K. Sinha and Prit; Sinha foundations computing BFB publications-2006.
4. Douglas E. Comer, The internet Book, Purdue University, West Lafayette in 2005.
5. V. Rajarman, fundamentals of computers, prentice hall of India, New Delhi-2000.
6. B. Ram, Computer fundamentals, New age international publishers 2006.
7. S. Jaiswal Galgotia publication Pvt. Ltd. I.T. (Today) revised Edi. 2004.
8. Pradeep K. Sinha, Priti Sionha, B.P.B. publication company fundamental, 3rd Edi. 2005.
9. B. Ram, New Age international publication, computer fundamental, 3rd edition-2006.
10. Sanjay saxena, Vikas publication house, Pvt. Ltd. Microsoft office for ever one, second edition-2006.
11. Brain unders IDG book, India(p) Ltd. Teach Yourself Office 2000, fourth edition 2001.

12. Heidi Steel Low Price Edition, Microsoft Office, Word 2003-2004.
13. Rebecca Bridges Altman Peachpit Press. Power point for window 1999.
14. Alexandria Haddad Tech media publication, Microsoft Power point 2000, Ed.1999.
15. Douglas E. Corner low price edition. The Internet Book, Third Edition 2005.
16. Tom Badyet IDG book, India, Microsoft power point 2000.
17. Shashank Jain & Satish Jain, B.P.B. publication 'O' level internet and web design, edition 2003.

Syllabus Prescribed for -2022-Year UG Programme

Programme: BPES

Semester 1

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
1PC01	Major Team Game	60

COs:

The students would be able to:

1. Explain the importance of Major games in Competitive Sports & Games.
2. Develop the concept of the Games and Sports skill.
3. Demonstrate and assess various techniques.
4. Interpret the rules and regulations in real game situations.
5. Organize and officiate matches in real game situations.

List of Practical/Laboratory Experiments/Activities etc.

3	<p>Volleyball 30 Period</p> <p>Individuals Skills:</p> <ul style="list-style-type: none"> i) Service: underhand, sidearm, roundarm, tennis, float and spin services. ii) Receiving – underhand, overhead iii) Passing – <ul style="list-style-type: none"> a) As per height low medium and high b) As per direction – forward, overhead and back <p>Smashing:</p> <ul style="list-style-type: none"> a) Straight arm smash b) Wrist smash c) Turn and smash d) Round arm smash e) Tapping <p>Blocking:</p> <ul style="list-style-type: none"> a) Individual block b) Group block <p>Difference:</p> <p>Dive, Dive & role (forward, back-ward and side-ward) dig. & role.</p> <p>Team Skills:</p> <ul style="list-style-type: none"> a) Systems of play 5-1, 4-2, 6-0 b) Attacking – single, double and triple
2	<p>Kabaddi 30 Period</p> <p>1) Skill and Techniques:</p> <ul style="list-style-type: none"> a) Speed of Raider – 2) General requirement cant, dodging, hand and foot movement, eyesight. 3) Skills of Attack <ul style="list-style-type: none"> a) Use of hand b) Use of legs – Leg Thrust, sidekick, mulekick, roundkick. 4) Skill of escape – Jump over the anti, Dragging by force, pushing by hand, turning and twisting to release from the ankle hold, breaking the cordon. 5) Pushing <ul style="list-style-type: none"> a) 1) Skills of Antis: 6) General skills – (In combination) role of specific position and flexible movements of antis, covering and cha information 7) Individual skills: Ankle hold and leg lift, waist hold and lifthold, blocking the rider, dashing on the rider, wrist hold. 8) Skill in combination: Half moon, full moon trap, double covering trap, driving the rider to lobby. 9) Strategies and moves of attack (Riders) <ul style="list-style-type: none"> i) Pushing ii) Pressure Tactics – deep entry iii) Pressure and dash iv) Safe entry and defensive play. v) Third raid planning 10) Counter strategies (Antis) Defense: <ul style="list-style-type: none"> i) Position and placement of Antis ii) Playing at endline iii) Corner and third combination

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Syllabus Prescribed for -2022-Year UG Programme

Programme: BPES

Semester 1

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
1PC02	Track and Field	60

COs:

The students would be able to:

1. Explain the importance of Running in Competitive Sports & Games and general in life.
2. Develop the concept of the Track and Field events.
3. Analyze and interpret the skills.
4. Demonstrate and assess various techniques of starts and finish.
5. Interpret the rules and regulations in real game situations.
6. Organise and officiate real competition situations.

List of Practical/Laboratory Experiments/Activities etc.

1	Running Event Running[Compulsory]:100/200/800mtrs. {anyone} The performance of examinee will be taken & converted into marks as per conversion table enclosed.	20 Period
2	Relay Only Styles of any one events 4 X 100 Mts. , 4X 400Mts.	20 Period
3	Hurdles Only Styles of any one events 100Mts.(W) , 110mts (M), 400Mts.(M & W)	20 Period

Syllabus Prescribed for -2022-Year UG Programme

Programme: BPES

Semester 1

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
1PC03	Yoga and Wrestling	45

COs:

The students would be able to:

1. Develop the concept of Yoga and Wrestling.
2. Analyze & interpret the skills.
3. Demonstrate and assess various techniques of starts and finish.
4. Interpret the rules and regulations in real game situation.
5. Organize and officiate matches in real game situations.

List of Practical/Laboratory Experiments/Activities etc.

1	<p>Yoga - Asana</p> <p><i>TeachingContents:</i></p> <ol style="list-style-type: none"> 1) Vrikshasana 2) Garudasana 3) YogmudrainVajarasana 4) Swastikasana 5) Ushtrasana 6) ArdhaMatsyendrasana 7) Siddhasana 8) Gaumukhasana 9) Shavasana 10) Vipritkarni 11) Sarvangasana 12) Makarasana 13) Halasana 14) Vakrasana 15) Bakasana 16) Chakrasana 17) Suptavajarasana 18) Baddhapadmanasana 19) Janushirasana 20) Utthithapadmasana 21) Dhanurasana 22) Salbhasana 23) Mayurasana 24) Shirshasan 25) UttakatAsana 26) Tolasana 27) Padmasana 28) TrikonAsana 29) Pachimottanasana 30) Matsyasana 31) Karnapidasana 32) Naukasana 33) BhujangAsana
2	<p>WRESTLING</p> <p>Stance</p> <ol style="list-style-type: none"> a) SquareStance b) CrossStance- <ol style="list-style-type: none"> i) Right Crossstance ii) Left crossstance c) Grip <p>Techniques–</p> <ol style="list-style-type: none"> a) Dasti b) SerZirABagalDub c) Khur Zintaken d) Arm Bar e) Fine Kamar(Dhak) f) One Arm Throw(Dhobi) g) Bangadi h) OjBand (Nelson) i) Fitle j) EkDsatKePa(Kalajang)

Syllabus Prescribed for -2022-Year UG Programme**Programme: BPES****Semester 1**

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
1PC04	Formal Activity	45

COs:

The students would be able to:

1. Explain the importance of mass demonstration activity.
2. Develop command on marching and drill.
3. Analyse & interpret the skills.
4. Demonstrate and assess various techniques of drum and side drum.
5. Demonstrate the mass drill
6. Perform various folk dance
7. Promote discipline in drill and marching

List of Practical/Laboratory Experiments/Activities etc.

1	MPT Exercise 1 to 8 (standing and sitting)
2	Drill and Marching a) Marching – Ek line bun, Teen line bun, Dehine Saj, Sawdhan, Vishram, Dehinemud, Pichhemud, Bayemud, khulilinechal, Nikatlinechal, kadamtal. b) TejChal– Dahinemud, Bainyemud, pichhemud, khulilinechal, nikatline, kand ambadal, kadmtal, age, badh, samnesalute, dahinedekh, samnedekh. c) Dhirechalandtham
3	Folk Dance Tipari, various LokNritya, Bhangada, Kathak, Kuchipudi, Odissi, Anyother recognized Indian classical dances.
4	Band – Drum & Side Drum a) National Anthem b) Salute (Salami) c) Marchpast d) Demonstration of Drills.

Part B**Syllabus Prescribed for 2022 Year UG Programme****Programme: BPES****Semester II**

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
2TP01	Physiology of Exercise	60

COs:

The students would be able to:

1. Create awareness for the human body and various physiological systems
2. Explain the role of exercises for various physiological systems
1. Classify concept of Energy, Muscles, Circulatory system, Respiratory System
2. Analysis of sport movement and design movement oriented exercises.

Unit	Contents
Unit I	1. Energy – Meaning of energy Production and use of energy. Types of Energy Aerobic and anaerobic of muscular energy. 15 (periods)
Unit II	2. Muscles :- 2.1 Types of muscles 2.2 Characteristics of skeletal muscles, innervation and blood supply. 2.3 Microscopic structure of muscles fiber, sensory organ of muscle. 2.4 Biochemical changes in muscles during exercise, second wind. 15 (periods)
Unit II	3. Circulatory System : 3.1 Functioning of heart during exercise. 3.1.1 Stroke volume 3.1.2 Cardiac output 3.1.3 Pulse rate 3.2 Effect of training on functioning of heart. 15 (periods)
Unit IV	4. Respiratory System : 4.1 General functioning of the system-Variation of measures & capacities like Vital capacity, tidal air, residual air, inspiration and expired air pressure. 4.2 Changes during exercise in respiratory system. 4.3 Effect of long term training on respiratory capacities. 15 (periods)
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.

References :

1. Pearce Evelyn.(1992).Anatomy&Physiologyfor nurses,Calcutta:oxfordUniversitypress.
2. Sedey,RodR.(1992) Anatomy&Physiology.St.louis: Mosby
3. TortoraG.J.(1996).IntroductiontoHumanBody.(4thEd.)Clifornia:AddisonWesley.
4. MarieEclaineN.(1984).HumanAnatomyandPhysiology(3rdEd.).Cal:TheBenjaminCumming
5. FoxEdward–SportsPhysiology,WBSoundrsCo.1984
6. BenardotDan(1992).SportsNutrition.TheAmericanDieteticAssociation
7. Clarke,H. David. Exercise Physiology Englewood Cliffs Prentice Hall Inc, 1987 ,Edn 6
8. जोशी, विजया. व्ययामाचे शरीर क्रियाशास्त्र सुयोग प्रकाशन अमरावती 1995

Semester II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
2TP02	Kinesiology	60

COs:

The students would be able to:

1. Explain the objectives of kinesiology
2. Classify and application of axes and plane to the human body
3. Categorize fundamental of body movement
4. Locate and demonstrate action of major muscles of various joints
5. Apply mechanical concepts in sports and games

Unit	Content
Unit I	1. Introduction to Kinesiology 1.1.1 Definition 1.1.2 Objectives of Kinesiology 1.1.3 Role of Kinesiology in Physical education 1.2 Fundamental concepts of following terms with their application to the human body. 1.2.1 Axes and planes 1.2.2 Center of Gravity 1.2.3 Line of Gravity <p style="text-align: right;">15 -(periods)</p>
Unit II	2.1 Anatomical and Physiological fundamentals 2.1.1 Classification of joints and muscles 2.1.2 Terminology of fundamental movements. 2.1.3 Types of Muscle contractions 2.1.4 Angle of Pull <p style="text-align: right;">15 -(periods)</p>
Unit III	3.1 Upper Extremity 3.1.1. Major characteristics of joints 3.1.2 Location and action of major muscles acting at the following joints 3.1.2.1 Shoulder 3.1.2.2 Elbow 3.1.2.3 Wrist 3.2 Lower Extremity 3.2.1 Major characteristics of joints 3.2.2 Location and action of major muscles acting at the following joints : 3.2.2.1 Hip 3.2.2.2 Knee 3.2.2.3 Ankle and Foot <p style="text-align: right;">15 -(periods)</p>
Unit IV	4. Application of Mechanical Concepts 4.1 Motion 4.1.1 Definition 4.1.2 Newton's Laws of Motion 4.1.3 Application to sports activities 4.2 Force 4.2.1 Definition 4.2.2 Magnitude of force 4.2.3 Direction of application of force 4.2.4 Application to sports activities 4.3 Equilibrium 4.3.1 Definition 4.3.2 Major factors affecting equilibrium 4.3.3 Role of equilibrium in sports 4.4 Lever 4.4.1 Definition Lever 4.4.2 Types of Lever 4.4.3 Application of Human body <p style="text-align: right;">15 -(periods)</p>
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.

References:

1. Broer, M.R. Efficiency of Human movement (Philadelphia :W.B.Saunders Co., 1966)
2. Bunn, John W. Scientific Principles of Coaching (Engle Wood Cliffs:N Prentice Hall Inc., 1966)
3. Duvall, E.N. Kinesiology (Engle wood cliffs : N.J. Prentice Hall Incl. 1956)
4. Rasch and Burke, Kinesiology and Applied Anatomy (Philadelphia: Lea and Fibger 1967)
5. Scoot M.G. Analysis of Human Motion, New York.
6. Wells, K.P. Kinesiology (Philadelphia : W.B. Saunders Co. 1966)
7. Cooper, John M. and Glassgow, R.B. Kinesiology (St. Louis C. McSby Co., 1963)
8. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication in 2005)
9. Uppal A.K. Lawrence Mamta MP Kinesiology (Friends publication India 2004).

Semester II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
2TP03	Yoga	60

COs:

The students would be able to:

1. Classify and Identify the Yogic practices' and Asana's.
2. Demonstrate the Yogic practices and Asana.
3. Describe Upanisadas and importance in life.
4. Describe Yoga sutra, Astang Yoga and Hatayoga.
5. Apply the knowledge of Yogic practices for society

Unit	Content
Unit I	1.1 Yoga-Meaning concept, Mis-conceptions about Yoga-Relationship with physical education. 1.2 Historical Background of yoga-yogic practices. 15 -(periods)
Unit II	2.1 Yoga as a discipline of life mode of living, cuits of yoga (only central ideas) 2.1.1 Raj Yoga 2.1.2 Bhakti Yoga 2.1.3 Karm Yoga 2.1.4 Gyna Yoga 2.2 Hatha yoga philosophy. 15 -(periods)
Unit III	3.1 Astanga Yoga with special reference to – 3.1.1 Yamas 3.1.2 Niyams 3.1.3 Asanas 3.1.4 Pranayams ; Types of Asanas and Pranayams. 3.2 Shat Karma-Personal hygiene of Yoga – Six purifactory methods of yoga-Neti, Dhauti, Vasti, Nauli, Gajkarni, Kunja. 15 -(periods)
Unit IV	4.1 Bandhas, Mudras and Chakras of Yoga 4.2 Recent advances in Yoga Education; Yoga as a Science 15 -(periods)
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.

References:

1. Gharote, M. L. Hathapradipika., Lonavala: Yoga Institute.
2. Jayadeo, singh , Shiva Sutra, Delhi: Motilal Banarasidas publication.
3. Karabelkar, P. V., Kaivalyadhama-Patanjala Yoga Sutra., Lonavala:
4. Karbelkar, N. V., Patanjali-Yoga Sutra Bhashya., Amravati: Hanuman VyayamPrasarak Mandal Publication.
5. Ronghe, Prafulla N., Physiology of Yoga.
6. Swami, Digambarji& M. L., Gharote, Gherand Samhita., Lonavala:
7. Swami, Kuvalayanand, *Kaivalyadhama-Asana.*, Lonavala:
8. Swami, Kuvalayanand, *Kaivalyadhama-Pranayama.*, Lonavala:
9. Tiwari, R. H. Prachin Bharat main Sharirikshikshan Darshan., Amravati: HVPM Publication.

Semester II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
2TP04	Sports Sociology	60

COs:

The students would be able to:

1. Develop and apply the knowledge of sports sociology
2. Explain effect of appearance, sociability and specialization on sport participation
3. Describe Sport as an art.
4. Develop and apply the knowledge of social factors concerning sports in society and social system
5. Modify the concept of sports women.
6. Relate sports and socialization

Unit	Content
Unit I	1. Concept of Sociology 1.1 Meaning, nature and scope of sociology 1.2 Methods of sociology and their relationship with other social sciences. 1.3 Effect of various social forces on personality development. 1.4 Sport – medium of socio-cultural change. <p style="text-align: right;">15 (periods)</p>
Unit II	2. Introduction to sports sociology 2.1 Meaning and scope of sports sociology 2.2 Sports sociology as a discipline 2.3 Sports as a social occurrence 2.4 Effect of appearance, sociability and specialization on sport participation <p style="text-align: right;">15 (periods)</p>
Unit III	3. Sports and society 3.1 Socialization through games and sports 3.2 Recreation and its scope through games and sports. 3.3 Sport as an element of society 3.4 Sport as an element of cultural development 3.5 Sport as an art. <p style="text-align: right;">15 (periods)</p>
Unit IV	4. Social factors concerning sports in society 4.1 Social stratification in sports 4.3 Sport and women 4.4 Sport and children 4.5 Sport and older adults 5. Sport and social system 5.1 competition and co-operation 5.2 sport and politics 5.3 sport and economy 5.4 Sports and National/International brotherhood. <p style="text-align: right;">15 (periods)</p>
**Activities	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self-study etc.

References:

1. Sharma, S.R., Sociological foundation in physical education and sports, friends publication, New Delhi.
2. Singh, Kawaljeet, Sociology of sports, Friends publication, New Delhi.
3. Sing, Bhupinder, Sports Sociology-An Indian perspective, Friends publication, New Delhi.
4. Yobu, A, Sociology of Sports, Friends publication, New Delhi.

Syllabus Prescribed for -2022-Year UG Programme

Programme: BPES

Semester II

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
2PC01	Major Team Game	60

COs:

The students would be able to:

1. Explain the importance of Major games in Competitive Sports & Games.
2. Develop the concept of the Games and Sports skill.
3. Analyse & interpret the skills.
4. Demonstrate and assess various techniques.
5. Interpret the rules and regulations in real game situations.
6. Organise and officiate matches in real game situations.

List of Practical/Laboratory Experiments/Activities etc.

1	<p>Kho kho</p> <p>1) Skill of Chasing or Attacking:</p> <ol style="list-style-type: none"> (1) Skills of giving and receiving kho (Judgment kho, effective kho) (2) Technique of perusing and covering the runner. (3) Technique of making the runner out: <ol style="list-style-type: none"> a. use of hand – taping at the ankle b. Dive & Touch–Dive on pati, Running Dive, Angular Dive on pole. (4) Technique of taking direction– <ol style="list-style-type: none"> a. From sitting position b. From the square near pole (5) Effective pursuit <p>2) Skill of running or defence–</p> <ol style="list-style-type: none"> (1) Dodging – Dodging of the pati, Dodging on the pole. (2) Zigzag running play. (3) Stepping judgement – Change of stride (4) Running techniques: Single chain, double chain, playing on pati, triple chain, oval play, play in combination.
2	<p>HAND BALL:</p> <p>1) Passing:</p> <ol style="list-style-type: none"> a) Wristpass b) Groundpass c) Chestpass d) Backpass <p>2) Shooting:</p> <ol style="list-style-type: none"> a) Jumpshot b) Standingshot c) Runningshot d) Stay upshot e) Dimshot <p>3) Goalkeeping</p> <ol style="list-style-type: none"> a) Ground b) Base c) Overhead <p>2) Dribbling</p> <ol style="list-style-type: none"> a) HighDribbling b) LowDribbling <p>3) System of Games</p> <ol style="list-style-type: none"> a) Defense b) Offense

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Semester II

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
2PC02	Gymnastics	60

COs:

The students would be able to:

1. Explain the importance of Gymnastics.
2. Develop and demonstrate Gymnastics.
3. Analyse & interpret the skills.
4. Demonstrate and assess various techniques of starts and finish.
5. Interpret the rules and regulations in real game situations.
6. Organise and officiate matches in real game situations.

List of Practical/Laboratory Experiments/Activities etc.

1	<p>Ground Gymnastics</p> <ol style="list-style-type: none"> 1) Forward and back ward roll from sitting position 2) Forward and back ward roll from kneeling position. 3) Forward and back ward roll from saddle position 4) Forward and back ward roll from stop ping position. 5) Cartwheel 6) Hand stand and for ward roll. 7) ‘V’ balance ,frogbalance, Aeroplanebalance, ‘T’ Balance. 8) Head stand balance 9) Divean droll.
2	<p>Balancing Beam (Women)</p> <p>Walk ontoe Noveltywalk ‘V’ Balance SaggoriJump 1800Turn Simple dismount Forward Roll Simple jump Knee Balance Airoplane Balance ‘T’ Balance</p>
3	<p><i>ParallelBar:(Men)</i></p> <p>Straight armrest Bend armrest Bendarm single march Bendarm double march Straight arm single march Straight arm double march Shoulder balance Side rest on the bar ‘L’balance Changeover Forward roll Horse riding Front dismount Straddlesit Swings back dismount</p>

Semester II

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
2PC03	Yoga	60

COs:

The students would be able to:

1. Develop and demonstrate Yoga.
2. Analyze & interpret the skills.
3. Demonstrate and assess various techniques of starts and finish.
4. Appraise the rules and regulations in real game situations.
5. Organise and To officiate matches in real game situations.

List of Practical/Laboratory Experiments/Activities etc.

1	Yoga – Kriya Instrumental kriya Jalneti SutraNeti Vaman DandaDhauti Non- instrumental kriya Uddyan Agnisar Nauli Kapalbhati
2	Pranayama Suryabhedan Ujjayi Shitali Shitkari(Without Kumbhas)
3	Surayanamskar

Syllabus Prescribed for -2022-Year UG Programme

Programme: BPES

Semester II

Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
2PC04	Formal Activity	60

COs:

The students would be able to:

1. Develop mass demonstration activity.
2. Develop command on marching and drill.
3. Analyse & interpret the skills.
4. Demonstrate and assess various techniques of drum and side drum.
5. Demonstrate the mass drill
6. Demonstrate various folk dance
7. Promote discipline in drill and marching

List of Practical/Laboratory Experiments/Activities etc.

1	Lathi a) Sidhi Bail b) Ulti Bail c) Sidhi Bail Chal d) Ulti Bail Chal e) Salami f) DoRukh g) Age Falang h) Phichhe Falang i) Bagal War j) Jangwar k) Beliya Chaumukhi
2	Lezium Simple Lezium 1. Char Awaz 2. AathAwaz 3. Adi Lagao 4. Pavitra 5. Do Rukh 6. AgePharlang 7. PhichhePharlang GhatiLezium 1. Char Awaz 2. AathAwaz 3. Aag Paon 4. Paon Chharkkar 5. Puri Baithak(Hanuman Baithk) 6.
3	Dumbles 1. 8tablesofStanding 2. 8tablesofSeating
4	Vands 1. 8tablesofStanding 2. 8tablesofSeating
5	Aerobic