

**Sant Gadge Baba Amravati University, Amravati**

**Part B**

**Syllabus Prescribed for 2023 Year UG Programme**

**Programme: BPES**

**Semester III**

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
<b>3TP01</b>	<b>Sports Psychology</b>	<b>60</b>

**Cos**

- 1 Develop the knowledge and appreciation of the importance of the study of Sports Psychology for further study in Physical Education, Sports And Game
- 2 Explain concept of Sports Psychology and Education Psychology
- 3 Analysis Sport Personal Behavior

Unit	Content
Unit I <b>1. Introduction :</b> 1.1 Meaning definition and nature of 1.2 Psychology and Educational 1.3 Psychology. 1.4 Psychology as a Science. 1.5 Importance of Psychology in Physical Education	<b>15 (periods)</b>
Unit II <b>2.1 Growth and Development :</b> 2.1.1 Meaning of growth and development. 2.1.2. Physical, Mental & Social development during following stages :- 2.1.2.1 Early childhood 2.1.2.2 Middle childhood 2.1.2.3 Late childhood 2.1.2.4 Adolescence <b>2.2 Individual Differences:</b> 2.2.1 Meaning of the term individual difference 2.2.2 Heredity and Environment as causes of Individual Differences 2.2.3 Interaction of Heredity and Environment.	<b>15 (periods)</b>
Unit III <b>3. Learning</b> 3.1 Meaning definition and nature of learning 3.2 Principles/Laws of Learning	<b>15 (periods)</b>

3.3 Factors affecting Learning	
3.4 Meaning and Conditions of Transfer to Training	
3.5 Meaning and nature of Emotion Types of Emotion	
<b>4.1 Motivation and Emotion :</b> 4.1.1 Meaning of Motivation 4.1.2 Concept of need, drive, motive, incentive and achievement 4.1.3 Types of Motivation 4.1.4 Role of Motivation in teaching physical activities <b>4.2 Introduction to Sports Psychology</b> 4.2.1 Meaning and area/scope of sports psychology 4.2.2 Importance of sports psychology for physicaleducationists Coaches and players	<b>15 (periods)</b>
<b>*SEM</b>	
COs: 1. <b>knowledge and appreciation of the importance of the study of physiology for further study in Sport, Game and Physical education</b> 2. <b>knowledge of Groth and Development , Area / scope of sport Psychology</b>	
<b>**Activities</b>	<b>Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.</b>

REFERENCES :

- Gates, A.I. at al. Educational Psychology (Macmillan Co. N.Y. 1957)
- Lindgram, H.E. Advanced Educational Psychology in the classroom.
- Kuppnswami, B. Advanced Educational Psychology (SterlingPublishers Pri. Ltd., 1947)
- Oxendine, J.B. Psychology and Motor Learning (Engle woodchffs : New Jersey, 1968)
- Dr. M.L. Kamlesh, “Psychology of Physical Education of Sports” metropolitan, New Delhi 1983.
- Jack H. Liewellyn, Judy A. Bluckeve,, Psychology of Coaching Theory and application Surjeet Publication, Delhi 1982.
- Runier Martens : Coaches Guide to Sports Psychology : Human Kinetics. 1987.
- Sameran Chakraborty “Sports Psychology” Sports Publication Delhi 1998.
- Jean M. Williams, Editor, “Applied Sports Psychology personal growth to peak performance : Many field publishingcompany, Randon 1992.
- S.R. Gangopadhyay, “Sports Psychology” S.R. Gangopadhyay Gwalior, 2002.
- S.K. Mangal, “Psychological Foundations of Education.” Prakash Brothers Ludhiana.
- Alderman, “Psychological Behaviour in Sports” W.B. Saunders Company, London 1974.

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**Programme: BPES**

**Semester III**

<b>Code of the Course/Subject</b>	<b>Title of the Course/Subject</b>	<b>(Total Number of Periods)</b>
<b>3TP02</b>	<b>Principal And History Of Physical Education</b>	<b>60</b>

**Cos**

**1 Develop the knowledge and appreciation of the importance of the study of Principal And History Of Physical Education.**

**2 Explain concept of Physiological And Psychological Principal**

**3 To Know the Ancient and Modern Physical education.**

<b>/Unit</b>	<b>Content</b>
Unit I 1.1 Meaning concept and scope of physical education. 1.2 Importance of physical education as a profession.	<b>15 -(periods)</b>
Unit II <b>2 Physiological Principles :</b> 2.1Principles governing growth and development significanceof age & sex. 2.2Principles of use; disuse and overuse. 2.3 Human energies and how they are spent Fatigue, stress and its effect on physical; mental health;relaxation; flexibility, rhythms and strength	<b>15 -(periods)</b>
Unit III <b>3. Psychological principles :</b> 3.1Personality, psycho-social needs for the normal development, success, recognition, security adventurer experience. 3.2Transfer of training, laws of learning, conditioned reflex,effect of emotions on health, competition; co-operation, age and sex characteristics.	<b>15 -(periods)</b>
Unit IV <b>4 History of physical education:</b> 4.1 Physical education in ancient civilizations 4.2Ancient India – Vedic and Epic period. 4.3Ancient Greece –Sparta and Athens. 4.4Physical education during British period (from 1825 to1930 A.D.) 4.5Recent Developments in physical education	<b>15 -(periods)</b>

& sports after independence. 4.6 Asian Games 4.7 Youth movement including youth hostel, Cadet Corps etc.	
<b>*SEM</b>	
<b>COs: 1. knowledge and appreciation of the importance of the study of Principal And History Of Physical Education.          2. Ancient and Modern Physical education.</b>	
<b>**Activities</b>	<b>Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.</b>

Reference :

**(Principles of Physical Education)**

1. Foundation of physical education by Charles A. Bucher.
2. Introduction of Education by J. R. Sharman.
3. Physical education by Oberteuffer, Delbert.
4. Modern Principles of physical education by J.R. Sharman
5. Principles of physical education by J.F. Williams.
6. Physical Education interpretations and objectives by Jay B. Nash.

**(History or physical education)**

1. History of physical education by Eraj. Ahmed Khan.
2. Brief History of physical education by Emmel A. Rice.
3. Physical education in India. National Association of Physical education and recreation India.
4. History of physical education by F.E. Leonard and George B. Affleck.

**Part B****Syllabus Prescribed for 2023 Year UG Programme****Programme: BPES****Semester III**

<b>Code of the Course/Subject</b>	<b>Title of the Course/Subject</b>	<b>(Total Number of Periods)</b>
<b>3TP03</b>	<b>Recreation</b>	<b>60</b>

**Cos**

- 1 To understand and Need, Importance of Recreation
- 2 To Know the influence of recreation in social life.
- 3 To be Describe with the knowledge of leadership.

<b>Unit</b>	<b>Content</b>
Unit I <b>UNIT-I</b> <b>Introduction</b> Meaning, Definitions and characteristics of recreation Importance of Recreation. Misconceptions about Recreation Scope of Recreation	<b>15 (periods)</b>
Unit II <b>2Influence of recreation in social institutions</b> Family Education institutions Community/Cultural Religious organization.	<b>15 (periods)</b>
Unit III <b>3 Planning for recreation</b> 3.1 Planning criteria and objectives of recreation facilities. 3.2 Different types of indoor and outdoor recreation for urban and reural population. 3.3 Operation and maintenance of different recreation area and facilities. Sources of funding of recreational activities.	<b>15 (periods)</b>
Unit IV <b>5 Camping and leadership</b> 5.1 Aim, objectives and importance of camping. 5.2 Organization and types of camp. 5.3 Selection and layout of camp site. 5.4 Camping leadership 5.5 Types and functions of recreation leaders 5.6 Qualification, qualities and training and recreation leaders.	<b>15 (periods)</b>
<b>*SEM</b>	

COs: 1. knowledge and understand, Need, Importance of Recreation 2. knowledge influence of recreation in social life and importance in one's life.	
**Activities	<b>Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self study etc.</b>

REFERENCES:

- Bright Charles K. and Herold C. Meyer. Recreational test and readings, Eaglewood cliff, New Jersey Prentice Hall, Inc. 1953. Ness wed, M.H. and New Meyer E.s. Leisure and Recreation, New York, Ronald Press.
- Vannier Maryhalen, Methods and Material in Recreation leadership Philadelphia, W.B. Saunders 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)
- Dubey and Nayak Recreation Reston AP publishers, Jalandhar. Marrow GS Therapeutic Recreation Reston Publishing company 1976.
- Kelly JR Leisure Prentice Hall Inc. Englwood Cliffs N.J. (1982).

**Part B****Syllabus Prescribed for 2023 Year UG Programme****Programme: BPES****Semester III**

<b>Code of the Course/Subject</b>	<b>Title of the Course/Subject</b>	<b>(Total Number of Periods)</b>
<b>3TP04</b>	<b>Health Hygiene and Sanitation</b>	<b>60</b>

**Cos**

- 1 Develop the knowledge of Health Hygiene and Sanitation
- 2 Explain the knowledge of first aid and various types of wounds.
- 3 Develop the knowledge of social factors concerning Health Hygiene and Sanitation

<b>Unit</b>	<b>Content</b>
Unit I 1.1 Health, Concept of health, Personal health, Care of eyes, Ears, Mouth, Skin, Hair, Clothing, Rest, Exercise, Relaxation and sleep, Care of surroundings. 1.2 Diet and nutrition air, ventilation, beverages, alcohol, narcotics, smoking their effect on health.	<b>15 (periods)</b>
Unit II First aid 2.1 outline and scope of first aid, 2.2 Dressing and bandages with practical instruction, 2.3 asphyxia, shock, its causes, and treatment. 2.4 Methods of artificial respiration 2.5 common causes of practical instruction.	<b>15 (periods)</b>
Unit III 3.1 Various types of wounds and haemorrhages with general rules of treatment and practical instruction 3.2 The symptoms, types and general treatment of fractures and other injuries to the joints and muscles of human body. 3.3 General rules of treatment for – 3.4 Poisoning by administering antidotes 3.5 Burns and scalds	<b>15 (periods)</b>
Unit IV 4.1 Foreign matter under the skin, eyes, ears etc. 4.2 Snake bite 4.3 The carrying of injured persons 4.4 Common athletic injuries 4.5 Hygiene and sanitation, problems of water supply, food stuffs, air and ventilation. 4.6 Disposal of refuse Dumping conservancy and water carriage system.	<b>15 (periods)</b>
<b>*SEM</b>	
COs: 1. Meaning and scope of Health Hygiene and Sanitation 2. Develop the knowledge of social factors concerning Health Hygiene and Sanitation	
<b>**Activities</b>	Lecturers/Library work/field work outreach activities/project work/vocational training/viva/seminar/term paper/assessment /presentation/self-study etc.

**REFERENCES :**

- Hand book of Hygiene and public health Y.P. Bedi.
- The school Hygiene service by Leff Vera and Leff.S.
- A text book of health education Denis Priries and A.J. Dalzeltward.
- Health education- Dr. S.P. Chaubey.
- Health Education and Hygiene – B.C.Rai
- Anatomy physiology for Nurses by Evely Pearce.
- (Furmeaus's) Human Physiology, Edited by William A.M. Smart.
- First Aid John Ambulance



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**Semester III**

**Code of the Course/Subject      Title of the Course/Subject      (No. of Periods/Week)**

**3PC01**

**Major Team Game**

**60**

**COs**

- To understand the importance of Running in Competitive Sports & Games and general in life.
- To develop the concept of the Games and Sports skill.
- To develop the concept of Weight Lifting Sports skill and its value in general life.
- To analyses & interpret the skills.
- To appraise the rule & regulation.
- To demonstrate and assess various techniques of starts and finish.
- To demonstrate and assess various technique.
- To interpret the rules and regulations in real game situation.
- To officiate a match in real game situation.

**List of Practical/Laboratory Experiments/Activities etc.**

1	<p>The contents of each game are as following –</p> <ol style="list-style-type: none"> <li>a. Brief history of game</li> <li>b. Measurement and preparation of the field.</li> <li>c. Fundamental skills</li> <li>d. Lead up games</li> <li>e. Rules of the game</li> <li>f. Record and awards</li> <li>g. Officials</li> </ol> <p><b>FOOTBALL :</b></p> <p>Fundamentals of the Game :</p> <ol style="list-style-type: none"> <li>I. Kicking (with different parts of the Foot- Low, Medium and highball)</li> <li>II. Throwing in</li> <li>III. Receiving (Low ball, medium ball and high ball)</li> <li>IV. Heading (forwar, backward and side ways)</li> <li>V. Dribbling (Inside of the foot, outside of the foot, combination sole dribbling)</li> <li>VI. Tracking (front block, sliding and shoulder to shoulder)</li> <li>VII. Feinting</li> <li>VIII. Goalkeepers techniques</li> <li>IX. Defensive (Low ball, medium high ball, high flight)</li> <li>X. Attacking (attack through hand and attack through leg, lowmedium and high ball)</li> </ol>
2	<p><b>BASKET BALL :</b></p> <p>Fundamentals of the Game :</p> <ol style="list-style-type: none"> <li>I. Player’s stance and ball handling.</li> <li>II. Passing and receiving             <ol style="list-style-type: none"> <li>a. Two hand passes – over head pass, base pass, chest pass,</li> </ol> </li> <li>III. bounce pass, side pass.             <ol style="list-style-type: none"> <li>a. One hand passes – over head pass, base pass, bounce</li> </ol> </li> <li>IV. pass, side pass.</li> <li>V. Dribbling : - a) Low dribble b) high dribble</li> <li>VI. Shooting :             <ol style="list-style-type: none"> <li>a. Two hand shots - Over head shot, Base shot, Set shot.</li> <li>b. One hand shots - Over head shot, base shot, set shot</li> </ol> </li> <li><b>VII.</b> Rebounds - a) Offensive Rebound b) Defensive Rebound</li> </ol>

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3PC02	Athletics ( Throwing Event )	60
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**CO**

Demonstrate Fundamental skills-

. Throwing Events(Shot-put/Discuss/ Javelin/Hammer Throw)

- Explain and demonstrate the importance of warming-up- general free hand exercises, specific work out related to the events.
- Use and maintain of Field, equipment, toe board etc.
- Demonstrate the body position at the runway & jumping / vaulting technique and Change in body position during throwing.
- Application of Advanced Skills & Various techniques of:  
Throwing Events(Shot-put/Discuss/ Javelin/Hammer Throw)
- Interpretation of Lead up activities, General rules, Duties of officials
- Able to organize and Officiate various level Competitions and Marking of the play area.

**List of Practical/Laboratory Experiments/Activities etc.**

1	A] <u>Shot Put</u> : (Orthodox style/Perry O’Brien/ Disco Put) : <b>Teaching content of the style:</b> a. Stance, b) Grip of the Shot, c. Placement of Shot, d. Step out/ Leg swings/Gliding/Taking Turns, and e. Turn & Reverse/Recovery.
2	B] <u>Discus</u> : (Different Turns) <b>Teaching content :</b> a. Grip/holding of the Discus, b. Upper body Swing, c. Taking Turns, d. Release & getting balance position with additional turnings.
3	C] <u>Javelin</u> : <b>Teaching content :</b> a. Grip technique, b) Javelin carry, c) Approach Run, d. Stepping and check step, and e. Release & Reverse
4	D] <u>Hammer Throw</u> : <b>Teaching content :</b> a. Grip of the chain, b. Initial placement of Hammer ball, c. Initial Swings of Hammer, d. Transition Turns with swings of Hammer, e. Release & Recovery.

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Code of the Course/Subject	Title of the Course/Subject	(No. of Periods/Week)
3PC03	<b>Boxing And Judo</b>	<b>60</b>

**COs**

- To understand the importance of Boxing and Judo in Competitive Sports & Games and general in life.
- To develop the concept of the Games and Sports skill.
- To develop the concept of Boxing and Judo skill and its value in general life.
- To analyse & interpret the skills.
- To appraise the rule & regulation.
- To demonstrate and assess various techniques of starts and finish.
- To demonstrate and assess various technique.
- To interpret the rules and regulations in real game situation.
- To officiate a match in real game situation.

**List of Practical/Laboratory Experiments/Activities etc.**

1	<p><b><u>Boxing</u></b>  <b><i>Fundamental:</i></b></p> <ol style="list-style-type: none"> <li>1. <b><i>Player stance:</i></b> Position of both hands.</li> <li>2. <b><i>Footwork:</i></b> During Attack and Defense.</li> <li>3. <b><i>Punches:</i></b> Jab, Cross, Hook, Upper cut, Combinations.</li> <li>4. <b><i>Defense slip:</i></b> Bob and Weave, Parry/block, Cover up, Clinch, Counter-Attack</li> <li>5. <b><i>Tactics:</i></b> Toe to toe, Counter-Attack, Fighting in close, Feinting.</li> </ol> <p style="text-align: center;">Rules and their Interpretations and Duties of Officials</p>
2	<p><b><u>Judo</u></b>  <b><i>Fundamental:</i></b></p> <ol style="list-style-type: none"> <li>1. Rei (Salutation): Ritsurei (Salutation in standing position), Zarai (Salutation in sitting position),</li> <li>2. Kumi kata (Methods of holding judo costume), Shisei (Posture in Judo),</li> <li>3. Kuzushi (Act of disturbing the opponent posture),</li> <li>4. Tsukuri and kake (Preparatory action for attack),</li> <li>5. Ukemi (Break Fall): Urhiro Ukemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawari Ukemi (Front Rolling break fall),</li> <li>6. Shin Tai (Advance or retreat foot movement): Suri-ashi (Gliding foot), Twugi-ashi (Following Footsteps), Ayumi-ashi (Waling step),</li> <li>7. Tai Sabaki (Management of the body),</li> <li>8. NageWaze (Throwing techniques): HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw),</li> <li>9. Katamawaze (Grappling techniques): Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.</li> </ol>



	E] <b>Officiating the Competition:</b> Basic of Officiating, Required Officials, Types of Officials, Duties of different Officials.
3	<b>Adventure sports :</b> i) Rippling ii) River Crossing iii) Burma Bridge iv) Flying fox v) Types on knot