



Goa University

Sub P.O. Goa University, Taleigao Plateau, Goa 403 206, India

Syllabus of B.P.Ed.(Physical Education Course)

Implemented from the Academic Year 2011-2012

Purpose

The Purpose of B.PEd. course at Goa University has been designed to provide the students with modern approach to the subject of Physical Education. It lays equal emphasis on theory as well as practicals.

Prerequisites

The student has to be graduate in any subject with participation certificate in Games and Sports to get admission to this programme.

Credits and distribution of credits in Semesters

The course is designed for one academic year. A student shall be eligible for the award of B.PEd. degree after the successful completion of theory courses & practical exams.

B. P.Ed. (Bachelor of Physical Education)

List of Courses

B.P.Ed. COURSE FOR ONE YEAR

Course no., and course title	Total marks	Total lectures	Page number
Part A Theory – 600 marks			
Paper 1: Foundation of Physical Education and Sports.	100	70	03
Paper II: Anatomy, Physiology, Health Education and Kinesiology	100	70	05
Paper III: Psychological Aspects of Physical Education and Sports	100	70	07
Paper IV: Management of Physical Education and Sports	100	70	08
Paper V: Measurement, Evaluation and Statistics in Physical Education	100	70	10
Paper VI: Methods in Physical Education	100	70	11

Part B – Practice Teaching – 300 marks

a. 20 practice teaching lessons

b. Block teaching.

Part C – Practical Work – 300 marks

Group I – Major Games and sports – 120 marks

Group II – Athletics – 60 marks

Group III – Rhythmic Activities – 40 marks

Group IV – Formal Activities – 40 marks

Group V - Yoga and Developmental Exercises – 40 marks

PAPER –I

FOUNDATIONS OF PHYSICAL EDUCATION AND SPORTS

UNIT I

Principles of Physical Education and Sports

- a. Definition, meaning, nature of physical education.
- b. Aims, objectives and goals of physical education
- c. Need, importance and scope of physical education and sports
- d. Place of physical education in education.

UNIT II

Philosophy and sociological foundations

- a. Meaning and nature of philosophy in physical education and sports
- a. Nature of philosophy in physical education and sports
- b. Philosophy of yoga and yogic practices.
- c. Values and ethics in physical education and sports
- e. Meaning and nature of sociology
- f. Physical education as a socializing agency
- g. Competition and co-operation, leadership, national integration.

UNIT III

Biological foundations:

Heredity and environment, physical growth and development characteristics, growth rate and curves, motor development during various stages of development, Structural and functional differences between males and females.

UNIT IV

Historical foundation

1. Physical education in ancient India
 - a. Vedic period
 - b. Epic period
 - c. Mughal period

2. Physical education in ancient Rome, Greece, Great Britain and contemporary Germany
3. Survey of physical education movement in India
 - a. Contribution of akhadas & vyayamshalas
 - b. British influence gymkhanas, sports clubs, military sports, scouts and guides
 - c. Y.m.c.a and its contributions
 - d. Teacher training institutions in physical education
4. Olympic movement
 - a. Historical development of ancient and modern Olympic games
 - b. Asian games
 - c. Commonwealth games.

UNIT V

1. Various associations
 - a. Indian Olympic association
 - b. National sports federations
 - c. National school games
 - d. A.I.U.S.B (association of Indian universities sports boards)
 - e. Goa football association
2. Promotion of physical education and sports in India
 - a) S.A.I, b) L.N.C.P.E, c) N.S.N.I.S, d) L.N.U.P.E, e) N.P.F.P, f) H.V.P.M
 - g) Nehru yuvak Kendra
3. Awards in physical education and sports
 - a. Padmashri and Padmabhushan awards
 - b. Arjuna awards
 - c. Dronocharya awards
 - d. Rajiv Gandhi khel ratna awards
 - e. Jivadaba kerkar awards.

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PAPER II

ANATOMY, PHYSIOLOGY, HEALTH EDUCATION AND KINESIOLOGY

UNIT I

Concept of anatomy and skeletal system

- a. Meaning and concept of anatomy, need and importance of anatomy for the Students Physical Education .
- b. Definition of cell, tissues, organ and system, microscopic structure of cell
- c. Tissues, classification, structure and functions of various types of tissues
- d. Classification, structure and functions of bones, general feature of Scapula, ulna, humerus, hip bone femur tibia. Brief introduction about the skull Bones
- e. Muscular system: Gross and microscopic structure and properties of voluntary, Involuntary and cardiac muscles. Major groups of large muscles location and action .Types of muscular contraction and muscle tone. Effects of exercise and training on muscular skeletal system.

UNIT II

- a. Circulatory system: organs of circulatory system, the heart positions structure and Function, cardiac cycle, major arteries and veins, capillaries, blood its constituents and functions, blood clotting, blood pressure. Effect of exercise on cardiovascular System.
- b. Respiratory system: organs of respiration, nose, larynx, trachea, bronchi, bronchioles, and Alveoli, lungs their location gross structure and function. Mechanism of respiration, exchange of gases, effect of exercise on respiratory system oxygen debt and vital capacity.

UNIT III

- a. Digestive system: Organs of digestive system, mouth oesophagus, stomach, small large intestines, pancreas and liver, their gross structure, location and functions, digestion of food absorption and assimilation. Effect of exercise on digestive system.

Excretory system: organs of excretion, kidneys, ureter urinary bladder, urethra and skin, their gross structure, location and functions, waste products.

UNIT IV

- a. Nervous System: general description of nervous system brain and spinal cord their gross structure and locations. afferent and efferent nerves, reflex action, reciprocal innervation muscle tone and neuromuscular co-ordinations.
- b. Endocrine system: endocrine glands, pituitary, thyroid, parathyroid, adrenal, glands and pancreas, their location and major functions
- c. Special senses: ear, eyes and their functions.

UNIT V

Health Education:

- a. Meaning of health education and health education.
- b. Factors influencing health: heredity, environment & habits.
- c. Personal hygiene in sports.
- d. School health Service.
- e. Drug addiction.
- f. First Aid.

Nutrition:

- a. Concept of nutrition with respect to sports.
- b. Constituents of food and their functions.
- c. Athletes' diet.

Kinesiology

- a. Meaning, scope and importance of kinesiology in sports coaching.
- b. Basic concepts: planes and axes of body, centre of gravity, line of gravity, terminology of various types of movement's. Joints and their kinds and movements.
- c. Law of motion and their implication in sports coaching.
- d. Lever kinds and usage bony levers in the body, use of levers in sports .

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PAPER III

PSYCHOLOGICAL ASPECTS OF PHYSICAL EDUCATION AND SPORTS

UNIT I

- a. Meaning, Nature and scope of psychology
- b. Psychology of physical education and sports
- c. Importance of psychology in physical education and sports
- d. Human behavior
 - 1. Innate bases of behavior
 - 2. Acquired bases of behavior

UNIT II

Growth and development

- a. Nature and importance of heredity and environment and their complementary role social heredity.
- b. Stages of growth and development, physical, mental, social moral development in one infancy, childhood, adolescence stage of the child.
- c. Programme of physical education for different stages.

UNIT III

Personality

- a. Concept of personality
- b. Development of personality through physical education and sport
- c. Adjustment, maladjustment and causes of maladjustment.
- d. Role of family and school in all round development of personality.

UNIT IV

Learning and Motivation:

- a. Process of learning. Laws of learning
- b. Theories of learning:
 - i. Thorndike trail and error method.
 - ii. Pavlov theory of conditioning.
 - iii. Learning by insight
- c. Meaning types, theories of transfer and their emotional implications
- d. Transfer of learning applied to physical education
- e. Learning curve applied to physical education
- f. Concept, types and techniques of motivation and its importance of physical education

UNIT V

Individual differences, intelligence

- 1. Nature of individual differences
- 2. Causes of individual differences
 - a. Heredity
 - b. Environment intelligence of family, school, playfields, society.
- 3. Concept of intelligence and intelligent quotient
- 4. Measurement of intelligence (verbal, on verbal, individual, group test).

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PAPER IV

MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS TRAINING

UNIT I: Introduction

- a) Meaning of management of physical education and sports
- b) Historical background and modern concept of management of physical education and sports.
- c) Principles of management.

UNIT II: Management sports in school and college

- a) Management of programme of physical education in the school.
- b) Management of intramurals competitors in the school.
- c) Management of sports meets in the school at district level.

UNIT III: Planning and supervision of physical education and sports in the school

- a) Planning of time table of physical education in school.
- b) Planning of competition in the school for various levels of competitions.
- c) Evaluation and supervision of the programmes in physical education and sports in the school

UNIT IV Budget:

- a) Budget and account, facilities of physical education management in the school.
- b) Budget management
- c) Account management
- d) Equipment management
- e) Ground infrastructure management
- f) Functions and duties of physical education teacher in relation to physical education and sports in the school.

UNIT V: Officiating

- a) Meaning and importance of officiating
- b) General principles of officiating
- c) Responsibilities of the official in various events and competitions.
 - i) Athletics
 - ii) Gymnastics
 - iii) Combative
 - iv) Major games

UNIT VI: Coaching

- a) Meaning of coaching and training
- b) Principles of coaching and training
- c) Duties and qualities and responsibilities of a coach
- d) Coaching methods and procedures
- e) Difference between teaching, training and coaching
- f) Planning of periodization

UNIT VII: Training

- a. Physical Fitness & Motor Fitness Components, concepts and its importance
- b. Various Training Methods

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PAPER V

MEASUREMENT, EVALUATION AND STATISTICS IN PHYSICAL EDUCATION

UNIT I: INTRODUCTION

- a) Meaning of test, measurement and evaluation in education and physical education.
- b) Need and importance of test ,measurement and evaluation in physical education

UNIT II; Selection, construction and administration of test

- a) Criteria if test selection
- b) Construction of knowledge test
- c) Administration of test

UNIT III: Physical and motor fitness and sports skill test

- a) Strength test
 - i) Sergeant test
 - ii) Kraus Weber test
- b) Cardio vascular test
 - i) Harvard step test
 - ii) Coopers 12 minute run and walk test
- c) General motor fitness test
 - i) AAPHER youth fitness test
 - ii) J.C.R test
 - iii) SAI battery test
- d) Sports skill test
 - i) Lockhart and Mc B.Herson Badminton test
 - ii) Miller volleyball test
 - iii) Johnson basketball test
 - iv) Lei lich basketball test

UNIT IV: Evaluation of physical education

- a) Curriculum of physical education for std Vth to XIIth of Goa state
- b) Evaluation procedures of the physical education subject in school curriculum.

UNIT V: Statistical methods and interpretations of scores.

- a) Need
- b) Tabulation of data
- c) Graphical representation-histogram &frequency polygon.
- d) Measures of central tendency-mean,median,mode
- e) Measure of variability-range, quartile deviation, standard deviation.
- f) Percentile and percentiles ranks
- g) Coefficient of correlation-spearman's rank rule method.

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PAPER VI

METHODS IN PHYSICAL EDUCATION

UNIT I:

- a). Introduction: meaning, importance and scope of methods in physical education, Factors influencing selection of methods in physical education.
- b) Presentation techniques: personal and technical preparation, organization and Presentation of subject matter, class management, steps in presentation- Orientation, explanation, demonstration, explanation correction, repetition, Discussion and evaluation.

UNIT II: Teaching and planning of various physical education activities

- a) Teaching of formal and informal activities, major and minor games. Track and Field events, rhythmic activities, yoga.
- b) Objectivities of lesson plan
- c) Types of lesson plan
- d) Preparations of lesson plan
- e) Year plan, unit plan.

UNIT III:

Lesson planning values of planning a lesson, parts of a typical physical Education lesson plan, significance of each, types of physical education lesson- General and particular lesson plan for sports coaching in skill and strategies'.

UNIT IV

Competition and tournaments: theory of competition tournaments types (knock-Out, league combination and challenge or perpetual).conduct of competition In an athletics, aquatics, major games and wrestling incentives and awards.

UNIT V Marking of track and field

- a) Track and field-standard track 400meters, and 200 meters.
- b) Play field football ,volleyball,basketball,badminton,kabaddi,kho-kho,cricket, Softball, as per international regulations.

UNIT VI Information and communication technology

- a) Importance of the information and communication technology.
- b) Computer applications in teaching of physical education.
- c) Methods of using power point presentation in teaching of physical education.
- d) Uses of internet facility in teaching of physical education.

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 - C Practicals

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 - B Practice Teaching
 - C Practicals

- V Remuneration for Examiner

PART B I: SCHEME OF EXAMINATION AT UNDERGRADUATE LEVEL

Scheme of Examination

The Examination for the Degree of B.P.Ed shall consist of theory part A and Practical work, part B and C. The total marks allotted are as follows

Part A	- 600 marks
Part B	- 300 marks
Part C	- 300 marks
Total	<hr/> -1200 marks

PART A Theory

Paper I	Foundations of Physical Education and Sports
Paper II	Anatomy, Physiology, Health Education and Kinesiology
Paper III	Psychological Aspects of Physical Education and Sports
Paper IV	Management of Physical Education and Sports
Paper V	Measurement, Evaluation and Statistics in Physical Education
Paper VI	Methods in Physical Education

Theory Paper Scheme

There shall be 6 essay types questions of 15 marks each of which the candidate could answer 4, there shall be 6 short notes or of maximum 5 marks each and the candidate shall be required to answer 4.

The paper setters and the examiners for each of the theory paper shall be appointed by the university from the panel of examiners approved by the board of studies in Physical education and the academic council.

There shall be two paper setters one internal and one external for each of the theory papers .

The internal examiners shall be a person who is teaching the subject or has taught the respective subject. the examination paper shall be set by the external examiner and sent to the internal examiner for review and modification, who shall submit it to the controller of examination as a confidential document.

Evaluation

Each of the theory paper shall be evaluated by the external examiner from the Panel of examiners approved by the board of studies in physical education and the Academic council.

The internal examiner who is teaching the subject or has taught the respective Subject will also award the marks for internal assessment of the theory papers by Conducting assignments and internal test as designed by the college for the Purpose.

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|-----------------|---|-------------------------|
| 1. Part A | External Final Theory Examination: | 480 marks |
| Paper I to VI - | 80 marks each paper of three hours duration | |
| Paper I to VI - | Practical (internal assessment) | :120 marks |
| | One assignment | 10 marks for each paper |
| | One test | 10 marks for each paper |

2. PART B Practice Teaching

The college may devise such programmes or schemes either independently or in Collaboration with the university so that each of the students are trained for a Minimum period of one week.

- a) 20 practice teaching lessons
 - 5 general physical education lessons
 - 5 lessons in teaching techniques of athletics
 - 5 lessons of teaching techniques in team events or individual sports
 - 5 lessons in officiating techniques in team events or individual sports.
- b) Block teaching

Practice teaching(internal assessment) 300 marks

Lessons planning and lessons execution 20 lesson of 10 marks each

Lessons for final assessment 5 lessons of 20 marks each

The practice teaching for the planning and lessons execution shall be conducted On a regular basis by the college, which shall evolve their own scheme for the Purpose. The students shall maintain a file for each of the 20 lessons and after the Completion of every lesson the person who is incharge of the lesson will submit To the head of the department the marks secured in each lesson.

There shall be five lessons for the final assessment which will be evaluated by One external examiner and one internal examiner who is teaching the lessons (method) and an average of the marks secured by the candidate.

The total of all the marks will be recorded in a register and after the compilation Of the total marks secured by each candidate the list will be sent to the University by the principal/head of the institution.

Part C Practical work - 300 marks

The practical work comprises of major games and sports,athletics, Rhythmics,formal activities yoga and developmental exercises.the activities Included in the said heads will be taught according to thye secondary school Syllabus of the Goa state.

The details of the activities for practical work and their distributions of Marks are as follows:

Group I: Major games and sports (any twelve)	120 marks
Compulsory games/sports	optional games/sports (any four)
1. Cricket	1.kabaddi
2. Badminton	2.kho-kho
3. Football	3.Table tennis
4. Volleyball	4.Tennikoit
5. Basketball	5.Softball
6. Hockey	6.Wrestling
7. Handball	7.Judo
8. Gymnastics	8.Malkhamb

Group II: Athletics (60 marks)

Any two events each from running, jumping and throwing events

Group III: Rhythmic activities (40 marks)

Including Baroda lezium, dakhhani lezium, folk dance, aerobics, band Training etc.

Group IV; Formal activities (40 marks)

Including wands, hoops, dumbbells, table of exercise and drill& Marching etc.

Group V: Yoga and developmental exercises (40 marks)

Including yoga, suryanamaskar,situps and pushups(women),dands and Baithkas(men),weight training,fitness,etc

The practical examinations to test the skills in each game as in part C shall be Conducted at the end of the semester by one external examiner as approved by The board of studies in physical education and the academic council along with An internal examiner who is teaching the game/sports or has thought the Respective game sport.the average of the marks given by the two examiner shall Be the marks secured by the candidate at the end of the final assessment which Will then he submitted to the university by the principal/head of the institution.

The external examiners for the purpose of the practicals may be drawn from the Personnel working in the affiliated colleges of Goa as directors of physical Education who are approved to be external examiners by the board of studies in Physical education and academic council.

NOTE FOR PRACTICE TEACHING

The objective of the part B is to enable the student teacher to prepare a macro-Plan and micro-plan on the following

- i) General physical educational lessons
- ii) Teaching techniques of athletics
- iii) Teaching techniques of team events or individual sports/event.
- iv) Officiating techniques in team events or individual sports.

The duration for each lesson will not be less than 35 minutes and the students Shall maintain a record of all his/her lesson notes along with the observation Of the teacher in-charge/supervisor. A student shall complete 20 lessons during The course of the year and will also have 5 lesson for final assessment.

NOTE FOR THE PRACTICALS

1. Origin and development of the game/sports
2. Information on major competition/tournament at international,national and State level and recent results.
3. Skills and techniques involved in the game.
4. Officiating /scoring
5. Basis tactics of the game.
6. Lead up games
7. Specific conditioning exercise for the game.
8. Structural, functional and mental characteristics required by the player for the Particular game.

The duration for each practical period will not be less than 35 minutes.

The allotment and statement of marks/grades for the final B.P.Ed examination
Shown in the table given below.

Framework of marks

	Papers	I	II	III	IV	V	VI	TOTAL
A	External	80	80	80	80	80	80	480
	Internal	20	20	20	20	20	20	120
	Assignments	10	10	10	10	10	10	
	Test	10	10	10	10	10	10	
							Total	600

B	Practice Teaching internal		
	Lessons planning and lessons execution		200
	Lessons for final assessment		100
		Total	300

C	Other practical work internal		
1	Six compulsory games		90
2	Two optional games		20
3	Two combative events		20
4	Athletics		40
5	Gymnastics		20
6	Aquatics (Swimming,Diving&Water polo)		20
7	Yoga		20
8	Calisthenics		20
9	Weight training		20
10	Internship		30
		Total	300
	Grand total (A+B+C)		1200

Marks obtained in part A (Theory and Internal) and part B and C shall be stated
Separated in the mark sheet.

