



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION (19/Oct./Adp/44)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised Syllabi and Courses of Study for Two year **B.P.Ed** course for semesters I (as given in the Annexure) for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	For the examinations to be held in the year
B.P.Ed	Semester-I	Dec. 2019, 2020 and 2021

The Syllabi of the courses is available on the University website:
www.jammuuniversity.in

Sd/-
DEAN ACADEMIC AFFAIRS

No. F.Acd/II/19/5993-5999
Dated: 21-10-19

Copy to:

1. Dean, Faculty of Education
2. HOD/Convener, Board of Studies in Teacher Education
3. Director, Physical Education
4. All members of the Board of Studies
5. C.A. to the Controller of Examinations
6. Asst. Registrar (Conf. /Exams. PG)
7. Incharge University Website for necessary action please

A-700/19

M. R. R. R.

Sumitesh Chandra
21/10
Assistant Registrar (Academic)

14/11

14/11/19

PREAMBLE:

The Bachelor of Physical Education (B.P.Ed) – Two Years (Four Semesters) Programme is meant for preparing quality teacher in Physical Education for Secondary Schools.

VISION

In line with the University mission, the Department has the aim of educating the "whole-person" and to produce quality teachers to serve as administrators in the profession of physical education and sports. Through improving our academic programme and services to the University and local community, we pledge to continually strive for academic excellence and to maintain our leadership role in our profession.

MISSION

1. To produce quality physical education teachers for imparting instructions in the subject of physical education.
- ~~2. To make people aware about the benefits of physical activity through extension lectures and demonstrations.~~
3. To provide excellent research and teaching in physical education in order to promote and develop the health and well being of people.
4. To promote health through specific physical activities, prescribed by a specialized physical educationalist.
5. To collaborate with the different organizations which are involved in promoting the quality life of the human beings i.e., educational institutions and NGOs.
6. To provide harmonious and stimulated academic environment for the promotion of quality teaching and research in the department.
7. To provide opportunity to faculty and students of the department for their self evaluations, accountability, autonomy and innovations in the area of physical education and sports.
8. To concentrate on quality research in the area of health, physical education and sports.
9. To introduce consultancy and training programmes for different educational institutions and other organizations for the conduct of sports and fitness events.
10. To update the curriculum and syllabi as per global needs and challenges.

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OBJECTIVES:

This Programme shall strive to achieve the following objectives:

General Objectives:

1. To enable teacher to understand the nature, purpose and philosophy of physical education at secondary stage.
2. To prepare teachers of physical education with broader educational perspective.
3. To develop for potentialities and organizing physical education programmes and activities.
4. To develop capacity to organized leisure and recreational activities.
5. To empower them to inspire their students to actively participate in physical and yodic exercises.
- ~~6. To enable teachers to develop personality, character, willpower, democratic values and positive games and sports.~~
7. To make teachers capable of imparting basic knowledge about health, hygiene and nutrition
8. To develop skills and competencies to organized 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 and equanimity, respect for others and acceptance of authority and rules.
11. To promote appreciation and interest for indigenous games, sports and yodic exercises.
- ~~12. To create awareness about health and hygiene in the community~~

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Specific Objectives:

1. To lay down a sound foundation for higher and advance studies in Physical Education in India.
2. To produce quality teachers in physical education.
3. To prepare students for advance coaching Diplomas in disciplines - Athletics, Badminton, Cricket, Gymnastics, Hockey, Basketball, Football etc.
4. To fulfill the eligibility criteria of Foreign Universities to get admission in post graduate courses abroad since it is a basic and global programme.
5. To generate employment in the fields of Health Fitness and Gym-Management, Physiotherapy, Journalism, Aquatics and Yoga.
6. To provide opportunity to talented students to excel in sports and become outstanding sports persons.
7. To promote mass participation in Physical Education activities (Games, Sports Displays etc) through intra-mural and Extra-Mural programmes.

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B.P.Ed Course (2 Years) Four Semester System

SESSION: 2019-20, 2020-21 & 2021-2022

Total Marks: 3200

PART - A	Theory Course	1600 marks
PART - B	Practical Course	1600 marks

Note:-

i) It is mandatory for all the students of B.P.Ed. Semester I & II to attend the Annual B.P.Ed. Camp.

ii) It is mandatory for all the students of B.P.Ed. Semester III & IV to attend the Educational Tour of B.P.Ed.

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Semester-I

Theoretical Course: 400 Marks

Practical Course: 400 Marks

Course Code	Title of the Papers	External Marks	Internal Marks	Teaching Hrs per week	Credits
CC-101	History, Principles and Foundation of Physical Education	80	20	05 Hrs	4
PC-101	Calisthenics -Mass PT, Free Hand Exercises, Band Drills	60	40	05Hrs	4
CC-102	Anatomy and Physiology	80	20	05 Hrs	4
PC-102	Track and Field : Sprints, Long Jump and Shot-put.	60	40	05 Hrs	4
CC-103	Health Education and Environmental Studies	80	20	05 Hrs	4
PC-103	Gymnastics and Aerobics	60	40	05 Hrs	4
CC-104	Computer Applications in Physical Education	80	20	05 Hrs	4
PC-104	Kabaddi and Kho-Kho.	60	40	05 Hrs	4

Contents to be covered:

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note: 40 Marks for each game (20 marks for skill and 20 marks for proficiency in game). Each activity will be continued for 21 working days.

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**SEMESTER - I
Theory Course
Paper-I (CC-101)**

HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

Unit - 1: Introduction

- i Meaning, Definition and Scope of Physical Education
- ii Aims and Objective of Physical Education
- iii Importance of Physical Education in present era.
- iv Misconceptions about Physical Education.
- v Relationship of Physical Education with General Education.
- vi Meaning and definition of wellness.

Unit- 2 - Historical Development of Physical Education in India

- i Vedic Period (2500 BC - 600 BC)
- ii Early Hindu Period (600 BC - 320 AD) and Later Hindu Period (320 AD-1000 AD)
- iii Medieval Period (1000 AD - 1757 AD)
- iv British Period (Before 1947)
- v Physical Education in India (After 1947)
- vi Y.M.C.A. and its contributions.

Unit- 3- Foundation of Physical Education

- i Philosophical foundation:
- ii ~~Idealism, Pragmatism, Naturalism~~, Realism.
- iii Khelo India Movement

Unit-4- Principles of Physical Education

Biological

- i Growth and development
- ii. Age and gender characteristics
- iii Anthropometric differences

Sociological

- i. Society and culture
- ii. Leadership
- iii. Social integration and cohesiveness

NOTE : Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

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Lonsana, Anil, Jai Shree, Balona, Anu, Bose, Singh, H, Gyan

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SEMESTER - I

Theory Course

Paper-I (CC-101)

HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Suggested Readings:

- Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.
Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.
Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.
Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co.
William, J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.

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SEMESTER - I

Part-B Practical Course

100 Marks

External Marks: 60

Internal Marks: 40

PC-101	Calisthenics-Mass PT, Free Hand Exercises, Band Drills	60	40	05Hrs	4
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Contents to be covered:

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
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 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
- iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note: 40 Marks for each game / activity (20 marks for skill and 20 marks for proficiency in game). Each activity will be continued for 21 working days.

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SEMESTER - I

**Paper-II (CC-102)
ANATOMY AND PHYSIOLOGY**

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT-I

- i Brief Introduction of Anatomy and physiology in the field of Physical Education.
- ii Introduction of Cell, Tissue and Tendons.
- iii Axial and Appendicular system.
- iv Muscles, Types of muscles and their classification, Effect of exercise and training on muscular system.

UNIT-II

Circulatory system: Constituents of blood and their function –Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Cardiac output, Effect of exercise and training on Cardiovascular system.

UNIT-III

The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume, Oxygen debt, second wind, vital capacity, Effect of exercise and training on respiratory system.

~~**The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism,~~

The Excretory system: Structure and functions of the kidneys and the skin.

UNIT-IV

- i Introduction of CNS.
- ii Nerve control of muscular activity:
- iii Reflex action.

NOTE : Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

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SEMESTER - I

**Paper-II (CC-102)
ANATOMY AND PHYSIOLOGY**

Suggested Readings:

- Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.
Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.
Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.
Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.
Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.
~~Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.~~
Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.
Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd.
Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.
Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publication

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SEMESTER - I

Part-B Practical Course

100 Marks

External Marks: 60

Internal Marks: 40

PC-102	Track and Field : Sprints, Long Jump and Shot-put.	60	40	05 Hrs	4
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Contents to be covered:

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) ~~Duties of the concerned officials.~~
- g) Fundamental skills /Techniques.

Note: 40 Marks for each game / activity (20 marks for skill and 20 marks for proficiency in game). Each activity will be continued for 21 working days.

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**Paper-II (CC-103)
HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

Unit - I Health Education

- i Definition of Health, Health Education, Health Instruction, Health Supervision
- ii Aim, objective and Principles of Health Education
- iii Health Service and guidance instruction in personal hygiene
- iv Importance of health education

Unit - II Health Problems in India

- i Communicable and Non Communicable Diseases
- ii Obesity, Malnutrition, Adulteration in food, Environmental sanitation,
- iii Personal and Environmental Hygiene for schools
- iv Objective of school health service, Role of health education in schools
- v Health Services:- Care of skin, Nails, Eye, health service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit - III Environmental Science

- i Definition, Scope, Need and Importance of environmental studies.
- ii Concept of environmental education, Historical background of environmental education,
- iii Celebration of various days in relation with environment.
- iv Role of school in environmental conservation and sustainable development.

Unit - IV Natural Resources and related environmental issues:

- i Water resources, food resources and Land resources
- ii Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution.
- iii. Sources of Pollution and their effect and preventive measures.

NOTE : Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

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**Paper-II (CC-103)
HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

Suggested Readings:

- Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.
Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
Nemir, A. (n.d.). *The school health education*. New York: Harber and Brothers.
Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.

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Part-B Practical Course

100 Marks

External Marks: 60

Internal Marks: 40

PC-103	Gymnastics and Aerobics	60	40	05 Hrs	4
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Contents to be covered:

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) ~~Records/Statistics of the game /track and field event at world, Olympic, Asia, National.~~
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
- i) Play area dimensions/track and field.
- ii) Equipment specifications
- iii) Rules of the game/track and Field and their interpretation.
- iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

~~Note: 40 Marks for each game / activity (20 marks for skill and 20 marks for proficiency in game). Each activity will be continued for 21 working days.~~

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Paper-IV (CC-104)

COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

Unit - I: Introduction to Computer

- i Meaning, need and importance of information and communication technology (ICT).
Application of Computers in Physical Education
- ii Components of computer, input and output device
- iii Application software used in Physical Education and sports

Unit - II: MS Word

- i Introduction to MS Word
- ii Creating, saving and opening a document
- iii Formatting Editing features Drawing table ,
- iv page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

Unit - III: MS Excel

- i Introduction to MS Excel
- ii Creating, saving and opening spreadsheet
- iii Format and editing features adjusting columns width and row height understanding charts.

Unit - IV: MS Power Point

- i Introduction to MS Power Point
- ii Creating, saving and opening a ppt. file
- iii ~~Format and editing features slide show, design, inserting slide number~~
- iv Picture, Graph, table
- v Preparation of Power point presentations

NOTE : Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

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Paper-IV (CC-104)

COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Suggested readings:

- Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.
Marilyn, M. & Roberta, B. (n.d.). *Computers in your future*. 2nd edition, India: Prentice Hall.
Milke, M. (2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.
Sinha, P. K. & Sinha, P. (n.d.). *Computer fundamentals*. 4th edition, BPB Publication.

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Part-B Practical Course

100 Marks

External Marks: 60

Internal Marks: 40

PC-104	Kabaddi and Kho-Kho.	60	40	05 Hrs	4
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Contents to be covered:

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
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 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note: 40 Marks for each game / activity (20 marks for skill and 20 marks for proficiency in game). Each activity will be continued for 21 working days.

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 Anshul
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