

# **Shri Rawatpura Sarkar University, Raipur**



## **Examination Scheme & Syllabus for Bachelor of Physical Education & Sports (BPES) Semester (I)**

(Effective from the session: 2022-23)



# Faculty of Arts & Humanities

## Shri Rawatpura Sarkar University, Raipur

**Bachelor of Physical Education and Sports  
(BPES) Semester-(I)**

**Examination**

**Scheme (Effective from the session: 2022  
-23)**

S.N	Paper Code	Th/Pr	Name of Paper	Type of Paper	Teaching Hours Per Week				Examination Scheme				Total Marks
					L	T	P	TC	Theory		Practical		
									Ex.	In.	Ex.	In.	
1	BPES101	Th	History, Principle and Foundation of Physical Education	Core	4	1		5	70	30			100
2	BPES102	Th	Human Anatomy and Physiology	Core	4	1		5	70	30			100
3	BPES103	Th	Methods in Physical Education	Core	4	1		5	70	30			100
4	BPES104	Th	Health Education	Core Practical	4	1		5	70	30			100
5	BPES105	Th	SOFT SKILLS	AECC			4	2				50	50
6	BPES106	Pr.	1. Track and Field (Running Events) 2. Gymnastics	PRACTICAL			8	6			70	30	100
<b>Total Contact Hrs. Per Week:</b>				<b>32</b>	<b>Total Credit: 28</b>				<b>Grand Total Marks:</b>				<b>550</b>



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<b>CourseTitle</b>	<b>HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION</b>				
<b>CourseCode</b>	<b>BPES101</b>				
<b>CourseCredits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>		<b>4</b>	
<b>Prerequisites</b>	Introduction to Physical Education.				
<b>Course objectives</b>	The objective of this course is to enable student to understand about Physical Education.				
<b>Course Contents</b>	<p><b>UNIT-I</b></p> <p>Introduction-Meaning, Definition and Scope of Physical Education, Aims and Objective of Physical Education, Importance of Physical Education in Present era, Misconception about Physical Education, Relationship of Physical Education with General Education, Physical Education as an Art and Science.</p> <p><b>UNIT-II</b></p> <p>Historical Development of Physical Education in India- Indus Valley Civilization Period (3250 BC-2500 BC), Vedic Period (2500 BC- 600 BC), Early Hindu Period (600 BC-320 BC) and Later Hindu Period (320 AD-1000 AD), Medieval Period (1000 AD-1757 AD), British Period (Before 1947), Physical Education in India (After 1947), Contribution of Akhadas and Vyayamshalas, Y.M.C.A. and its contributions.</p> <p><b>UNIT-III</b></p> <p>Foundation of Physical Education- Philosophical foundation. Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture. Fitness and Wellness movement in the contemporary perspectives, Sports for all and its role in the maintenance and promotion of fitness.</p> <p><b>UNIT-IV</b></p> <p>Principles of Physical Education:- Biological- Growth and Development, Age and Gender characteristics, Body Types, Anthropometric Differences.</p> <p><b>UNIT-V</b></p> <p>Psychological- Learning type, Learning curve. Laws and Principles of learning. Attitude, interest, cognition, emotions and sentiments.</p>				



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	Sociological-Society and Culture, Social acceptance and recognition, Leadership, Social integration and cohesiveness.
<b>Course outcomes</b>	After successful completion of this course students should be able to understand about History of Physical Education.
<b>Text Books</b>	1- Kamlesh, M.L., Physical Education, Facts and Foundations. Faridabad P.B. Publication 2- Barro Harold, M. and Movements principles of Physical Education. 1978.
<b>Reference Books</b>	1- Ravanes, R.S. Foundation of Physical Education. Houghton Millin Co. Boston USA (1978). 2- Krishna Murthy V. and Paramesara Ram, N., Educational Dimension of Physical Education. 2 <sup>nd</sup> Revised edition, print India, New Delhi.



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<b>Course Title</b>	<b>HUMAN ANATOMY AND PHYSIOLOGY</b>				
<b>Course Code</b>	<b>BPES102</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>		<b>4</b>	
<b>Prerequisites</b>	Introduction to Human Anatomy and Physiology.				
<b>Course objectives</b>	The objective of this course is to enable student to understand about Human Anatomy and Physiology.				
<b>Course Contents</b>	<p><b>UNIT-I</b> Brief introduction of Anatomy and Physiology in the field of Physical Education. Introduction of Cell and Tissue. The arrangement of the Skeleton- Function of Skeleton, Ribs and Vertebral column and the extremities, joints of the body and their types.</p> <p><b>UNIT-II</b> Blood and Circulatory system: Constituents of Blood and their function- Blood groups and Blood Transfusion, Clotting of Blood. The structure of heart: Properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, lymph and lymphatic circulation, Cardiac output. The Respiratory System: The Respiratory Passage- lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.</p> <p><b>UNIT-III</b> The Digestive System: Structure and function of the digestive system. Digestive organs, Metabolism. The Excretory System: Structure and Functions of the Kidneys and the skin. The Endocrine Glands: Functions of gland pituitary, Thyroid, Parathyroid, Adrenal, Pancreatic and the Sex Glands. Nervous System: Function of the Autonomic nervous system and Central nervous system. Reflex Action. Sense Organ: A brief account of the structure and functions of the Eye and Ear.</p> <p><b>UNIT-IV</b> Definition of Physiology and its importance in the field of physical education and sports. Structure, composition, properties and functions of skeletal muscles. Nerve control of muscular activity.</p>				



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	<p>Neuromuscular junction, transmission of nerve impulse across it. Fuel for muscular activity, role of oxygen- Physical training, oxygen debt, second wind, vital capacity.</p> <p><b>UNIT-V</b></p> <p>Effect of exercise and training on cardiovascular system, Effect of exercise and training on respiratory system, effect of exercise and training on muscular system, Physiological concept of physical fitness, warming up, conditioning and fatigue, Basic concept of balanced diet- Diet before, during and after competition.</p>
<b>Course outcomes</b>	<p>After successful completion of this course students should be able to understand about Human anatomy and Physiology.</p>
<b>Text Books</b>	<ol style="list-style-type: none"><li>1- Parrot, J.W. (1973). Anatomy for the students and teachers of Physical Education. London Edward Arnold Ltd.</li><li>2- Miller, A. and Leavel, L.C. Kimber-Grey-Strackpole's (1973), Anatomy and Physiology. Amerind Publishing Co. Pvt. Ltd. New Delhi.</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1- Singh Ajmeret. al. (2008), Essential of Physical Education. Kalyani Publishers Ludhiana Second revised addition.</li><li>2- Characids, B.D., Handbook of General Anatomy. CAS Publication, New Delhi.</li></ol>



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<b>Course Title</b>	<b>METHODS IN PHYSICAL EDUCATION</b>				
<b>Course Code</b>	<b>BPES103</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>		<b>4</b>	
<b>Prerequisites</b>	Introduction to Methods in Physical Education.				
<b>Course objectives</b>	The objective of this course is to enable student to understand about Methods in Physical Education.				
<b>Course Contents</b>	<p><b>UNIT-I</b> Introduction, Education and Education Technology- Meaning and Definition. Types of Education- Formal, Informal and Non-Formal Education. Educative Process, Importance of Devices and Methods of Teaching.</p> <p><b>UNIT-II</b> Teaching Technique- Lecture method, command method, Demonstration method, Imitation method, project method etc. Teaching Procedure- Whole method, whole-part-whole method, part-whole method.</p> <p><b>UNIT-III</b> Presentation Techniques- Personal and Technical preparation. Command-Meaning, Types and its uses in Different Situations.</p> <p><b>UNIT-IV</b> Teaching Aids- Meaning, Importance and its criteria for selecting teaching aids. Teaching aids- Audio aids, Visual Aids, Audio-Visual aids, Verbal. Chalk Board, Charts, Model, Slide, Projector, Motion Picture etc. Team Teaching- Meaning, Principles and advantage of Team teaching. Difference Between Teaching Methods and Teaching Aid.</p> <p><b>UNIT-V</b> Lesson Planning and Teaching Innovations. Lesson Planning- Meaning, Types and Principles of lesson Plan. General and Specific lesson Plan.</p>				



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	<p>Micro Teaching-Meaning, types and steps of Micro teaching. Simulation Teaching-Meaning, Types and steps of simulation teaching.</p>
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<b>Course outcomes</b>	After successful completion of this course students should be able to understand about methods in Physical Education.
<b>Text Books</b>	1- Kamlesh, M.L., Physical Education, Facts and Foundations. Faridabad P.B. Publication. 2- Barrow Harold M., Man and Movements principles of Physical education.
<b>Reference Books</b>	1- Ravanes, R.S., Foundation of Physical Education. Houghton Millin Co. Boston USA . 2- Krishana Murthy V. and Paramesara Ram, N., Educational Dimension of Physical Education. 2 <sup>nd</sup> Revised edition, Print India, New Delhi 1990.



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<b>Course Title</b>	<b>HEALTH EDUCATION</b>				
<b>Course Code</b>	<b>BPES104</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>		<b>4</b>	
<b>Prerequisites</b>	Introduction to Health Education.				
<b>Course objectives</b>	The objective of this course is to enable student to understand about Health Education.				
<b>Course Contents</b>	<p><b>UNIT-I</b>            Introduction: Meaning and Scope of health education.            Factors influencing health, (personal health/hygiene) and characteristics of a Healthy individual.            Meaning of Health: Health and fitness, dental health, vision and hearing. Elimination of Body wastes.            Postural fitness, fatigue, rest, sleep, relaxation and recreation.</p> <p><b>UNIT-II</b>            Health Program: Health Service: Physico-medical Examination and their follow up, health inspection of pupils, Centers of communicable diseases.            Healthful: Building and facilities for School Living Healthful Living School day. Health Instruction: Organization for health instruction.            Methods of teaching health Education.</p> <p><b>UNIT-III</b>            Community Health Service: The Voluntary Agencies. The Professional Health Organization.            The Local Public Health Department. The State Department of Public Health. The World Health Organization.</p> <p><b>UNIT-IV</b>            Communicable Diseases: Modes of Transmission Methods of Prevention control and sanitation of Common.            Communicable diseases (Influenza, Malaria, Small Pox, Typhoid, Dysentery, Tuberculosis, Cholera, Measles).            Nutrition and Health: Basic food essential-carbohydrates, proteins, fats, vitamins minerals, salts and water principles of food selection malnutrition, overweight underweight.</p>				



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	<p>Deficiency diseases, balanced diet for athletics and sportsmen.</p> <p><b>UNIT-V</b></p> <p>Cardio Vascular Health: Heart disease and prevention Hypertension and arteries atherosclerosis, Hypotension.</p> <p>The Blood type and transfusion.</p> <p>Common Health Problems: Drug and Narcotics, Alcohol, Smoking, Food infection, Diabetes, Endocrine Allergies, Cancer.</p> <p>Athletic injuries and safety education.</p> <p>First-aid, home nursing.</p>
<b>Course outcomes</b>	<p>After successful completion of this course students should be able to understand about Health Education.</p>
<b>Text Books</b>	<p>1. Irwin, L.: The Curriculum in Health Physical Education, Iowa. UMC Brown Co. Publisher.</p> <p>3- Joans, Suttan and Ebster: Health Affecting Living, New York, McGraw Hill Book Co.</p>
<b>Reference Books</b>	<p>3- Turner, Seltary &amp; Smito: School, Health and Education, C. V., Mosby &amp; Smith Co.</p> <p>4- Degort, L.J.: Nutrition and Physical W. B. Saunders Co.</p>



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<b>Course Title</b>	<b>TRACK AND FIELD (RUNNING EVENTS) AND GYMNASTICS</b>				
<b>Course Code</b>	<b>BPES105</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
			<b>6</b>	<b>3</b>	
<b>Prerequisites</b>	Introduction to Tracking and Gymnastics.				
<b>Course Objectives</b>	The objective of this course is to enable student to understand about Tracking and Gymnastics.				
<b>Course Contents</b>	<p><b>1. Running Event:</b></p> <ul style="list-style-type: none"> <li>- Starting techniques: Standing start, Crouch start and its variations, proper use of blocks.</li> <li>- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug</li> <li>- Ground Marking, Rules and Officiating.</li> <li>- Hurdles:             <ol style="list-style-type: none"> <li>1. Fundamental Skills- Starting, Clearance and Landing Techniques.</li> <li>2. Types of Hurdles</li> <li>3. Ground Marking and Officiating</li> </ol> </li> <li>- Relays: Fundamental Skills</li> <li>- Various Patterns of Baton Exchange</li> <li>- Understanding of Relay Zones</li> <li>- Ground Marking, Interpretation of Rules and Officiating.</li> </ul> <p><b>2. Gymnastics:</b> Floor Exercise, Forward Roll, Backward Roll, Sideward Roll, Different Kinds of Scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, Scissors leap.</p> <ul style="list-style-type: none"> <li>- Vaulting Horse</li> <li>- Approach Run, Takeoff from the beat board, cat vault, Squat Vault.</li> </ul>				
<b>Course Outcomes</b>	After successful completion of this course students should be able to understand about Tracking and Gymnastics.				



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<b>Course Title</b>	<b>COMMUNICATION ENGLISH</b>				
<b>Course Code</b>	<b>BATCP101</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>		<b>4</b>	
<b>Prerequisites</b>	Use of English in day to day life				
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• At the completion of the course students shall be able to:               <ol style="list-style-type: none"> <li>1. Understand the behavioral needs for a Pharmacist to function effectively in the areas of pharmaceutical operation</li> <li>2. Communicate effectively (Verbal and Non Verbal)</li> <li>3. Effectively manage the team as a team player</li> <li>4. Develop interview skills</li> </ol> </li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b> <b>Key Concepts</b> Process and Elements of Communication: context of communication; the speaker/writer and the listener/reader; Medium of communication; Principles of communication (7C's of communication); Barriers in communication, effective communication; Communication in organization.</p> <p><b>UNIT-II</b> <b>Writing</b> Selecting material for expository, descriptive, and argumentative pieces; Resume; covering letter, Elements of letter writing and style of writing, business letters: Quotation and Tenders; Basic of Informal and Formal Reports-technical report writing, lab report; Précis writing.</p> <p><b>UNIT - III</b> <b>Reading</b> Effective Reading; reading different kinds of texts for different purposes; reading between the lines. Comprehension of Unseen Passages.</p> <p>Grammar in use: Errors of Accidence and syntax with reference to Parts of Speech; Agreement of Subject and Verb; Tense and Concord; Use of connectives, Question tags. Voice and Narration. Indianism in English: Punctuation and Vocabulary, Building (Antonym, Synonym, Verbal Analogy and One Word Substitution).</p>				



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	<p><b>UNIT-IV</b></p> <p><b>Speaking</b></p> <p>Achieving desired clarity and fluency; effective speaking; task-oriented, inter-personal, informal and semi-formal speaking. Meetings, Seminar, Conferences, Interviews, Presentation, Audio-visual communication.</p> <p><b>UNIT-V</b></p> <p><b>Listening</b></p> <p>Achieving ability to comprehend material delivered at relatively fast speed; comprehending spoken material in Standard, Indian English, British English and American English; Intelligent listening in situations. Advantages of listening. Hearing and Listening; Essentials of Good Listening. Use of Modern Communication Devices; Telephonic Conversation.</p>
<p><b>Course outcomes</b></p>	<ul style="list-style-type: none"> <li>• This course student will be able to understand the literatures for presenting the real extract of the subject to the society.</li> </ul>
<p><b>Text Books</b></p>	<ol style="list-style-type: none"> <li>1. Sharma RC &amp; Mohan K – "Business Corresponding and Report Writing", Tata McGraw Hill, New Delhi, 1994.</li> <li>2. Alok Jain, PS Bhatia &amp; AM Shiekh – "Professional Communication Skills", S. Chand &amp; Company Ltd. 2005.</li> <li>3. Rajendra Pal and JS Korlahalli – "Essentials of Business Communication", Sultan Chand &amp; Sons, 1997.</li> <li>4. A guide to Correct English – Oxford University Press, Ely House, London W.I., Latest Edition. (For Unit III)</li> </ol>
<p><b>Reference Books</b></p>	<ol style="list-style-type: none"> <li>1. Fiske, John – "Introduction to Communication Studies", Rotledge London, 1990.</li> <li>2. Geoffrey Leech &amp; Jan Svartvik – "A Communicative Grammar of English", ELBS Longman, England.</li> <li>3. Bill Scott – "The Skills of Communicating", Jaico Publishing House, Mumbai, 2004.</li> <li>4. Gartside L - "Model Business Letters", Pitman, London, 1992.</li> <li>5. Krishna Mohan &amp; N.P. Singh – "Speaking English Effectively", MacMillan India, New Delhi; 2001.</li> </ol>