

Shri Rawatpura Sarkar University, Raipur



Examination Scheme & Syllabus for Bachelor of Physical Education & Sports (BPES) Semester (II)

(Effective from the session: 2022-23)



Faculty of Arts & Humanities

Shri Rawatpura Sarkar University, Raipur

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

Examination Scheme (Effective from the session: 2021-22)

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	ABA08-201	Th	Sport Sociology	Core	4	1		5	70	30			100
2	ABA08-202	Th	Yoga in Physical Education	Core	4	1		5	70	30			100
3	ABA08-203	Th	Kinesiology in Physical Education	Core	4	1		5	70	30			100
4	ABA08-204	Th	Sports Nutrition and Balance Diet.	Core	4	1		5	70	30			100
5	ABA08-205	Th	Soft Skills	AECC				2					50
6	ABA08-206	Pr.	1. Kabaddi 2. Hockey	Practical				2			70	30	100
Total Contact Hrs. Per Week: 24				Total Credit: 24				Grand Total Marks: 550					



Bachelor of Physical Education (BPES)
Semester-(II)
2021-22

CourseTitle	Sport Sociology			
CourseCode	ABA08-201			
CourseCreditsS	L	T	P	TC
	3	1		4
Prerequisites	Introduction to Sport Sociology.			
Courseobjectives	The objective of this course is to enable student to understand about Sport Sociology.			
CourseContents	<p style="text-align: center;">UNIT –I</p> <p>Introduction: Meaning definition and nature of Psychology and Educational Psychology; Psychology as a Science; Importance of Psychology in Physical Education.</p> <p style="text-align: center;">UNIT-II</p> <p>Meaning of growth and development. Physical, Mental & Social development during following stages: Early childhood, Middle childhood, Late childhood, Adolescences, Individual Differences, Meaning of the term individual difference, Heredity and Environment as causes of Individual Differences, Interaction of Heredity and Environment.</p> <p style="text-align: center;">UNIT – III</p> <p>Learning, Meaning definition and nature of learning ;Principles/Laws of Learning ;Factors affecting Learning; Meaning and Conditions of Transfer to Training ;Personality, Meaning and nature of Personality, Dimensions of Personality .</p> <p style="text-align: center;">UNIT-IV</p> <p>Motivation and Emotion, Meaning of Motivation, Concept of need, drive, motive, incentive and achievement,Types of Motivation, Role of Motivation in teaching physical activities.</p> <p style="text-align: center;">UNIT- V:</p> <p>Meaning and nature of Emotion, Types of Emotion; Introduction to Sports Psychology, Meaning and area/scope of sports psychology, Importance of sports psychology for physical educationists Coaches and players.</p>			



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Course outcomes	After successful completion of this course student should be able to understand about Yoga in Sport Sociology.
TextBooks	1- Kamlesh,M.L.,Physical Education, FactsandFoundations.FaridabadP.B.Publication 2- BarroeHarold,M.mmanandMovementsprinciplesofPhysicalEducation. 1978.
Reference Books	1- Ravanes,R.S.FoundationofPhysicalEducation.HoughtonMillinCo. Boston USA(1978). 2- KrishnaMurthyV.andParamesaraRam,N.,EducationalDimensionsofPhysical Education.2 nd Revisededition,printIndia,New Delhi.



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Course Title	Yoga in Physical Education				
Course Code	ABA08 -202				
Course Credits	L	T	P	TC	
	3	1		4	
Course Objectives	The objective of this course is to enable student to understand about				
Course Contents	UNIT – I				
	Yoga-Meaning and Aim of Yoga Mis-conceptions about Yoga Relationship with physical education. Historical Background of yoga-yogic practices.				
Course Contents	UNIT-II				
	Yoga as a discipline of life mode of living, Raj Yoga, Bhakti Yoga, Gyna Yoga, Karm Yoga Hatha yoga philosophy.				
Course Contents	UNIT-III				
	Asanas and Pranayams Astanga Yoga with special reference to – Yamas, Niyams, Asanas Pranayams ; Types of Asanas and Pranayams. Shat Karma Personal hygiene of Yoga Six purifactory methods of yoga-Neti, Dhauti, Vasti, Nauli, Gajkarni, Kunja.				
Course Contents	UNIT-IV				
	Advances in Yoga Bandhas, Mudras and Chakras of Yoga Recent advances in Yoga Education; Yoga as a Science The therapeutic values of Yogic practices, Corrective values of Yogic Practice.				
Course Outcomes	After successful completion of this course student should be able to understand about Yoga in Physical Education.				
TextBooks					
References Books					



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Course Title	Kinesiology in Physical Education				
Course Code	ABA08-203				
Course Credits	L	T	P	TC	
	3	1		4	
Course Objectives	The objective of this course is to enable student to understand about Kinesiology in Physical Education				
Course Contents	<p style="text-align: center;">UNIT – I</p> <p>Introduction to Kinesiology, Definition and Objectives of Kinesiology Role of Kinesiology in Physical education Fundamental concepts of following terms with their application to the human body Axes and planes, Centre of Gravity, Line of Gravity</p> <p style="text-align: center;">UNIT- II</p> <p>anatomical and Physiological fundamentals Classification of joints and muscles Terminology of fundamental movements.</p> <p style="text-align: center;">UNIT-III</p> <p>Types of Muscle contractions, Angle of Pull, Kinesiology of Joints, Two joints muscles, Roles in which muscles may act.</p> <p style="text-align: center;">UNIT- IV</p> <p>Upper and Lower Extremity Major characteristics of joints Location and action of major muscles acting at the following joints -Shoulder Elbow, Wrist, Lower Extremity, Major characteristics of joints Location and action of major muscles acting at the following joints – Hip, Knee, Ankle and Foot</p> <p style="text-align: center;">UNIT- V</p> <p>Mechanical Concept Application of Mechanical Concepts – Motion, Definition, Newton’s Laws of Motion</p>				
Course Outcomes	After successful completion of this course student should be able to understand about Sports Nutrition and Balance Diet.				
TextBooks					
References Books					



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Course Title	Sports Nutrition and Balance Diet.				
Course Code	ABA08-204				
Course Credits	L	T	P	TC	
	3	1		4	
Course Objectives	The objective of this course is to enable student to understand about Sports Nutrition and Balance Diet.				
Course Contents	UNIT – I				
	Concept of Nutrition, Sport Nutrition and Health Types and Sources of Nutrients Main function of Macro and Micro nutrients in health and sports Balanced diet				
	UNIT- II				
	Energy Sources Energy for sports performance and the role of carbohydrate, protein, fat and their sources. A factor affecting the energy needs in different categories of sports events.				
	UNIT-III				
Sports supplements and their effect on performance. Nutritional requirements and allowances for sports person of different categories Competition nutrition and its management glycaemic index and sports nutrition					
UNIT- IV					
Health Management Management of Hypertension atherosclerosis and dieters mellitus in sportsperson. Management of the female sportsperson -Menarche and Menstruation -Amenorrhea - Anemia and Iron Supplementation -Bone Health and Calcium Supplementation • Eating Disorders					
UNIT- V					
Weight Concept. Weight Control Basic principles of weight control, Calorie concept of weight control Fat reduction and role of fat loss supplements Role of diet in weight control					
Course Outcomes	After successful completion of this course student should be able to understand about Sports Nutrition and Balance Diet.				
TextBooks					
References Books					



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