

**Shri Rawatpura Sarkar University,
Raipur, CG, Bharat**



Examination Scheme & Syllabus

For

**Bachelors of Physical Education &
Sports Semester - IV**

(Effective from the session: 2022-23)



Faculty of Arts & Humanities
Shri Rawatpura Sarkar University, Raipur
Bachelors of Physical Education & Sports
Semester - IV
Examination Scheme

(Effective from the session: 2022-23)

S. N.	Paper Name	Paper Code	Th./ Pr.	Type of Paper	Teaching Hours Per Week			TC	Examination Scheme				Total Marks
					L	T	P		Theory		Practical		
									SEE	CE	SEE	CE	
1	Sports Psychology in Physical Education	ABA08-401	Th.	Core I	4	1	-	5	70	30	-	-	100
2	Biomechanics in Physical Education	ABA08 -402	Th.	Core II	4	1	-	5	70	30			100
3	Recreation in Physical Education	ABA08 - 403	Th.	Core III	4	1	-	5	70	30			100
4	Educational Technology	ABA08- 404	Th.	Core IV	4	1	-	5	70	30			100
5	Fitness & Wellness in Physical Education	ABA08- 405	Th.	Core VI	4	1	-	5	70	30			100
6	Athletics & Game	ABA08-406	Pr.	Core Prac.			6	3			35	15	50
Total Contact Hours Per Week: 24								Total Credit: 19		Total Marks: 550			

L-Lecture

T-Tutorial

P-Practical

Course Title	Sports Psychology in Physical Education				
Course Code	ABA08-401				
Course Credits	L	T	P	TC	
	4	1	-	5	
Course Objectives	To have an understanding about the basic concepts of personality and its role in sports performance. To make the student to understand about the role of motivation in sports. To make the student understand about the role of arousal, anxiety and stress in sports performance.				
Course Contents	<p style="text-align: center;">UNIT – I</p> <p>Conceptual Design</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>Growth and Development</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 Concept</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</p> <p>Motivation and Emotion, Meaning of Motivation Concept of need, drive, motive, incentive and achievement</p> <p>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>
<p>Course Outcomes</p>	<p style="text-align: center;">Student Learning Outcomes</p> <p>Effectively develop and apply health, physical activity, and psychological principles as they relate to human performance.</p> <p>Design, conduct, and evaluate research that address psychological questions.</p> <p>Demonstrate effective written and oral skills in various formats and for various purposes.</p> <p>.</p>
<p>Text Books</p>	<ol style="list-style-type: none"> 1. Singh Ajmer et.al, “Essentials of Physical Education”, Kalyani Publishers Ludhiana Second revised addition 2008. 2. Kamlesh M. L. and Sangral M.S., “Methods in Physical Education”, Parkash Brothers, 5,6 Book Market Ludhiana 1986.
<p>References Books</p>	<ol style="list-style-type: none"> 1. Kamlesh M. L. “Principles and history of physical Education” ,Parkash Brother Paliala, 1991. 2. Charles, E. Foxythe and Irrn A. Keuer, “Administration of High School Athletics” , Prentice Hall Inc. Englewood, N.J. 1979.

Course Title	Biomechanics in Physical Education				
Course Code	ABA08 -402				
Course Credits	L	T	P	TC	
	4	1	-	5	
Course Objectives	.The major goal of biomechanics of sport and physical exercise is to improve performance in given sport or physical exercise.				
Course Contents	<p style="text-align: center;">UNIT – I:</p> <p>Nature, Scope and Significance</p> <ul style="list-style-type: none"> • Meaning, Definition, and Objectives of Biomechanics, • Importance of Biomechanics in Physical Education and Sports. <p style="text-align: center;">UNIT – II:</p> <p>Fundamental Movements</p> <ul style="list-style-type: none"> • Muscular analysis of Movements- Running, Throwing, Catching, Pulling, Pushing. • Fundamental Movements- Walking, Throwing, Pulling and Pushing. <p style="text-align: center;">UNIT – III:</p> <p>Contraction, Different types of Exercises</p> <ul style="list-style-type: none"> • Types of Muscular Contraction- Concentric, Eccentric, Static, Isotonic, Isometric, Isokinetic. • Exercise to develop the Front Upper arm, Rear Upper arm, Forearm, Calf, Upper back, Lower back, Neck and Abdomen. <p style="text-align: center;">UNIT – IV:</p> <p>Biomechanical Concept</p> <ul style="list-style-type: none"> • Mechanical Principles involved in Game and Sports – Displacement, Speed, Velocity, Acceleration, Momentum. • Types, Laws (Newton’s Law) and Influence of Motion- Air, Water, Friction, Center of Gravity, Equilibrium. 				

	UNIT – V
	<ul style="list-style-type: none"> • Levers- Meaning, Definition and Types of Leavers.
Course Outcomes	<ol style="list-style-type: none"> 1. Describe the kinematics of projectile motion and factors influencing projectile trajectory. 2. Identify, analyze, and solve various biomechanical problems. 3. Demonstrate an understanding of kinetic concepts including inertia, force, torque, and impulse. 4. Identify the major factors involved in the angular kinematics of human movement. 5. Define Newton's laws of physics. 6. Identify the steps involved in finding the center of gravity.
Text Books	<p>. by Dr. A. K. Uppal (Author), ... Rating: 4.6 · 6 reviews · ₹395.00 · In stock Kinesiology and Biomechanics (Physical Education B.P.Ed. Hindi Edition Textbook) (Hardcover, R.S. Sekhu) ; KITABWALAH. 3.2 ; Publication Year. 2020 ; 1 Add-on. Publisher: Friends Publications (India) Publication Year: 2020</p>
Reference Books	<p>by D Knudson · 2003 — This chapter illustrates how biomechanical knowledge and the nine principles of biomechanics can be integrated with other sport sciences in qualitative analysis ...</p>

Course Title	Recreation in Physical Education				
Course Code	ABA08 403				
Course Credits	L	T	P	TC	
	4	1	-	5	
Course Objectives	Recreation is important because it allows you to switch off from your daily routine and gives you a chance to do what you like. The top objectives of recreation include enjoyment, socialization, and the development of your personality.				
Course Contents	<p style="text-align: center;">UNIT-I</p> <p>Conceptual Design</p> <ul style="list-style-type: none"> • Introduction Meaning, Definitions • Characteristics of recreation Importance of Recreation. <p style="text-align: center;">UNIT- II</p> <p>Education Institution</p> <ul style="list-style-type: none"> • Misconceptions about Recreation Scope of Recreation • Influence of recreation in social institutions family <p style="text-align: center;">UNIT- III</p> <p>Planning and Facility</p> <ul style="list-style-type: none"> • Education institutions Community • Cultural Religious organization • Planning for recreation Planning criteria and objectives of recreation facilities. <p>Different types of indoor and outdoor recreation for urban and rural population.</p> <p style="text-align: center;">UNIT- IV</p> <p>Recreational Activities</p>				

	<ul style="list-style-type: none"> • Operation and maintenance of different recreation area and facilities. • Sources of funding of recreational activities. • Programmes in recreation Classification of Recreational Activities Indoor and outdoor activities water activities <p style="text-align: center;">UNIT –V</p> <ul style="list-style-type: none"> • Cultural activities Literary activities Nature and outing Social events Adventure activities Hobbies-Introduction to hobbies and types of hobbies Agencies providing Recreation. • Camping and leadership Aim, objectives and importance of camping. Organization and types of camp. Selection and layout of camp site. Camping leadership Types and functions of recreation leaders Qualification, qualities and training and recreation leaders.
Course Outcomes	A variety of motor skills and abilities related to lifetime leisure activities. 2. Improved understanding of the importance of maintaining a healthy lifestyle.
Text Books	Recreation in Physical Education - BPES Course Book Paperback – 1 January 2022. by Dr. Bharat Rajaram Chalsey (Author)
References Books	Organization and administration of Physical Education Supervision & Recreation (B.P.Ed. New Syllabus based book and also useful as reference book for UGC-NET, ... Genre: physical education, sports, competition ... Publisher: Sports Publication ₹262.00 · In stock

Course Title	Educational Technology				
Course Code	ABA08 - 404				
Course Credits	L	T	P	TC	
	4	1	-	5	
Course Objectives	Educational Technology, also known as EduTech or EdTech, is the concept of teaching and learning through the efficient medium of technology. It facilitates an in-depth understanding of the fundamentals of technology and its operations. There is a range of objectives of educational technology in order to help the teaching-learning process yield the best possible results in an efficient and economical way.				
Course Contents	UNIT – I				
	Conceptual Design				
	<ul style="list-style-type: none"> • Introduction to Educational Technology: Definition, Educative process, The Teacher of Yesterday & Today. • An outline of teaching method used then and now 				
	UNIT- II				
	Teaching Aids				
<ul style="list-style-type: none"> • Teaching Aids: Importance of Teaching Aids. • Criteria for selecting teaching aids Difference between teaching method and teaching aid Broad classification to teaching aids Audio Aids visual Aids Audio Visual Aids 					
UNIT- III					
Projector					
<ul style="list-style-type: none"> • Effectiveness of Edger Dale’s cone classification. • Advantage and suggestions for effective use of selected teaching aids. • Verbal Chock Board Charts Models Slide Projector 					
UNIT- IV					
Skills					
<ul style="list-style-type: none"> • Over Head Projector Motion Picture Self Experiment and Projects. • New Teaching Techniques and INNOVATIONS-II: Micro Teaching Concept and features of micro teaching. Micro teaching verses traditional teaching. 					
UNIT-V					
<ul style="list-style-type: none"> • Steps in micro teaching Micro teaching skills Limitation of Micro teaching 					

	<ul style="list-style-type: none"> Simulation Teaching : Meaning of Simulation, Types of activities in simulation, Steps in simulation, Advantages of simulation, Limitations of simulation
Course Outcomes	. Demonstrate knowledge, attitudes, and skills of digital age work and learning. Plan, design, and assess effective learning environments and experiences. Implement curriculum methods and strategies that use technology to maximize student learning.
Text Books	Textbook: Educational Technology and Methods of Teaching in Physical Education [Hardcover] Dalwinder Singh and Based on B.P.Ed. Syllabus according to NCTE
Reference Books	<p>Title, Education Technology in Physical Education and Sports Physical Education Books ; Author, Dr. Rakesh Gupta.</p> <p>Educational Technology and Methods of Teaching in Physical Education (B.P.Ed. New Syllabus). Jithin Thomas Abraham.</p>

Course Title	Fitness & Wellness in Physical Education				
Course Code	ABA08-405				
Course Credits	L	T	P	TC	
	4	1	-	5	
Course Objectives	<p>Teach the students about the body and how it works</p> <p>Understand the relationship between fitness and wellness</p> <ul style="list-style-type: none"> • Gain knowledge regarding various aspects and its practical implication fitness and • Wellness. To know the behavior changes needed to ensure a good quality of life • Evaluate health related fitness in order to make changes in lifestyle 				
Course Contents	<p style="text-align: center;">UNIT – I</p> <p>Conceptual Design</p> <ul style="list-style-type: none"> • INTRODUCTION: Concept and meaning of fitness and wellness • Components of fitness and their description, Components of wellness and their description • Significance of fitness and wellness in present scenario, Fitness and wellness for life <p style="text-align: center;">UNIT- II</p> <p>Fitness profile, development and maintenance of following</p> <ul style="list-style-type: none"> • Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) • motor skill related (speed, power, agility, coordination, endurance, balance) <p>Principals of physical fitness, Benefits of fitness programme,</p> <ul style="list-style-type: none"> • Obesity (causes and prevention), Weight management (role of diet & exercise in maintenance of ideal weight) <p style="text-align: center;">UNIT- III</p> <p>Wellness</p> <ul style="list-style-type: none"> • Identifying dimensions of wellness, achieving and maintenance of wellness, Adopting healthy and positive lifestyle • Identifying healthy and positive lifestyle <p style="text-align: center;">UNIT- IV</p> <p>Behaviour concept</p> <ul style="list-style-type: none"> • Behaviour modification, Barriers to change, Process of change (6 stages) SMART, 				

	<p>Technique of change & smart goal setting.</p> <ul style="list-style-type: none"> • Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases) Daily schedule based upon one's attitude, gender, age & occupation. Basic – module: - Timesplit for rest, sleep, diet, activity & recreation. • Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.
Course Outcomes	The main objectives of physical education are to: develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports.
Text Books	Textbook on Physical Education & Health Education Fitness, Wellness and Nutrition Hardcover – 1 January 2019. by Dr. Sunita Arora (Author)
References Books	A Textbook on Physical Education & Health Education Fitness, Wellness and Nutrition Hardcover – 1 January 2019. by Dr. Sunita Arora (Author). A Textbook on Physical Education & Health Education Fitness, Wellness and Nutrition by Dr. A.K. Uppal (Author), Dr. P.P. Ranganathan (Author)

